FEBRUARY 2008

?xwxw gwał ta xwalč yaxw ti stultulakw

?acaciłtalbixw g'bł tə xwəlč yəxw ti stultuləkw

COMPLIMENTARY

Frank's Landing Forms Historic Business Alliance with the Squaxin Island Tribe The former Frank's Landing Indian Trade Center, located on the lower Nisqually the WaHeLut Indian School, the Alesek Institute and

The former Frank's Landing Indian Trade Center, located on the lower Nisqually River near Interstate-5 Exit 114, has reopened its doors as "The Skookum Creek Outlet at the Landing." Through an historic partnership between the Frank's Landing Indian Community and the Squaxin Island Tribe, the new smokeshop business will be owned and operated by the Squaxin Island Tribe for the benefit of the Frank's Landing Indian Community, including its WaHeLut Indian School.

A business arrangement implementing the State of Washington's cigarette excise tax compact and an inter-governmental agreement authorizes the Squaxin Island Tribe to establish the "Skookum Creek Outlet at the Landing" for retail cigarette and tobacco sales. The formal alliance will allow the Landing's renowned support for vital community services to continue unabated. Combining the resources and experience of the Frank's Landing Indian Community and the Squaxin Island Tribe, the store has opened for business and is ready to serve its customers and the community in compliance with all applicable laws.

The various agreements resolve differences over the authority of a smokeshop to operate at the Landing and ensure regulatory and enforcement oversight. Implementing authority granted by the Washington Legislature in 2001, the opening of the "Skookum Creek Outlet at the Landing" under jurisdiction of the Squaxin Island Tribe resolves one of the state's last remaining cigarette tax disputes.

The Frank's Landing Indian Community is known across the nation for its generations of work on behalf of the tribal people of the south Sound and elsewhere. The Landing was at the center of the decades-long fishing disputes that led to the famous Boldt federal court decision of 1974 and its reaffirmation of the treaty rights fisheries reserved and secured to native peoples of the area.

Presently the Landing operates the WaHeLut Indian School - founded also in 1974 - where children from 26 federally recognized Indian Tribes come to learn traditional ways as part of a well-rounded education. The WaHeLut school is a place where children are encouraged to believe in themselves and their abilities and to celebrate their native heritage. Class size is never greater than 18, thereby giving the children the personal educational attention they deserve.

The Frank's Landing Indian Community also provides - through the auspices of its non-profit Alesek Institute - multi-service support for Native people with particular concern for Indian children and their families. The Alesek Institute offers culturally appropriate life skills training, education assistance, employment opportunities, youth tutoring and housing assistance at sites throughout western Washington. The Landing also sponsors and supports many other organizations, events and activities which involve, support and benefit Indian Elders, children and families.

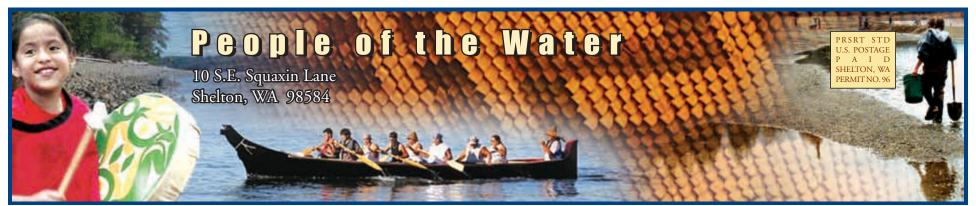
The "Skookum Creek Outlet at the Landing" will sell products manufactured by Skookum Creek Tobacco as well as all major brands. Skookum Creek is another economic development enterprise owned by the Squaxin Island Tribe and managed by its Island Enterprises. Taxes collected from the sale of these products, as required by the cigarette excise tax compact legislation, will be dedicated to support

the WaHeLut Indian School, the Alesek Institute and other essential governmental services.

The opening of "Skookum Creek Outlet at the Landing" coincides with the ten year January 1998 anniversary of the WaHeLut school's reconstruction and grand reopening which followed its near total destruction by valley-wide flooding on February 8, 1996. Once again, January marks a rebirth and renewal for the Frank's Landing Indian Community.

For more info., Contact: Jennifer Ulrich, Island Enterprises (360) 432-0231.











S q u a x i n I s l a n d RIBAL NEWS 10 S.E. Squaxin Lane Shelton, WA 98584

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

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

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

Submissions Deadline: 15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: Chairman
ARNOLD COOPER: 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





Community —



February 15 through 17, 2008 Squaxin Island Tribe to Restore Sa'Heh'Wa'Mish Days With Four Major Cultural Activities

Four major cultural events have been scheduled by the Squaxin Island Tribe as apart of its restoration of Sa'Heh'Wa'Mish Days February 15th through 17th, 2008 at the Little Creek Casino Resort.

Native Community is invited to celebrate **Coast Salish Culture**

• On February 15th, 2008, the Tribe celebrates Pacific Northwest Coast Salish culture by inviting all Native tribal communities to a traditional dinner, performances and camaraderie.

Intertribal pow-wow and Art Fair

• On the 16th and 17th, the tribe hosts a pow-wow encompassing two full days. The pow-wow includes art booths & traditional food prepared by tribal members.

The pow-wow is a free event, open to the public so that everyone can experience native culture. Ray Fryberg (Tulalip) will be the pow-wow Master of Ceremonies.

Dance & drum competitions are the primary focus of the pow-wow, including \$20,000 in cash prizes - raised from \$10,000 by Skookum Creek Tobacco Company & Little Creek Casino Resort – to the competitors.

Enjoy beautiful art and creations of the Salish Spirit

• During the afternoon of February 16th, the Squaxin Island Tribe will highlight their artisan community with a juried art show entitled "Regeneration of Salish Art". Entries will include regalia, drums, basketry, carving and original or print art. An Emerging Artist Show will highlight young artists from the art class or community.

"With this show," said Charlene Krise, Executive Director of the Squaxin Island Museum, "we are building a prestigious event that will highlight the incredible talent we hold in the Pacific Northwest. Our world class art stands apart from other native art." The art will be on display at the Little Creek Casino Resort Ballroom prior to the show. Prizes and awards will be given between 3:00 and 4:00 p.m.

Native art available during February 16 "Water Sounds Auction"

To expand on the experience of Sa'Heh'Wa'Mish Days, the Squaxin Island Tribe Museum has decided to make the Water Sounds Auction a part of the event. After the art show award ceremony February 16, Water Sounds will open for a social hour, silent and live auction, at which all Native American art is accepted.

"The Water Sounds Auction benefits the museum," said Krise. "It is my hope that by supporting a strong Coast Salish art community, we will also be able to share in the fruits of the community through this auction. The museum is accepting any Native American art as well as other auction items from the community.

The Squaxin Island Tribe through the Tourism Department, Little Creek Casino Resort and Skookum Creek Tobacco has provided over \$55,000 toward restoring Sa'Heh'Wa'Mish Days. All events will be held at the Squaxin Island Tribe's Little Creek Casino Resort. All proceeds benefit the Squaxin Island Tribe Museum, Library & Research Center.

IEI & LCCR are sponsoring tribal member booths!

For more information, contact Ruth Whitener, (360) 432-3841.

Stretching legs out as far as they can go
How many miles do I have to show?
Pushing yourself to the point of exhaustion,
Oh I see the trees have blossomed!
Heart throbbin, head racin
I hope I can out pace him
Keep going! Don't stop
I know I can make it to the top
Eyes blurry
I've got to hurry!
Harder, faster, stronger
I know I can make it longer!
Past one
Past two, now three
I'm at the last 100ft
Sprint these last yards
I have come so far
Breath in, breath out
I will not let my head fill with doubt
I am done!
I have finally won! I am the top gun!

- Aleta Poste

Cashier Hours:

Monday - Friday 7:30-4:00 Lunch from 12:00 to 1:00. You can come in and pay bills any time during these hours! Thank you!!!



Community -



Tribal Leaders Summit Announces "All-Star Cast" of Speakers!

What do poet Sherman Alexie, law professor Charles Wilkinson, and hundreds of Pacific Northwest Tribal Leaders, all have in common? They will be attending the 2008 Region 10 Tribal Leaders Summit here in Kamilche this Spring! Individuals from around Oregon, Washington, Idaho and Alaska will come together this April to participate in the annual summit.

Nearly 400 representatives from area tribes, EPA and other organizations are

expected to attend the summit, entitled "Sustaining Tribal Cultures—tailoring programs to fit places." The agenda is coming together quickly and promises to include some incredible speakers.

Highlighted on the agenda is author Sherman Alexie. He is a Spokane/Coeur d'Alene Indian, who grew up on the Spokane Indian Reservation and has become a well known author. Many of his works have earned him recognition and honors, including the 2007 National Book Award for Young People's Literature for The Absolutely True Diary of a Part-Time Indian. Amongst countless awards for his poetry and books, Smoke Signals, a movie he wrote the screen play for, has received awards from the Sundance Film Festival.



Keynote Speaker: Sherman Alexie

Another highlight is Professor Charles

Wilkinson , a renowned scholar of American Indian law and an accomplished author. He has won awards for his book Messages From Frank's Landing, a profile of Billy Frank, Jr. and has also been honored for his historical book, Blood Struggle: The Rise of Modern Indian Nations. He currently is a distinguished law professor at the University of Colorado.

Other well-known speakers include Heather Kendall-Miller, a well known lawyer from the Native American Rights Fund, and Larry Merculieff, 2006 Buffett Award finalist for his contributions to increased involvement of Native organizations in scientific research and political efforts to protect Alaska's environment. All will prove to be entertaining, thought-provoking and engaging speakers. The Squaxin Island tribal community is fortunate to host such amazing guests.

The summit will take place April 21st -24th at Little Creek Casino Resort. To register, or for more information about the summit, visit http://www.squaxinisland.org/tls/index.html, or call Brenda Nipp at 360-754-7644.

NOTE: Tribal members will be allowed to attend the presentation by Sherman Alexie. Contact Bj Peters at Natural Resources, 432-3801, to get your name on the list.

Cameron Goodwin and Mark West!

Hey guys, I just want to take the time to congratulate you on the wonderful job you guys have done for the casino. In the last year you have made the casino a big success! I have worked for the casino ever since it opened and I have never seen such dedication. Your hard work and expertise has paid off! Keep it up! Thanks,

- Ruthie

Tribal Council Resolutions

<u>07-74:</u> Supports collaboration with the Tribal Leader Congress on Education, the WA State School Directors' Association and the Office of the Superintendent of Public Instruction to create and submit a joint budget for the implementation of HB 1495 and apply for the funds procured through Request for Proposals: Indigenous Learning Pilot Program RFP#SSIE-01

<u>07-75:</u> Supports the participation of the Tribe in the SPIPA Family and Violence Prevention and Services Grant

<u>07-76</u>: Authorizes membership in National Congress of American Indians

07-77: Enrolls Mini Maree Gamber

07-78: Enrolls Kathryn Marie Keithley

07-79: Enrolls Beth Ann Robinson

07-80: Enrolls Hannah Lucille Forcier

07-81: Enrolls Tia Marie Jordan and Taylor Jeffrey Porad

<u>07-82:</u> Disapproves six applications for enrollment because they did not meet requirements

<u>07-83:</u> Authorizes the Executive Director to do any and all acts necessary to acquire the Clary property by executing any and all documents contemplated by the Sept. 28, 2007 Agreement of Purchase and Sale

<u>07-84</u>: Authorizes the Chairman, Executive Director or the Deputy Executive Director to be the Tribe's signatory and representative in all future matters requiring tribal authorization regarding the 2007-2009 biennium Public Transportation State and Federal grant Program application

07-85: Amends the Squaxin island Tribe and Island Enterprises 401(k) Plan

<u>07-86:</u> Authorizes SPIPA to submit a grant proposal to the Administration on Aging for the Grants for Native Americans and Native American Caregiver Support Program, Title VI Parts A & C for the grant period April 1, 2008 to March 31, 2011

<u>07-87:</u> Authorizes the Tribal Chairman to enter the Intergovernmental Agreement between the Squaxin Island Tribe and Washington State Department of Licensing regarding motor vehicle and special fuel taxes

<u>07-88:</u> Authorizes the Tribal Chairman to enter into and implement the Intergovernmental Agreement between the Squaxin Island Tribe and Frank's Landing Indian Community in which the Squaxin Island Tribe's Cigarette Tax Compact and cigarette tax laws apply to a portion of the community's land in support of the purchase by the Squaxin Island Tribe of the Frank's Landing convenience store.

<u>07-89:</u> Appoints Lorna Gouin, Whitney Jones and Glen Parker to serve on the Workers' Compensation Review Board

07-90: Supports the establishment of a process to transfer federally allocated tribal funds to the Washington State Treasurer to facilitate the payment of Medicaid-paid services for chemical dependency services

08-01: Authorizes submission of a grant proposal to the USDA, Rural Development, under the Rural Business Enterprise Grant Program for preliminary planning and design of the Arcadia Boat Ramp upgrade/parking lot, restrooms

<u>08-02</u>: Approves Change One to the EAOP of the Squaxin Island Tribal Housing and Utilities Commission Policy, Eligibility, Admission and Occupancy Policy defining the *Security and Damage Deposit* to be \$350 and the *Non-Refundable Pet Deposit* to be \$150.

08-03: Approves returning the petroglyph currently located at the Tumwater Falls State Park to its traditional homelands with the Squaxin Island people and displaying it at the Veterans Memorial. The petroglyph was donated to the WA State Capitol Museum/WA State Historical Society by Mrs. Elizabeth McElroy Allison who homesteaded the land on Harstine Island where it was originally located. Ms. Al-

Continued on Page 11



-Transportation Planning/Veterans —





Glen Parker's Memory of Korea

A "mamason" who came to pick up laundry brought a young boy who was part of her family with her one day. When she got to know us, she told us his family was all killed in the war and he had no one to take care of him. After we became acquainted with him, we offered to let him come and live with us in the Quonset hut. He may have had a name, but we just called him Junior.

Junior spoke enough English that we could communicate with him. He called me "papason". We set up a cot like the rest of us slept on. The commanding officer did not object to him, so he went through the chow line like the rest of us. He came to us without any clothes of his own. We ordered US fatigues for him to wear.

Junior was about ten when he came to us. We started an account for him and contributed an amount each pay day so he would have a college fund. We gave him chores such as making beds, polishing shoes and other things he could help with. He was just one of us. He was still living there when I left to come home. I returned many years later but had no idea how to find out about him as there were no records kept.

While I was stationed in Korea, there was complete devastation on the countryside. A common sight was "mamasons" roaming the countryside with an A frame on their back gathering sticks for firewood. When I returned the foliage had all grown back and there were cities with sky scrapers. I was able to find the hill at Wigonbu and there are still bunkers in place although different than the Quonset hut I lived in.

Transportation Planning Update

Your input is valuable! If you haven't completed a transportation planning survey, the deadline is February 10. The survey is available on-line and on paper. The on-line survey link is on the Squaxin home page www.squaxinisland.org and in the Daily Scoop (Squaxin's daily email). The paper surveys are available in tribal facilities to be completed and returned to any Squaxin staff or directly to Lynn Scroggins at the Tribal Center. Both kinds of completed surveys that contain a name and phone number will be entered in a raffle to win an overnight stay at Little Creek Casino Resort Hotel and other prizes.

Questions? Contact Planners Lynn Scroggins or Penni Giles at (360) 426-9781 or lscroggins@squaxin.nsn.us or pgiles@squaxin.nsn.us.

The long-range transportation plan of the Squaxin Island Tribe will address:

- · Roads and bridges
- · Signs, lights, and markers
- · Trails for biking, walking
- · ORV use
- Air and water transportation
- Freight and rail
- · Safety and capacity needs
- · Elders and youth transportation needs
- · Economic development, jobs, and tourism
- · Natural and cultural resource protection and enhancement
- · Emergency management
- · Transit vehicles, routes, services, shelters
- Priorities and funding

The transit part of Squaxin's long-range transportation plan is partially funded by the Federal Transit Administration (FTA) with technical assistance from Thurston Regional Planning Council (TRPC) and the Community Transportation Association – Northwest (CTA-NW).

The Squaxin transit plan is based on a Stillaguamish Tribe model, serving the needs (demand) of tribal and community members (tribal and non-tribal), customers, visitors, and clients, elders, youth, and staff.

The Squaxin transit plan focuses on four types of public transportation demand: demand for service to and from tribal facilities, demand for service for tribal members, demand for service for tribal employees, and other community demand.

People should wear all their "hats" when they complete the survey - for example, I'm a community member, employee, service provider, visitor, client, and a customer!

- The survey is Squaxin's primary data gathering tool for Squaxin and Non-Squaxin stakeholders.
- Please take a few minutes to provide your valuable input for the People of the Water complete Squaxin's transportation planning survey by February 10.

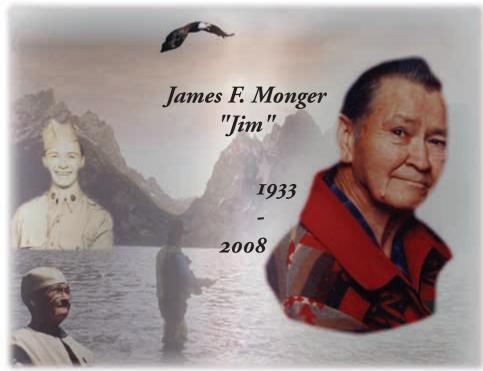


The Intertribal Professional Center drive is part of the Squaxin transportation system



-Walking On----





Jim Monger, a Squaxin Island tribal member, was born November 4, 1933, in Everett, WA and died peacefully at home in Granite Falls on January 4, 2008. He is remembered best as being a great sports fisherman, lake, river, bay and Steelhead fishing on cold winter days. He was also a very faithful Seahawks fan, watching every game, win or lose, with his boys.

He served in the US Army, and when he returned home, he worked for Boeing, then in cash registers and finally as a mill worker, where he was a "Jack of all trades." He moved to Granite Falls in 1973 with his loving wife of 47 years, Katherine Monger.

He is survived by his wife, Katherine "Kathy" Monger; sisters, Sonia and Jerry Clemensten, Tina Pacheco and family and Rose Webb and family; brothers, Robert and Lisa Monger and family and Mark Monger; sister-in-law, Charlene Monger and daughter Cheryl Sept and family; numerous extended children, grandchildren, nieces, nephews and cousins; his daughters, Ella "Fatter" and Robert Power, Elizabeth "Baby" Monger, Terry Sue and Harry Nielsen and family, Carmen SoHappy and Don Charles and family, Avel and Neva Medina and family; special cousins, Marion and Dennis Hegnes and family, Lillian and Frank Gomez and family, all of Tulalip, Lawrence Jerry, Violet and Nadine and families of Muckleshoot; grandchildren, Robert "Sunshine" Guss and Lisa Guss, Ivy Guss, Selena "Bird" Guss, Anthony and Albert Power, John Gibson, Michael James Monger, Crystal Wayne, Christopher Enick, Buster Monger, Melissa Young, Dakotah Monger, David and Andrew Enick; great-grandchildren, Larnell Terrance and Martel Monger, Kristen, Devon and Alex Guss, Samantha and Lila Goshorn, Eve and Lillian Dawson, Charles and Dorothy Guss, Emmett and Casey Guss, Anthony and Jordan Power, Jaslyn and Quinton Gibson; and great-great-grandchild Jadin Enick; special grandchildren Brandon, Erwin and Clarissa Weiser and family, Chuck Jeanie, Thomas and James White, Frankie Eagle, Jonas, Casey, Rainey and Candace Jackson, Calvin Clark; special friends Sandy, Jo, Bob, Josiah, Phleetus, Shane and Danielle, Wendy and Kelly Gepner and family.

He was preceded in death by Dad and Mom, High Monger and Eva Charles; Barney and Ivy Guss; and brothers Robert Jack and Richard Monger; aunt Mae and Archie Gould.

Viewing was held from 1:00 - 2:00 p.m. on Tuesday, January 8, 2008 at Shaefer-Shipman Funeral Home. Procession to Tulalip Tribal Center followed and interfaith services were held at the Tulalip Gym at 6;00 p.m. The funeral service was held in the Tribal Gym at 9;30 on Wednesday, January 9, 2008, with a procession to Mission Beach Cemetery, his final resting place. Arrangements were by Schaefer-Shipman Funeral Home.

Wayne Clary

Wayne Leon Clary, a longtime Kamilche farmer and former athletic star, died of cancer on Sunday, December 30, at Capital Medical Center in Olympia. He was 76.

He was born on January 2, 1931 in Nevada, Missouri, to Edna L. (Beerbower) and Russel F. Clary Sr. He moved with his family to Matlock in 1941, following other family members who settled in the area.

The Clarys eventually moved into Shelton and he graduated from Irene S. Reed High School in 1949. During high school he lettered in football, basketball and baseball

The New York Giants invited him to attend spring training in 1950. He went on to play for the Redding Browns farm team, earning the Most Valuable Player award in 1951.

Coming home to support his family, Mr. Clary held may jobs over the years, including truck driver and as a worker in lumberyards and mills. He also hauled Christmas trees and ran a local dairy, which led him to purchase a farm in Kamilche in 1954, where he lived until his death. He raised cattle and preferred registered Polled Herefords, which his family said he spoiled almost as much as his grandchildren and great-grandchildren.

He married Louise Wiley on October 12, 1963 in Coeur d'Alene, Idaho. His previous marriage to Josephine Breckel ended in divorce.

The Clarys spent countless hours working on their farm. They put up their own hay for may years, bringing the whole family together to get the job done. Most local farmers knew that if Mr. Clary was cutting hay they'd better too, because he almost always beat the rain. The Mason Conservation District named him Farmer of the Year in 1992.

He often pitched in to help his family, friends and neighbors. He was involved in many projects at the old Kamilche School, where at one time he was the janitor and school bus driver while holding down a second job. He spent many evenings at the school playing basketball with members of the local community.

He owned and operated his own logging company for many years. An accident in the early 1970s left him with a broken neck but in a testament to his toughness, he came back to work and ran the business for another 20-plus years.

His favorite pastime was sports. He played on local fastpitch softball teams, winning many awards and trophies. He earned the nickname "Shotgun" during his softball years. He also played on city league basketball teams and bowled in local leagues.

Mr. Clary felt his greatest accomplishments were his loving family, longtime friendships and a life well lived, his survivors said. They described him as a great man, character, tease and fanciful storyteller who was loved and respected by all who knew him

Surviving are sons Michael Clary of McCleary and Gerald Clary and wife Holly

of Shelton; daughters Pam Cummings and husband Ron of Shelton and Janet Swanson and husband Bob of Kent; sister Wilma George of Shelton; and numerous grandchildren, great-grandchildren, nieces and nephews.

He was preceded in death by his parents, brother Russel Clary Jr., wife Lousie Clary and daughter-in-law Jacqueline Clary.

A memorial service was held on Wednesday, January 9 at the Pavilion at Sentry Park in Shelton. Pastor Ron Allison officiated. Arrangements were by McComb Funeral Home in Shelton.





Community _____



Congratulations Leslie Johnson (bottom left) Newly Elected Board Member of the American Indian Native Alaska Tourism Association



2008 AIANTA Board of Directors. Photo taken at the first meeting of the Board following elections. First Row: Leslie Johnson (new member, Pacific/Northwest); Janice Hirth (Executive Director); Selena Chino (new member, Southwest); Camille Ferguson (President, Alaska). Second Row: Staci Eagle Elk (Plains); Mikky LaRoche (Plains); Farren Penney (Pacific/Northwest); Mary Jane Ferguson (new member, At-Large). Top Row: Brian Zepeda (new member, Southeast); Kirby Metoxen (Treasurer, Midwest); Tina Osceola (Secretary, At-Large); Mike Metoxen (Midwest). Not pictured--Brian Vallo, (Vice-President, Southwest), Angela Ketah (Alaska) and George Lambert (Southeast).

Announcing Lila Jacob's Newest Great-Grandson

I'd like you to meet my newest greatgrandson, Eric Lee Ellerbe. Eric Lee is Elroy Ellerby's first grandson. He was born Nov. 11, 2006. His great-grandma thinks he is the cutest boy ever, of course! My tribe is really increasing:)





AT&T Offers Discounted Cell Phone Service

AT&T is participating in the federal government's Lifeline universal service program, which enables the company to provide subsidized cell phone service to low-income Washington residents. Consumers may qualify for discounted wireless service from AT&T if they participate in any of several designated federal assistance programs, such as Medicaid, food Stamps, National School Lunch Program's Free Lunch Program and supplemental Security Income (SSI). Consumers may also qualify based solely on income.

The Lifeline plan is \$16.74 per month and those meeting further criteria, may qualify for additional discounts lowering the monthly charge to just \$8.00. Tribal members may qualify further, lowering the monthly charge to just \$1.00 per month.

The plan includes 300 anytime minutes, plus 1,000 night/weekend minutes (additional minutes are .15/minute), nationwide long distance and free roaming in Washington, Oregon and Idaho (roaming outside of region: .25/minute).

The application turnaround time is no more than two weeks. Interested persons can obtain more information and applications through the Lifeline/Link-Up website, www.wireless.att.com/about/community-support/index.jsp or by calling 800-377-9450 toll free Monday through Friday, 8:00 a.m. to 5:00 p.m., Pacific time during Daylight Savings time. From the last Sunday in October to the first Sunday in April, the hours are 7:00 a.m. to 4:00 p.m., Pacific time.

General Body Meeting















Elders -



Elders Update

Rose Brownfield - The casino hosted our Elders for our Christmas Gift Exchange on December 13; we thank you.

On Dececember 8, Skokomish, Squaxin, and Nisqually gathered 40 elders to attend the Christmas Lighting in Leavenworth Washington. We went over along highway 2 and back home along I-90. (See the pictures below)













Loretta Hits it Again and Becomes a Hit with the Kids Again

Rick Case - First she rounds up the kids and does the first elder and kid community Cleanup. Armed with sacks, they go out and clean up trash. Next, during the Canoe Journey, she figures out how bored the younger kids are, so she gets help and fills up the van with the younger kids and takes them to the wildlife park. Wow, what a trip! When I called her, the kids were so noisy I could not even hear her talk. This time, in the spirit of Christmas, she gets a tribal bus, loads it up with kids and takes them to a Christmas lights show. Then they go to McDonalds to eat. Wow, what a trip! As you can see in the pictures, it was all worthwhile, just to see the joy of the kids that went. What can we expect next? I guess we will just have to wait and see.













-DCD / OOH ——



ATTENTION:

Housing Waiting List Applicants...

REMINDER: If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address, please call Diane Stymacks, Occupancy Specialist, at (360) 432-3863. If you do not update your application by March 31, 2008, your name will be removed from the housing waiting list.

The following people need to provide us with their application update. If we do not receive your update by March 31, 2008, your name will be RE-MOVED from the housing waiting list!!!

Kurt Poste
Kim James
Che-Vonne Obi
Ryan Fox
Ceila Rosander
Eric Kruger
Cassie Colbert
Alan Steehler



Upcoming Events

Building Native CommunitiesFinancial Skills for Families

Administration Bldg. 2nd Floor January 28, 29 and 31, 2008 3:00 – 6:00

One-on-One Credit Counseling

Administration Bldg. 2nd Floor February 4, 2008 By appointment only 4:30, 5:30, 6:30

Free Tax Preparation Site (Basic Returns)

Tu Ha' Buts Learning Center February 5 - April 15, 2008 Tuesday and Thursday evenings By appointment only 4:30 p.m. – 7:30 p.m.

Furnace Maintenance and Repairing a Toilet

Administration Bldg. 1st Floor, Lunch Room February 26, 2008 5:00 p.m.

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters@ 432-3871. The OOH asks that you call to reserves a seat if you plan to attend a workshop.

SEH DIKS

Go Seahawks Fans!!! Joe, Kris, Michael and Mike Peters

Moisture Control is the Key to Mold Control

Reducing Moisture Load

- We can't stop breathing and perspiring, but here are some other ways families can lower the moisture load inside their homes:
- Reasonably limit the number and length of showers and baths. Put a timer in the bathroom and encourage family members to cut back their typical shower length.
- Mop up all visible sources of water, such as wet shower walls, the bathroom counter and floor, and snow or rain tracked into the house from outside.
- Always use kitchen and bathroom fans. Bathroom fans should run for at least 15 minutes after a shower, and 30 minutes is preferable in some climates.
- Hang laundry, wet towels, and damp outer wear outside the house to dry or in a well-ventilated, separate laundry room. Consider adding a row of hooks in a sheltered area outside the family's main door for damp coats and even bath towels.
- In closets and other storage spaces, leave an air gap between hanging or stored items and any outer walls of the house, in order to allow airflow and decrease the possibility of condensation in colder weather. Store items and boxes on shelves (preferably open wire
 - Store items and boxes on shelves (preferably open wire shelves for airflow) rather than on the floor.
- Repair leaking pipes, dripping faucets, and toilets that "run." In addition to wasting water, these are sources of water vapor.
- Make sure that any crawl space vents are free of obstructions.
- Ventilate the basement adequately. If it smells musty, increase the ventilation and search for sources of moisture or dampness in order to eliminate the cause.
- Keep the foundation dry, so moisture will not seep into the basement, crawl space.

Improving Air Quality

Here are ways families can improve the air quality in their homes:

- Improve airflow by reducing clutter, by not overcrowding rooms with furniture or belongings, and by not storing items on the floor or up against the walls.
- Use ceiling fans or portable fans to eliminate pockets of
- Open windows for fresh air when the outdoor temperature and humidity are moderate.
- Be sure all vents and furnace air return grilles are open and not blocked by drapes, furniture, or belongings.
- Consider the number of people and pets in the home.
 More occupants require more fresh air, so if the house is crowded, find ways to increase the fresh airflow and pay special attention to limiting moisture-producing activities.



-DCD / OOH —



Section 184 Indian Home Loan Guarantee Program

What is the Section 184 Loan Guarantee Program?

The Section 184 Indian Home Loan program is a mortgage product specifically for American Indian and Alaska Native families, tribes, Alaska Villages or tribally designated housing entities. Congress established this program in 1992 to facilitate homeownership in Native American communities.

With Section 184 financing you can get into a home with a low down payment, no mortgage insurance and flexible underwriting.

If you are a potential homebuyer, Section 184 is a great product - thanks to the low down payment requirement of 2.25% for loans over \$50,000. If your loan amount is under \$50,000, your down payment is 1.25%.

Also, you don't have to pay a mortgage insurance premium each month. Instead, a one-time, 1% loan guarantee fee can be added to your final loan amount. Our underwriters are familiar with the unique issues and circumstances that Native Americans face when trying to get a mortgage in Indian Country.

The Section 184 Loan Provides You with Numerous Options to Suit Your Needs

- Purchase of an existing home
- Single-close construction loans for a stick-built or a manufactured home on a permanent foundation.
- Rehab loans
- Purchase and rehab
- Refinancing

For instance, if you've outgrown your current home and are looking to add on an additional room or make improvements, Section 184 financing gives you the option of paying off your old loan and combining it with a rehab loan. The key point to remember is that this is a loan product.

Getting Started

To qualify for a home loan, we recommend (but it's not mandatory) that you first find out if there are any home-buyer education classes that you can attend. Homebuyer classes prepare you for the home buying process, so that when you go in to meet with a lender you'll have a better understanding of what it takes to qualify for a home loan.

Meeting

To get a loan, you must apply with a HUD-Approved Section 184 lender. Approved 184 lenders are listed on the HUD website at: www.hud.gov/codetalk.or.call The Office of Housing at 432-3871 to receive a list of approved lenders.



Benefits of Homeownership

Some of the advantages of homeownership:

- Owning your own home can provide your family with a sense of pride, stability, privacy, and security for your future family members.
- Owning your own home helps you to feel more involved and a part of your community.
- Owning your own home means that you will have a place for extended family members to stay, if needed, without permission from a TDHE or HA.
- Owning your own home allows you to make changes to your home to suit your taste and needs.
- Owning your own home stabilizes your housing costs. By choosing a fixed-rate mortgage, although rents may change from year to year, you can keep the monthly cost of your mortgage stable for up to 30 years.
- Owning your own home means having a place that is yours and independence from the TDHE or any other entity through which you receive or rent housing.
- Owning your own home may be a good investment. In most communities, property values usually increase, or appreciate, over time. This means that if you sell your home it will likely be worth more than when you bought it.
- Owning a home can reduce your federal income tax that you pay, and may provide you with a tax benefits. For example, you may pay less income tax because all of the home loan interest you pay each year, can be deducted from your taxable income. This tax benefit works when your itemized deductions for mortgage interest, property taxes, and other home-related expenses in a given tax year exceed the standard deduction, and can offset or reduce the actual cost of owing your home.
- Owning your own home allows you to build equity in an investment. As you repay your loan, the equity in your home grows. You can use this equity as collateral to take out additional loans to make further investments (e.g., a personal small business loan or college tuition).

Need a Babysitter between 3:30 & Midnight Friday - Tuesday? Call Dodie Nelson @ 463-0737



COMMUNITY -



2008 Checklist

Getting Help to Prepare Your Taxes?

What to Bring with You.....

If you need help completing tax forms, a Volunteer Income Tax Assistance (VITA) site near you can help. When you go to a VITA site, or if you choose to go to a commercial tax preparer, be ready. Take these items with you:

- Valid picture ID
- Copy of 2006 tax return (if you have it)
- Social Security numbers or Individual Taxpayer Identification Numbers (ITIN) for you, your spouse and any children born before December 31, 2007. (If available, bring the Social Security cards or ITIN letters to ensure information is copied correctly onto the tax return.)
- Income documentation including:
- W-2 Forms from all jobs worked in 2007
- All 1099 Forms showing other income received in 2007
- A blank check for direct deposit of your refund (If you don'thaveacheckingaccount, bringyour bankaccount name, number and the 9-digit American Bankers Association (ABA) routing number. Contact your bank if you need assistance identifying the ABA number.)

If any of the following apply to you, take documentation with you:

- Child care expenses, including the provider's address and federal ID #
- Mortgage company statements
- Adoption expenses
- Alimony paid or received
- Any notices received from the IRS or state tax office
- Property tax bills
- College tuition and student loan interest statements
- Additional forms of income such as:
 - Prizes and awards
 - Scholarships and fellowships
 - Lottery/ gambling winnings

If you lost or do not have all of these items, you can still get your taxes prepared. Call the IRS helpline at 1-800-829-1040 to find out what you need to do and how to obtain replacement documents.

Tribal Council Resolutions Continued From Page 4

lison's heirs signed a waiver of her stipulation that the petroglyph remain on permanent display at the park. The petroglyph will be on loan for a one-year period to be automatically renewed. The Cultural Resources Department will ensure that proper cultural and spiritual protocols are followed prior to and during the transport of the petroglyph

<u>08-04</u>: Ratifies the purchase and sale of real property belonging to Kevin Harper, Russell Harper, Richard

Harper, Jason Koeing, Sabrina Johns and Candace Larson

<u>**08-05:**</u> Ratifies the purchase and sale of property belonging to Carol Stewart, Monte Marshall, Gary Marshall and Michael Marshall

<u>08-06</u>: Authorizes SPIPA to submit a grant proposal to the Department of health & Human Services for the FY08 Family Violence Prevention Services Grant

WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?



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

KEEP YOUR CASH!

Instant tax refunds are really high cost loans! Free tax sites have volunteers trained by the Internal Revenue Service who can help you maximize your tax refund and get it deposited electronically in your bank account. Access your funds in just a few days.

GET YOUR CREDITS!

Every year in Native communities, millions of Earned Income Tax Credit (EITC) dollars go unclaimed. If your family earned less than \$39,783 in 2007, you may qualify for the EITC when you file your return. You could get up to \$4,716 depending on your income and number of qualifying children.

PUT YOUR MONEY TO WORK!

Use your tax refund to achieve your family's financial goals. Pay bills, improve your credit by reducing your debt, or save for a house, your education or a small business.

Oweesta Corporation www.oweesta.org/eitc 605-342-3771
Made possible by Annie E. Casey Foundation



FREE TAX PREPARATION (Basic Returns)

Squaxin Island Tribe - Ta Ha'Buts Learning Center February 5 - April 15, 2008 Tuesday and Thursday evenings 4:30 p.m. - 7:30 p.m. (by appointment only) Call Lisa to schedule 432-3871



Tu Ha' Buts Learning Center



Computer Lab

Computer Lab is open and will be available Monday through Thursday from 3:30 to 6:00 p.m., and Friday from 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students are allowed to use the computers. The Computer Lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes, homework, research and reports, etc.

Tutoring

Private tutoring sessions will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Learning Center Hours

Kim Cooper	8:30 - 5:00	432-3904
Walt Archer	7:30 - 4:00	432-3826
Lisa Evans	8:30 - 5:00	432-3882
Mark Snyder	10:00 - 8:00	701-1561
Bill Kallappa	10:00 - 8:00	432-3992
Vanessa Algea	10:00 - 8:00	432-3876
Stephanie Weaver	3:00 - 8:00	432-3876
-	M-Th	



Squaxin Youth Cultural, Educational and Activities Calendar
February 2008
Co-Sponsored by DASA
All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	Homework Help is avail- able Mon-Thur From 3:30-5:00!!	Any Questions Call: Mark Snyder 701-1561 Bill Kallappa 463-6361			1 3pm Snack 4pm Movie/Wii 3pm Board games	2
3	4 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	5 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	6 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	7 B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack	8 3pm Snack 4pm Movie/Wii 3pm Board games	9
10	11 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	12 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	13 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	14 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	15 Skok Youth Tourney No School Mid Winter Break Sa'Heh'Wa'Mish Days	16 Skok Youth Tourney Sa'Heh'Wa'Mish Days Pow Wow
17 Skok Youth Tourney Sa'Heh Wa'Mish Days Pow Wow	18 Presidents Day Skok Youth Tourney No School Mid Winter Break	19 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	20 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	21 B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack	22 3pm Snack 4pm Movie/Wii 3pm Board games	23
24	25 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	26 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	27 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	28 3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	29 3pm Snack 4pm Movie/Wii 3pm Board games	





"The Boss" Makes Unexpected Appearance

Kelvin Frank - Joe "The Boss" Hipp, the former WBF Heavyweight Boxing Champion of the World made an unexpected visit to the 12th Annual Holiday Basketball Tournament held here at the tribal gym from December 27-29, 2007. Joe a motivational speaker and a current contender in the heavyweight ranks has been here in the community once before talking to kids during the summer recreation program. Joe announced that he will be fighting again this spring and is in negotiations hoping to fight Tommy Morrison on Evander Holyfield's undercard scheduled for sometime in the summer of 2008 in Sydney, Australia.

Joe spent two hours signing autographs, handing out t-shirts, and posing for pictures. This has to be one of the best organized tournaments in the greater Puget Sound area. Thank you Mark for such wonderful hospitality and putting on a great tournament. I know for a lot of kids this is the highlight of the year, what a great way to end their year!





We Love You Squaxins!!!





Go Team!!!



Walking On . . .

David E. Schmidt

David Elgin Schmidt, a Squaxin Island tribal police officer and previous Shelton resident, died on Sunday, January 6, in Olympia. He was 35 and had lived in Olympia for six months.

He was born on November 27, 1972 in Puyallup to Leonard and Christine (Staley) Schmidt.

He married Kristin Rawding on March 2, 1996 at Summit Lake.

David was a Squaxin Island tribal police officer for five years. In June 2006, he was honored as one Mason County Law Enforcement Officer of the Year by the Shelton Kiwanis Club.

His hobbies included scuba diving, fishing, hunting camping, golf and playing baseball.

David attended Cornerstone Presbyterian Church in Olympia and was a member of the Squaxin Island Police Dive Team.

Surviving are wife Kristin Schmidt, son Colten Schmidt and daughter Emily Schmidt, all of Shelton; brothers Tim Schmidt and wife Maria of Sammamish and Scott Schmidt of Winston-Salem, North Carolina; and sisters Janet Hamilton and husband Doug of Portland, Oregon, and Laura Moritz and husband Tim of North Carolina.

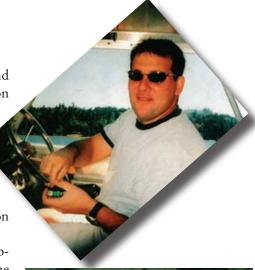
Also surviving are his father Leonard Schmidt of Satsop; grandmother Rose Kertz and husband Tony of North Dakota; and numerous nieces, nephews and cousins.

His mother preceded him in death in 2000.

Viewing was from 10:00 a.m. to 5:00 p.m. on Friday, January 11 at mc-Comb Funeral Home. A memorial service was held at 10:30 a.m. on Saturday, January 12, at the Shelton Civic Center with Pastor Mark Grisel officiating.

In lieu of flowers, donations can be made to David Schmidt's children's account at Our Community Credit Union in Shelton.

Arrangements were by McComb Funeral Home.











COMMUNITY



Happy Birthday

Harry Johns 2/1 Russ Addison 2/12 Annie Kuntz 2/2 Winter Perez 2/1 Che-Vonne Obi 2/12 Timothy Linn, Jr. 2/2 Donald Briggs 2/3 Rusty Cooper 2/13 Kristopher Peters 2/2 Mistifawn Martinez 2/3 Ramona Mosier 2/13 Steven R. Peters 2/2 Lydia Algea 2/4 Michael Furtado 2/14 Jordan Sweitzer 2/2 James Cooper 2/4 Alicia Boyette 2/15 Kim Allen 2/2 Lareciana Broussard-James 2/4 Sonja Clementson 2/15 Barbara Henry 2/2 Ronald Dailey 2/4 Sean Jones 2/15 Joshua Melton 2/2 Kalea Johns 2/4 Jennifer Kenyon 2/16 Marvin Newell 2/2 Larry Bradley 2/4 Justine Vandervort 2/16 Lydia Parrott 2/2 John Briggs 2/5 Clayton Bethea 2/17 Delwin C. Johns 2/2 Shannon Cooper 2/5 Crystal McCulloch 2/17 Jonathon Joseph Fry 2/2 Stephanie Gott 2/6 Michael Scott Kenyon 2/17 Maralee Hopkins 2/2 Ruth Lopeman 2/7 Derrick Wiley 2/17 Zachariah Mirka 2/2 Michael Mosier 2/7 Antone Hidalgo-Hawks 2/17 Mary Whitener 2/2
Mistifawn Martinez2/3Ramona Mosier2/13Steven R. Peters2/2Lydia Algea2/4Michael Furtado2/14Jordan Sweitzer2/2James Cooper2/4Alicia Boyette2/15Kim Allen2/2Lareciana Broussard-James2/4Sonja Clementson2/15Barbara Henry2/2Ronald Dailey2/4Sean Jones2/15Joshua Melton2/2Kalea Johns2/4Jennifer Kenyon2/16Marvin Newell2/2Larry Bradley2/4Justine Vandervort2/16Lydia Parrott2/2John Briggs2/5Clayton Bethea2/17Delwin C. Johns2/2Shannon Cooper2/5Crystal McCulloch2/17Jonathon Joseph Fry2/2Stephanie Gott2/6Michael Scott Kenyon2/17Maralee Hopkins2/2Ruth Lopeman2/7Derrick Wiley2/17Zachariah Mirka2/2Michael Mosier2/7Antone Hidalgo-Hawks2/17Mary Whitener2/2
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John Tobin 2/7 Steven Peters 2/18 Katrina Story 2/2
Barbara Knudsen 2/8 Kimberly Burrow 2/18 Samual J. Penn 2/2
Justin Lopeman-Dobson 2/8 Haley Peters 2/18 Cameron Henry 2/2
Michael Henderson 2/9 Rachel Ford 2/19 Alex Larios 2/2
Stefanie Kenyon 2/9 Benjamin Parker 2/19 Juana Nelson 2/2
Brent Snipper 2/11 Katalina Lewis 2/19 Katherine Ackerman 2/2
Alei Henderson 2/11 Robert Whitener, Jr. 2/19 Mishell Miller 2/2
Hunter Merriman 2/11 Cheryl Monger 2/20
Mari Stone 2/11 Sallee Elam 2/21

What's Happening							
					1	2	
					AA Meeting 7:30	Good News Book Club 10:30	
3	4	5	6	7	8	9	
Squaxin Indian Bible Church 11:00 a.m.			Family Court		AA Meeting 7:30	Good News Book Club 10:30	
10	11	12	13	14	15	16	
Squaxin Indian					Sa'He'Wa'Mish Days		
Bible Church 11:00 a.m.		Criminal/Civil Court		Council Mtg.	AA Meeting 7:30		
17	18	19	20	21	22	23	
Sa'He'Wa'Mish Days Bible Church 11:00 a.m.					AA Meeting 7:30	Good News Book Club 10:30	
24	25	26	27	28	Basketball ²⁹		
Squaxin Indian Council Work Session				Tourney 4:00			
Bible Church 11:00 a.m.		Criminal/Civil Court			Johnny Moses MLRC @ -5:30		



Line Dancing

Let's get moving and have fun doing it.

Everyone is Welcome!

Starts: Wednesday January 9, 2008 When: Wednesdays and Fridays 12:00 to 1:00 (lunch hour) Where: TLC Gym

Cost: \$2 Donation per lesson

For more information contact Janita Johnson Diabetes Prevention, CHR 432-3972



Community-





Diversity Award for WA State Native Coalition

Getting interviewed on television can be daunting, but for recipients of the 2007 Thurston County Diversity Award for Unique Achievement, WomenSpirit Coalition, it was just another step along the way that has led to this day. "Our Unique Achievement is that despite many obstacles we were able to bring Native women advocates together and form this Coalition on behalf of Native women survivors of

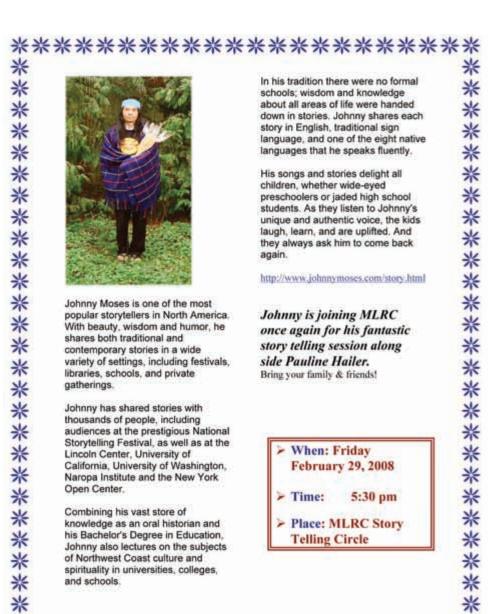
domestic violence and sexual assault. This recognition is really about the women we serve and it feels great," said Dee Koester, Executive Director.

Native women are at a risk of being victimized over three times that of non-Native women. Crimes against urban and reservation Native women are committed with impunity and many of these assaults result in only a partial response if any, from law enforcement. The disparity is alarmingly evident in the recent comprehensive report of Amnesty International, "Maze of Injustice. Too little is done and accountability comes too late for the victims. The critical status of violence toward Native women will be the focus of a WomenSpirit sponsored summit in April, "Reclaiming Our Sacred...Reclaiming Ourselves: Confronting Sexual Violence."

Summit organizers, Washington State Native American Coalition against Domestic Violence & Sexual Assault, United Indians of All Tribes Foundation and Seattle Indian Health Board, are committed to organizing an event that will be of profound importance in the years to come for improving the health and safety of Native women and combatting the reported disparities mentioned in "Maze of Injustice." The report established that abuse of Native women is a Human Rights issue. The efforts of these organizations were recently bolstered by receiving partial funding from the OAC Gender & Justice Commission.

"There is much critical work to be done in Indian country...from raising awareness to enjoining our law enforcement departments and courts, which include tribal, local, state and federal courts to respond appropriately to these crimes," said Ms. Koester.

This obvious imbalance has created a deep crevasse in how justice is meted out in Indian country. The results of this negligence are most deeply felt by Native women and their families, and addressing these issues is exactly what WomenSpirit Coalition and their allies are committed to doing.



New Employees



Astrid Poste

HR Staffing Specialist

My name is Astrid Poste. I am a member of the Krise family of the Squaxin Island Tribe. I was recently hired as the new Human Resources Staffing Specialist. I have been employed by the Tribe for several years. I recently completed an internship with Northwest Indian Treatment Center, were I received my Chemical Dependency Counseling Certification. I also attend the Evergreen State College and will receive my Bachelors Degree this June.

I am honored to contribute to growth within this community through the opportunities offered in this position. For those who I haven't had the opportunity to meet, I look forward to working with you in the near future. My door is always open and I look forward to seeing you.



Lorna Gouin Receptionist

Hello again! My name is Lorna Gouin. Most of you probably remember that I recently retired from my long-time position as Human Resources Director for the Tribe. I really enjoyed the R&R, but found that I was starting to miss all my friends in the workplace. I decided it would be nice to take a part time job that will allow me to spend more time in the community and provide an opportunity to see all of my fellow tribal members on a regular basis. I am right here at the front desk from 12:00 noon to 4:00 p.m. Please stop by and say hello when you have a chance. I have really missed all of you and look forward to seeing you!



HEALTH & HUMAN SERVICES



Great Winter Excursions to Enjoy Nature

Modified by Patty Suskin - original article by Chester Allen of The Olympian - Winter is here, and many people tend to stay inside. If you are adventurous & want some fresh air, there are some great spots right here in South Sound that attract birds — and other wildlife — like a magnet. It's easy to go by these places for an hour or two or three.

HERE ARE THREE GREAT CHOICES:

Woodard Bay

Woodard Bay Natural Resources Conservation Area is minutes from downtown Olympia on Henderson Inlet. This terrific spot has two trails. The Loop Trail is a winding, up-anddown journey through mature stands of Douglas fir, cedar and salal. This trail brings you up close to woodland birds, such as pileated woodpeckers,



chickadees, warblers and other songbirds. Another short trail takes you to the old Weyerhaeuser Co. log landing and pier. This trail — actually a scenic road — has great views of Woodard Bay and Chapman Bay — and many different kinds of water birds and ducks. A special treat — in the form of dozens of great blue herons huddling on the old pier and pilings — often waits at the end of this short hike.

Directions:

From downtown Olympia, take East Bay Drive toward Boston Harbor. The road changes its name to Boston Harbor Road somewhere around Priest Point Park. Continue on Boston Harbor Road to where it forks with Woodard Bay Road. Bear right onto Woodard Bay Road. Woodard Bay Road merges onto Libby Road for a short distance, but then watch for a right-hand turn that puts you back on Woodard Bay Road. The state Woodard Bay Natural Resources Conservation Area parking lot is on your left after a short downhill grade.

• More Information:

Call the state Department of Natural Resources at 360-902-1600 or go to www.dnr. wa.gov.

Nisqually National Wildlife Refuge

The Nisqually National Wildlife Refuge is right off Interstate 5 near the Nisqually River. The refuge is open on holidays, although the visitor center is not. The refuge is a birder's paradise, and it's easy to see many kinds of ducks, shorebirds and even hawks. The best short hikes are the one-mile Twin Barns Loop Trail and the 1.5-mile round-trip trail to the McAllister Creek fishing area. Both of these trails are flat, well-drained and perfect for an hour's walk and conversation.

- **Directions:** Take Interstate 5 north toward Seattle. Take Exit 114, which is Nisqually/Old Nisqually. Turn left at the stop sign onto Brown Farm Road. Turn right and follow the signs to the refuge.
 - More information: Call 360-753-9467 or go to www.fws.gov/nisqually.

Capitol Lake Loop

Capitol Lake Loop trail begins and ends at Heritage Park near downtown Olympia. Few towns have world-class birding within a short walk of downtown, but Olympia sure does. Giant rafts of migrating ducks, geese and other waterfowl use the lake during the winter and fall. It's also possible to see shorebirds near the banks. Bring binoculars! The 1.6 mile loop travels from Heritage Park, passes near the bluff leading up to the Capitol Campus, crosses the lake on the bridge to Marathon Park and follows Deschutes Parkway to Fifth Avenue and back to Heritage Park.

Getting Physically Fit Can Be A Family Affair

From the Olympian, Modifed by Patty Suskin - For some advice on how to get started, The Olympian contacted physical education teachers Lisa Summers of Black Hills High School in Tumwater and John Barnes of Lakes Elementary School in Lacey; and also Mike McCusker, Providence St. Peter Medical Center supervisor of the fitness center and cardiac rehab.

Here are some ideas:

- Find activities your family enjoys. This is the best way to make sure that parents and children stick to their goals of being active. Sometimes it's just throwing a ball around."
- Don't be afraid to start small if your family is not used to activity. For families that tend toward sedentary activities, taking a walk or dancing can be simple ways to start moving around. Anything is better than nothing. If you are going to start, start off easy, and it does get easier when you stay committed to it..
- Consider the possibilities of your video game system. This could be one appealing way to challenge kids and families that spend hours at the video game console instead of outside. There are some popular games, such as Wii Sports, for the Nintendo Wii, and Dance Revolution, which is made for many different video game consoles, that require getting up and moving around.
- Family competition can be healthy against each other or other families. "You could get a jump rope out and see who can jump the most. "Bowling is a great family activity, even if you have a 2 year old you get the bumpers. You can compete, the adults in the family vs. the kids in the family. Or the girls in the family vs. the boys in the family. Or you can invite another family and compete against the other family."
- Create challenges for the family as a whole. "You can say, 'Today, we're going to go two miles,' Make it against yourselves. 'We don't stop walking until we take our 12,000 steps.' Another tip for this is "coming up with realistic goals and coming up with an incentive and rewards,
- "Disguise" workouts in games and other activities. Barnes said that in his physical education classes, they often make up the rules of the games they play. "There's shooting hoops. Whether they are on a basketball team or not, they can create their own shooting games. And relay races, those are always fun," he said.
- Use music as a way to make the time go by more quickly. I play Hannah Montana. Stuff that they enjoy, listening to help pass the time. I play a lot of music at the school gym. They'll ask me to put music on and it distracts them in a positive way.
- Look for free or inexpensive outdoor activities. You've got all the beaches, and

the local trails at some of the Thurston County and Olympia parks. There's the watershed and Priest Point and Capitol Forest. Get out and explore the state. Jog or walk or get bikes out. There are also organized activities that are inexpensive for families. The city Parks and Recreation departments are good resources, and so is the YMCA.

• Write down in a family schedule time to do activities as a family. You can say, it's Monday and Wednesday that we do something together. Work on making it part of your routine.



HEALTH & HUMAN SERVICES



Congratulations Raffle Winner

Carol Shaw

December Mammogram



Janette Sigo
January Mammogram



Join our Diabetes Support Group

Monday, February 25, 2008 After Elder's Lunch at 12:45 pm - 2 pm Health Promotions Building

Guest Speaker: Mike McCusker, Exercise Physiologist from

Providence St Peter Fitness Center

Learn how to be more active in 2008 & live a long, healthy life with Diabetes
Listen - Share (optional)- Learn
Bring your questions

TAKE TIME FOR YOU AND YOUR DIABETES

Join us!

Contact Patty Suskin, Registered Dietitian and Certified Diabetes Educator for more information at (360) 432-3929



Do You Have Diabetes?

Have you been in for your annual exams?

Patty Suskin, Diabetes Coordinator - Indian Health Services (IHS) and the Squaxin Island Health Center staff want you to live a long, healthy life with Diabetes! If you are Native American and have all your exams completed before the end of 2008, you will receive a wonderful warm pair of socks!

Contact Patty Suskin, Diabetes Coordinator, or your Health Provider at the clinic for more details.

Congratulations to Rose Algea & Donna Wood pictured here in December after completing all exams for 2007.

Diabetes Support Group Enjoys Conversation Maps!

On January 14, 2008, 11 people met with Patty Suskin, Diabetes Coordinator, to share information & learn more about diabetes. The Conversation Maps are a wonderful tool to discuss diabetes topics. Patty received these interactive maps at a training in Seattle provided by Merck Pharmaceuticals. Topics included: Myths about Diabetes, What is your Hemoglobin A1c & why is it important, What types of Diabetes are there? What brings your blood sugar up & down? And more.. Join us on February 25th at 12:45 (right after Elder's lunch) at the Health Promotions Building toyou're your exercise questions answered by Mike McCusker, Exercise Physiologist from Providence St Peter Hospital Fitness Center.

Contact Patty for more info at (360)432-3929 or stop by the Health Promotions Building.





HEALTH & HUMAN SERVICES



Upcoming Health Events

DIABETES SUPPORT GROUP

Monday, February 25th, 12:45 to 2:15
At Health Promotions
Getting started on being more active
Tips by Mike McCusker of Providence
Fitness Center
(Masters in Exercise Physiology)

BRIEF COMMUNITY WALK

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

COMMUNITY HEALTH WALK

Thursday, February 21st
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 in July . . .
can we get it back in Feb.?

MAMMOGRAMS WOMEN'S HEALTH EXAMS

Feb. 6, from 9:00 a.m. - 3:00 p.m. Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

HEALTH PROMOTIONS

We have exercise videos (Sit & Be Fit, Yoga, Walk Away the Pounds & more) You can come & use them in the building across from the clinic.

Work out alone,
with us, or with 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 and activity.

Call Janita Johnson at 432-3972

FREE PILATES CLASSES

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

WANT A GARDEN IN YOUR YARD?

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

LINE DANCING

Wednesdays & Fridays at noon in the gym \$2 donation

Questions? Contact Patty Suskin @ 432-3929 or Janita Johnson @ 432-3972

February Elder's Entrees

Mon., 4th: Chicken Wellington
Wed., 6th: Pork Stirfry
Thurs., 7th: French Dip

Mon., 11th: Meatloaf

Wed., 13th: Baked Fish & Chips Thurs., 14th: Hot Turkey Sandwich Mon.,18th: Chicken Fajitas Wed., 20th: Breakfast for Dinner

Thurs., 21st: Chalupa

Mon., 25th: Baked Halibut Wed., 27th: Tuna Casserole Thurs., 28th: Cornflake Chicken

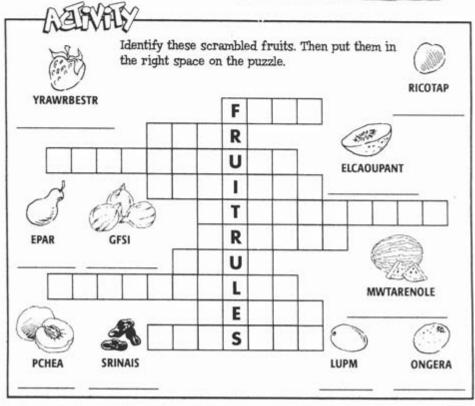
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PAST FOOD THE

WANT SOMETHING SWEET? FRUIT IS A TREAT!

Ever have a fruit and yogurt parfait at a fast food restaurant? How about a fruit cup? Fruits are filled with all kinds of good vitamins and minerals for you. And they're delicious, too!







Community ——



Happy Belated Birthday
Traci Lopeman!!!
Your family is soooo proud of you.
(Traci has over 2 years sobriety,
strives for only loving things in her life,
has great pride and love in her son
and family and friends.
She stays active in the community,
has a loving, un-selfish heart,
and so much more! We love you Bones!!
Your family and Toby the King!!

Happy Birthday Ruth, Justin and Little Jon From your family! We love you!



JR,
The family would like to wish you a
Happy Birthday.
You're a great dad!
You're not a bad partner either!
Love, Ruthie, Billie, Marie, Jordan

Justin,
We would like to wish you a
Happy Birthday!
If you read this, your Aunt Roo will take
you to lunch for your birthday!
Love, Angie, Ruth, Billie, Marie, Jordan
and Family

David,
I would like to wish you a
Happy Belated Birthday!
Read this and I owe you a birthday lunch!
Aunt Roo!

Happy Birthday Mom (Barbara Anne Henry)" We love you lots & lots!!! Love your whole family!



Barbara Henry - Salmon Fest 2006









Nick Cooper

I love you so much! My life is so much better when I have you by my side! I want you to know that you're so sweet, caring and loving! Still to this day you take my breath away. You still make my heart skip a beat. When we're together, I loose all the care in the world. I don't worry about anything. I am so comfortable around you. You always have the right things to say whether I'm sad, sick, scared, lonely. I'll always be here for you to tell me your feelers, vent when your frustrated or just for me to tell you I love you! Happy V-Day! And I love you always and forever!

Love, Olena

MA THE OUR TROOP

Do more about Global Warming Student Asks General Body

Janessa Kruger, Shelton High School Senior, asked the General Body to do more about Global Warming. In her power point presentation to the General Council on January 28th, Janessa said, "I'm here to discuss the issue of Global Warming and to convince Squaxin Island to do more about it."

Janessa discussed the "greenhouse effect" and the many problems this is causing. She touched on how this will effect us as fishers and gatherers. Janessa mentioned as native people we need to be caretakers of the environment and lead the community, county and the state in doing things to help the environment.

A few suggestions Janessa had were to have all future construction projects include solar power and to change current houses/offices to solar power. Janessa asked the tribe to invest in alternative energy companies (she gave an example of a company doing research on seed products to replace gas). She shared that, because of these companies, we can now make corn into ethanol. Janessa suggested the tribe change their fleet of cars to gas savers. One suggestions was to simply turn off the lights.

Janessa is the paternal granddaughter of Pete Kruger and the maternal granddaughter of Riley Lewis (nephew of Jim Krise). Janessa spent most of her life in Squay Canada with her mother Sadie Lewis. She came back home to Squaxin last year, after several summer visits, to be closer to her Squaxin family and lives with her Uncle Tully, her father Clint's brother.

Janessa mentioned that she hadn't known many of her Squaxin relations and wished to meet many of them before she went out into the world. After graduation she plans to attend college and her interests include biology. She likes to "hang out with Lita", go to Canoe Family functions



and movies, shop, fish and dig clams. She hopes to have a car soon to do her most favorite thing, which is drive around visiting relatives.

"It's not our fault, this generation that I'm in, that we have global warming to deal with - in our time - but it is our responsibility to do something about it," Janessa said. "Imagine if we do nothing Thank you for listening."





