



Landmark Treaty Tree Falls Victim to Windstorm

An ancient Douglas fir tree that marks the location of the signing of the Medicine Creek Treaty of 1854 took a giant step last month in its journey back to Mother Earth against the banks of McAllister Creek in the Nisqually Valley.

A 35-foot piece of the tree-turned-s snag snapped off during the Dec. 14-15 windstorm, leaving just a jagged, 15-foot stump to stand sentinel over one of the most historically significant sites in South Sound.

The tree-turned-s snag has fallen apart chunk by chunk in the decades since federal government officials and representatives of nine Indian tribes and bands gathered by it to sign a treaty ceding 2.2 million acres to the U.S. government.



Ken Russell, a retired Department of Natural Resources Forester, talks about the years he's watch the Medicine Creek Treaty Tree as its fallen into decline since it sustained damage in the big freeze of 1965. Ken has been out to the tree several times over the years including 1965 and 1979. (Steven M. Herppich/The Olympian)

In exchange, the Nisqually, Puyallup and Squaxin Island tribes were assigned tribal reservations and the rights to hunt, fish and gather plants in their usual and accustomed places, rights that took more than 100 years of confrontation and legal battles to realize.

For years, the treaty site and tree evoked bitter memories for Indians whose way of life was forever changed by the arrival of white settlers and the treaty, Nisqually tribal historian Cecelia Carpenter said.

But in recent years, the anger has given way to pride in the fact that the tribes fought successfully to regain their fishing and hunting traditions and authority to co-manage the natural resources embodied in those rights.

"Over the years, the tree became an icon, a reminder of our treaty rights," said Nisqually tribal chairwoman Cynthia Iyall. She is a descendant of Chief Leschi, who attended the Medicine Creek Treaty Council and, by most accounts, refused to sign it on behalf of the Nisqually people.

Before the windstorm, the top of the tree was visible to drivers on Interstate 5 just after they crossed McAllister Creek and headed up the Nisqually hill. The tree started to decay 40 years ago after the top snapped off during a winter freeze similar to the one that wrapped around South Sound last week.

Retired state Department of Natural Resources forester Ken Russell was among what probably was a

Continued on Page 5.

Coming February 3rd
Squaxin Island Cops vs. Squaxin
Island Girls
Basketball
Beginning at 1:00 in the Gym

David Whitener, Sr. Honored at Winter General Body Meeting *Tribal Members Discuss Needs and Concerns with Tribal Council*



L-R: Barb Whitener, Pete Kruger (in back), David Whitener, Sr., Charlene Krise and David Whitener, Jr.

The winter meeting of the General Council of Tribal members began with acknowledgement of the many years of service to the Squaxin Island Tribe by David Whitener, Sr.,

Executive Director Ray Peters noted that, "David served for 21 years in various positions on the Tribal Council, but he really served his entire lifetime. Dave has touched many people as an administrator and educator," he said.

Words of thanks and love echoed throughout the entire assembly.

Dave, who now suffers from Parkinson's Disease, was wrapped in love and appreciation as a blanket was placed around his shoulders.

"I don't know how long I can stay with you," he said. "I think I must say goodbye."

Many people stood up to tell stories about how David affected their lives in such a positive way by en-

Continued on Page 3.

People of the Water

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DNA Study Points To Human Sources of Pollution in Oakland Bay

John Konovsky, Environmental Manager - Human waste is an ingredient of increasing pollution in Oakland Bay, according to a cooperative study that examined the makeup of fecal coliform found in two corners of the bay.

Human waste is somehow directly contributing to rising pollution in Oakland Bay, an important shellfish area for the Squaxin Island Tribe and commercial shellfish growers. The water samples analyzed were collected well away from the Shelton Wastewater Treatment Plant, so that is not the source of the fecal pollution identified in the study.

DNA samples of bacteria were collected by the tribe, Mason County, and the Washington State Department of Health. The data was analyzed by the U.S. Environmental Protection Agency. A portion of the results was released in December.

The data show human bacteria appearing in the fecal pollution found at 10 of 11 points around upper Oakland Bay and Chapman Cove. Human bacteria did not show up just once or twice over the four month summer study, but consistently throughout the sampling period.

"The smoking gun is that human bacteria showed up everywhere almost all the time," said John Konovsky, environmental program manager for the Squaxin Island Tribe. "This compels immediate action to identify and correct what is a serious public health concern."

While the study points out conclusively that humans contribute to bacteria pollution in Oakland Bay, it does not identify the specific sources, such as individual septic tanks or drain fields. The only way to know for sure is to inspect and test each of the private septic systems along the shoreline and creeks that feed the area of concern.

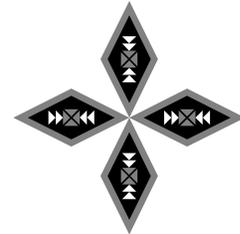
"We also found ruminant waste - likely from cattle, sheep, goats, elk or deer - but the human sources are certainly most troubling," said Konovsky.

Shellfish harvest was restricted in upper Oakland Bay in December - Chapman Cove just barely passed and might be downgraded at any time. Because of the downgrade, Mason County is required to form a shellfish protection district to correct the pollution problems.

"Oakland Bay is not Hood Canal - the pollution problems are far simpler. If we cannot solve the problems in Oakland Bay, there is no hope for the rest of Puget Sound," said Andy Whitener, Natural Resources Director at the Squaxin Island Tribe.

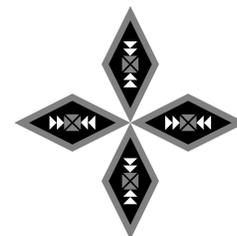
Shellfish growers are among the top employers in Mason County, and the tribe - as the original inhabitants of the area - has always depended on shellfish culturally and economically. "If Oakland Bay closes to shellfish harvest, it will be devastating to the tribe, commercial shellfish growers, and the many families that depend on shellfish for their livelihood," said Jim Peters, chairman of the Squaxin Island Tribe. "We have a clearer picture of the problems. The sooner the shellfish protection district is formed and action taken, the better."

For more information, contact: John Konovsky, environmental program manager, Squaxin Island Tribe, (360) 432-3804. Emmett O'Connell, information officer, NWIFC, (360) 528-4304, or emaileoconnell@nwifc.org



FOR SALE

1997 DODGE GRAND CARAVAN
\$3,400 OBO
175,000 MILES
Good Condition (with new tires)
Contact: Tracy Parker 790-7625



Tribal Council Resolutions

- 07-03: Enrolls Keerah Brown
- 07-04: Enrolls Leo Eugene Henry, Jr.
- 07-05: Enrolls Randy and Sarah Koshiway
- 07-06: Enrolls Jamaal Byrd
- 07-07: Adopts a Code of Ethics
- 07-08: Appoints the Tu Ha' Buts Learning Center Director as the primary delegate and the Deputy Executive Director as the Alternate Delegate to the SPIPA Board of Directors

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*
- RUSSELL HARPER: *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

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General Body Meeting *Continued from Page 1*

couraging them in their educations, preserving tribal history and culture and being a strong father figure.

"Dave's loving care always watched over us like the eagle," Charlene Krise said.

Others shared funny memories, such as remembering David out hunting in his Cadillac which he loved so much, and Tully Kruger being out hunting and finding Dave on the other side of the same deer with his gun pointed in his direction.

"David taught us so much," Charlene said. "When teaching us about sad parts of our history, he would remind us that we need to learn of these things with a spirit of forgiveness.

Vicki Kruger thanked David for setting her up with a job in Governor Mike Lowry's office. "They needed a token Indian and Dave referred me," she said. "It was pretty cool, because everybody thought it so important."

Cal Peters, also a former member of the Tribal Council noted that even though they often disagreed, they never left the table angry with each other.

Margaret Seymour-Henry acknowledged David's key role in keeping culture alive and well by actively participating in naming ceremonies, potlaches and canoe journeys.

Tribal Planner Lynn Scroggins, who worked with David in building tribal transportation funding and projects, said, "David never spoke loudly, but he was always listened to because he was so greatly respected throughout tribal communities and other government agencies and organizations."

Sally Brownfield said, "When it came to education, Dave was always there. But before anything else, he taught us that we have to be decent human beings. He is what he has done for the benefit of all the people and that is very much."

Will Penn thanked David for "setting the standard when it comes to education and culture. We can feed off of his energy," he said.

Russel Harper said, "Our family would drive long distances to visit Uncle Dave. He taught us about respect and he taught us to walk the talk."

His daughter, Mitzie, said that her father's gift to her has been their being part of the tribal community. "I have come to realize that this is unique. Not many people in this country have such close community ties. And, my Dad could make lifelong friends with anyone in 15 minutes, even standing in line for a movie!"

His son David Whitener, Jr., said, "I am very proud of my Dad."

After David was presented with a Pendleton blanket, the microphone was opened again for tribal

members to bring up any issues of concern.

These concerns included financial disclosure of business operations, eradication of drugs, sewer system problems, care for tribal elders, preparation for the 2012 canoe journey to be hosted at Squaxin Island, establishment of an enrollment committee, better health care services, water quality in Skookum Inlet, preference being given to some people in regard to employment, shellfish harvesting being done by Salish Seafoods, assistance for tribal members starting businesses, tribal members not being allowed to sell their art work through tribal outlets, making sure a tribal member is hired to fill the vacant position of Casino Manager, better law enforcement, employing tribal members in construction projects, offering tutoring services, establishing a clam buyer at the senior beach, strengthening emergency management, loss of shellfish harvest opportunities, support for students seeking higher education, allowing tribal members to construct homes on tribal properties, customer service training for KTP employees and rumors.

Tribal Council will summarize and answer questions brought up during the General Body Meeting and mail those responses directly to tribal membership.

Rose Krise

I heard you one night on 94.5 FM radio and you won dinner and a show – I was in my Blazer. When you said you were Rose to the radio announcer I thought, "That sounds like My Rose!" And then you said you were from Kamilche, Washington, and I knew that you were My Rose on the radio. You also said it may be hard to get home, 'cuz there was a wreck. I waited a little while by the mailboxes to say, "Hi! and Congratulations! Are you gonna take me to dinner and the show you just won? HEEEEYYYYY!"

But you didn't come by & I needed to get home. Wanted to say congratulations & I miss you! We gotta do lunch sometime!!!!!!!!!!!!

You Lucky Lady!!!

Love,
Joanne



Walking On . . . Mabel Seymour

Mabel Eileen Seymour died of cancer on Sunday, December 17, at Mason General Hospital. She was 55.

She was born in Crescent City, California, on April 19, to Roy and Clara (Bagley) Seymour.

She was a homemaker who enjoyed beading, sewing, berry picking, cooking, baking and watching the Cooking Channel with her husband, Louis Denney. They liked to cook salmon over a fire pit for the Squaxin Island Tribe on special occasions. She and her mother organized many fish bakes for celebrities at Ocean Shores. She also worked for the Squaxin Island Harstene Oyster Company and Quinault Nation Tribal Enterprises. She was also Executive Secretary to Pearl Capoeman-Baller, former Quinault Tribal Chair.



She was preceded in death by her parents, grandson Brandon Turner, sisters Marjorie Seymour (Hill), Thelma Capoeman and Lavina Reeves and brothers Roy H. Seymour, Lewis Napoleon and Arthur Martin.

Surviving are husband Louis Denney of Shelton; daughter Vicki Turner of Olympia; sisters Lila Jacobs and Elizabeth Perez of Shelton and Lucille Hause of



Aberdeen; brothers David Seymour of Shelton, Joseph Seymour of Albuquerque, New Mexico, Phillip Martin of Taholah, Edward Clapanaho of Neah Bay and Francis Napoleon, Jr. of Aberdeen; grandson Alan; and numerous nieces, nephews and cousins.

A celebration of her life was held at 1:00 p.m. on Saturday, December 23, at the Squaxin Island Gym.

Memorial donations may be made to the American Cancer Society, attention: Memorials, 2120 First Avenue North, Seattle, 98109.

This is a tribute to Mabel Seymour from her family. These are words that would have been said at her celebratory dinner had we been able to talk without breaking down. Mabel, along with her husband, Louis, enjoyed making children happy. Every year at Easter they would have Easter egg hunts. They also went all out at Halloween. She also enjoyed cooking at the First Salmon Ceremony, using the skills taught by our mother. Louis would whittle the sticks for cooking the salmon over an open fire. Also around Easter, she made hair barrettes for the girls because at that time all we had were girls. The boys came along later. Then Louis and Mabel made little cars for the boys. I don't know what they were made of, but they had them for their Easter baskets. Louis wanted to ask people who attended the dinner how many of them had been baby-sat by Mabel.



Mabel lived for a long time at the Quinault Reservation and she loved to fish and dig clams.

Dorinda would have said (if she had been able to speak without breaking

Words of Thanks

A big "Thank You" goes out to everyone for their love and support during the "Honoring-Memorial Dinner and Celebration of the Life of Mabel Eileen Seymour"

on December 23, 2006.

Special thanks to the following for their huge support!!!

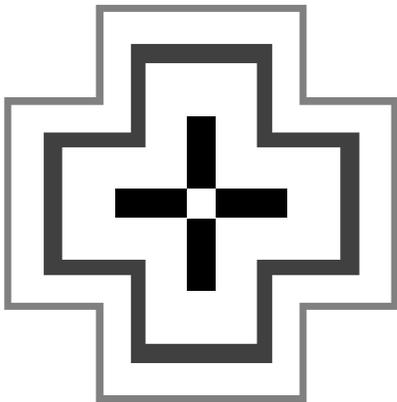
Squaxin Island Tribe/Salish Seafoods
Quinault Fishermen
David Whitener Jr.
Rhonda Foster
Jim, Lisa & Chazmin Peters
Beverly Hawks
Brooks Farrell
Little Creek Casino

Clams
Fish
Power Point Presentation
Cedar Roses
Traditional Fish Bake
Traditional Clam Bake
Power Point Presentation
Vegetable Trays



down) that she and her mother were lucky to have been able to spend Mabel's last days with her, taking care of her. Auntie Mabel loved watching the Cooking Channel and we saw a recipe before Christmas and she said, "Let's make that!" She didn't live long enough to try it, but in her honor, I did make it (apple crisp). And my most brave little cousin, Clara, ate it and, bless her heart, said it was delicious. Everyone else followed in honor of Auntie Mabel. We will miss her with all our hearts. She was more like a sister than an Auntie to me. Like Margaret said - and all the pictures of her show this - she loved kids!

Love you!
Evon



In Memory of Auntie Mabel

*I add my breath to your breath
That our days may be long on the earth
That the days of our people may be long
That we may be one person
That we may finish our roads together
May our mother bless you with life
May our life paths be fulfilled.*

*In this way one learns
How to view oneself and one's traditions
So as to approach both rightly
Breath is life and
The intermingling of breaths is the
Purpose of good living
This is the essence, the great principle
On which all productive living must rest
For relationships
Among all the beings of the universe
Must be fulfilled in the way
Each individual life may also be fulfilled.*

- By Becky Napoleon

Treaty Tree Continued from Page 1

small number of people who drove by after the storm and noticed the snag was missing.

The tree holds a special place in Russell's heart, too. He first visited the tree site in 1967 and returned a few years later, when the state Department of Transportation filled a strip of the Nisqually Valley with soils carved out of the Nisqually hill to build Interstate 5. The fill oozed down to the base of the tree.

It also was about then that now-retired DOT landscape architect Bill Melton used 50 seedlings from the treaty tree to plant a grove of Douglas fir that now adorns the freeway embankment by the treaty site. Other seeds from the treaty tree took root there naturally as well.

"The tree's been dead since 1979," Melton said, recalling how the freeway alignment was altered to preserve the tree.

After noticing in December that the snag was gone, Russell called me and we arranged to visit the site.

Last week, we hiked out to the edge of the Nisqually National Wildlife Refuge.

Caught in a nasty wind and rain storm, we couldn't see the stump but agreed to come back to the site from the other side of McAllister Creek later in the week.

I'm glad we did. It gave us a chance to pay our respects and soak in the setting. A back eddy of the stream lapped up nearly to the base of the tree. The freeway fill blocked out the white noise of Interstate 5 traffic, and it wasn't hard to understand why the Nisqually people called the stream She-nah-num, a

sacred place where tribal shamans could go to derive power from the water.

"It's always been a sacred place to us," Iyall said.

Tribal members still are absorbing the news of the toppled tree, Iyall said. Some have suggested that some of the wood from the snag be carved into a bench or plaque.

"My feeling is, nature has taken its course," Carpenter said. "But we should have a marker signifying the site."

Iyall promised to keep me posted if the tribe develops a plan for some of the treaty tree wood or the site.

Meanwhile, DOT landscape architect Bob Barnes, Melton's successor, has gathered seed cones from the tree's direct offspring. He's growing about 100 second-generation seedlings from the treaty tree at a nursery.

"I'll make them available to the treaty tribes," he said.

One final note: Right after the December windstorm, the National Weather Service launched a public contest to name the storm. It received 5,600 nominations and will announce the winner and winning name next week, said Ted Buehner, a Seattle-based meteorologist.

The nominations closed Jan. 4, but I don't care. In my way of thinking, it will always be the "Treaty Tree Storm."

John Dodge is a senior reporter and Sunday columnist for The Olympian. He can be reached at 360-754-5444 or jdodge@theolympian.com.

Welcome to Our World Nyah Rose (5.9) and Stan Jr., (5.7) Sicade (Stella's twins)

Beautiful!



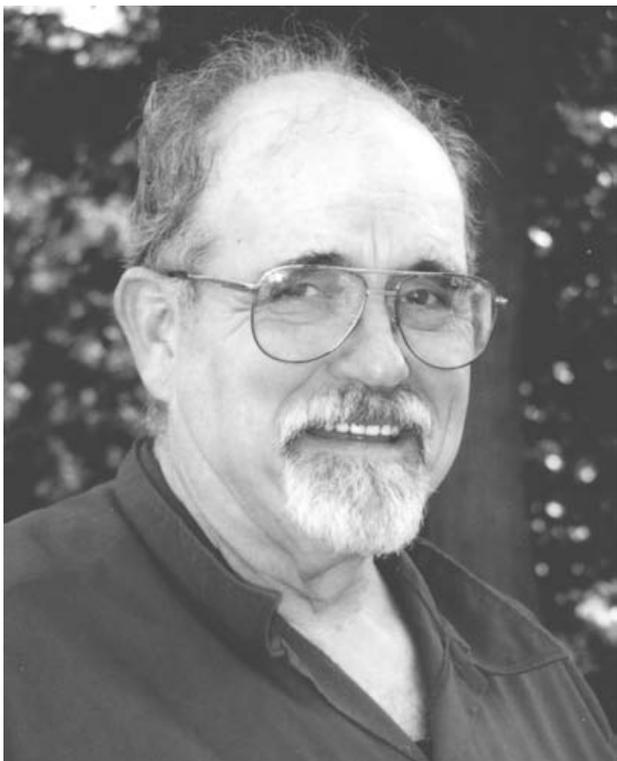
Born July 31, 2006



Who Are These Handsome Protectors of Freedom?



John Bagley



John Briggs

The New Bridge is Open!

Lynn Scroggins, Planner - At last, the Skookum Creek Bridge is open to the public. The same windstorm that knocked out power to thousands of homes and took down the Medicine Creek Treaty Tree in the Nisqually Valley - from a tall snag to a 15 foot high stump - caused the Skookum Creek Bridge to be opened early and delayed its celebration. On Friday, December 15th fallen trees blocked many Kamilche area roads, prompting Mason County to give an OK to remove roadblocks and open one lane of the bridge to traffic. This allowed easier travel between upper and lower Kamilche areas on Old Olympic Highway. After roadblocks were removed and a blessing offered by Steven Henry, the bridge was open. By the end of the day both lanes of the bridge were open and the construction site was pretty much gone.

Less than a week later, on Wednesday, December 20th, after most of the windstorm damage was under control, Squaxin, Mason County, BIA, neighbors and friends celebrated the bridge replacement with more blessings, songs, thanks and stories. Refreshments were provided by Island Enterprises, Inc whose headquarters is next door to the bridge.

HAY-shuh-buh (thanks to a man). HEE-skwoh (thanks to a woman).

After brief presentations, certificates of appreciation were awarded to five supporters who made significant contributions to the \$1.4 million construction project. Neighbor Darrell "Yum" Krise watched and was always on hand to help support the project. Former Squaxin Tribal Transportation Planners David Whitener, Sr. and David Frey teamed up in the early phases of development to identify the replacement as a high priority project. Inspector Bob Oliver provided an on-site presence during construction, ensuring a safe, smooth project completion. And Rognlin's Inc brought a dedicated team working consistently hard and well to build the new bridge within budget and on time (even early :-)

Special thanks go out to the Squaxin Tribal Council and the Mason County Commissioners who realized the need and supported the bridge replacement project over many years. Thanks to Mason County Public Works staff and management for their good work and high level of accountability and communication throughout the project. Thanks to the BIA Northwest Regional Office for helping secure a significant portion of the bridge funding. Thanks to Squaxin staff and management for "pulling it all together" to complete the project. And most of all, special thanks to the people of Kamilche for their patience and cooperation during the bridge construction in keeping with the theme SAFETY FIRST.



For more information, contact Squaxin Planner Lynn Scroggins at (360) 432-3952 and/or visit <http://www.squaxinland.org/pages/gov/Departments/dcd/bridge.html> for the best of the bridge construction photos. Stay tuned as an interpretive site is built next to the bridge later this year. It will recognize the importance and history of the bridge, featuring a portion of the old bridge rail, interpretive signage, picnic table, pathway and native plant landscaping.

Its been a long, cold winter, but chin up, spring's coming . . .

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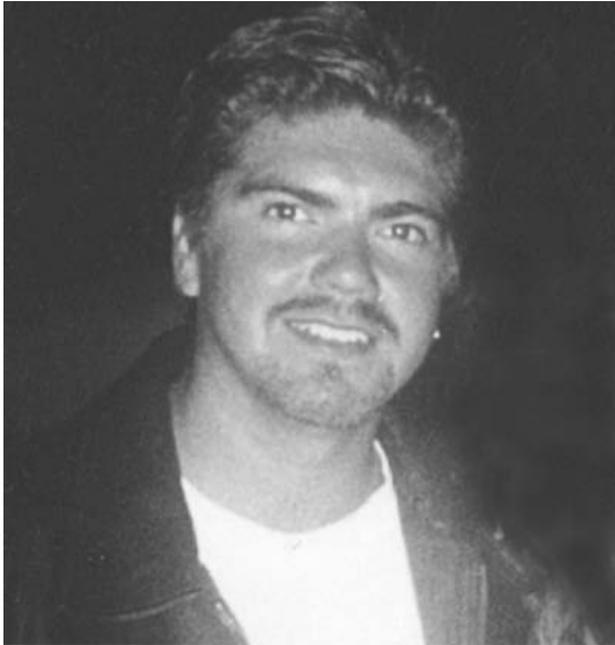
COMMUNITY



**It's
all
done**



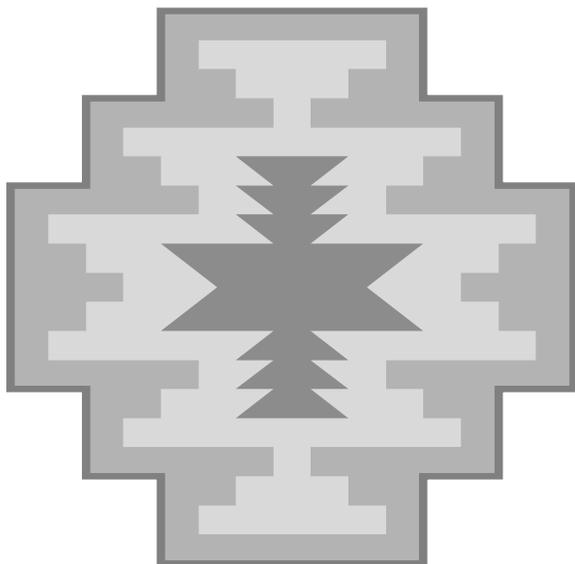
Allen is Still Missing



Despite rumors that have circulated over the past few months, Allen Mosier is still missing. Anyone with questions or information about Allen's whereabouts are encouraged to contact Squaxin Island Public Safety Department immediately. This may help, not only in solving the mystery, but also to shield his family from painful rumors.

According to Allen's mother, Ramona Mosier, detectives with Mason County Search and Rescue have promised to hold training sessions in the area of Allen's disappearance, in hopes that evidence or a clue might surface during those exercises. This is not a cold case. Tribal and county law enforcement officials are working hard to find Allen.

Allen was last seen October 11th after parting company with friends in the woods behind the new tribal housing development, Slocum Ridge.



Rose Krise

I heard you one night on 94.5 FM radio and you won dinner and a show – I was in my Blazer. When you said you were Rose to the radio announcer I thought, "That sounds like My Rose!" And then you said you were from Kamilche, Washington, and I knew that you were My Rose on the radio. You also said it may be hard to get home, 'cuz there was a wreck. I waited a little while by the mailboxes to say, "HI! and Congratulations! Are you gonna take me to dinner and the show you just won? HEEEEYYYY!"

But you didn't come by & I needed to get home. Wanted to say congratulations & I miss you! We gotta do lunch sometime!!!!!!!!!!!!

You Lucky Lady!!!

Love,
Joanne

An Update from Lila Jacobs

The elders went to Daybreak Star Cultural Center. The University of Washington Medical students put this on every year for the Elders. It is put on by the Medicine Wheel Society. We were fed salmon, mashed potatoes, soup, turkey, elk, berry and apple crisps, and many other good things (and some not so good things).

They had a raffle and everyone of the attendees got a gift.

We all had a good time, good food and good company. Those attending included myself, Loretta, Ila, Emma, Jackie, Harold, Herb, Sherry, Cal, Ina, Ruth, Roy, Colleen, Myrtle and Sam.

SPECIAL NOTE: Tribal Council has started having regular meetings with the Elders Committee to resolve a number of their concerns. Stay tuned for more information . . .

Thank You, Don Brownfield!!!



For Making this Gorgeous Raffle Drum for Elders to Use When Selling Raffle Tickers! Wonderful Job! Thanks so Much!



**Congratulations
Dillon Decicio
First Place in Regional
DECA Competition**

Dillon Decicio placed first in regional DECA competition which took place at North Thurston High School on Friday, January 12, 2006. The category he competed in was "Technical Sales." He received a First Place plaque and finalist's medal.

DECA, which stands for Distributive Education Clubs of America, is a student club intended to "enhance the co-curricular education of students with interest in marketing, management and entrepreneurship," according to DECA's Washington web site. Students from Black Hills, Capital, Centralia, North Thurston, Olympia, River Ridge, Shelton and Timberline high schools participated. The competition has numerous categories and over 200 students participated.

Dillon's role was a businessman who distributes MP3 players. He was attempting to close a sales deal to another businessman who owns a gymnasium. The MP3 players were to be sold to the customers of the gymnasium.

This was Dillon's 2nd year participating in DECA, and he started preparing for this competition in October, 2006. The DECA results were featured in the Education section of the Olympian on Tuesday, January 16, 2006. The students who were featured in that issue of the Olympian now qualify for the upcoming state DECA competition in March, 2007. Students who place at the state DECA competition will qualify to go to nationals which will be held in Orlando, Florida. Dillon is hoping to place at state competition.

DECA club helps students develop public speaking skills, diminishes shyness and is also a positive addition for job applications and resumes'. Most students agree DECA club contributes to gaining positive experience that will help them in future adult situations such as job interviews and dealing with various public relation circumstances.

Dillon accomplished a 4.0 GPA for the 1st trimester of 10th Grade at Capital High this school year. He has attended New Market Skills in Tumwater, WA for the last two summers earning one credit for high school each summer. He also attended a week-long seminar hosted by Business Week with most of the cost sponsored by businesses in Washington State. This event was held at Western Washington University in Bellingham in the summer of 2006. Over 300 high school students from all over Washington attended. Freshmen on up to seniors participated, staying at WWU for the entire week. Dillon earned 2 college



*Dillon Decicio
Before DECA Competition*



*Dillon @ Island Enterprises Inc.
after sharing news of his success
with friends & Co-workers.*

credits, completing the seminar successfully. IEI sponsored a portion of the cost.

A big thank you to Bobby Whitener and everyone at IEI for their positive support and encouragement. Dillon says this was an awesome experience, and that he will never forget it. Most of the participants agreed that the event was incredible.

**Good Job & Congratulations
DILLON!!!
Good Luck for state
DECA competition.**



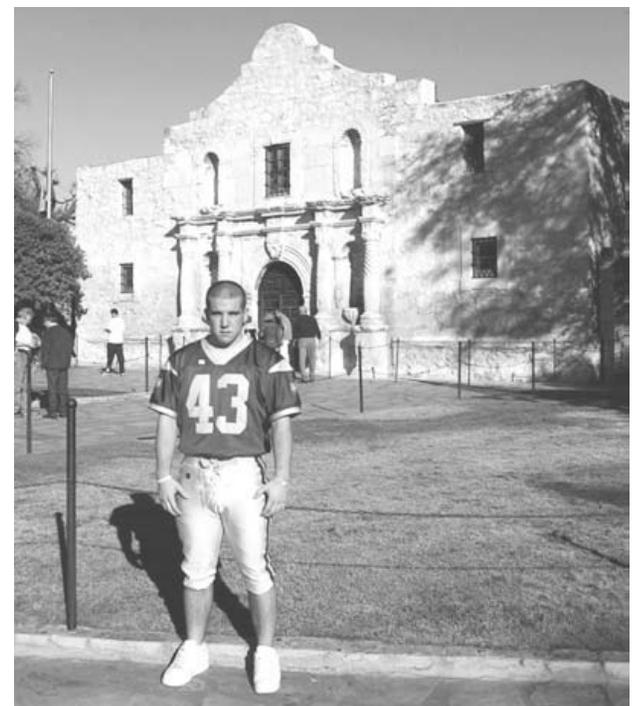


Michael Peters (Capital High School Fullback #43)

Attends National Combine

Every January, the U.S. Army All-American Bowl Selection Committee identifies the nation's top underclassmen and invites them to participate in the exclusive U.S. Army National Combine presented by Reebok. The U.S. Army National Combine is the only true national combine and is modeled after the NFL Combine in Indianapolis. Created and designed by NFL and collegiate coaches, the National Combine is the ultimate opportunity for underclassmen to showcase their football skills and earn national recognition amongst football's most prestigious recruiting experts and analysts (e.g., Scout.com and Tom Lemming, ESPN and Prep Football Report). Players who are selected to attend are provided with the opportunity to compete against top athletes from across the country in a highly competitive and intense atmosphere. The U.S. Army and Reebok provide participating athletes with forums during which they learn from former NFL players and coaches. In addition to providing football skill instructional and exposure opportunities, the Combine covers all areas from the importance of character, academics, National Clearing House requirements, college visits to nutrition, these programs are designed to ease players transition into college. The event ended by attending the U.S. Army High School All American Bowl game (televised on NBC) this past Saturday, January 7.

Capital Cougar and Squaxin Island tribal member, Michael Peters was one of the 500 athletes attending this years Combine January 4-7 at the Alamodome San Antonio, TX. Combine testing included 40 yard dash, pro-agility, vertical jump and 185 lbs. bench press. Congratulations to Michael for posting the 18th fastest time in the Pro-Agility Test (18th place out of 500 participants). In the Pro-Agility Test the athlete starts in an athletic/defensive position. The athlete runs 5-yards to his right and touches the line with their hand. Then the athlete turns and runs 10-yards the opposite way and touches the line with one hand. Finally, the athlete will run through the starting line to receive his time. The test measures an athlete's quickness and balance.





LEARNING CENTER



Shelton School District

School Delays and Closure Information

We have been hit hard this year with weather conditions that have caused us to adjust our schedules/ calendars. Decisions by our Superintendent and Directors of Operation and Transportation are usually made by 5:00 AM, but some weather changes have caused those decisions to be delayed. The Director of Transportation notifies the radio and TV stations promptly, but unfortunately they do not always announce the information in a timely manner. We understand the many frustrations that parents experience, but the best place to hear about school delay or closure information is KMAS radio, 1030 on the AM dial.

Attention College Students and Families of College Students

Squaxin Island Tribal Elders would like to send a little greeting now and then to acknowledge our college students and their hard work. They would like to remind them that their families back home at the Tribe love and miss them.

Please contact Sally Brownfield with names and addresses. 427-7132 OR kamilchegirl@hctc.com

Squaxin Youth Cultural, Educational and Activities Calendar

February 2007

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Any Questions Call: Mark Snyder 701-1561 Jeremiah George 432-3968 or Bill Kallappa 463-6361</i>				1 3pm Board Games 3pm Snack B-Ball 3:30-6pm	2 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	3 Gym open from noon to 4pm Staff will be on site!
4	5 4pm Cultural Arts & Crafts B-Ball 3:30-6pm	6 3pm Board Games 3pm Snack B-Ball 3:30-6pm	7 B-Ball 3:30-6pm 5:00 Youth Council 5:30 Language Group 6pm Drum Group	8 3pm Board Games 3pm Snack B-Ball 3:30-6pm	9 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	10 Gym open from noon to 4pm Staff will be on site!
11	12 4pm Cultural Arts & Crafts B-Ball 3:30-6pm	13 3pm Board Games 3pm Snack B-Ball 3:30-6pm	14  B-Ball 3:30-6pm 5:00 Youth Council 5:30 Language Group 6pm Drum Group	15 3pm Board Games 3pm Snack B-Ball 3:30-6pm	16 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	17 Closed!!!
18	19 Mid Winter Break Presidents Day! Rec. Center and Gym open 9am to 5pm	20 Mid Winter Break Rec. Center and Gym open 9am to 5pm	21 Mid Winter Break Rec. Center and Gym open 9am to 5pm 5:00 Youth Council	22 Mid Winter Break Rec. Center and Gym open 9am to 5pm	23 Mid Winter Break Rec. Center and Gym open 9am to 5pm Movies!!!	24 Gym open from noon to 4pm Staff will be on site!
25	26 4pm Cultural Arts & Crafts B-Ball 3:30-6pm	27 3pm Board Games 3pm Snack B-Ball 3:30-6pm	28 B-Ball 3:30-6pm 5:00 Youth Council 5:30 Language Group 6pm Drum Group	Homework Help is avail- able Mon-Thur From 3:30-5:00!!	Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	



Oakland Bay Junior High Information

Our normal school operation hours are 7:00 AM to 4:00 PM. We do have an answering machine to record student absences and messages, however, we usually know nothing more than the radio regarding school delays and closures. Our answering machine will be remotely programmed by 5:30 AM if a delay or closure is planned, but office personnel will not be in the building until after 7:00 AM.

Principal's Corner

The end of first semester is January 30th. We plan to have report cards in the mail by the 9th of February. Remember it is the semester grade that is printed on transcripts, so please help encourage your youngster to prepare for final class assessments and complete any final projects with a high level of quality.

The month of March will begin our season of registering for next school year. We are planning a Course Fair for students and their parents on March 1. This is planned to be an Open Arena of displays about classes so that students and their parents will be able to make good choices about their next year's selections.

Have you checked out the parent resources on GreatSchools.net? This is an on-line program that sends out monthly newsletters with tips for educators and parents. It is a great resource with plenty of news and ideas.

The on-line registration for the 10th grade WASL is now open. A recent legislative law allows accelerated or highly capable 9th grade students to take the 10th grade WASL. It is the parents responsibility to register their students if they believe the student will perform well on the assessment. I do not encourage parents of OBJH students to register their students. I concur with the State Office of the Superintendent of Public Instruction that students have not yet received all the instruction of material that will be tested and the student might jeopardize their one chance of earning a scholar designation on their transcript and WASL records. The 'Scholar Designation' can only be earned if a student earns a level 4 on all sections of the WASL on

their first attempt. The first attempt should be at the 10th grade level after instruction in all tested subject matter. If, however, you desire your child to take the WASL, you must see our school counselor for a student access code and register on-line before February 9th, 2007. Testing will follow the high school sophomore schedule. Eighth graders at Oakland Bay Junior High will be tested in April on the Reading, math, and science WASL

REMINDER: CELL PHONES ARE A GREAT CONVENIENCE, BUT MUST BE KEPT TURNED OFF DURING SCHOOL HOURS

Why Try Program Starting

The counselors at OBJH will be offering a student group from 2:45 to 4:45 PM on Monday afternoons for 10 weeks starting 2nd semester. If you feel your child has given up on school or may need some help in dealing with the daily stress of school, home and friendships; this program is something that might be of interest to you.

Why Try program is a strength-based approach to helping students overcome their challenges and improve outcomes in the areas of truancy, behavior, and academics. The goal of the program is to help students achieve opportunity, freedom, and self-respect using education and interventions that motivate and create positive change. Why Try offers hope and an answer to the question "why try in life and in school?" It is based on sound, empirical principles, including solution-focused therapy, social and emotional intelligence, and multi-sensory learning.

If you are interested in having your child participate in the Why Try program at OBJH, please contact our counselors, Stacey Adams or Tim Madden, at 426-7791. Space is limited and students must be able to commit to 10 weekly sessions.

Deliveries to Students

We recognize that many parents like to provide flowers, cards, balloons, etc. to their child on their birthday or the upcoming Valentine's Day. We would like to remind parents that we request you leave these items to celebrate at home and have deliveries made to your home address.

Due to crowded classrooms and the distractions items of this nature cause, we do not distribute deliveries to students until the end of the school day. Due to State Law, glass vases and balloons can not be taken on school busses.

Become A Mentor

Lynn Olson - MENTORING: AN AGE-OLD PRACTICE THAT PAIRS A YOUNG PERSON WITH A CARING ADULT. THAT ADULT OFFERS ENCOURAGEMENT AND SUPPORT AND HELPS THE YOUNG PERSON SUCCEED IN LIFE.

Mentoring works. We know this intuitively. We know this through research. We know that mentoring works best when members of the community come together to invest in the future of their youth.

The Squaxin Island Tribe is committed to helping young people become confident and productive adults by connecting them with caring mentors. To fulfill that commitment, we are working hard to ensure students, who want to have quality mentoring relationships, are able to get them.

Shelton Public schools recognizes the need to connect with the communities around them to support the Native youth. School administrators support the use of volunteer community members to help students succeed. Experience shows that after spending time with, and getting to know their mentees, adult mentors become true advocates for students.

And, a growing body of research indicates that mentoring benefits students in a number of ways. Students who are mentored show improvement in their school performance, attendance, confidence, attitudes and relationships with adults (Herrera, Public/Private Ventures, 1999). And as all of the before mentioned attributes improve, so, too, do the students' academic outcomes (Rhodes, Grossman & Resch, 2000).

Lynn Olson, Squaxin Island Tribe's Mentoring Coordinator, would like to talk with you about these how we can work together to make school-based mentoring a meaningful and effective endeavor for our community's youth. If you have a young person (Native Youth, grade 4-8) in your family who could benefit from mentoring, please call her. If you have an interest in mentoring a young person, please call her.

Lynn Olson
Mentor Coordinator
Squaxin Island Tribe
70 SE Squaxin Lane
Shelton, WA 98584
360-432-3957
360-490-7037 cell
360-426-7897 fax
lolson@squaxin.nsn.us





Pathways Press

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“The Path to Victory” February Schedule

Where:
TLC classroom

When:
Every Tues. & Thurs.

Time:
4:00 - 5:00 p.m.

What:
Interactive and fun classes!

Who:
Everyone is Welcome!

The Pathways grant has provided the SPIPA five tribes with access to a certified teacher (Sally Brownfield) and courses related to native culture, history, ethnobotany and much more! Every Tuesday and Thursday from 4:00 - 5:00 p.m. in the Tu Ha’ Buts Learning Center Classroom there is videoconferencing classes with the other tribes that enable us to have great discussions and even visit with our friends over the television!

Just come by and check it out!

Contact:

Bridgette Losey
Tu Ha’ Buts Learning Center
360.432.3958
BLosey@Squaxin.nsn.us

Did You Know . . .

500,000 people die from drugs each year.

30,000 people die from abusing alcohol
and by drinking and driving.

31% of 9th grade students have tried cigarettes.

Learn to say "no" to drugs!

Northwest Indian Treatment Center Breaks Ground on New Administration Building

Tribal community members and Shaker Ministers, pictured below with NWITC staff, braved icy roads on January 11th to participate in a site blessing ceremony for Northwest Indian Treatment Center's new administration building. Ground-breaking took place January 15th.



Stay tuned for more information . . .





FIX IT UP Household Maintenance Calendar

Submitted by Office of Housing - Here is a calendar of things to take care of to keep your house in great shape. If you remember to do all the little annual chores to keep your house safe, cozy and well maintained you will be well ahead in the long run.

ONCE A MONTH

- Try the smoke alarms to make sure they work.
- Check the pressure gauge on fire extinguishers. (Your owner's manual will give the correct reading.)
- Make sure the automatic garage door safely reverses as it should (see your owner's manual). Adjust as necessary.
- Take a child's-eye tour of your home. Look for potential hazards (a hair dryer permanently plugged into a bathroom outlet, toxic cleaning products easily reached, uncapped electrical outlets, window-shade cords reachable from a crib) and do something about them.
- Unplug (and keep unplugged) all appliances not in daily use. If they're not connected, they can't start a fire or become a hazard to curious kids.
- Wash the interior of the dishwasher with warm, soapy-water to prevent fungus and mildew. (If you're going to be away, have a neighbor run the dishwasher every two weeks so gaskets don't dry out.)

JANUARY

- Inspect electrical wiring for holiday decorations and replace faulty cords and burned-out bulbs at after-Christmas sales.
- Clean or replace the lint filter in your washing machine (it's attached to the drain hose). You can buy a metal or mesh filter or just use a piece of nylon stocking stretched over the drain hose.
- Take a listen-and-look tour of your house. Hear any drippy faucets or running toilets? Make January your plumbing repair month. Take faulty parts from faucets and toilet tanks to your home center or make a drawing so that clerks can help you replace what you need.
- Get bids for spring and summer remodeling projects now. Contractors are hungry at this time and anxious to schedule work. You're likely to get better prices.
- Start a "Home Maintenance" file. Include names and phone numbers of service professionals who have worked in your home. Use the file to hold service contracts or invoices for work performed. Some of these will be important for tax purposes when you sell the house.

FEBRUARY

- Clean the freezer. Remove all the food and wash the interior with an all-purpose detergent diluted in warm water. Wash gasket (the rubber ring that seals the door) and scrub with a small brush to clean out debris that is caught underneath. If the freezer needs a new gasket (Do you feel cold air escaping when the door is shut?), order a new one from your appliance-repair shop. (It's easy to install.)
- Remove the sprayer and strainer inside your dishwasher and scrub with a stiff brush and soapy water.
- Strategize this year's landscaping plans-trees, flowers, shrubs, fences-so, come spring, you're ready to dig in.

MARCH

- Unclamp the vent pipe from the dryer and clean lint out. Reassemble tightly and check for leaks. Check the dryer door seal for leaks. Turn it on (the door must be closed) and run a tissue around the door. If the tissue is sucked in, the seal needs to be replaced.
- Change the batteries in all your small electronics: portable phone and answering machine, smoke alarms etc. as well as all flashlights (bulbs too) and portable radios you might use in power outages.
- Wash the filter (replace if necessary) and clean accumulated gook off the bristles of your vacuum cleaner, first making sure it's unplugged.
- Clean out the drain cup in the floor of your refrigerator: mix one cup hot water with one tablespoon baking soda. Squirt it into the drain with a plastic baster. Then pull out the catch basin under the refrigerator and empty it. Vacuum the coils on the back of the refrigerator.
- Scrape out winter's debris from gutters. Run a hose down drainpipes to wash them out. Then install gutter covers so you won't have to do this anymore. If the gutters leak, repair or replace them.

Fire Prevention

Fireplace Safety Tips:

Submitted by Office of Housing - Being good to the environment also means making sure your fireplace habits are safe and will not pose a danger to your home or your neighborhood.

REMEMBER:

- Clear the area around the fireplace and chimney. Debris too close to the fireplace could cause a fire.
- Check the flue for obstructions like birds' nests, and trim any overhanging branches or large trees near the chimney.
- Always use a fireplace screen.
- Never overload the fireplace with too many logs. Don't use the fireplace as an incinerator, and never burn garbage, Christmas trees or piles of paper.
- Keep a fire extinguisher on hand and place smoke detectors throughout the house.
- Test the smoke detectors and batteries regularly.
- See that the extinguisher is in good working order and that all family members know how to operate it.
- When building a fire, place logs at the rear of the fireplace, preferably on a grate.
- Never leave fire unattended.
- Be sure the fire is extinguished before you go to bed.
- Keep wood stacked, covered, and out-of-doors, away from the house and off the ground. Bring in only as much as you need for one evening to prevent insects that may be in the wood from entering your home. Manufactured Firelogs, which are packaged to eliminate insects and mess, can also prevent this problem.
- Have your fireplace inspected annually and cleaned when necessary by a chimney sweep certified by the Chimney Safety Institute of America. A dirty fireplace can cause chimney fires and inhibit proper venting of smoke up the flue.





Can You Handle a YOYO?

Submitted by Office of Housing - No, not the doo-hickey on a string. YOYO stands for "You're On Your Own." Public health authorities are concerned that this might be a bad flu season. Whether it's pandemic flu, earthquake or a bad winter storm, there are times when services and supplies are disrupted. Let's see how ready you are to handle a YOYO event. Test yourself:

- I have at least two weeks supplies of food and water. (TWO WEEKS?? Yeah. Sobering, isn't it? Think about it though. Katrina victims had a horrible storm and then there were major obstacles to getting supplies delivered. If we did have a flu pandemic, wouldn't you rather be home with your soup cans than in line behind someone sneezing?)
- I have the medicines I'll need (prescriptions, ibuprofen, first aid kit).
- I have a way to keep warm if the power is out. (Wood stove and firewood or at least a sleeping bag and warm cap).
- I have a flashlight, extra batteries and a camp stove and fuel. I also have matches and a manual can opener.
- I have specific supplies for my household, such as pet food.

Take a little time to make sure you and your family are prepared.

Congratulations on Your First Elk, Zachery



With Love
From Your Whole Family

Community Dinner Discussion on HIV/AIDS

Thursday, February 8th, from 5:30 - 8:00 p.m.
Elders Building
Dinner provided at 6:00 p.m.

Many Native Americans are infected and affected by HIV/AIDS. The sad news is that many do not get tested and diagnosed in time to get on life saving medication. Lack of knowledge of personal risk, fear of stigma and concern about confidentiality keeps many tribal members from getting tested and treated.

The Squaxin Island Tribe has addressed these issues in concert with SPIPA through several federal education projects. The tribal B.E.A.R. (Building Effective AIDS Response) Project brings clinical HIV/AIDS and Hepatitis C education to the tribal health clinic staff so that they can serve the community better and the SPNS (Special Project of National Significance) Project offered outreach and education to tribal community members.

SPIPA has funding to host a Community Dinner Discussion about the future of HIV/AIDS education for the Squaxin Island community. We ask that you join us and share your feelings and concerns to better protect the future health of the Squaxin Island community.

For more information, please contact Michael Maxwell (SPIPA) at 462-3225.

Did You Know . . .

**Northwest Indian News Shows Sundays on DISH Network's KSTW Channel 11 from 8:30 - 9:30
Produced by Tulalip Communications. Check it!**

For Emergencies . . .

Just an FYI - Have a land-line phone available in your home case your cordless phone doesn't work.

New 2-1-1 Phone Number

Makes Referrals to Community Services Easy

On January 17, 2007, residents in Grays Harbor, Lewis, Mason, Pacific and Thurston Counties will have a new number to call for non-emergency health and human services: 2-1-1.

The 2-1-1 Western Counties Call Center will connect individuals to trained information and referral specialists. It is one of eight call centers in Washington State.

Every hour of every day, someone needs health and human services - from finding rent assistance to an after-school program to securing adequate care for a child or an aging parent. Faced with a dramatic increase in the number of agencies and help-lines, people often don't know where to turn.



ATTENTION: Housing Waiting List Applicants...

Submitted by Office of Housing - REMINDER: If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. Office of Housing did a mailing to all applicants in January, 2007. The updated application was mailed your last known address. If you have recently moved or have a change of mailing address, please call Diane Beattie, Occupancy Specialist, at (360) 432-3863. If you do not update your address to receive the update application and/or do not update your application by March 31, 2007, your name will be removed from the housing waiting list.



Are you Having Trouble Making Ends Meet? . . .



Kathy Hatch (Chippewa) is a DSHS Employee who works for the tribes at tribal clinics. She is here to help you get the services you need from DSHS. She is friendly and likes to help people.

WHEN

Mondays and Wednesdays at the clinic
10:30 am to 1:45 p.m.
Or call the clinic at 427-9006 and leave a message
She will call you back!

SHE CAN CHECK YOUR ELIGIBILITY AND APPLICATIONS FOR:

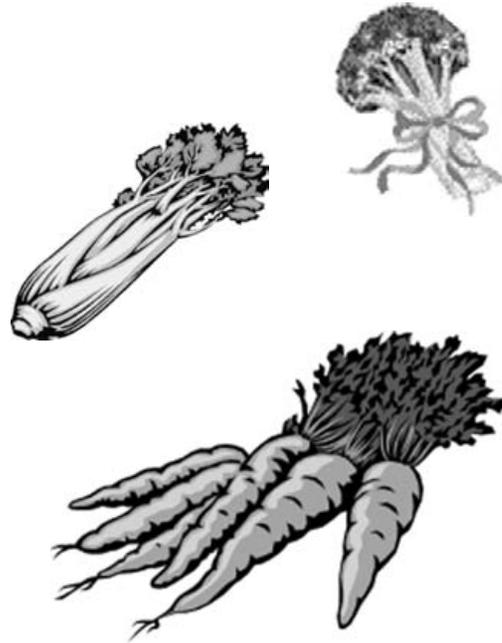
Basic Food Program/Food Stamps
Medical Benefits
CHOICE medical (no income limit)
COPEs (in-home care)
SSI (Social Security)
First Steps (Pregnancy)
Child Placement Medical Applications
ADATSA
Community Resources
And more...

INTERESTED IN RECEIVING COMMODITIES?

Contact Shirley or Bonita at (360) 456-9607

Thank You, Natural Resources Dept., For the Giving Tree!

In December, the staff at Natural Resources contributed boxes and boxes of great food for the tribal food bank. Fresh and frozen items included turkeys, hams and chickens. Canned goods included beans, vegetables, fruits, muffin mix, soups, pasta, pasta sauce, stuffing mix, spices and much more. Thank you for your generosity. The items were received by community members in time for the holidays and storms! A special thanks to Levi Keesecker and Colleen Seto who coordinated the Natural Resources donations.



Did you know . . . We Have a Food Bank for Squaxin Island Tribal Community Members?

- We receive monthly deliveries from Northwest Harvest. Typical items include pasta, rice, beans, fresh potatoes, canned tomatoes, pears, coffee, frozen turkey hindquarters, frozen potatoes and more. We never know what we will receive.

- **Located at the Health Promotions Building (across the parking lot from the clinic).**

- **Open 9:00 to 4:00 p.m. on Wednesdays.**

Contact Janita Johnson, Diabetes Prevention CHR at 432-3972 for more info or stop by on a Wednesday!

Health Events

Diabetes Foot Exam Morning

Tuesday, March 13th
9:00 - 11:30 @ the clinic
Call Patty for an appointment

Brief Community Walk

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

Community Health Walk

Thursday, February 15th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area at the same time - for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated by a Skokomish community member. The Tribe with the most walkers each month wins the walking stick for that month.
We won it for December . . .
Can we keep it in January?

Mammogram & Women's Health Exams

February 5th and March 25th
Contact Rose Algea (360)432-3930

Women's Rejuvenation & Pampering

February 14th, 10:00 a.m. to 3:00 p.m.
At the Clinic
Contact Rose Algea for details 432-3930

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come visit our Health Promotions Programs

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

Interested in Lifestyle Balance Program?

If you are Native American & over 18, see if you qualify to participate in this 16-week workshop to improve your health by changing your nutrition & activity

Contact Patty Suskin (360)432-3929
or Janita Johnson (360)432-3972



New Year's Resolution Makeovers

Make your resolutions last longer than a passing thought

By HYPERLINK WebMD Feature

What does Valentine's Day have to do with New Year's resolutions? By then, many resolutions to exercise, lose weight, get out of debt, and others have fallen by the wayside, say experts in achievement motivation theory and goal setting. But don't let a history of failed resolutions stop you from aspiring to grow and achieve. Make this the year for resolution makeovers. Start by phrasing your resolutions in ways that make them specific, measurable, and positive. For example:

Last Year: Get in shape.

This Year: Go to gym three times a week, and workout 60 to 90 minutes.

Last Year: Spend more time with kids.

This Year: Reserve two hours every Sunday for a family-only activity.

Last Year: Lose weight.

This Year: Weigh 160 pounds and wear my size 14 jeans by June 1.

Last Year: Get organized.

This Year: Every morning between 8:30 and 9, list tasks according to A, B, or C priorities.

Last Year: Be healthier.

This Year: Eat five fruits and vegetables a day, walk 30 minutes a day three to five times a week, and limit McDonald's to once a week.

Last Year: Get out of debt.

This Year: Cut up Discover card, and pay \$100 over the minimum payment each month.

Last Year: Have more fun.

This Year: Schedule fun activities, such as bike riding, going to garage sales, hearing live music, etc., twice a week.

Be Specific, Measurable and Positive

Saying, "Weigh 160 pounds and wear my size 14 jeans by June 1" is a better resolution than "lose weight." Our minds work best when we give it a specific target. Once you specify what you want with complete certainty this helps set your mind to work on it. The first statement is also measurable, which means you'll know where you stand and whether your efforts are having the desired result. In addition, the first statement is time bound, with a deadline for achieving your goal weight and size.

The time on the clock is important. If there are two minutes left in the game and you're behind significantly, you play aggressively, not conservatively.

And it's positive. Never set a goal of losing or quitting. That empowers weakness. Position yourself forward on what you want to be or where you want to go, not what you'll give up.

More Success Tips next month . . .

Crack the Secret Power Code

Use your detective skills and the code at the right to complete the activity.

1. Being physically  is fun and helps you feel good too!

2. Balance what you eat with  .

3. Eat a variety of fruits, vegetables, and  foods.

4. Balance each day with  and .

Code

- a- b-
- c- d-
- e- f-
- g- h-
- i- j-
- k- l-
- m- n-
- o- p-
- q- r-
- s- t-
- u- v-
- w- y-
- z-

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
		Stir Fry 1
BBQ Ribs 5	Beef Stroganoff 7	Sweet and Sour Meatballs 8
Chicken and Noodles 12	Chicken Cordon Bleu 14	Clam Chowder 15
Scalloped Potatoes/Ham 19	Mac/Cheese 21 Fried Chicken	Meatloaf 22
Lasagna 26	Fried Oysters 28	



Outdoor Activity of the Month *Commune with nature in Tacoma*

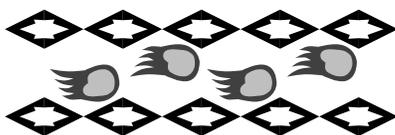
Chester Allen, The Olympian
Published January 10, 2007 -

- **What:**
The Tacoma Nature Center
- **Where:**
1919 S. Tyler Street. The center is near Cheney Stadium and Foss High School
- **To do:**
This is a wonderful place for a nice - or crummy - winter day. If it's stormy, stay inside the center and check out the wonderful displays of the plants and animals that live in Western Washington's wetlands. You can see a live king snake, a live three-toed box turtle, a northwestern garter snake and a northern alligator lizard. One of the largest bluegill sunfish in Western Washington fins in a large aquarium.

Another aquarium has a cluster of eyed coho salmon eggs. The eggs are about to hatch into tiny salmon. Easy-to-understand displays show adults and children how the wetland is the center of a web of life that includes fish, reptiles, birds, deer, foxes, raccoons and other animals - all within a few hundred yards of a city street. Children can try on full-size animal costumes.

The center has a full slate of programs that range from avalanche awareness and nature classes for young children to science club meetings for older kids.

Outside, the Nature Center has miles of trails in the forest and along Snake Lake. Workers are repairing two bridges across the lake, so some sections of trail could be closed during the next few weeks. The trails are easy to hike, and there are great chances to see deer, raccoons, foxes and many kinds of birds. Dozens of chickadees flitted through the woods Tuesday afternoon. The little birds were looking for food under the bark of cedar, Douglas fir, maple and alder trees. After a while, you forget that you're in the middle of a city - and even the traffic noise disappears.



Chickadees scramble and skitter around on trees near Snake Lake. The chickadees are looking for seeds, nuts and other food under the bark and moss. If you stand very still on the trail, the chickadees will land on a branch right next to your face and check you out. (Chester Allen/The Olympian)



- **Directions:**
Take Interstate 5 north to Exit 132 - and get ready to merge onto state Route 16 toward Gig Harbor. Get onto westbound Route 16. Take the South 19th Street East exit. Turn right at the top of the ramp onto South 19th Street. Turn right onto South Tyler Street. The nature center is on your left.
- **Equipment:**
Raingear, waterproof shoes or boots, cameras and warm clothes.
- **Safety:**
The trails can be muddy - and stay away from bridge construction.
- **Comforts:**
The nature center has restrooms and a water fountain. Tacoma is just a few yards away.
- **Hours:**
The trails are open every day from 8:00 a.m. to dusk. The nature center is open from 8:00 a.m. to 5:00 p.m. Tuesdays through Fridays, 10:00 a.m. to 4:00 p.m. on Saturdays. The center is closed on Sundays and Mondays.
- **Parking:**
There is plenty of parking.
- For more information on the Tacoma Nature Center or programs, call 253-591-6439 or go to www.metroparkstacoma.org.

Outdoors reporter Chester Allen can be reached at callen@theolympian.com.

People with Diabetes Need to Look at their Feet EVERY DAY



This photo shows tribal member Donna Wood having a foot exam by Dr. Molina Kochhar, Podiatrist (foot doctor) during our Foot Exam Morning in October, 2006.

If you have diabetes, you should check your feet EVERY DAY for any red or black spots, ingrown toenails, cracking, dry skin, sores, blisters or cuts. See your doctor right away for any of these problems. By catching any problems early, you can avoid amputations. Most amputations could have been prevented by the simple steps of looking every day & reporting problems quickly.

In addition, if you have diabetes, you should have your feet checked at least once a year by a foot doctor or Podiatrist, such as Dr. Kochhar. Patty also has some great written materials to remind you how to take good care of your feet.

Dr. Kochhar will be back on March 13th to check more feet. If you have diabetes & are due for your annual exam, contact Patty Suskin, Diabetes Coordinator at the clinic at (360) 432-3929.

A mother and her son walk the trails near Snake Lake. The trails put walkers close to deer, birds, raccoons, squirrels and other animals. It's common to spot lots of animals -- if you walk slowly and quietly -- and pause every now and then. If it's too rainy or windy to go outside, head inside to see the Tacoma Nature Center's displays. (Chester Allen/The Olympian)





Congratulations
Raffle Winners

SQUAXIN ISLAND COMMUNITY
HAPPY VALENTINE'S DAY
ALL WOMEN ARE INVITED
 COME TO BE *REJUVENATED*
 AND *PAMPERED*

MASSAGES, FACIALS, MANICURES,
AROMATHERAPY & REFLEXOLOGY

DATE: FEBRUARY 14TH, 2007
 TIME: 10:00 A.M. TO 3:00 P.M.
 PLACE: SQUAXIN HEALTH CLINIC



Mitzie Whitener
December Womens' Health



Carmen Algea
December Womens' Health



Vicky York
December Mammogram



ELDERS ACTIVITIES



Parade of Lights Dinner Cruise Photos by Jacqueline Crenshaw





CHRISTMAS PARTY FUN



Photos by Charlene Krise

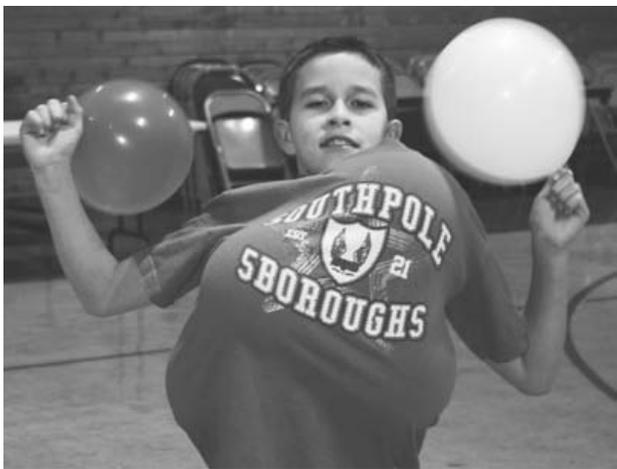




CHRISTMAS PARTY FUN



Photos by Charlene Krise





CHRISTMAS PARTY FUN



Photos by Charlene Krise





You Are Welcome at Our Church

Pastors and tribal members Ron and Kathy Dailey - Many times in my life as a teenager, I can remember being told that I need-



ed to be "born again." I thought to myself, "Me be born again? How could that ever be possible?" I knew that my life was a spiritual mess, remorse due to my sinful life was ever present with me. There were many times that I cried out, "If there is a God, please help me!" One Saturday afternoon, a

friend invited me to attend church the following Sunday morning. I can still remember how strange the service seemed to me. There was a sense of joy, all were so happy as they sang. I saw young people that I went to school with. For some unknown reason, as I glanced about the auditorium, I didn't feel like a stranger. In fact, I felt at home. For the first time in my life, I witnessed that people other than my mom and dad cared about me.

Then came preaching time. I don't remember all the pastor said, but I do remember one passage of scripture which seemed to stand out above all the rest. "For God so loved the world that he gave his only begotten son that whosoever believeth in him should not perish, but have eternal life." St. John 3:16. The pastor then read from the Bible in the Gospel of John. Jesus said to Nicodemus, "Verily, verily, I say unto thee, except a man be born again, he cannot see the Kingdom of God." John 3:3. It was then that I heard the preacher say, not only did Nicodemus need to be born again, we all do. The Bible teaches, "For all have sinned and come short of the glory of God." Romans 3:23. Well, that morning changed my life. I accepted Jesus Christ as my personal Lord and savior. He forgave me of all my sins. Now I am born again. This Christian life works 24/7.

It is our privilege and blessing to share words of hope from the Bible every Sunday morning. Our service is held in the Mary Johns Room at 11:00 a.m. We do not belong to any special denomination or fellowship. You are all invited, all welcome. "God loves you and we love you."

Thank you! Dailey

Who Are They?



Russell Harper



Martha Whitener, Mary Whitener and Dave Whitener



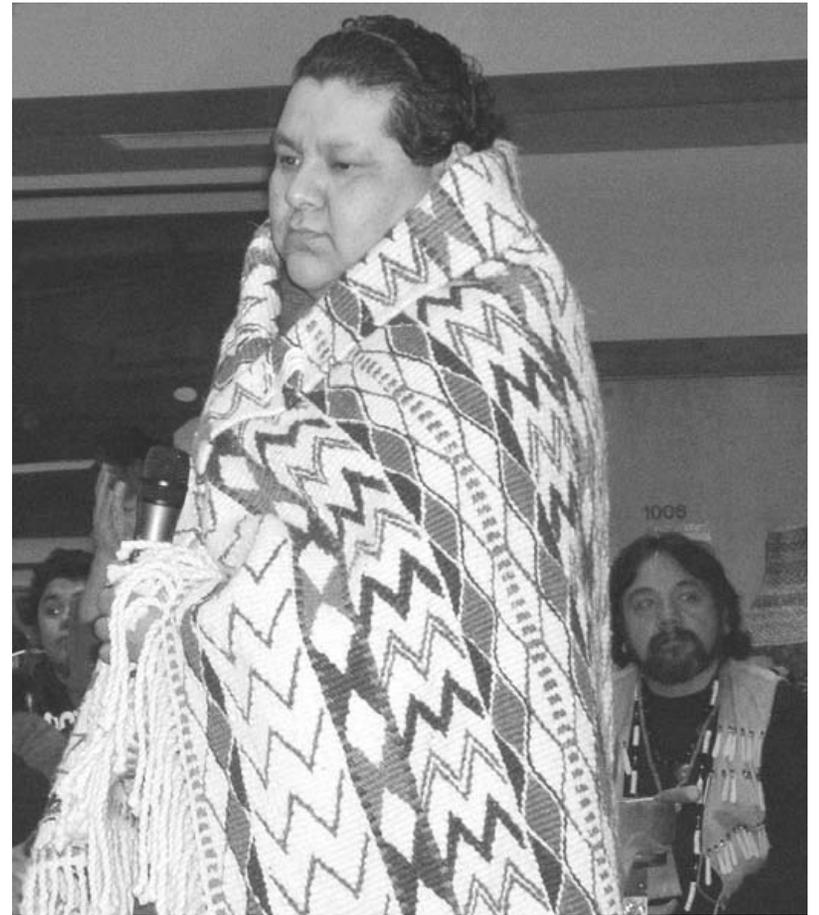
L-R: Theresa Ford, Tammy Ford, Rebekah Ford, Darren Ford and Rachel Ford (Front)



Rare Mountain Goat Blanket Created by Susan Pavel Unveiled at TESC Longhouse Ceremony

Tribal member Joe Seymour was called upon to be the representative of the Squaxin Island Tribe bearing witness to the unveiling of a fully-twined, hand-dyed mountain goat wool Salish blanket. A blanket of this kind is so rare that less than 100 are known to exist in the world, mostly in prestigious museums and collections. Woven by sa'hLa mitSa (Susan Pavel), with support from her husband chixA-pkaid (Michael) and influenced by the teachings of master weaver subiyay, the blanket was named and brought to life to join the revitalization of Salish textile weaving.

The event was held at noon Saturday, January 27th at The Evergreen State College Longhouse Education and Cultural Center.



*Susan Pavel, center
Squaxin Island singers, below
Joe wearing the blanket, right*

Congratulations, Bugga, on Your First Elk



**Love
Mom, Dad,
Grandma, Grandpa
and Uncle Larry**





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
					AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
4	5	6	7	8	9	10
Squaxin Indian Bible Church 11:00 a.m.		Church 7:30	<i>Family Court</i>	<i>Council Mtg.</i>	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
11	12	13	14	15	16	17
Squaxin Indian Bible Church 11:00 a.m.		<i>Criminal/Civil Court</i> Church 7:30	Happy Valentine's Day		AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
18	19	20	21	22	23	24
Squaxin Indian Bible Church 11:00 a.m.		Church 7:30		<i>Council Mtg.</i>	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
25	26	27	28			
Squaxin Indian Bible Church 11:00 a.m.		<i>Criminal/Civil Court</i> Church 7:30				

Happy Birthday Ruth!
Love,
All Your Family and Loved Ones!

Happy Belated Birthday Traci!
Love,
All Your Family and Loved Ones!

**Happy Birthday
Eva and Fernando**
Love, Mom

**Happy Valentine's Day
Nicholas Cooper**
I Love You Always and Forever!
Love, Your Baby Girl



Happy 17th Birthday
Cameron Henry



Love Your Little Sister Willow

Bagley Family
Reunion / Potluck



APRIL 7, 2007

Calling All Family . . .

of Florence, Clara, Joshephine, Hazel,
John, Violet, Frenchie and Marion!!!

For more information, or for suggestions,
Call Terri Capoeman:
462-3505 or (cell) 561-2913
tcapoeman@hctc.com
OR
Gloria Hill
462-0117

Happy Valentine's Day to My Husband Tully with All My Love!
Happy 11th Year Anniversary
- Vicki

Happy Birthday Mom (Grandma & Great Grandma!)



Most of us on Christmas, 2006



Most of us on Christmas, 2006



Mom and me, July 2006



Mom and Mykah
Christmas, 2006



Mom, Chass and Mykah
Christmas, 2006



Nokomis and Mykah
December, 2006

WE LOVE YOU!!!

TAX REFUNDS FOR WORKING FAMILIES: Find out if you qualify!



Every year in Native communities, millions of Earned Income Tax Credit (EITC) dollars go unclaimed or get reduced by unnecessary fees. Bring your money back home.

YOU EARNED IT!

If you earned less than \$38,348 in 2006, you may qualify for the EITC when you file your tax return. You could get up to \$4,536 depending on your income and number of qualifying children.

KEEP YOUR CASH!

You don't have to pay high or unnecessary fees to commercial tax preparers for quick cash refunds. Find a free tax preparation site near you.

PUT YOUR MONEY TO WORK!

Use your money to achieve your family's financial goals. Open a bank account, pay bills and improve your credit, or save for a house, your education or a small business.



www.nfec.info



The Squaxin Island Tribe Office of Housing will be sponsoring a FREE Tax Preparation Site (for basic returns) Tuesday and Thursday evenings at the Tu Ha' Buts Learning Center from 5:00 p.m. – 8:00 p.m. beginning February 13 and running through April 12.

To schedule your appointment, please call Lisa Peters @ 432-3871.

Upcoming Events

FREE TAX PREPARATION SITE

(For Basic Returns)

Tu Ha' Buts Learning Center
Tuesday and Thursday evenings
5:00 p.m. – 8:00 p.m.
Saturdays (appointments only)
10:00 a.m. – 12:00 a.m.
February 13, – April 12, 2007

There will be volunteers on site who have passed the IRS Tax Wise course and test. Please call Lisa Peters @ 432-3871 to schedule an appointment for your tax preparation.

Watch for more information on the Free Tax Preparation Site in the near future.

CONVEYING HOMEOWNERS WORKSHOP

Elders Building
Tuesday, February 13
and Thursday, February 15
5:00 p.m. – 7:00 p.m.

3RD ANNUAL HOUSING FAIR

Squaxin Island Gym
March 10, 2007
10:00 a.m. – 2:00 p.m.

