

# KLAH-CHE-MIN



A PUBLICATION OF THE SQUAXIN ISLAND TRIBE

JANUARY 2006

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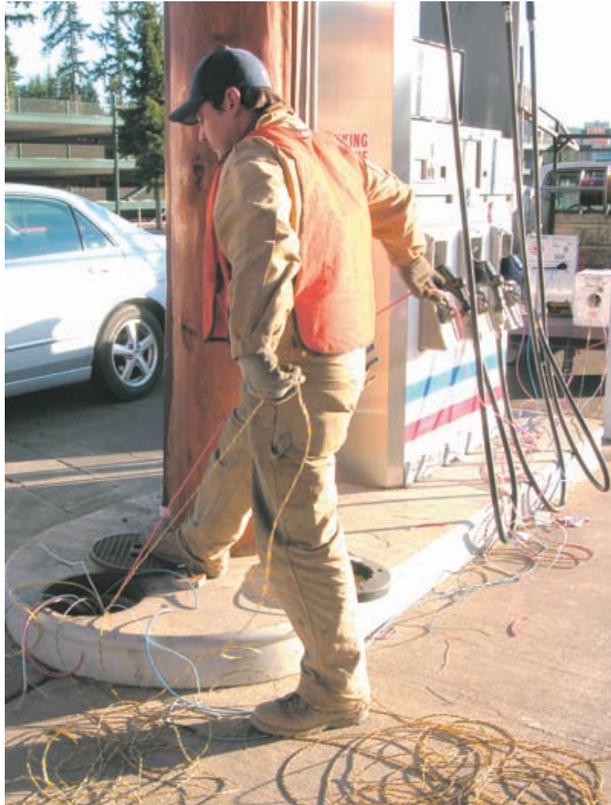
COMPLIMENTARY

## New Gas Pumps Installed at Kamilche Trading Post

Jennifer Whitener - The Kamilche Trading Post (KTP) has installed six new Gilbarco ENC 500 pumps and a new service attendant booth to improve our customer service and create a better customer flow at the gas island. The new system has the ability to allow multiple discounts and marketing capabilities for all tribal enterprises.

The pump console also has a screen monitor that allows us to feature products or special events for the casino and Skookum Creek Tobacco. As we continue to grow and address those areas that offer the greatest opportunities we will strive for higher sales and profits.

Stop by the KTP and see the new pumps, and, if you haven't gotten your tribal gas card, stop by Island Enterprises and sign up!

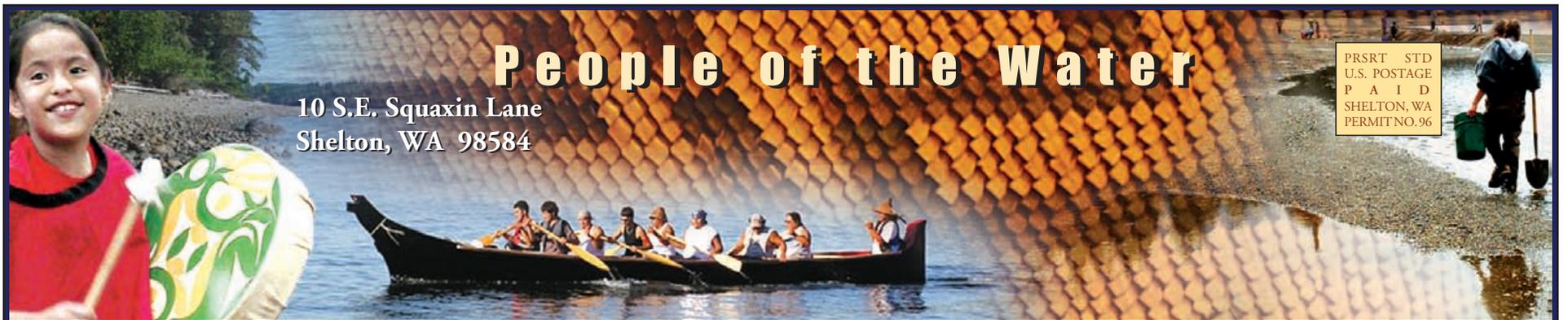


# GENERAL BODY MEETING

January 7, 2006 / 10:00 a.m. in the Gym / Door prizes and lunch



*Chili Cook-off (Can Joe win again?!)*



## People of the Water

10 S.E. Squaxin Lane  
Shelton, WA 98584

PRSRᵂᵂ STD  
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## Who We Are

*We are*

*the Native People of South Puget Sound.*

*We are descendants of the maritime people who lived and prospered along these shores for untold centuries.*

*Because of our strong cultural connection with the water, we are also known as the People of the Water.*

We are who we are according to what we know about those who have gone before us. Our identity is directly related to the extent we understand and have understanding of our ancestors. We know quite well who we are. We are all people of privilege. We are a people committed to renewal of the legacy of respect for all things - the earth that feeds us - the water that quenches our thirst and the flying, crawling, sliding and galloping things we need to keep life in balance.

Remember the generosity of others. It is the reason why we are here and the reason for the success we enjoy. Remember the tradition of generosity and hospitality, keeping a watchful eye toward the next 15,000 years. In your travels may you encounter -

WARM BREEZES  
CALM WATERS  
GENTLE CURRENTS  
FAVORABLE TIDES

ʔəkwaɪd  
(David Whitener, Sr.)



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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



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

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

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

**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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

### Klah-Che-Min Staff:

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## A Familiar Face Behind a New Desk



### Vicky York

#### **HR Administrative Assistant**

The first duty of most new jobs in the Squaxin Island Tribe is the composition of the Klah-Che-Min article. The recently accepted position of Administrative Assistant for Human Resources was no exception. It is with excitement that I, along with the rest of the community, follow the monthly position articles and, with this in mind, I wrote a brief autobiography.

I am the fourth child of "Misty" and Nancy Bloomfield. They receive the credit for my career and personal milestones. I began my employment with the tribe in the Summer Recreation Program in 1999. I returned yearly through 2004, missing one summer due to a scheduling conflict as I completed the Master in Teaching Program at The Evergreen State College. I was able to graduate with my class of 2003, receiving a Washington State Endorsement in Visual Arts K-12 and Social Studies 5-12. I worked at the health clinic for awhile as a Data Entry Clerk and one year as a TANF Case Manager. Prior to these positions with the tribe, I was employed at Shelton Middle School for approximately ten years. The career and education experience prepared me for the current position which has responsibilities in summer youth employment leadership, computer data entry, and records management.

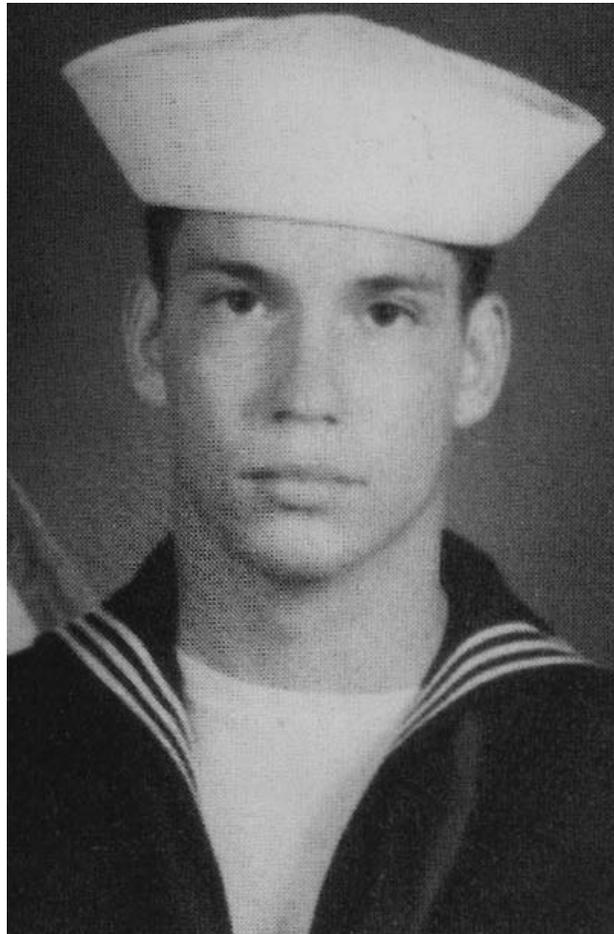
Along with my career I enjoy my family and culture. My two youngest children, Dave and Summer, attend CHOICE High School and Shelton High School. Their father, Chuck York, and I have 9 grandchildren from my three adult sons, Maxy, Matthew, and Sorren Engel. In February, the 10<sup>th</sup> grandchild will arrive to Dave and his girlfriend, Caitlyn Chesterfield, who both live ¾ time in our family home. We also have Shelton High School student, Aaron Johnson, currently living in our home. I enjoy taking culturally relevant classes and I am currently taking a weaving class at SPIPA Five Tribes Career Center along with my daughter, Summer.



Who Are These Handsome Protectors of Freedom?



Melvin Napoleon



Josh Mason

Tribal Council Resolutions

05-106: Approves the following Squaxin Island Housing and Utilities policies:

- Eligibility, Admission and Occupancy Policy
- Change Two to the Collection Policy
- Payments and Rents Policy
- Mutual Help Occupancy Policy

05-107: Adopts our Comprehensive Emergency Management Plan

05-108: Requests the United States to accept title to the "Knutson" property

05-109: Enrolls Rolayno Rocero

05-110: Enrolls Kade Whitener

05-111: Enrolls Cassidy Burrow

05-112: Enrolls Eva Rodriguez

05-113: Enrolls Kyler Gall

05-114: Approves Kelly Croman (tribal attorney) to serve as its alternate member on the Problem Gambling Advisory Committee

05-115: Adopts Amendment No. 2 to the 401(k) plan for employees to allow refinancing of participant loans





## A Tribal Member's Reflection on the Lummi Tribe's ceremonial Burning of a Drug House

*(Seattle Times Story on Page 24)*

A connection and social interaction with one another, I believe, reaches down into our souls and into our genetics. This is one of the reasons why I think we as Native American/1<sup>st</sup> nations people are so affected by drugs and alcohol. In this day and age, you can be watching the news about a drunk driver colliding head on with someone on the freeway going the wrong way and then the commercials come on and a party scene is shown where two people fight for the last drop of alcohol. Or maybe the commercial is about how so much care is put into brewing this sort of beer or how this beer has been there through everything America has gone through.

The advertising that stretches from the tube to your trip to the grocery store or gas station and glorification through songs on the radio and music videos, all project the social promotion of alcohol and drug abuse and affects everyone in America.

I think it affects us more because we, as a people, used to live with one another in huge longhouses and had (and still have) traditional ceremonies, songs and dances revolving around traditional and non-traditional social gatherings before the foreign influence and assimilation. A lot of what we did - for longer than time has been measured - was about social interaction. Now, it's the mainstream state of mind that you do it through partying with alcohol and drugs.

On December 1st and 2nd, I attended a gathering, with a group from our tribe, about the effects of alcohol and drugs on Native Americans that the Lummi tribe hosted at their community hall. More than anything, it was a gathering where tribal people shared their stories about the effects of drugs and alcohol and sparked the idea that tribes could work together to think of the best ways to fight drugs and alcohol. Elders, drug and alcohol counselors, council members, employees, teachers, canoe families, chiefs, tribal and non-tribal religious leaders from Washington and Canadian tribes were in attendance, as well as the students and staff of the Lummi tribal school.

An elder told a story of how he was raised in a home of alcohol abuse and swore to never follow the same path. So, when he realized he had become an abuser of his own wife, he choose to receive both professional and non-professional help. He's been sober for over 20 years now and feels as if he has a new life. A youth shared a story of how he had been brought up in a drug and alcohol abusive home. He'd been abusing drugs and alcohol since he was 8. He was homeless until his grandmother took him in. He eventually grew tired of being wasted every day, and accepted professional help. His friends and family were staying in one spot with their addictions, but he wanted to learn from his grandma and other elders about the history and culture of his tribe.

Kids who seemed too shy stood up and spoke to announce they would accept professional help; chiefs spoke of their people's troubles; tribal drug and alcohol counselors spoke of their efforts; and recovering alcoholics and addicts shared their opinions. Both days were very emotional because you could feel the common struggle happening with all tribal people throughout the nation.

A family chose to send a message to drug dealers in the Lummi community by burning down the house in which they were raised. The mother of the family passed away and no one lived in the house for a while. Drug dealers and addicts used the house as a place to party. The family had a traditional ceremony and burned the house to the ground. I could never imagine my mom's house being burned down or my grandpa's house in LaPush where my mom and uncles and aunties lived. It had to be hard for that family at Lummi.

The first half of the last day was a collective brainstorming session on how we could continue the efforts at home in our separate communities. A few of the action plans were: identify drug dealers in the communities to get rid of them; team with local police to get as much information as possible from and to local tribal and non-tribal police; survey various age groups about drug uses; find out what elders think the problem drugs are compared to the youths' opinions; get Tribal Council support (Whatever kind of committee is formed or whatever efforts are made, Tribal Council should support them); Family Nights - communities need more family oriented activities where entire core family members attend (not just youth); learn from each other - youth share knowledge with elders and elders share knowledge with youth and everywhere in between; support whoever is parenting or mentoring (parents and mentors can be busy trying to provide financial stability for their family and can't catch every warning sign or be there 24 hours a day, so any other assistance is needed); true outreach programs - do not wait for people to reach out for assistance with drugs and alcohol issues, but reach out to every home.

Finally, the common themes were: taking care of what keeps us growing; moving beyond learned behavior and back to Who We Are; forgiveness; correcting policies and laws by working with politicians in both tribal and non-tribal government; reminding each other that our ancestors are watching us; helping each other find our "Home" or "Place of Belonging"; "recognizing this is about the survival of our people; providing more nurturing from parents and everyone; helping others as equals by not looking down or up at each other; taking care of yourself; taking your journey of wellness; Oneness - One Nation One Mind, One With Creation; support

-ing those just out of treatment or jail. This was the input from everyone at the conference.

A committee or group needs to be formed for drug and alcohol issues. The only way that we could ever expect these issues to be solved is through our own efforts. The more minds we can combine in the effort, the greater our chance for success. Some are beginning to put their heads together to begin planning. This past conference was Lummi's fourth annual event. A lot of healing took place there, and I think that a lot of that had to do with the variety of age groups, culture, lifestyle and ranking. We, as Squaxins, can do these sorts of things if we try. Anyone who's interested in helping contact me at 432-3968.

My late uncle on my father's side told me one time - in a drunken ramble as he and my dad sent my cousin and I off with a pocket full of money to occupy us so they could be alone to party - "Indians are more affected by alcohol than white people because we are more pure." I never understood that until years later. I believe that now, because I know it's true. We are more affected by alcohol and drugs because we haven't evolved with them in our bodies. Our ancestors haven't been exposed to those substances and chemicals for as long. It's true, more so here in Washington, because the land wasn't a sought-after location for settlers, until the early to mid 1800's. My Grandpa William Penn was born in the 1890's, so I'm like the 5<sup>th</sup> generation after foreign influence. That's not many Great Great relatives back before we knew what white people were or knew the taste of alcohol & drugs.

### A Note From Our Friend

Dear People of the Water,

There are two places you don't want to be: Jail and Hell. So if you need help, please get it. Think of your health and how dumb you look when you are high. Me, I have 30 days to find myself. Trust me, it's not fun walking around in circles and still not finding anything. But trust me, I will find myself and I will be better. I will try to stay straight and I have the power to do it. I just have to do it. I always used drugs to deal with reality and the pain I was going through with my sister being gone and now almost losing my dad. People just don't understand the hurt I am going through. I just don't want anything to happen to all of you. You are family. So stay straight and walk the straight road and keep cool.

Your friend always

Ed Cooper

Also known as Fast Eddie



## OUTDOOR ACTIVITY OF THE MONTH

### Take advantage of the snow & check out these fun family activities!

#### *Sno-Parks offer a variety of activities*

#### WHAT

It looks like an epic winter of snowfall is upon us, and there are plenty of state Sno-Parks open within an easy drive of South Sound. Some parks are for snowmobiles, while others are for cross-country skiing, dogsledding, snowshoeing, sledding and tubing. Some Sno-Parks are open to snowmobiles and nonmotorized users. This year, the Marble Mountain and Cougar Sno-Parks on the south side of Mount St. Helens are open. The parks were closed last year because of the ongoing dome-building eruption in the Mount St. Helens crater.

#### WHERE

Sno-Parks are scattered all across the Cascades. Many of the best, most-popular parks are near major pass highways, such as Interstate 90, U.S. Highway 12 and other routes. For a complete listing of Sno-Park locations, call 360-586-6645 or go to [www.parks.wa.gov/winter](http://www.parks.wa.gov/winter).

#### DON'T FORGET

You'll need at least one -- and maybe two -- passes to use a Sno-Park. Visitors parking at nonmotorized parks must have a Sno-Park permit, which cost \$8 a day or \$20 a season. Visitors to parks that have groomed trails also must have a Special Groomed Trails Permit, which is \$20 for the season. Visitors to Hyak, Cabin Creek, Crystal Springs, Chiwawa, Lake Easton, Lake Wenatchee and Mount Spokane Sno-Parks must display the groomed trails permit. Snowmobilers get a snowmobile Sno-Park permit as part of their yearly vehicle registration. Registration is \$30 for most snowmobiles. One-day permits are available online at [www.parks.wa.gov/winter](http://www.parks.wa.gov/winter) or at state parks offices or retail stores. In South Sound, The Alpine Experience at 408 Olympia Ave. N.E. and Olympic Outfitters at 407 Fourth Ave. E, sell daily and seasonal Sno-Park permits. Permits also are available at the state Winter Recreation Program offices at 7150 Cleanwater Lane, Olympia. For more information, call 360-902-8844.

#### PARKS TO TRY

For people who want to cross-country ski or snowshoe without snowmobiles whizzing by, Sun Top Sno-Park near Crystal Mountain Ski Area is a good choice. The park, which is at 2,250 feet, offers trails with views of Mount Rainier. The park is 25 miles east of Enumclaw off of state Route 410. Take Route 410 out of Enumclaw to Forest Service Road 73. Turn south on Road 73 and go 1.4 miles to the parking lot. For people who want to sled, tube and play in the snow, the Hyak Sno-Park off Interstate 90 is a prime spot. Hyak has a 300-foot tubing hill, with a long run-out zone for safety. Hyak also offers good cross-country skiing, including a groomed course for skate skiing. To reach Hyak, take I-90 east to Exit 54 and follow the signs to the park. No downhill skiing or snowboarding is allowed on the tubing course. South Sound snowmobilers flock to Cougar and Marble Mountain Sno-Parks. Skiers, snowshoers and snowmobilers share these two areas. To reach Cougar and Marble Mountain, take Interstate 5 south to state Route 503. Drive on Route 503 past Cougar. To reach Cougar Sno-Park, follow Route 503, which eventually becomes Forest Road 90, eight miles past Cougar. Turn onto Forest

Road 83 and follow it to the intersection of Forest Road 8100. To reach Marble Mountain Sno-Park, follow the previous directions, but continue on Forest Road 83 past Cougar Sno-Park to the junction with Forest Road 8312. These two Sno-Parks put visitors right onto the huge mudflow from the 1980 Mount St. Helens eruption. There are great views of the mountain. Cross-country skiers show up at 92 Road Sno-Park, which is part of the stunning Mount Tahoma Trails Association system. Volunteers keep the Mount Tahoma trails in great shape, and they are among the top cross-country ski areas in the nation. 92 Road Sno-Park is six miles east of Elbe off state Route 706. To reach the area, take state Route 510 from Lacey, Olympia or Tumwater to Yelm. Turn onto state Route 702 just past McKenna. Follow Route 702 to the intersection with state Route 7. Follow Route 7 past Elbe to 278 Street. Turn north on 278 Street and follow it 0.5 mile north to 8 Road, then to 9 Road and finally to 92 Road and the park. As you ski on these beautiful trails, consider joining the Mount Tahoma Trails Association -- or donating money. There are many other Sno-Parks in Washington, and your Sno-Park permits also are good in Oregon and Idaho.

#### EQUIPMENT

Sunglasses or goggles, plenty of warm clothing to layer on and off, food, water, cameras and the toys you use to play in the snow. Drivers should carry tire chains, and a four-wheel-drive vehicle is ideal.

#### SAFETY

Watch for other trail users. Don't drive recklessly on icy or snowy roads. Don't go into avalanche areas.

#### MORE INFORMATION

Call 360-586-6645 or go to [www.parks.wa.gov/winter](http://www.parks.wa.gov/winter).





# LEARNING CENTER



## Annex and Gym Usage

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

## Learning Center Update

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

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

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

Private Tutoring Sessions 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. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

## Learning Center Rec Room

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

## Higher Education

Attention ALL Higher Education students, don't forget to send in your receipts for the Fall '05 quarter. **The deadline to have all paperwork turned in for Winter 05/06 quarter was December 12, 2005. Fall grades are due in the Education Department by Friday, January 20, 2006 before 5:00 p.m.** If you need assistance with paperwork or anything else, please call Lisa Evans at 432-3882. Please see the Higher Education Calendar for important dates and deadlines (October Klah-Che-Min).

## Scholarship Corner

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

## Staff Hours

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

- KIM COOPER, *Director*  
8:30 – 5:00 432-3904
- MARK SNYDER, *Youth Coordinator*  
10:00 – 7:00 432-3872
- WALT ARCHER, *Education Liaison*  
7:30 – 4:00 432-3826
- LISA EVANS, *Education Assistant*  
8:30 – 5:00 432-3882
- BARB WHITENER, *Language Coordinator*  
Check Language class schedules 432-3897
- BRIDGETTE LOSEY, *Pathways Coordinator*  
3:30 – 7:00 432-3895
- MANDY PARADISE, *GED Instructor*  
3:00 – 7:00 432-3876
- JEREMIAH GEORGE, *Cultural Coordinator*  
10:00 – 7:00 432-3968  
(Wednesday through Sunday)

1 Closed	2 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	3 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	4 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	5 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	6 Baton Class 3 - 7	7 Closed
8 Closed	9 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	10 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	11 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	12 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	13 Baton Class 3 - 7	14 Closed
15 Closed	16 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	17 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	18 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	19 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	20 Baton Class 3 - 7	21 Closed
22 Closed	23 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	24 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	25 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	26 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	27 Baton Class 3 - 7	28 Closed
29 Closed	30 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	31 Homework Help 3-5 Basketball Practice 10 & Under 4:30 - 6	<b>JANUARY Youth Calendar</b>			



# NEW EMPLOYEES/COMMUNITY



**Amber Snyder**  
*Receptionist*

Hey! My name is Amber Snyder and I am the Receptionist here at the Squaxin Island Tribal Center. I recently moved to the Tribal Center from the Childcare Center. I worked there for over a year, and decided that I wanted a change of pace. I will miss being there with my babies, but I will still get to go and visit them. I am 19 years old and live here on the reservation. I have a beautiful princess named Jazmyn Alicia, who turned two in August. I enjoy being with kids and spending time with my family, I will be attending college in January, 2006, to earn a degree in business management. Well, I look forward to meeting new people, so stop by and say hi.



**Colleen Woodard**  
*Senior Activities Coordinator*

Hi, my name is Colleen Woodard. I am a Squaxin Island tribal member and was recently hired to be the Senior Activities Coordinator. I have owned and managed several restaurants and an adult family home facility. I also raised four children. I will be developing, coordinating and implementing various activities for the elders. Currently these include travel to attend a "Singing Christmas Tree" performance and a ride in the boat "Parade of Lights" on Lake Washington. I welcome all comments and suggestions and look forward to serving our community.



**Raven Thomas**  
*Records Management Specialist*

Hello, its me again. For those of you who don't know me, my name is Raven Thomas. I am an enrolled Squaxin Island tribal member. I have currently accepted the position of Records Management Specialist. I've been working here for the past 7 months and very much enjoy it. I have two beautiful children, Seth Thomas (6) and Dominique McFarlane (2 1/2). My parents are Donna Penn and Norbert "Rick" Thomas III (deceased). So, feel free to stop by and say hi and come see my new office.



**Katrina Story**  
*Occupancy Specialist*

Hi, for those who don't know me, I am the daughter of Steve James and the grand-daughter of Sally and Ray James. My name is Katrina Story. I am now working in the Housing Department as the Occupancy Specialist and am really looking forward to meeting as well as working with people of our community. Please feel free to call me if you have any housing questions 360.432.3863.

## To all Tribal and Community Members, Do You Know any history of these areas?

The Squaxin Island Tribe, through our Cultural Resources Department, is conducting an archaeological-cultural field investigation project in conjunction with the Washington State Department of Natural Resources (DNR) Natural Areas Program. The three areas are 1) Skookum Inlet, 2) Kennedy Creek and 3) Woodard Bay.

We intend to conduct, in cooperation with the Department of Natural Resources, a comprehensive archaeological and traditional cultural properties survey to determine what cultural resources remain on the landscape and to jointly manage those cultural resources with DNR.

As managers of this DNR project, the Tribe will benefit by ensuring that the archaeological-cultural resources in these areas that are already in natural resource preservation status will also be identified, preserved and protected. The sites identified and preserved will provide definitive evidence of the cultural practices of the Squaxin people, bringing to life for a new generation the stories of the elders, validating and defending hard won treaty rights and encouraging a return to cultural practices and traditions.

As the Cultural Resources Tech for the Tribe, I would appreciate any information you might have regarding these areas. Please feel free to call me at 360-426-9781, or just stop by the Cultural Resources Office, you're always welcome! Thank you for your time and consideration regarding this matter.

Margaret Henry, Cultural Resources Tech II, mhenry@squaxin.nsn.us



**Paula Krise**  
*Caregiver Coordinator*

Hi! Its great to be back as Caregiver Coordinator. Its really nice to see everyone again. If you help care for a family member or neighbor and need some assistance, give me a call. I would enjoy talking to you. My office is on the north end of the Senior building. Stop by, even if its to find out what my job is! Call me at 432-3934.



# CATCHING UP WITH KTP



**Bear Lewis**

**Assistant Manager**

Hello, my name is Bear Lewis, and I am the new Assistant Manager at the Kamilche Trading Post. I have been in this position for the past few months. I really enjoy the new responsibilities, and I love working with such a great team. I appreciate all the help from the employees at the KTP and IEI. I look forward to the new challenges in the coming year. Thank you for your support and I hope to see you at the store.



**Patrick Johns**

Hello, this is Patrick Johns, for those who don't know me. I've lived here most of my life. I just recently started working at KTP, and I really enjoy it. I invite everybody to stop by and see me in the little box by the gas pumps. I'll be there and willing to help you out any time you want.



**Mike McNair**

Hi, I have worked at the KTP for the last 16 months. My job is to order all product in the store. In my free time, I enjoy hunting, fishing and anything that is to do outside.



**Stephen Henry**

Hi, my name is Stephen Henry. I've been working here at the KTP for about 4 1/2 months, coming over from the casino after 9 years. My job has been varied, from working as a Clerk to working the drive-thru. I believe I will be working here permanently. I enjoy working here. The management team and co-workers are great. I look forward to all the upcoming expansions! And being part of the team! Stop by the drive-thru sometimes. I look forward to seeing you all.



**Jean Henry**

Hello, I'm Jean Henry. I've been a KTP employee for over a year. I'm sure everybody has seen me there - usually during the night shift. I am very glad to be working for the Squaxin Island Tribe. I am an enrolled member, but I've lived in Skokomish for the past 24 years. I want to wish everybody happy holidays!



**Bonnie Eddy**

Hi, my name is Bonnie Eddy. I am a Clerk at KTP and have been working here for 6 months. I previously waitressed for 20+ years, the last 5 at Little Creek Casino. I find working for the KTP a lot of fun and rewarding. We have a great team here. I'm the mother of 5 children ranging in age from 36 years down to my 28 year old twins. I have 7 grandchildren and #8 due in April.



**Rusty Ramage**

Hello, my name is Rusty Ramage. I'm married to Rickie Case. We moved up here four months ago from Idaho. I am now employed with KTP. I have a really great sense of humor, so come on in so I can give you a hard time!



**Erica Rodriguez**

Hi, I'm a Clerk at the KTP. I have been working here for six months. I also work a second job as a cocktail waitress. In my free time, I raise three kids that are 7, 6 and 4 years old.



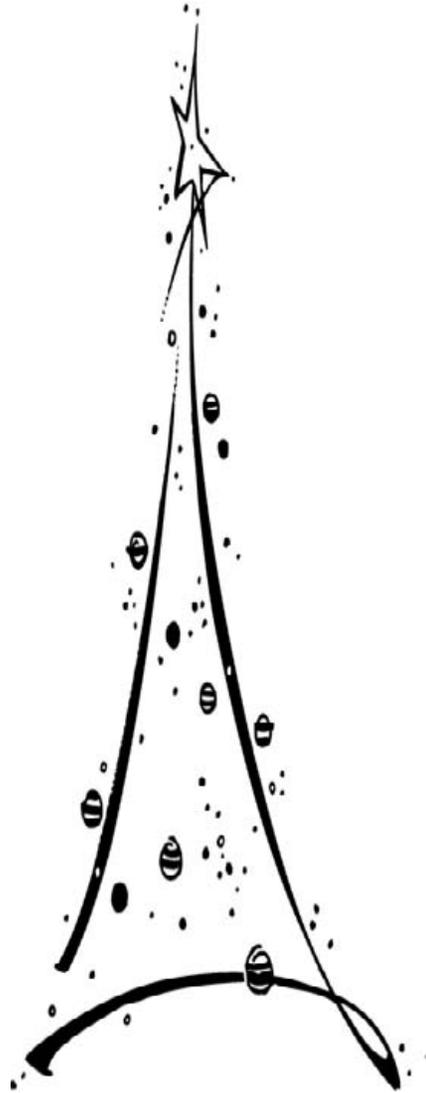


# CATCHING UP WITH KTP



### Glenda DeLamater

Hi, my name is Glenda DeLamater. I am a Chehalis Tribal member, and I was formerly employed at End of the Trail in Oakville. I am an Inventory Control Clerk currently employed by the Kamilche Trading Post.



### Laken Bechtold

Hi, my name's Laken. I'm 17 and just started working here on October 4th, 2005. I enjoy working here as a Stocker, because I get to work with my aunt and Grandpa. My mom, Joan Koenig, works at Island Enterprises Inc., so I can bug her on lunch breaks. Its awesome here, so hope to see you here!

*NOTE: There are still a few more new employees to track down. We'll include them in next month's issue. Thanks.*



### Sabrena Johns

Hi, I'm Sabrena Johns. I've been working for KTP for almost a year. I'm married to Delwin Johns. I really enjoy working for the store and seeing all your smiling faces. So stop in and say hi!



## Skookum Creek Tobacco New Factory Progress

The pad has been poured and the steel is being installed. Work is on schedule and the factory will be moved over the next couple of months.





# Squaxin Island Tribe 2nd Annual Housing Fair

Saturday, January 21, 2006

Squaxin Island Gym

10:00 a.m. to 3:00 pm.

### MINI WORKSHOPS!

- Recycling Basics
- Waste Water Information
- See the results of:
  - what happens when you flush
  - what happens after it goes down the drain
- Screen Repair (bring in your window screen frame)
- Learn how to repair holes in walls
- More fix-it ideas

*Lots of GREAT Door Prizes!!!!*

### INTERESTED IN BUYING A HOUSE?

Not sure where to begin?

Learn the basics of the home buying process.

Lenders, Housing Agencies, & Resource providers will have staff available to provide mini informational sessions on:

- Preparing for Homeownership
- Qualifying for a Home Loan
- Down Payment Assistance programs
- Establishing/Repairing Credit
  - Mortgage Financing
  - Earned Income Tax Credits

*Childrens Activities!  
Food & Beverages!*

- Frybread
- Indian Tacos
- And drinks!

*LOTS OF FUN  
AND PRIZES!!*



Squaxin Island Tribe - Office of Housing  
Department of Community Development  
360-426-9781

## Tribal Governance Masters Degree Program Opportunity

The Tribal Governance track of the Master of Public Administration (MPA) program at The Evergreen State College is now accepting applications for the 2006-08 cohort. Review of applications will begin in late February.

The Tribal MPA program was established in cooperation with northwest tribal leaders. It is designed to provide current and future tribal leaders with the knowledge and skills necessary to work successfully in Indian Country. The course work focuses on structures, processes and issues specific to tribal governments. The content is designed to improve understanding of the space where tribal and non-tribal governments intersect, the history of those relationships, and the path to future mutual benefit. No other program in the country is designed to meet this need.

"The graduates of the Master of Public Administration - Graduate Program in Tribal Governance will be uniquely qualified to make a real difference in their communities," said Senator Patty Murray (D-Wash). "I am proud to have helped secure the resources that enabled this program to become part of Evergreen's curriculum."

This program is designed to fit into the schedules of working people. There are four intensive, on-campus, weekend sessions each quarter, with readings and internet communication in the time between. The first cohort of students started in the fall of 2002. As of this coming spring, the program will have graduated more than 35 students, most of them from local tribes.

To request information about the Tribal Governance MPA, contact:

Mike McCanna  
Associate Director - Tribal MPA  
360.867.6202  
mccannam@evergreen.edu





## Parents - The Anti-Drug Lessons from the Road

### *Tips for Parents of New Teen Drivers*

Getting a driver's license is a milestone in a teen's life. Each year, some 9,000 16- and 17-year-olds get behind the wheel nationwide with their driver's licenses. Young drivers are already at risk for car crashes, due to the combination of driving inexperience and distractions, such as having additional passengers in the car, eating or talking on cell phones. In fact, collisions are the leading cause of death for young people aged 15-20. These accident risks are greater when the driver is using illicit drugs, such as marijuana, as well.

Parents need to know that drugged driving can be lethal. A majority of licensed teen drivers who use drugs regularly report that they "drug and drive." An estimated 38,000 high school seniors in the United States crashed in 2001 after driving under the influence of marijuana in 2001.

Here are some guidelines parents can follow to help their teen "steer clear of pot":

**Know What's in the Car:** One of the most common places high school seniors report smoking marijuana is in their cars. There are numerous products on the market that disguise drugs and drug paraphernalia as everyday items, such as soda cans and CD cases, which teens can easily carry in cars without attracting attention. Parents should become familiar with these items - and other hiding places for drugs - and conduct occasional car checks.

**Map Out a Plan:** Set limits on driving, especially in high-risk conditions such as at night or on the highway, in poor weather conditions and with other teens in the car. Limit your teen from riding with other new drivers, and make sure he or she never gets in a car with other teens who have been drinking or using drugs.

**Take Caution:** Know where your teen is and who he or she is with. Get to know your teen's friends and their friends' parents. Be sure you know the route they intend to drive when they go out.

**Establish Pit Stops:** Develop a check-in time with your teen-a time when your child calls in and gives a status of where he or she is and who he or she is with.

**Go for a Spin:** Reinforce safe driving skills with your teen even after he or she has a license by going for drives together. This can also be a good time to catch up and have an open conversation about important issues like drugs.

To keep teen drivers safe on the road, many states are imposing rules regarding the number of passengers teen drivers can have in the car, cell phone usage and the number of hours new drivers can be on the road. Be sure to check with your state's Department of Transportation Web site for specific details.



**Native Women's Wellness Program**  
**South Puget Intertribal Planning Agency**  
3104 S.E. OLD OLYMPIC HIGHWAY SHELTON, WA 98584  
(360) 426-3990 FAX (360) 427-1625



Happy Holidays from the Native Women's Wellness Program!

We are doing a community survey to find out what you think of the services we provide. This survey will be a big part of planning activities for the coming year. Your feedback will help us to make the program serve each tribal community better and help us toward our mission of eliminating breast and cervical cancer from our tribes.

Please take some time to fill out the survey and return it to your women's wellness outreach worker. Your experiences and opinions are important. The survey should take about 15 minutes to finish. Everyone finishing a survey will receive a \$5 gift card and be entered in a drawing for a gift basket. A basket will be given away at each tribe.

If you have any questions or would like to make an appointment for a mammogram or Pap test, please call your tribe's outreach worker:

Chehalis: Debbie Shortman (360) 858-1689

Nisqually: Sandy Pluff (360) 459-5312

Shoalwater Bay: Charlene Nelson (360) 267-0119

Skokomish: Jennie Strong (360) 426-5755

Squaxin Island: Rose Algea (360) 432-3930

Thanks for your time, and have a safe and happy holiday season with your family!

Sincerely,

The Staff of the Native Women's Wellness Program





## Volunteers Needed For Tree Planting

Tracy Farrell - The Squaxin Island Tribe Natural Resources Department has completed the first part of a multi-phase habitat restoration of Skookum Creek. There will be more restoration projects in the following summers similar to the large woody debris placed in the channel this year (2005). If you or your group would like to participate in replanting the trees along the stream there is an opportunity for helping out early (January or February) next year.

The purpose of this project is to improve the stream channel for fish use. This is a project that has short term and long term goals. In the shorter term, the log jams placed in the stream speed up the creation of meanders and slow down the passage of water to form pools for salmon to use. The replanting of stream side vegetation provides some shade in the next 5 to 25 years and then later some of the trees will fall into the channel and replace the wood put in by our department to jump start this natural process.

We are encouraging as many Tribal members as we can to help with this community project. Please contact Tracy Farrell at (360)432-3818 or [tfarrell@squaxin.nsn.us](mailto:tfarrell@squaxin.nsn.us) if you have questions or you would like to participate.



## Salmon is Good for You, Right? Not This Kind!

Salmon is a great source of healthy omega-3 fatty acids. Its great for your heart, your brain, your skin and your joints. But if you think all salmon is alike, then think again!

If you buy salmon at the supermarket, chances are good that it doesn't come from the sea, but from a fish farm. And farmed salmon is anything



but healthy. Farmed salmon are hatched in plastic trays . . . crowded into unsanitary underwater cages . . . fattened with soybean pellets . . . doused with antibiotics and pesticides . . . and injected with a synthetic dye that gives them their pink color. (Without the dye, their flesh would be an unappetizing pale gray.)

The fish-farming industry claims this provides a healthy food at a reasonable price. They also claim that it protects the wild salmon populations from overfishing. But the facts show otherwise.

First of all, although farmed salmon are far fatter than their wild cousins, studies show that they contain two-thirds less of the omega-3 fats!

Second, studies show that farmed salmon contain much higher levels of cancer-causing PCBs and dioxins that wild salmon.

Third, farmed salmon contain more antibiotic residue than eggs, meat or any other farm-raised animal products. And this antibiotic use has created resistant strains of bacteria that are killing the other fish in the ocean!

Fourth, the pesticides used by salmon farms are killing shellfish and other bottom-dwelling sea creatures.

And fifth, the pink dye used on the salmon contains canthaxanthin, an ingredient used in sunless tanning pills that has since been banned for human use!

For you, the solution is simple: Avoid farmed salmon and eat wild salmon only. Wild salmon is available at most natural food markets and upscale gourmet restaurants. If in doubt about the fish's origin, simply ask your waiter, chef or store manager.

- Submitted by Lori Hoskins

## Cecil Cheeka Performs in "Northwest Passage"

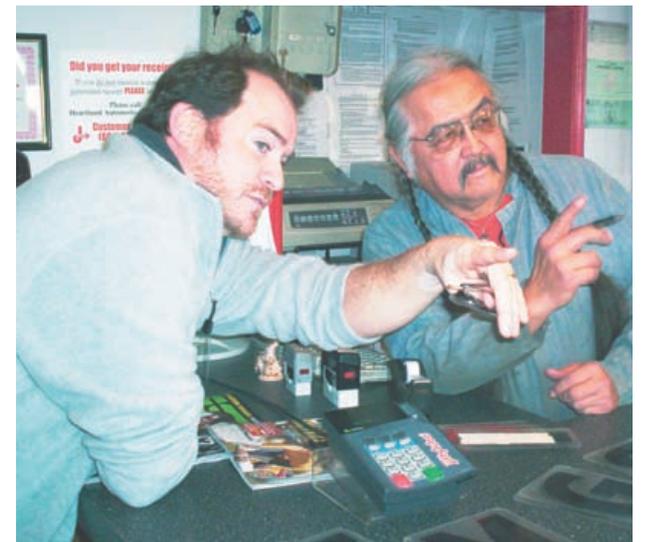
What happens to the conqueror when the frontier is gone? Lance, a Federal Way optical lens grinder, explores his past and present while struggling with his future. Spiritual guides include a host of adventurous dead relatives and Chief Sealth, portrayed by Olympia actor and Makah tribal member, Cecil Cheeka.

Northwest Passage will receive its world premiere Thursday, January 12 at The Evergreen State College in Olympia. Performances in Evergreen's Experimental Theatre will be at 8:00 p.m. January 12-14 and a 2:00 p.m. matinee, Sunday, January 15.

Northwest Passage will transfer to the Washington Center for the Performing Arts/Stage II in downtown Olympia on January 19-21 at 8:00 p.m. and January 21 and 22 at 2:00 p.m. The play will conclude its run February 2-4 at Centralia College, all performances at 8:00 p.m.

Northwest Passage features the talents of Olympia actors Peter Kappler, Jana Tyrrell, Megan Sanders, David Wright, Andrew Gordon, Megan Tyrrell, Jason Haws and the aforementioned Cecil Cheeka. The production is directed by Centralia College theatre professor, Brian Tyrrell. Northwest Passage is produced by Northwest Playwrights Alliance in conjunction with Centralia College.

For additional information, please contact Brian Tyrrell at [btyrrell@centralia.edu](mailto:btyrrell@centralia.edu)



Lance (Peter Kappler)  
and Chief Sealth (Cecil Cheeka)





## IN OUR HEARTS . . .

In loving memory of James Edward Krise, born 3/9/1916, passed 1/23/03  
and Norbert Patrick "Rick" Thomas III, born 1/28/58, passed 1/4/85

We thought of you today.

But that is nothing new.

We thought about you yesterday.

And days before that too.

We think of you in silence.

We often speak your name.

Now all we have is memories.

And your pictures in a frame.

Your memory is our keepsake.

With which we'll never part.

God has you in his keeping.

We have you in our hearts.



## Health & Human Services Expansion Plans

Whitney Jones - As the Health and Human Services Department continues to expand, several changes will be taking place over the next few months. These changes will allow us to create more medical exam rooms and take advantage of the space recently vacated by SPIPA. We will continue to provide services during our relocation process, and these timeframes are approximate, so please be patient with us during this transition. Thank you.

- 1) Family Services programs will be moving to the former SPIPA building, (next to Natural Resources), in early January. After they relocate, the Nutrition, Diabetes and Health Promotion programs will be moving to the building across the parking lot from the clinic where Family Services has been.
- 2) The Contract Health Services office will be moved across the lobby into the former Clinic conference room.
- 3) The Dental program will be moving to the downstairs of the clinic in February.
- 4) Remodeling of the current CHS and dental space will begin in February and we hope that construction of the new medical exam rooms will be completed by early March.

We look forward to serving you more efficiently after this expansion!



## Diabetes & Depression Discussed

Thank you to Dr. Gene Sine, MD, and all the participants attending a discussion about Diabetes and Depression at the clinic on 11/10/05.

Did you know that men suffer from depression at 4 times the rate of women? Men are less likely to seek help with depression.

Depression is a serious medical condition that affects thoughts, feelings, and the ability to function in everyday life. Depression can occur at any age. People with diabetes are at greater risk for depression.

Participants shared thoughts about what is depression and how depression affects people differently.

### WHAT CAN YOU DO TO TREAT DEPRESSION?

- Talk with your health care provider - you may need medication, light therapy or "talk" therapy
- Increase your exercise
- Eat healthy meals



## You can Delay or Prevent Problems with your Eyes if You Have Diabetes.

Patty Suskin, Diabetes Coordinator - Eleven Squaxin Island tribal community members visited the Olympia Eye Clinic on Tuesday, November 22nd. Dr. Rodger Bodoia, MD, Ph.D., Ophthalmologist, (Eye Doctor), spoke with the group. Here are some highlights:

- **Blood sugar control is essential for delaying and/or preventing complications of diabetes.** By lowering your HgA1c every 1.5 unit, your risk of complications is cut in half. For example, if your HgA1c is 8.5 and you lower it to a 7, you have cut your risk of complications in half.
- Diabetes is the leading cause of blindness, kidney failure and amputations. However, these can be prevented or delayed by good blood sugar control and good blood pressure control.

### *What are the problems people can have with their eyes?*

Diabetic retinopathy is the leading cause of blindness, but it is now treatable if caught early.

Non-proliferative retinopathy is when the blood vessels in your eyes start leaking (just like a leak in a hose).

Proliferative retinopathy is when your eyes grow new abnormal blood vessels. These blood vessels are weak & burst easily.

When protein and lipids (fats) leak out of the blood vessels in the eyes, good vision is difficult. The abnormal blood vessels rip and tear, and cause blood to leak out into the eye. Once the blood is reabsorbed, scar tissue is left, which causes clouding of the eyeball.

### *What is the Treatment?*

Laser treatment can close the leaks in the blood vessels. But it must be caught early. In 96% of the cases, blindness can be prevented. If not caught early, 70% of the cases can get vision restored.

### *If you have diabetes, what can you do?*

- **Have a dilated eye exam by an ophthalmologist at least once a year.** Depending on what is found, you may be asked to be examined every few months.
- **Check your blood sugars at least once a day.** Keep your blood sugars below 150 to prevent problems with your eyes. If you have trouble keeping levels under 150, see your doctor and diabetes educator about changes in medications, activity, or eating to bring the blood sugar levels in range.

Thank you to Don Brownfield, for suggesting I contact Dr. Bodoia to speak with the group; Betty King, office manager at Olympia Eye Clinic; Dr. Rodger Bodoia; Robyn Velazquez and Tammy Ford for providing transportation; and for all the participants for taking time to learn more about how to protect your eyes.





## New study shows women more vulnerable to risk of colorectal cancer from tobacco

A new study of gender and risk factors for colorectal cancer reveals that while both tobacco and alcohol increase risk for colorectal cancer, women who smoke are at higher risk



## The Wacky Nutrition Scientist Visits the Squaxin Island Childcare Center!

On Halloween, the Wacky Nutrition Scientist, AKA Patty Suskin, Diabetes Coordinator, distributed delicious satsuma mandarin oranges to the children for tasting. The kids enjoyed these flavorful treats rich in Vitamin C and so easy to peel!



In addition, Patty left some nutrition information and healthy snack ideas for the parents.

Thank you to Jim Kindle for the opportunity to share the oranges and to Shiloh Henderson for your assistance in distributing the oranges!

## Diabetes Prevention Program

*We need participants! Can you help?*

The five tribes in the area are participating in a Diabetes Prevention Program Grant from IHS. We have been meeting for over a year to plan for the program to begin in 2006. If you are interested in participating in this 16-week lifestyle change program, contact Patty Suskin, Diabetes Coordinator at the clinic (360)432-3929.

Pictured are representatives from the November 21st meeting held at the Squaxin Island Tribal Center. Pictured Left to Right: Tanya Brown, CHR Shoalwater Bay; Pat Odiorne, RD, CDE, Program Director, Chehalis; Winona Youckton, CHR, Chehalis; Lisa Okarski, Medical Assistant, Nisqually; Sheri Peterson-Hale, CHR Skokomish; and Patty Suskin, RD, CDE, Diabetes Coordinator, Squaxin Island. At time of printing, Squaxin Island Tribe was accepting applications for the program's CHR.



## MEAL PROGRAM MENU

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

Monday	Wednesday	Thursday
CLOSED 2	Omelettes 4	Chicken Fried Steak 5
Baked Chicken 9	Pot Roast 11	Cabbage Rolls 12
Chili and Potato Bar 16	Baked Fish 18	Seafood Chowder 19
Beef Stew 23	Chicken Cordon Bleu 25	Soup & Sandwich 26
Chalupa 30		

## Congratulations Connie Napoleon

November Mammogram Raffle Winner  
Womens' Health Winner (not pictured is Rosie Mason)





## Per Capita Gets Healthy!

Fruit and vegetable tasting was offered at the December 1st per capita distribution. Over 100 Tribal members enjoyed sampling food items including jicama, snap peas, carrots, satuma mandarin oranges, grapes, apples and bananas. These foods are good sources of vitamins and fiber - important for good health. The food sample newest to many was the jicama. Many enjoyed it, some did not. Have you ever tried jicama? It looks like a big brown turnip in the store, but can be peeled to show the crunchy, white inside. You may want to taste it with lime juice and chili powder, as the youth did on Tuesday Tastings on December 6th.

Patty Suskin, Diabetes Coordinator, was available to meet tribal members, answer questions about healthy eating and diabetes and to offer her business card for people in a hurry. Patty had on display for people to learn from:

- Posters with sugar content of foods and beverages
- Fat tubes showing the amount of fat in different foods
- Nutrition information to take home including the new food guide pyramid and tips on how to eat more fruits and vegetables

BJ Peters prepared fruit smoothie samples for tribal members, along with the recipe for this healthy treat.

In this photo, Angel Hall and Diabetes Coordinator, Patty Suskin, discuss the poster "Are you Drinking Liquid Candy?" which illustrates how many teaspoons of sugar are in various beverages. (Thank you to Shiloh Henderson for preparing the poster). Thank you to Melissa Puhn and Raven Thomas for allowing us to share the per capita distribution area; Ruby Fuller and Ray Peters for granting permission to set up a booth during the per capita distribution; Brooks Farrell for taking photos; Shiloh Henderson for preparing the posters; and Bj Peters for preparing the sampling items and for your energy!

For more information about healthy eating and/or Diabetes, contact Patty Suskin at (360)432-3929.



## Does "freezer burn" make food unsafe?

No. Freezer burn is a food quality issue, not a food safety issue. Freezer burn does not make the food unsafe - it just causes dry spots in foods from air reaching the food because it was not properly wrapped in air-tight packaging.

### *What can you do if you have freezer-burned food?*

Cut away the freezer-burned spots before or after cooking the food. To prevent freezer burn, seal in air-tight containers and push all air out before sealing.

### *Will food that's stored in a freezer for a long period of time be safe to eat?*

Food that was properly handled and stored at 0° F (-18° C) will remain safe. Only the quality of foods suffers with lengthy freezer storage. Tenderness, flavor, aroma, juiciness, and color of frozen foods can all be affected.

## How can you determine if fish is fresh?

Here are some tips:

- The fish's eyes should be clear and bulge a little. Only a few fish, such as walleye, have naturally cloudy eyes.
- Whole fish and fillets should have firm and shiny flesh. Dull flesh may mean the fish is old. Fresh whole fish also should have bright red gills free from slime.
- If the flesh doesn't spring back when pressed, the fish isn't fresh.
- There should be no darkening around the edges of the fish or brown or yellowish discoloration.
- The fish should smell fresh and mild, not fishy or ammonia-like.

- Submitted by Joe Castelluccio





# HEALTH & HUMAN SERVICES



## Upcoming Health Events

### *Brief Community Walk*

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

### *Mammogram & Women's Health Exams*

December 29th and January 17th  
Contact Rose Algea (360)432-3930

### *Healthy Habits for Life*

Take charge of your health!  
2<sup>nd</sup> Tuesday of each month  
Noon to 1:00 p.m.  
Administration building lunch room  
Bring your own lunch and thoughts

### *Commodities Recipe Tasting*

Monday, January 9<sup>th</sup>  
10:00 to noon  
In the gym

### *Community Health Walk*

Thursday, January 19th  
Meet at Elder's Building at 12:40 for  
a 20 minute walk around the REZ  
All SPIPA tribes will be taking a walk in their area  
at the same time- for diabetes prevention!

### *Tuesday Tastings with Youth*

Hands-on food preparation  
After school on Tuesdays

### *More activities in the works*

Kitchen Creations,  
Diabetes Support Group Guest Speakers,  
Supermarket Food Label Reading & More

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



## People with Diabetes Need to Look at their Feet EVERY DAY

The photo shows Squaxin Island Tribal member John Krise having a foot exam by Dr. Molina Kochhar, Podiatrist (foot doctor) during our foot exam morning on November 15th.

**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 these simple steps of looking every day and 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 February 28th to check more feet. If you have diabetes and are due for your annual exam, contact Patty Suskin, Diabetes Coordinator at the clinic at (360)432-3929.



## January Health Events

1	2	3	4	5	6	7
		Food Tasting with Youth		Thursday Walk		
8	9 Commodities Recipe Tasting 10:00 - Noon	10 Healthy Habits Noon Food Tasting with Youth	11	12 Thursday Walk	13	14
15	16	17 Mammogram & Women's Health Food Tasting with Youth	18	19 Community Health Walk	20	21
22	23	24 Food Tasting with Youth	25	26 Thursday Walk	27	28
29	30	31 Food Tasting with Youth				



## 12 Ways to Create a Healthy Eating Style

Submitted by Patty Suskin - In January, many people are looking for ways to lose weight. As you may know, diets are often too restrictive or boring, and not something you can continue for long. Consider taking small steps gradually to change your habits - for the rest of your life. This can be more satisfying in the long term. Here are a few tips to help you get started. In addition, remember Patty Suskin at the clinic is available to help you brainstorm individualized ideas. Call (360)432-3929 for an appointment or stop by.

**1. Forget the fads.** Diet fads come and go – without offering a permanent solution. When you hear about the latest diet, always ask yourself, "Can I eat this way for the rest of my life?"

**2. Be realistic.** Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget and your cooking skills.

**3. Make a commitment.** Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with your friends or family.

**4. Start slow.** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.

**5. Be consistent.** The human body responds well to consistency. If you decide to eat breakfast, make eating breakfast part of your daily routine – rather than an occasional thing.

**6. Stick with it.** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start eating breakfast, make a plan with 21 breakfast menus you'd love to eat.

**7. Be flexible.** Life is full of surprises, and plans need to change. If an early meeting makes breakfast at home impossible, you need some alternatives, like eating something at your desk at work. Stock your desk or the work refrigerator with healthy choices for these situations.

**8. Be creative.** Make a list of all the possibilities – like all the breakfast options that you enjoy at home, in the car or on the bus, at work or from a vending machine.

**9. Stock up on options.** Once you have a list of possibilities, stock up. Fill your cupboards, car and desk drawers (anywhere you might eat breakfast) with healthy options. Remember the veggies and fruits to get your servings in!

**10. Plan ahead.** When situations pose problems, make a healthy plan. Have a meeting where giant cinnamon rolls are served? Plan to eat ½ a roll and bring cheese and fruit with you.

**11. Forgive yourself.** Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, no biggie. Just get back on track ASAP.

**12. Congratulate yourself.** Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes.

*- Courtesy of Eat Right Montana*



## Join in and Walk to Prevent Diabetes in the Squaxin Island Community!

Thank you to Marci Sample (SPIPA), Tamara Fulwyler (SPIPA), Carolyn Hoosier, Irvin Fletcher, Bertha Fletcher, Harry Fletcher (all pictured) and Misti Saenz-Garcia, Carmen Kalama (SPIPA), Debbie Gardipee (SPIPA), and Espie Austria (all not pictured) for participating in our second Community Health Walk for Diabetes Prevention on Thursday, November 17th. We will continue 20 minute community walks each 3rd Thursday of the month at 12:40. All the SPIPA tribes will conduct walks in their community at the same time. Come & show your support for this grant from IHS to reduce Diabetes in the Squaxin Island Community!

For more information, contact Patty Suskin, Diabetes Coordinator, at the health center or call (360)432-3929.





# HEALTH & HUMAN SERVICES



## October Health Fair

On October 22nd, SPIPA and Squaxin Island Tribe Women's Health program sponsored a Breast Cancer Awareness 3 mile walk. In addition, Squaxin Island Tribe Health & Human Services sponsored a health fair in the gym. It was a beautiful day and 150 people came from the 5 tribes to participate in the walk and enjoy the health fair.

Activities included Pumpkin painting, vegetable and fruit tasting, native plants, healthy eating tips, exhibits and information on diabetes, diabetes prevention, dental care, mental health and play, elder care and much more!

Many people enjoyed the jicama and snap peas at the vegetable tasting.

Participants were shocked when they found how much fat was in their favorite foods. Did you know:

- One corn dog has over 18 grams of fat and 460 calories?
- 3 ounces of salmon has 3 grams of fat and 102 calories WOW! What a difference!

The test tubes filled with the amount of fat in your foods were a big hit!

### Did you know:

- Many beverages can be called "liquid candy?"
- There are 11 teaspoons of sugar in 12 ounces of Capri Sun!
- Mountain Dew also has 11 teaspoons of sugar in 12 ounces!
- 12 ounces of Snapple has 10 teaspoons of sugar!
- 12 ounces of water has no teaspoons of sugar!

Thank you to everyone who made the events such a success!





## Internship Opportunities at Microsoft

### *Microsoft High School Internship Program 2006*

<http://www.microsoft.com/College/highschool/highschool.mspix>

Have fun. Create cool things. An internship with Microsoft takes you to places you've never seen before — most importantly to a new level of experience. You'll have the opportunity to stretch your skills in new directions and take your talents to new heights.

#### ***What is the purpose of the High School Intern Program?***

The primary focus is to provide exposure to technology for high school students from the Puget Sound area and encourage them to pursue high tech professions.

#### ***What are the qualifications of the program?***

Students must attend a high school in the Puget Sound area and have experience with e-mail, word processing, and a demonstrated passion for technology. Programming experience in HTML or Visual Basic is preferred. This program is open to all local high school students. Recruiting efforts for this program is geared towards outreach to schools and organizations that serve underrepresented minorities (African American, American Indian, Hispanic), young women, individuals with disabilities, and students from economically disadvantaged families. Applicants must be a Junior/Senior in high school or equivalent, at least 16 years old, a US citizen or permanent resident, and be available for the entire 8-10 week summer internship. Students must be of junior or senior class standing at the time of application.

#### ***How do I know if I'm considered an underrepresented minority candidate in the software field?***

You are a minority candidate if you are a member of one of the following groups underrepresented in the software field: African American, Hispanic or Native American.

#### ***How long do High School internships last?***

High School internships last 8 to 10 weeks and are 40 hours per week — long enough to dive into a project and make a contribution to your team.

#### ***When do High School interns start at Microsoft?***

The High School Intern Program is a summer program, so students will start at the end of June and finish in August.

#### ***Are High School interns paid?***

Yes. You're paid an hourly wage that is competitive within the industry. You will find out more details about this during the interview and hiring process.

#### ***What benefits do the interns receive?***

Benefits include a bus pass and software discounts (\$450.00 spending limit of the intern's own money at the company store for the duration of their internship). High School interns are hourly employees; those who work more than 20hrs/week are eligible for paid holiday benefits.

#### ***When will I know if I have been selected?***

We will contact applicants by May 26, 2006 to confirm their final outcome.



#### ***How do I apply?***

We ask that you send the following information in one packet by March 24, 2006:

- An application, which you can find at:  
<http://www.microsoft.com/College/highschool/highschool.mspix>
- A resume highlighting the following: computer applications experience, computer related projects, past employment or volunteer work, involvement with community organizations and awards you have received
- A copy of your most recent academic transcript
- One letter of recommendation from a teacher or employer

#### ***Where do I send my application?***

Microsoft Corporation  
Corporate Diversity  
ATTN: High School Internship Program  
Bldg 19  
One Microsoft Way  
Redmond, WA 98052-6399





## DigiGirly

### High Tech Camp 2006

Microsoft will be hosting the 6th annual DigiGirly High Tech Camp August 14-18, 2006

Our mission is to introduce High School girls to the many career fields offered within the High Tech industry. This is an exciting five-day experience offered to high school girls. During the camp, DigiGirly have the opportunity to participate in a number of different opportunities including Xbox game testing, Microsoft Studio broadcasting and Product development and marketing.

You must submit a recommendation from your teacher, employer or career counselor and at least a 300 word essay on your interest in becoming a DigiGirly in order to participate. Space is limited so apply early!

#### What to expect

- Hands-on learning sessions to educate
- Keynote Speaker series to inspire
- Career/technology tours to heighten awareness
- Resume and interview workshops to prepare
- Employee panels to answer questions

#### Testimonials

“From the first day I was blown away from the support that everyone gave at Microsoft, and how much everyone truly wanted us to be there. Even in the short time I was at Microsoft I learned so much about technology, but more about how people can achieve professions that they love and enjoy. Everyone’s enthusiasm about their professions inspired me to find what I love and pursue it. Not only in technology, but in life.”

“I thought you had to be a geek to work here but this camp changed my mind.”

“I am now much more interested in technology related careers. They are so much fun.”

“It definitely had a positive impact on me. It got me inspired to get involved and really gave me confidence to live out my dreams. It gave me great ideas and I am so excited to continue on!”



#### Application Details

Send the following 3 items to the below email or mailing address no later than May 12, 2006:

- One letter of recommendation.
- At least a 300 word essay on “My Interest in becoming a DigiGirly”.
- Your contact information including home address, phone, email, school, age and how you heard about DigiGirly.

Email: emilym@microsoft.com  
Microsoft Corporation  
Attn: Emily McKeon  
One Microsoft Way  
Redmond, WA 98052

You must currently be in 9th—12th grade to be considered.

This camp is free of charge to participants and runs from 9am—3pm.

All camp activities will take place on Microsoft’s Campus in Redmond, WA.

This is a day camp. Microsoft is not responsible for any transportation or lodging.

You will be notified of your acceptance by June 23, 2006

#### Questions

E-mail: emilym@microsoft.com

Phone: 425-705-5803

Fax: 425-708-3471



Visit [http://www.microsoft.com/citizenship/diversity/programs/tech\\_camps.asp](http://www.microsoft.com/citizenship/diversity/programs/tech_camps.asp) for more information.

## Halloween Bash Thank Yous

The Tu Ha’ Buts Learning Center would like to thank the following people for all their hard work and dedication with the big Halloween Bash. We couldn’t have done it without you!

Mike Evans, Alex Ehler, Richard Coley, Dave Schmidt, Kris Peters, Jim “The Wolfman” Peters, Vicky York, Lisa Peters, Anton Cooper, Nikolai Cooper, Addie Peters, Johnathon Evans, Brian Evans, Chuck Evans, Cheryl Archer, Julie Goodwin, Gary Goodwin, Whitney Jones, Stephanie Weaver, Summer York, David York, Tasha Hillstrom, Connie Whitener, Will Penn, Brooks Farrell, Rose Krise, The Little Creek Casino, Kim Heller and Barbara Whitener.

And last, but certainly not least, Irvan Fletcher for the awesome construction of Dracula’s coffin.

Thank you one and All!



# COMMUNITY



## Happy Birthday

Aaron Evans	1/1	Stephanie Peters	1/10	Shawnell Lynn McFarlane	1/22
Jessica Solano	1/1	Tiffany Valderas	1/10	Kahsai Tiefel Gamber	1/22
Nancy Moore	1/1	Natasha Gamber-Chakos	1/11	Percy James Welcome	1/22
Patrick Braese	1/2	Cassidy Gott	1/11	Guy Cain	1/23
Tory Hagmann	1/2	Patricia Green	1/11	Linda Jones	1/23
Mary Garrett	1/4	Darlene Krise	1/12	Dawn Sasticum	1/23
Aaron Peters	1/4	Marvin Campbell	1/13	Miguel Saenz-Garcia	1/24
Two Hawks Krise Young	1/5	Connie Whitener	1/13	Jace Merriman	1/25
Holly Henderson	1/5	Sheena Glover	1/14	Margaret Seymour-Henry	1/25
Lametta LaClair	1/5	Carrie Smith	1/14	Robert Lacefield	1/26
Christopher Stewert	1/5	Kayla Peters	1/15	Dakota Hodge	1/26
Samantha Ackerman	1/6	Shelby Riley	1/16	Emily Baxter	1/27
David Whitener, Sr.	1/6	Whitney Jones	1/17	Guy Cain	1/27
Sherry Whitener Haskett	1/6	Leanora Cruz	1/17	Amanda Larios	1/27
Lincoln Villanueva	1/6	Barbara Cleveland	1/17	Cheryl Melton	1/27
Charlene Blueback	1/7	Tristen Coley	1/17	Rebeckah Ford	1/28
Kaleb O'Bryan	1/7	John Ackerman	1/18	Sharleina Henry	1/29
Melissa Whitener	1/7	David Dorland	1/18	Buck Clark	1/30
Shila Blueback	1/8	Lorna Gouin	1/18	John Parker	1/30
Francis Cooper, Jr.	1/8	Pattie Riley	1/18	Nikolai Cooper	1/31
Meloney Hause	1/8	Ruth Whitener	1/19	Alicia Obi	1/31
Deanna Hawks	1/9	Santana Sanchez	1/20	Brandon Stewert	1/31
Emma James	1/9	Leonard Hawks III	1/20		
Janita Meyer	1/9	David Michael Bear Lewis	1/20		
Paula LaFlame	1/9	Jacob Campbell	1/21		
Isaac Ackerman	1/10	Traci Lopeman	1/21		

## What's Happening

1	2	3 <i>Court</i> Church 7:30	4	5 Brief Walk After Lunch	6 AA Meeting 7:30	7 Bible Book Club 10:30 Mary Johns Room Food/Transportation
8	9	10 Church 7:30	11 Drum practice 6:00 p.m., MLRC	12 <i>Council Mtg.</i> Brief Walk After Lunch	13 AA Meeting 7:30	14 Bible Book Club 10:30 Mary Johns Room Food/Transportation
15	16	17 <i>Court</i> Church 7:30	18 Drum practice 6:00 p.m., MLRC	19 Brief Walk After Lunch	20 AA Meeting 7:30	21 Bible Book Club 10:30 Mary Johns Room Food/Transportation
22	23	24 Church 7:30	25 Drum practice 6:00 p.m., MLRC	26 <i>Council Mtg.</i> Brief Walk After Lunch	27 AA Meeting 7:30	28 Bible Book Club 10:30 Mary Johns Room Food/Transportation
29	30	31 Church 7:30	January 3rd - family court January 17th - criminal/civil court			

**Congratulations**  
**Isaiah Coley and Niki Fox**  
**On the Birth of Your Beautiful Baby**  
**Girl, Jaelah.**  
**We Know You're Going to Be**  
**Great Parents!**  
**Lots of Love,**  
**Your Friends Raven and Larry**

**Happy Birthday Kid**  
**Love Ya!**  
**Love, Aunty Ton, Davina, Michael,**  
**Tiana and Terence**

**Happy Birthday Honeyman**  
**We Love You**  
**and Are Very Proud of You**  
**Love,**  
**Grandpa and Grandma**



Best Birthday Wishes  
To My Baby, Bugga,  
Love, Mom, Dad, Gramps, Grams,  
Aunties, Uncles and all Your Cousins



Congratulations to his soccer  
team for making it to state finals  
tournament  
"GO TORNADOES!!!"

THANK YOU  
For all the support from the tribe  
and Little Creek Casino  
during the passing of my father.  
The generosity and out pouring love  
and sympathy make me and my family  
proud to be a Member of the Squaxin  
Tribal Community. We have been  
blessed by the Creator/Jehovah.  
Your prayers and thought do work.  
Love,  
Melonie Hause

Happy Birthday Two Hawks  
Lots of Love,  
Mom and Dad

I would like to wish my handsome son, Patrick,  
"Happy 20th Birthday" Baby  
I am so proud of you  
and all that you have accomplished in your life.  
You are great role model for any young person.  
Keep up the great work.

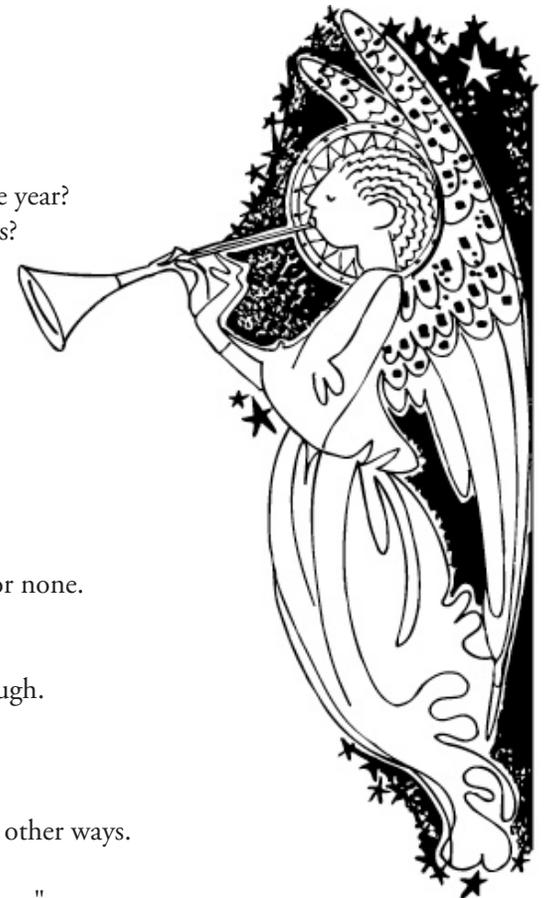
Just a word of encouragement - times may get hard and you may feel like giving up,  
but REMEMBER YOU ARE A JOHNS  
and that's not the Johns way.

Happy Birthday Son!  
We All Love You  
Love Mom, Sister, and Malachi

### How Much Time in 2006

Submitted by Lori Hoskins

1. Time seems to come in little boxes.
2. Each box is called a day.
3. Thirty boxes make a carton.
4. A shipment of 12 cartons is one year.
5. On January 1 we get a new shipment - 12 cartons.
6. What a lot of time to have! We are rich in time!
7. But are YOU sure you received full shipment?
8. What if your subscription to time ran out during the year?
9. What if you opened a carton and found empty boxes?
10. No more time? NO MORE TIME?
11. But you may have a full shipment for 2006.
12. And you may have more shipments in the future.
13. Yet you will say, "I have no time?"
14. That is a strange remark.
15. People who say, "I have no time" always have time.
16. Those who have no time are dead.
17. The dead do not mention their lack of time.
18. Only the living say, "I have no time."
19. All have the same amount of time - 24 hours a day or none.
20. The difference is how we use our time.
21. When we say we have no time for something,
22. We mean that the 'something' is not important enough.
23. We have to spend time. It won't keep in a bank.
24. Not even with a lock on it.
25. When you say you have no time -
26. You are saying you would rather spend your time in other ways.
27. Of course, you don't want it to sound that way.
28. You want to say, "I'll give time later when I have more."
29. But are you sure you will have more time?
30. What if your next box is
- 31.



## Lummi enlist fire, an old ally, as they battle scourge of drugs

By Lynda Mapes, Seattle Times staff reporter - It began quietly with the beat of a single elk-skin drum. Then came the songs and prayers, as powerful as the fire set to this house to burn it to the ground.

Painted with red ochre for spiritual protection, Dorothy Charles, a spiritual leader of the Nooksack tribe, led family members in setting the house ablaze and, with it, trying to destroy the scourge of drug abuse killing some Lummi people. Boarded up, abandoned and condemned, the house destroyed in a burning ceremony on the Lummi reservation December 1 was last lived in by a renter who used it, without the knowledge of its owners, to deal drugs. The dealer is now in jail. The family that owns the home agreed to the burning to cleanse the ground, and through the fire, bring a fresh start not only to the family but to the tribe. Of 170 babies born on the reservation in 2003, 28 are believed to have been affected by alcohol or drugs.

An 18-month-old picked an Oxycontin pill off the floor in her home and was killed by an overdose of the prescription painkiller, known here as Hillbilly Heroin.

A 2-month-old was found dead in a baby swing surrounded by drug abusers. And on and on and on.

The Lummi have responded, beginning in 2002 with a community wide, anti-drug program that has thrown everything at the drug problem, from detectives and prosecuting attorneys to drug testing, surveillance cameras — and even banishment of dealers from the reservation. Since January 2004, 21 alleged dealers have been charged, and 15 convicted, with trials pending for six people. A youth treatment facility has been opened, as well as a house for kids with no safe place to call home.

And still it is not enough. To begin the healing, the tribe has returned to the teachings of its ancestors.

Fire has helped this tribe in times of great hurt before. Many tribal members here believe it will help again.

**Historical parallels.** For Tribal Council Chairman Darrell Hillaire and many other people here, fire is a family relation. When his people were forced from their homes by white settlement, many tribal members burned them down rather than give them up.

“I visualize our great-grandparents had to burn their homes down and lose everything and paddle across Bellingham Bay, across to here on the reservation,” Hillaire said. “I visualize that plume on that side of the bay, and moving [paddling] away to here. There is a great deal of sadness attached to that.” That was after the diseases, brought by white settlers and traders, had already scythed the

populations of the coastal peoples of the Northwest.

Smallpox, tuberculosis and measles to which the native people had no resistance swept through the reservation in wave after wave. To protect themselves, tribal members would leave the bodies of their loved ones and all their possessions in their homes and set the homes ablaze. “If you can imagine that,” Hillaire said. “Moving away from a home completely engulfed in flame, containing your loved ones, everything you ever owned, and having to leave that behind you.”

And now the tribe faces a new epidemic in the prescription painkillers, heroin, marijuana and alcohol that have claimed too many lives.

In burning this house ceremonially, in a spirit of healing and not anger, the tribe was using fire once again, this time to send a message, Hillaire said.

“Enough is enough. We need lots of fire.” It was a stubborn fire. It didn’t want to burn. It burned sullenly, just like the drug problem in this community. Charles, the spiritual leader, would have none of it.

“We need paper. We need kindling,” she said, marching toward onlookers gathered to witness the burning. “What we are doing is serious. All this should have been ready. Whatever you have, get this started, we need lots of fire.” And so they ran to their cars and grabbed newspapers, cardboard, grocery bags, junk mail — anything that would burn. They hurried it to the spiritual workers, who stoked the fire. And with the community’s work, the flames started to climb. “It is not your fault,” Charles assured the family that owned this house, some of them sobbing as the walls began to cave.

“This family here is standing up, it is making a sacrifice for all those children that are coming” in future generations, Charles shouted. “This is only the beginning of the trying to destroy what is wrecking our families. We believe in what we are doing. We are not here to make a show. I am sorry for hollering. But I am trying to save my grandchildren.”

As powerful as this blaze is, just as important are the fires of compassion this tribe must carry in its heart, said Jewell Praying Wolf James, a former member of the Lummi tribal council and tribal spiritual leader.

“Ask yourself, what does the fire mean? It is to remind us to be together in the sacred circle of life. Show up when your people need you the most.

“Any time a young person dies because of drugs or alcohol, where were we? When all around us the kids

are crying and suffering, what does that tell you about ourselves?” He remembered his nephew, dead from an overdose in a car parked in front of this very house.

“Go find out how you can help one person, one more time,” James said, standing before the roaring blaze.

Glass exploded. The roof fell in. “There it goes,” Charles said, watching the smoke rise to the sky, and with it, the pain in this house. “There it all goes.”

NOTE: Squaxin Island Tribal staff Astrid Poste, Jeremiah George, Liz Kuntz, Shelly Rawding, Charlene Krise, Patti Puhn, Mike Evans and Sally Heath attended the event with NWITC outpatients and other tribal members.

**Tribal members at the Lummi reservation watch the destruction of a house December 1 that had been used in drug dealing. "This is only the beginning of the trying to destroy what is wrecking our families," said Dorothy Charles, a spiritual leader.**

