KLAH-CHE-MIN



PUBLICATION OF THE SQUAXIN ISLAND TRIBE

JANUARY 2009

dibəl ti ?acaciltalbixw gyəl ti xwəlč yəxw ti stultuləkw yəxw ti calcaləl.

COMPLIMENTARY

Squaxin Island Tribal Council

Winter General Body Meeting

January 10th, 2009 9:00 a.m. in the

Squaxin Gymnasium.

Lunch will be served at noon!

Any questions? Please call 426-9781.



Congratulations Charlene Krise Potlatch Fund Cultural Preservation Leadership Honor Award 2008!!!

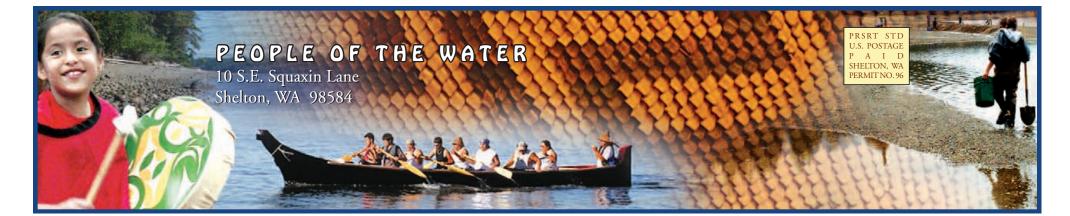


Potlatch Fund is a grantmaking foundation and leadership development organization serving Washington, Idaho, Oregon and Montana. Its mission is to inspire the Native tradition of giving in Northwest Indian Country to promote economic development, natural resource protection, education, cultural preservation, civic participation, and the overall health of Native people and their communities.

Charlene Krise, Squaxin Island Tribal Council Member and Director of the Museum Library and Research Center (*Home of Sacred Belongings*) was the recipient of this year's prestigious Cultural Preservation Leadership Honor Award.

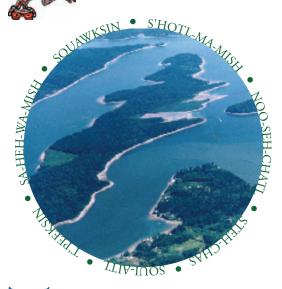
"It was a pleasure to receive 'Fran James Preservation Award' from honored colleagues, friends and associates," Charlene said. "It was a joy to be recognized and have the approval of those I deeply respect. My emotions were overwhelmed knowing that Elouise Cobell was also receiving an award on the same stage. I was deeply honored to be a recipient of Potlatch Leadership Award!

Go Charlene!!!









quaxin Island

10 S.E. Squaxin Lane Shelton, WA 98584

PHONE: (360) 426-9781 TOLL FREE: 877.386.3649 FAX: (360) 426-6577 www.squaxinisland.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

Submissions Deadline: 15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

Dave Lopeman: Chairman Arnold Cooper: Vice Chairman VINCE HENRY: Secretary Russell Harper: Treasurer MISTI SAENZ-GARCIA: 1st Council Member MARCELLA CASTRO: 2nd Council Member CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff: THERESA M. HENDERSON: Ext. #3945 thenderson@squaxin.nsn.us

General Body Meeting Notice of Enrollment

We request your input!

The Tribal Enrollment Committee will be at the General Body Meeting on January 10, 2009

Power Point Presentation on Enrollment Procedures

ENROLLMENT COMMITTEE

The committee is in the process of drafting an enrollment ordinance, which will assist us in our future. The committee will hold two public hearings.

The General Body meeting will be the first public hearing on the draft enrollment ordinance.

A draft will be available for your review and comment.

Your comments will help the committee craft a better draft.

You can comment at the General Body Meeting or later in writing or at the second public hearing.

In addition, the committee recommended in November that the five-year wait for elders 55 and over be waived.

> The General Body meeting will be an opportunity for you to support or not support removing the five-year wait for elders 55 and over.

> > Your input is needed on:

-YEAR WAIT ON ELDERS 55 +

You will be asked:

Should we have a 5 year wait on elders, who relinquish from other tribes?

Currently, if you relinquish from another tribe and enroll in the Squaxin Island Tribe, you must wait 5 years for treaty fish and shellfish, per-capita and dividend, plus a two-year wait for education.

Hope to see you there!

MEMBERS ARE:

Vicki Kruger ~ Chair Liz (Johns) Yeahquo ~ Secretary Margaret Henry ~ Member Mary Whitener ~ Member Paula Krise Henry ~ Member Joanne Decicio ~ Member Diane Stymacks ~ Alternate ~ Alternate Janita Johnson Charlene Krise ~ Council Rep

Tammy Ford ~ Enrollment Officer

Kevin Lyon ~ Legal



COMMUNITY -



Protect Your Pet From Winter's Woes

Tammy Ford and Alexandra Espindola - Here, winter is a season of bitter cold and numbing wetness. The Humane Society of the United States urges pet owners to take extra precautions this



winter to ensure the safety of their companion animals.

"Animals rely solely on their human caregivers for safety and comfort — especially during the winter months," said Stephanie Shain, director of companion animal outreach for The HSUS. "Our pets are particularly vulnerable during this frigid season, and with just a few extra precautions you can help make sure that they stay safe and healthy."

Help your pets remain happy and healthy during the colder months by following these simple guidelines.

- Don't leave dogs outdoors when the temperature drops. Most dogs, and all cats, are safer indoors, except when taken out for exercise. Regardless of the season, shorthaired, very young, or old dogs and all cats should never be left outside without supervision. Short-coated dogs may feel more comfortable wearing a sweater during walks.
- No matter what the temperature, wind-chill can threaten a pet's life. A dog or cat is happiest and healthiest when kept indoors. If your dog is an outdoor dog, however, he/she must be protected by a dry, draft-free doghouse that is large enough to allow the dog to sit and lie down comfortably, but small enough to hold in his/her body heat. The floor should be raised a few inches off the ground and covered with cedar shavings or straw. The house should be turned to face away from the wind, and the doorway should be covered with waterproof burlap or heavy plastic.
- Pets who spend a lot of time outdoors need more food in the winter because keeping warm depletes energy. Routinely check your pet's water dish to make certain the water is fresh and unfrozen. Use plastic food and water bowls rather than metal; when the temperature is low, your pet's tongue can stick and freeze to metal.
- Warm engines in parked cars attract cats and small wildlife, who may crawl up under the hood. To avoid injuring any hidden animals, bang on your car's hood to scare them away before starting your engine.
- The salt and other chemicals used to melt snow and ice can irritate the pads of your pet's feet. Wipe the feet with a damp towel before your pet licks them and irritates his/her mouth.
- Antifreeze is a deadly poison, but it has a sweet

taste that may attract animals and children. Wipe up spills and store antifreeze (and all household chemicals) out of reach. Better yet, use antifreeze-coolant made with propylene glycol; if swallowed in small amounts, it will not hurt pets, wildlife, or your family.

The best prescription for winter's woes is to keep your dog or cat inside with you and your family.

Probably the best prescription for winter's woes is to keep your dog or cat inside with you and your family. The happiest dogs are those who are taken out frequently for walks and exercise but kept inside the rest of the time.

Dogs and cats are social animals who crave human companionship. Your animal companions deserve to live indoors with you and your family.



-*-*- Legend Says -*-*-Seven Years Pass

His Dream ~ Squaxin Island Tribe's Veterans Memorial ~ is Complete!

In loving Memory of
Bruce A. Johnson

-*-Who Rides the Warrior's Spirit Horse

- Free Among the Stars -*May 17th, 1944 - December 20th, 2001

Love - his Wife, Peg

Tribal Council Resolutions

08-107: Enrolls Ahree Allen

08-108: Enrolls Latiesha Gonzales and Jacey Gonzalez

We Honor Our Veterans



PETER WILLIAM KRUGER, SR.

This is a story about what happened to me at boot camp in 1954. I was going on 21 years old.

We were at Yakima Firing Center spending five days in the Desert Hills. My Sergeant and I were in the Communications Department. I was first on a half track and trying to shoot down robot planes with 50 caliber machine guns and my ears could not take it, so I was transferred to Communications.

We were digging a fox hole that was to be three feet by four feet deep. My Sergeant knew I was scared to death of snakes. That evening he found one and killed it. When I woke up the next morning at daybreak, that snake was propped up and looking down at me! My Sergeant was nowhere to be found. Putting one foot in front of the other, I picked them up and laid them down across the desert. I can still see that snake!

- Peter William Kruger, Sr.



COMMUNITY / NATURAL RESOURCES -



Methamphetamine Warning

Jason Fletcher - As many members of our tribe and our community may already know, Methamphetamine has infiltrated the lives of many of our families and is single handedly destroying the very fabric in which our lives are built. My name is Jason Fletcher, and I am the son of parents who are members of the Squaxin Island Tribe. Over the past few years, I have found myself (along with many others) trapped in a vicious cycle of battle against Methamphetamine. easily manufactured and even easier to obtain, Meth, as you may have heard it referred to, causes the unfortunate individual that ingests it to become hyperactive, sleepless, without appetite, desperate, paranoid, delusional and even schizophrenic.

While I was caught in the tight grasp of this addictive drug, I committed many different acts that now I find entirely unthinkable. I've let down family, friends, neighbors, employers, my children and even myself. I've lied, stolen, conned, manipulated and entirely disrespected most everyone who came into contact with me up until the point that I was finally arrested and sent to prison. That single act of being sent away in and of itself would not have done anything to resolve the issue of my addiction. No, actually I know that just being arrested doesn't solve the problem. This has personally blessed me because I have been participating in and have now completed a long-term inpatient chemical dependency program, as well as moral recognition therapy to change the way I think, feel and perceive others and myself.

I now wish to apologize to any and all persons that I have caused harm in any way, and would like to, at this time, offer my intentions for the future. As I anticipate returning to the community in the near future, I will be seeking out activities, persons and organizations that I can not only look to and rely on for positive healthy support, but that can also offer myself and my time to be utilized to benefit the tribe and its members.

Methamphetamine is a serious problem that destroys lives. Please take my experience and learn from it. Look for signs of use in those close to you, and if you identify <u>any</u> of the signs, seek out help immediately!!! This can be stopped if we all are aware of its dangers, and we are proactive in stopping its progression.

National Native American Youth Initiative

The Association of American Indian Physicians (AAIP) is now accepting applications for the 12th Annual Patty Iron Cloud National Native American Youth Initiative which will be held in Washington D.C., June 20 - 28, 2009. American Indian/Alaska Native (AI/AN) high school students, ages 16- 18, who have an interest in the health careers and/or biomedical research are encouraged to apply. The NNAYI scholarship pays for travel, lodging, and most meals during the program. NNAYI's curriculum is strategically designed to prepare students for admission to college and professional schools, as well as for careers in health and biomedical research.

To accompany the students, AAIP is accepting applications for counselors, age 21 and older, to serve as role models and chaperones to a select group of five high school students. AI/AN medical and health professional students are encouraged to apply. AAIP will cover travel, lodging, meals, as well as provide a stipend upon completion of the program. Counselors will be expected to arrive in Washington D.C. 1-2 days prior to program dates.

Feel free to share this information with other interested parties. Deadline for student application is April 17, 2009 and for counselor application is March 6, 2009. For more information and to access the on-line application, visit the NNAYI website: www.aaip. org/programs/nnayi/nnayi.htm

Sincerely,
Julie Bottoms
Student Programs Administrative Assistant
1225 Sovereign Row, Suite 103
Oklahoma City, OK 73108
Phone # 405-946-7072 x133
Toll Free: 877-943-4299
Fax # 405-946-7651
www.aaip.org

Tribal Fishery Feeds the State of Missouri

Scott Steltzner - Early this October natural resources staff tagged 600 adult coho in Budd, Case and Hammersley Inlets with spaghetti tags. This easily visible tag is inserted just below the dorsal fin. Each tag contains a unique identification number and a phone number to the Natural Re-

sources Department.

These fish were captured by Natural Resources staff in the lower ends of the inlets in areas that are generally closed to Tribal fisheries during the coho management season. The purpose of this study is to track when these fish move out of the inlets and where they ultimately end up.

Several weeks after tagging the Department began recieving calls from several grocery stores in St. Louis Missouri reporting Squaxin tags on salmon they were about to fillet. This was followed by a phone call from a fish processing plant in Missouri that had found numerous Squaxin tags in shipments of fish they were buying. According to the processing plant manager fish bought from South Puget Sound feed three quarters of the state of Missouri.

Tag being inserted into an adult salmon.





COMMUNITY DEVELOPMENT -



Free Tax Preparation Site

(Basic Returns)
Administration Bldg. 2nd Floor February 3- April 14, 2009
Tuesday and Thursday evenings
By appointment only
4:30 p.m. – 7:30 p.m.

MAKE TAX TIME CASH TIME!
The Squaxin Island Tribe – Office of Housing

will be sponsoring a

FREE TAX PREPARATION SITE for the 2008 tax year. The site will be open to the public and operating two evenings a week from

February 3 – April 14, 2009. Don't pay high or unnecessary fees to a commercial taxpayer! Use you free local tax prep. site.

THINK OF THE MONEY YOU WILL SAVE!

Call Lisa @ 432-3871 to schedule an appointment.

Volunteer Needed!!!!!!

The Squaxin Island Tribe Free Tax Preparation Site is looking for ONE volunteer to assist with tax preparation on Tuesday or Thursday evenings beginning February 3 – April 14, 2009. You will be required to take an online course and exam to be certified to prepare basic tax returns with the IRS using Taxwise Online.

If you are interested in volunteering please call Lisa Peters at 432-2871.

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 on file in January 2009. If you have recently moved or have a change of mailing address please call Juana (JC) Perry, Occupancy Specialist, at (360) 432-3863.

If you do not update your address to receive the update application and/or do not update your application by March 31, 2009 your name will be removed form the housing waiting list.

Don't Pay To Borrow Your Own Money

The Risks and Costs of Tax Refund Anticipation Loans

The "Tax Refund" That Really Isn't One: It's a Refund Anticipation Loan (RAL)

How would you like to pay a super high price to borrow money that already belongs to you? Sounds pretty ridiculous right? But that's pretty much what happens to many folks at tax time in the crazy world of RAL's or refund anticipation loans.

You may be tempted by tax-time advertisements for "Fast Cash Refund," "Express Money," or "Instant Refunds." These ads will offer to get you your refund in just a day or two, or even on the spot. BEWARE! Many of these "fast refunds" are really LOANS, refund anticipation loans. When you get an RAL, you're borrowing against your own tax refund money. RAL are often marketed to people who need money the most – low and moderate income workers who receive the Earned Income Tax Credit.

RAL's are extremely expensive. Loan fees typically range from \$30-\$90, which translates into Annual Percentage rates(APRs) of about 60% to over 700%. If you paid those rates on all of your borrowing you'd probably go broke! And all to get your tax refund just a few days earlier than you can for free from the IRS. You're lining someone else's pocket with YOUR hard earned money.

RAL fees, combined with tax preparation, electronic filing and other fees, can end up eating away a big chunk of your refund.

In addition to their high costs, RAL's can be risky. Since a RAL is a loan from a bank in partnership with a tax preparer, it must be repaid even if the IRS denies or delays your refund, or if your refund is smaller than you expected. If you don't pay back the RAL, the lender will take actions to hurt your credit rating and may send your account to a debt collector. When you apply for a RAL, you are giving the lender the right to grab your tax refund to pay for your old tax loan debts that the lender claims you owe.

Ways to Save at Tax Time

Here are ways to pass on that RAL and save money at tax time:

E-File with Direct Deposit. File your tax return electronically(E-file) to speed up your refund. Tell the IRS

to deposit the refund directly into your bank account(you provide the number right on your tax return) You can get a refund in about 10 days this way, without paying one cent extra for a loan.

Get a Bank Account. If you don't have a bank account, open one up to take advantage of direct deposits. You can use a savings accounts to receive your tax refund and maybe save some of it for a down payment on a house or a car or to build a nest egg.

Wait just a bit longer. Do you really have to cash your tax refund today? Can you wait a few weeks to save almost \$100? If you have an urgent bill to pay, ask for more time until the tax refund comes from the IRS. Don't take on a new expensive debt to pay an old bill.

Avoid check cashers. Check cashers charge an extra fee to cash RAL and tax refund checks. Some check cashers charge up to 7% to cash a RAL check – the average is about 3%. So if you would receive a \$2000 refund, it would cost you an average of \$60 to cash the RAL check – on top of the RAL and tax preparation fees. A smarter move is to use a bank account.

A great way to save money at tax time is to go to an AARP-Tax Aide site. These sites provide free tax preparation to low and moderate income taxpayers.

Information from National Consumer Law Center Inc. – www.consumerlaw.org





Community-



Second Annual Squaxin Island Drug & Alcohol Awareness Dinner

Christine Semanko - Back by popular demand!! Last year's dinner was a HUGE success and had over 140 people in attendance. I would like to say that it is an honor to put on this event and will do so as long as you want it. With overwhelming requests to have another dinner, we are having the Second Annual Squaxin Island Drug & Alcohol Awareness Dinner on Sunday, January 25th at 3 PM in the gym. You don't need to be in recovery, just sober for the event. Participating this year are the Squaxin Youth Council, SADD, Mason County Drug Abuse Prevention, Sally Heath and a Native guest speaker Dr. Don Bartlett. MADD is hosting a candlelight vigil to memorialize loved ones lost due to drugs or alcohol. There will be a free dinner, free gift raffle, free info. and free tee shirts to all that attend. This year's tee shirt design is donated by Bear O'Lague and is a must have!! Hope to see you there and, if you should have any questions, please feel free to contact me at 360-402-7297.



Squaxin Youth Cultural, Educational and Activities Calendar January 2009 Co-Sponsored by DASA All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Any Questions Call: Bill Kallappa 463-6361 Or Wes Whitener 485-8572	Computer Lah 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!!		CLOSED!	2 CLOSED!	3	
4	5 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	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 Board Games 3pm Snack/Wii B-Ball 4:30-6pm	9 3pm Snack 4pm Movie/Wii 3pm Board games	10	
11	12 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	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 B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack	16 3pm Snack 4pm Movie/Wii 3pm Board games	17	
18	19 CLOSED MLK DAY!!	20 B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council	21 B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack	3pm Board Games 3pm Snack/Wii B-Ball 4:30-6pm	23 3pm Snack 4pm Movie/Wii 3pm Board games	24	
25 2nd Annual Squaxin Island Drug and Al- cohol Awareness Dinner 3pm @ Gym	26 3pm Board Games 3pm Snack/Wii 3:30-6pm Baskethall	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 B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack	30 3pm Snack 4pm Movie/Wii 3pm Board games	31	



COMMUNITY -



Preventing Suicide

Submitted by Counselor Heidi Chambers 432-3913

Symptoms and Danger Signs

- Ideation (thinking about suicide)
- Substance use or abuse (increased or change in substance)
- Purposelessness (no sense of purpose or belonging)
- Anger
- Trapped (feeling like there is no way out)
- Hopelessness (there is noting to live for, no hope or optimism)
- Withdrawal (from family, friends, work, school, activities, hobbies)
- Anxiety (restlessness, irritability)
- Recklessness (high risk behavior)
- Mood disturbance (dramatic change in mood)

Additional Warning Signs of Suicide

- Talking about suicide
- Statements about hopelessness, helplessness, or worthlessness
- Preoccupation with death
- Suddenly happier, calmer
- Loss of interest in things one cares about
- Visiting or calling people one cares about
- Making arrangements; setting one's affairs in order
- Giving things away, such as prized possessions.

A suicidal person urgently needs to see a doctor or mental health professional.

If you have thoughts of suicide, these options are available to you:

- Dial: 911
- Dial: 1-800- 273-TALK (8255)
- Dial:1-800-627-2211 (Crisis Line)
- Check yourself into the emergency room.
- Tell someone who can help you find help immediately.
- Stay away from things that might hurt you.
- You can be treated with a combination of antidepressant medication and counseling.

Grief

Grief is as old as humankind but is one of the most neglected of human problems. As we become aware of this, we begin to realize the enormous cost that has been to the individual, to the families and to society, in terms of Cops vs. Rez Girls Basketball Tourney January 16th in the Gym @ 5:00 Special guest speaker

pain and suffering because we have neglected the healing of grief.

Essential to a grieving person is to have at least one person who will allow them and actually give them permission to grieve. Some people can turn to a friend or to a family member. Others find a support group helpful that will allow one to be the one needs to be as they work through their grief.

Dealing appropriately with grief is important in helping to preserve healthy individuals and nurturing families, to avoid destroying bodies and their psyche, their marriages and their relationships. You can postpone grief but you cannot avoid it. As other stresses come along, one becomes less able to cope if one has other unresolved grief.

It requires a great deal of energy to avoid grief and robs one of energy for creative expression in relating to other people and in living a fulfilling life. It limits one's life potential. Suppressing grief keeps you in a continual state of distress and shock, unable to move from it. Our body feels the effects of it in physical ailments. Our emotional life also suffers. Our spiritual life suffers. When this occurs we often hear it said that the person is "stuck in grief.

When a person faces their grief, allows their feelings to flow, speaks of their grief, allows its expression, it is then that the focus moves from death and dying to promoting life and living. This is normal and okay, it is part of the grieving process.

• Recommended book "Suicide Survivors"- A guide for those left behind by Adina Wobbles

Who Is it?



For the answer, see page 23







Computer Lab

Computer Lab is open and will be available Monday through Thursday, 3:30 to 7:00 p.m., and Friday 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete, and sign the TLC Computer Use Agreement before students will be allowed to use the computers in the TLC Computer Lab. The 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, language, homework, research and reports, etc.

Hours

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	
Bill Kallappa	10:00 - 8:00
432-3992	
Vanessa Algea	10:00 - 8:00
432-3876	
Stephanie Weaver	3:00 - 8:00
432-3895	
	M-Th

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.

GED

GED prep classes are offered in TLC every Monday and Wednesday from 5:00 p.m. to 7:30 p.m. The instructor is contracting through Olympic College. Call Walt Archer at 432-3826 or stop by TLC to speak with Walt.



What is the **College Bound** Scholarship?

The College Bound Scholarship offers the promise of tuition and books to qualifying 7th and 8th graders in Washington.



This scholarship covers the amount of tuition (at public college rates) not covered by other state financial aid, plus \$500 for books!

You can use it at two- or four-year public and private colleges and universities.

The governor and legislature want to inspire all Washington students to dream big.



HIGHER EDUCATION

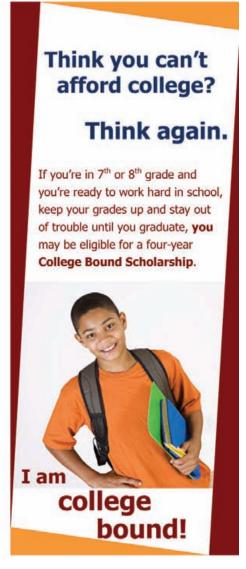
www.hecb.wa.gov/collegebound

College Bound Scholarship

917 Lakeridge Way SW PO Box 43430

Olympia, WA 98504-3430 Phone: 1-888-535-0747

E-mail: collegebound@hecb.wa.gov Fax: 360-704-6218



National Indian Education Association

The National Indian Education Association annual convention was held in Seattle Oct. 23-26. One thing I saw missing from the convention planning was a showcase of what the many tribes and Indian Education Programs are doing in Washington State. So I went to

the tribal council and WWNAEC with an idea to host a reception. In Western Washington we have the Western Washington Native American Education Consortium that has been supporting those working in the Title VII programs and the students they serve since the 1970s. With the generous support of Squaxin Island Tribe they hosted a great reception. Squaxin provided \$2,500.00 and the education department provided several door prizes, WWNAEC supplied \$1,500.00, door prizes and set up. Individual programs brought displays of their work with children. It was a wonderful evening with well over 200 people attending.





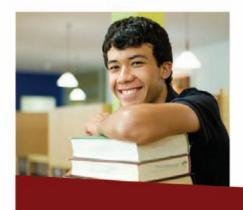
EDUCATION



How do I apply?

- First, check to see if you are eligible.
 Ask your parents/legal guardian to look at the chart in the middle of this brochure to make sure your family meets the income qualifications.
- Second, complete and sign the application and pledge form while you are in the 7th, 8th or 9th grade. The online application is available at: www.hecb.wa.gov/collegebound. If you prefer to complete a paper application, please call 1-888-535-0747. As part of the application, you will pledge to prepare yourself for college.

Get ready! In middle and high school, you'll prepare for college by studying hard, taking the right classes, and learning about college and financial aid.



Am I eligible?

To be eligible for the **College Bound Scholarship**, your family income must meet the income eligibility requirements in the chart below.

Family size includes all the people for whom your parent/legal guardian is responsible. The income chart will be updated annually.

If you are a foster youth, you are automatically eligible to apply.

Note: Family income from the student's senior year will be used to verify financial eligibility for the scholarship.

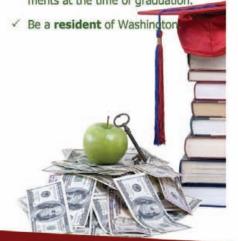
College Bound Scholarship 2008-2009 Income Eligibility

If the number of people in your family is:	Then your 2007 family income must be equal to or less than:			
2	\$25,900			
3	\$32,600			
4	\$39,300			
5	\$45,900			
6	\$52,600			
7	\$59,200			
8	\$65,900			
Add for each additional person	\$6,700			

If you are not eligible for the College Bound Scholarship, please visit: www.hecb.wa.gov/paying for information about other financial aid programs.

What do I have to do:

- ✓ Submit a College Bound Scholarship application/pledge.
- Graduate from a Washington high school (or home school).
- Maintain a cumulative high school GPA of at least a 2.0.
- Be a good citizen and stay crime free.
- Apply for admission to an eligible college in Washington.
- Complete the Free Application for Federal Student Aid (FAFSA) in your senior year.
- Meet the family income requirements at the time of graduation.





Congratulations Neve on making Griffin Middle School's Superintendents Honor Roll with a GPA of 4.0. We are very proud of you.

Love,

Papa, Mama, Kia and Nairn







Homework Help

Jamie Hanson - I am pleased to say that there have been a number of students utilizing my services. I have had a few students drop in at the TLC for homework help. Please feel free to continue to drop in for homework help. I have really enjoyed all of the support I have been able to deliver.

Along with homework help, I do have some students scheduled at particular times to receive structured lessons in reading and math. Please feel free to contact me if you have a child who needs support in a particular school subject.

You can get a hold of me by calling 292-3301 or emailing me at jjhanson@mc-cleary.wednet.edu. I am at the TLC Mondays and Wednesdays from 4:00 – 6:00.

Higher Education

The deadline to apply for funding for winter quarter 08/09 is Wednesday, December 10, 2008 by 5:00 p.m. In order to have your paperwork processed before the holiday season, it is imperative that your information be turned in by the above date. If paperwork is turned in late, it may not be processed until after January 2, 2009. If you need assistance with higher education paperwork or need to use a computer, please give me a call, Lisa Evans 432-3882.

Scholarship Corner

For a complete scholarship list, please contact Lisa Evans in TLC or visit the web site:

http://www.squaxinisland.org/learning_center/

scholarships.html

The list is quite lengthy. Lisa can be reached at 432-3882 between 8:30-5:00 or by email at levans@squaxin.nsn.us.



Community -



New Employees



Juana Perry
Housing Occupancy Specialist
Hi my name is Juana Perry, most of you

Hi my name is Juana Perry, most of you know me as J.C. Nelson. I am the new Housing Occupancy Specialist. Please feel free to call me if you have any questions regarding housing or maintenance needs.

I would like to extend my gratitude to everyone for their love and support. So many people helped my children and I get back home from Florida. It means so much to me knowing how much family and how many friends were willing to help. So remember if you have any maintenance needs, please call me at 432-3863.



Wes Whitener
Youth Program Assistant

Hi I am Wes Whitener and I am the new Youth Program Assistant. I have worked for Summer Rec for four years and I have grown to love working at TLC and with the children.



Margaret Pickernell
Office Assistant 4 /
Software Support

Hi, my name is Margaret Hazel Pickernell most of you know me as Tootsie. I was hired as the Office Assistant 4/Software Support person for the Information Services department on December 1st.

I am an enrolled Squaxin Tribal member. My mother is Emma Jean Pickernell Valle and my grandmother was Hazel Charlotte Bagley. Most of my family is from Squaxin. My son, Greg Lehman, and I are usually up here for drum group on Wednesday evenings and on weekends to visit family. I felt it was time to take the step to move my family here to be closer to my mother and the rest of the family.

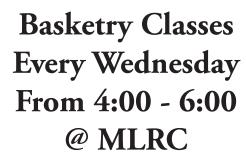
Before coming here, I was employed for four years by the Quinault Nation Enterprise Board as the Executive Administrative Assistant to the CEO and before that I was employed five years at the Quinault Beach Resort and Casino as the Executive Administrative Assistant/Office Manager.

I am really enjoying my work and everyone has been so friendly and welcoming. I know I'm going to love it here!



Cris Carroll
Systems Administrator

Hi, my name is Cristofer Evan Carroll. You can call me what you like, but I prefer "Cris" or my nickname "Stofer." I am a new hire for Information Services and already feel like I am part of a good team. In short, I have been looking to be part of a team like this one. I have tried many different things, because I tend to only know what I want to do by knowing what I don't want to do. A year ago I moved down to Union to get away from the big City, settle down and find the type of position that worked for me in the past. Well, I am happy to say I found what I was looking for here. Time will show my appreciation, and I hope to get to know all of you on a business and/or personal level.







Natural Resources —





Important Hunting Notice

December 5, 2008

Squaxin Island Tribal Hunters!

Important information regarding access to Private Property Hunting Areas! Currently there are only 2 Green diamond gates that have Squaxin access locks that allow entry into this private property.

- Maxwell Hill off Highway 8
- South Kennedy Creek

The other areas that have had locks in the past are currently closed to access as vandalism and theft have become a severe problem.

Also, we do not have an agreement with any private property owners (Green Diamond included) that allows Quads to go around locked gates. The only gates that Quads can go through and be used to assist in the hunting process are gates that are opened with keys that open the Squaxin access locks.

Once Green Diamond has excluded you from their private property, this exclusion status is for life, not just the season that it occurred!

It is always the hunter's responsibility to confirm openings by calling the hotline (360) 432-3899 or also feel free to contact: Tribal Hunting Policy Representative, Pete Kruger Sr. at Natural Resources (360) 432-3805.

Thank you very much for your cooperation in this matter.

Squaxin Island Tribe tagging each clam for better dataThe Squaxin Island Tribe is using a simple innovative technique to track how quickly clams actually grow throughout southern Puget Sound waters.



Tribal biologists are attaching tiny numbered red tags to individual clams planted on beaches throughout the South Sound. Clam growth is typically measured by randomly surveying clams on a beach, but that technique isn't very exact.

"We can track the growth of individual and determine how overall productivity changes in different parts of a beach," said Eric Sparkman, shellfish biologist for the tribe. "Just simply knowing that we're looking at the same clams each time we survey gives us a whole new level of understanding."

For the past several years, the tribe has been boosting clam populations as part of a plan to benefit both tribal and sport shellfish harvesters. "Clams put

on a beach as part of an enhancement project and clams that are naturally there look exactly the same," Eric said. "Now we can get a good idea of how just the planted clams are growing."

The colorful plastic tags, which are about the size of the head of a pushpin, are handmade by tribal staff and attached to individual clams with strong glue.

Rana Brown, a tribal shellfish technician, originally developed the technique to track populations of tiny beach crabs. "We were looking for a way to tag individual crabs as they moved," Rana said. "The tags had to stay attached even while the crabs were scraping across rocks. With clams, they can probably stay attached for years."

The tribe's enhancement efforts are part of an enhancement plan by the tribe to increase clam populations in deep South Sound. Because of its productive shellfish beaches, the southern Puget Sound is important to commercial, recreational and tribal harvesters. "Rather than depending on the clams to replenish themselves, we're helping them along," Eric said. "There will have more shellfish to harvest."

In the last century harvestable shellfish populations have diminished due to development and pollution. "Some of the beaches that we once depended on don't exist anymore or are inaccessible can't support enough shellfish for harvesting," said Andy Whitener, natural resources director for the tribe. "By planting clams where we can, we're bringing that resource back."

For more information, contact: Eric Sparkman, shellfish biologist, Squaxin Island Tribe, (360) 432-3811. Emmett O'Connell, information officer, NWIFC, (360) 528-4304, eoconnell@nwifc.org





-Basketweavers Conference ———



Here are some more photos from the Basketweavers Conference held at the Quinault Resort in October. Photos by Margaret Seymour-Henry





















Basketweavers Conference























Elders On The Go (Again)! Last month three Elders, one Elder-In-

Last month three Elders, one Elder-In-Training and three future Elders went to the William Cannon Footpath. It was brought to our attention that the pictures there were some of our ancestors. Sam Penn noticed the pictures on the memorial and stated the head of the trail was messy. So we went to clean it. Doesn't it look better?!





Lila and Conor







C.J. (Front) L-R: Loretta, Conor, Lila, Lizzie and Ashley



Ashley and Ricky



Elders-







Before After

in Thurston County

Nearby Eld Inlet of Puget Sound (also known as Mud Bay) rises from the tidal mudflats at the southern end and extends northward to form a narrow peninsula with adjacent inlets. The land rises sharply along the inlet, which has ravines and gulleys. Fresh water streams of Perry and McLane Creek flow into the end of Eld Inlet. These and the other smaller streams along the inlet are important salmon fisheries, particularly McLane Creek which produces large numbers of chum, coho and chinook salmon. Archaeological evidence shows that American Indian people set seine nets in Eld Inlet as long as 5000 years ago.

Also found along the inlet is a complex web of habitats, including wetlands, mudflats, beaches and bluffs. Sensitive animal species found along the watershed include osprey, purple martin, pileated woodpecker, vestern bluebird and great blue heron along with more common deer, lk, seals, and shorebirds.

The inlet and the land to the south are covered with Douglas fir, estern hemlock and western red cedar which were used by American dian people and drew early American settlers as well.

As early as the 1840s, American settlers sent the tall, straight trunks ship masts to San Francisco and made shingles from the towering ars to trade with the Hudson's Bay Company at Fort Nisqually.

ogs were harvested at water's edge and transported to mills via erways. By the middle 1870s logging began in the Black Hills. Early ers used oxen or horses to bring the trees out of the forest. Later "donkey" or steam engines were used to yard or tow the logs. Towering spar trees were preserved to lift the logs out of the woods using block and tackle. The Black Hills were soon crisscrossed by railroads which brought the logs from remote logging locations to nearby mills or to be dumped into Puget Sound for transport to processing locations.

Mark H. Draham, George Long, and Dan O'Leary organized the Mud Bay Logging Company in 1910 with headquarters at Mud Bay (Eld Inlet), just north of this marker. Weyerhaeuser Timber owned 49 percent of the firm. The company built over 80 miles of logging railroads into the north and northeastern portion of the Black Hills. Trains transported the logs to Mud Bay for transit to the Weyerhaeuser Mills in Everett and to other processing locations. At their height in the late 1920s, the firm employed about 450 men. When operations closed in 1941, they had logged 26,000 acres and harvested 1.5 billion feet of timber. Remains of the Mud Bay Logging Company dock are still visible at low tide in Eld Inlet.

The Black Hills eventually produced about six billion feet of logs including those harvested by Mud Bay Logging Company, Mason County Logging Company and other smaller operations.

The reforested Black Hills are part of the Capitol Forest owned and managed by the State of Washington Department of Natural Resources.

Community



Youth Council



Jamie Cruz Chair

Hello Reservation. My name is Jaimie Cruz. I am currently holding the position of Chairwoman on Squaxin Island newly elected Youth council. My mother is Lea Cruz and my grand parents are Evelyn and Buddy Miller. This is my first time holding an officer position on Youth Council. I recently attended a leadership conference in Wisconsin. I feel that I can bring a lot of change to youth on the reservation. Hoyt!





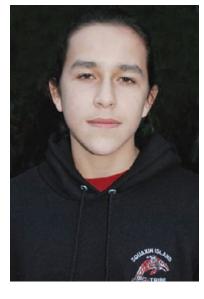
Jessica Cruz Sergeant of Arms

Hello, I am Jessica Cruz. I am 14 years old and am the Sergeant of Arms for the Youth Council. I was very excited when I got this position. My mother is Leanora Cruz and my grandparents are Evelynn and Buddy Miller. I walk the halls of Oakland Bay Junior High as a Freshman. I dance with our Canoe Family. I love going to the gym and helping with the "lil" kids practice. My best friend is Kass:) I really love to hang with my friend. I am taking language classes with Barbara Whitener.



Koreena Capoeman Vice Chair

Hello my name is Koreena Ann Capoeman. I preside on the Squaxin Isand Rez. I love to dance, cook and hang out wth my main friends Tiffany V. and Melody. My mother is Terri Capoeman. I'm Vice Chair of the Youth Council. I'm a Sophomore at Shelton High. I promise to do things that will help our community and try my hardest at everything. I'm very shy, but I speak my mind on different things. I sing and dance with the Squaxin Island performance group at different jam sessions. I love to go to jam sessions. I may not be on the floor dancing all the time, but I always sing with the different groups.



Elijah Krise Treasurer

Hello my name is Elijah Krise and I'm 14 years old. I am the Treasurer for Youth Council and I like to play basketball. My dad is Casey Krise and my mom is Kayla Johnson. I am in the 8th grade and go to school at Oakland Bay Junior High.



Kassidy Whitener Secretary

Hey, my name is Kassidy Whitener. I am 14 years old and I have been on Youth Council for about two years. I am the Secretary and enjoy it. I take notes and take attendance each meeting. I go to Oakland Bay Junior High School. I am a Freshman. I enjoy hanging out with my friends. I love to go to the gym.

Tribal Chairman Dave Lopeman and grandson David Dorland on a buffalo hunt in Montana









Cultural Resources —



Basketweaving at the Tribal Center

























Foot Exam Morning Will Be Back February 3rd

Thank you, Misti, for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Dr. Hoptowit, Dave Caulfield or Tiff can check your feet each visit.

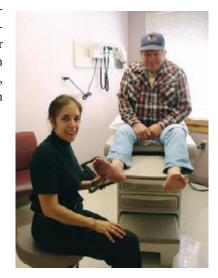
Foot Care Tips for People with Diabetes:

- 1. <u>Look at your feet every day</u> for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems.
- 2. <u>Keep your skin soft & smooth.</u> Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.
- 3. Wear shoes & socks at all times. Never walk bare-foot. Wear comfortable shoes that fit well & protect your feet Feel inside your shoes before putting them on each time to make sure the lining is smooth & there are no objects inside.
- 4. <u>Keep your blood sugars in line.</u> General guidelines (check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning): 80-110
Two hours after a meal: 80-140
Bedtime: 100-140
Hemoglobin A1C: under 7 %

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action

if any problems occur. If you have diabetes & are due for your annual exam with Dr. Kochhar, contact Patty Suskin at (360) 432-3929.



Dr. Kochhar and Misty Bloomfield

Diabetes Awareness Month Activities Healthy Eating is a part of Diabetes Prevention and Diabetes Care

Patty Suskin, Diabetes Coordinator - Local farmers hosted two events in November with delicious farm-fresh foods. Tuesday, November 11th, squash soup, coleslaw, wild rice, baked squash and organic chicken were served to a crowd of 35 community members. On Friday, Nov 14th, World Diabetes Day, breakfast of ginger lemon tea and farm-fresh eggs topped with sautéed vegetables (including purple po-

tatoes) was provided to a cozy group of 16. Recipes were distributed on how to prepare these foods at home.

Diabetes screening, literature about diabetes and a chance to write down

questions about diabetes were also part of the event. Frank Agnello, grant project director, discussed plans for spring fresh produce baskets to be shared with tribal members and a sign-up sheet was available.



Thanks to those who participated in making these events a success including: Dave Caulfield, Rose Cooper, Ann Parker, Jenny Gilmore, Dorinda Thein, Janita Johnson and Cindy Beck. Thank you to the Elder's for the use of the kitchen and building. Funding

for these events was provided by a grant from Washington Health Foundation and Althea Tibbitts of Novo Nordisk Pharmaceuticals. Thank you to farmers Brittany and Nicholas Pouch (Nature's Creation Farm, Matlock) and Claude Mahmood (Greenman's Garden, Shelton). Thank you to chef Michael Lowsky (Olympia Food Coop). Special thanks to Frank Agnello; these events would not have been possible without his coordination.

The 'Healthy Eating and Diabetes Grant Project' continues FREE education activities in January. On Thursday, Jan. 22nd, a series of four 'Tasting/Cooking/Learning' sessions begin. Plans for three additional sessions during the week of January 26-30 are in the works.

The sessions provide familiarity with all the diverse fresh produce that arrives during the '09 growing season in the weekly box that tribal members can sign up to receive. Tracing the "what's fresh when" starting with greens in the spring, several healthy dishes will be sampled by participants, who learn how to tastefully prepare these foods.

Contact Patty Suskin if you are Native American, interested in attending these sessions and want to be on the list for a fresh produce box in the spring.









What's the Latest With our Diabetes Program?

Patty Suskin, Diabetes Coordinator

1. Diabetes Self Management Education

Learn how to take better care of yourself and your diabetes. New programs beginning in January. First session, January 22nd at 10:00 a.m. with Dave Caulfield, presenter. More sessions January 26 - 30 in the works

2. Food Label Reading Workshops Available for you and your family

Contact Patty to schedule

3. Socks

Did you complete all your diabetes exams in 2008? If so, contact Patty for your free socks to celebrate!

4. Diabetes Bingo

Community-wide activity to begin in February. Details to follow.

Interested in being on the Squaxin Island Tribe
 Diabetes Advisory Team? A community member is needed for a meeting once or twice a year.
 Contact Patty for details.

Hands On Children's Museum

FREE ADMISSION

First Friday of each month 5 to 9 p.m. Enjoy FREE FIRST FRIDAY!

> Address: 106 11th Ave SW Olympia (Right by Capital Campus) Phone: 360 956-0818



If you:

- ☑ Need a new form of exercise
- ☑ Like to make new friends
- Want a fun & inexpensive way to spend an evening?

Then you:

Are ready to take square dance lessons

Should come and enjoy a free introductory lesson NOW!!!!

Introductory Square Dance Lesson Coupon

Admit One Free

Lessons to be held on the 9th and 12th of February from 7:00 -9:00 PM

What is Lifestyle Balance?

Janita Johnson - Lifestyle Balance is a program that is designed to prevent diabetes. In this program you will attend weekly classes were you will be taught the skills to cook healthier and incorporate physical activity into your daily life.

You can find out if you qualify for this program by being screened at community events or coming into my office for a finger stick.

The Diabetes Prevention Program offers many incentives and activities. So, not only will your health improve, but you will receive the tools you need to weigh and measure your foods, keep track of your physical activity and eating, water bottles, tee shirts, gift cards and Nike N7's.

We offer FREE Line dancing, Pilates and community walks. Line Dancing is Wednesday and Friday at noon in the Gym. Pilates is Monday and Wednesday at 4:00 p.m. at S.P.I.P.A. Community walks are Thursdays at the Elder building at 12:30.

If you are interested in any of these activities, or want to see if you qualify for the Lifestyle Balance program, contact Janita Johnson Diabetes Prevention, CHR 432-3972.

Anyone screened in January will be put in a drawing to receive a Sweatshirt.





We still have Flu Shots!



Contact Elizabeth at the Clinic (427-9006) to get your shot. Non- natives \$20

Thank you for calling the clinic when you need to cancel an appointment!!!
This has allowed us to schedule others needing care.





Diabetes Question

Answered by Dave Caulfield, ARNP

During our World Diabetes Day Breakfast, on November 14, 2008, papers were left on tables for people to ask questions about diabetes. Today Dave will answer the question,

QUESTION:

"How quickly can someone progress into early stages of diabetes?

A. This is an excellent question, but not one that is easily answered.

Diabetes = fasting blood sugar more than 125 mg/dl, or, blood sugar of 199 or more after getting a 2-hour glucose test in the clinic (coming in fasting, drinking a special high sugar drink, and rechecking the blood sugar in 2 hours). "Normal" fasting blood sugar = 80-99 mg/dl.

You can tell that there is a "gap" between 99 and 125. This is called impaired fasting glucose or pre-diabetes. If you have pre-diabetes, it is possible to postpone or prevent the onset of diabetes. It requires some changes in eating habits and mild exercise. Our diabetes prevention CHR, Janita Johnson, recruits people with pre-diabetes for the Lifestyle Balance program which helps prevent people from getting diabetes.

Often people believe that since many family members have diabetes, they, too, will get it, at some time. Although Type 2 Diabetes has some genetic risk, it is not a sure thing. We now know you can prevent or postpone getting diabetes with a little effort. But to answer the question above depends on when the person is diagnosed and how hard the person works to prevent complications. If the diagnosis of diabetes is made very early, and the person embraces the changes needed to be made, one's progress would be very slow. However, if one had the symptoms of diabetes for a long time and didn't get checked, or after being diagnosed didn't make the necessary changes, complications could develop very rapidly. Symptoms suggestive of diabetes are: weight loss, excessive thirst, excessive urinating, wounds that heal slowly, and fatigue. If you have any of these symptoms you should be checked. At the clinic, we often check people for diabetes with a finger poke.

Often people who have diabetes think that, because they take medication, eating healthy is not necessary. This is not the case. If you are diagnosed with diabetes, you may need to be on a few medications, but how many and the amount of medication depends on how high your blood sugar is. Healthy eating can help you keep your blood sugar, cholesterol and blood pressure in a healthy range.

Diabetes has many risks. Rarely does someone die of diabetes, but rather of some other disease made worse by diabetes. Diabetes can affect nerves and blood vessels. People with diabetes are more likely to have heart attacks or strokes. This is why we check cholesterol and blood pressure and make sure both are close to normal. People with diabetes can also develop kidney problems. However, many people with diabetes live a healthy life well into their 80's and beyond. We are learning more each day about what to do to make sure our patients have the best care and greatest opportunity for a long healthy life.

You can live a long, healthy life with Diabetes!

For more information about how to stay healthy, talk with your health care provider, Janita Johnson, or Patty Suskin.



Health Events

Brief Community Walk

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

Community Health Walk

Thursday, January 15th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk
in their area at the same timefor diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers each
month wins the walking stick
for that month.
We won it last July ...
Can we get it back this January?

Mammogram & Women's Health Exams

January 15th Contact Rose Cooper (360)432-3930

Want a garden in your yard?

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

Diabetes Support Group

Thursday, January 22nd,
10 a.m. to 11:30 a.m.
Dave Caulfield, ARNP to present
Cooking Demo with Local Farmers
Check with Patty for Details
More sessions may be scheduled for last
week in January

Free Pilates classes

Community members welcome Mondays and Wednesdays 4 – 5 p.m. at SPIPA



Free Line Dancing

Wednesdays & Fridays at noon in the gym

Smart Shopping/Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come Visit Our Health Promotions Programs

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

Interested in Lifestyle Balance Program?

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

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





WIC at SPIPA Jan. 12th & 21st

Mon., January 12th, 9:00 a.m. - 4:00 p.m. Wed., January 21st, 1:00 p.m. - 3:30 p.m. Contact Debbie Gardipee-Reyes at 462-3227

Commodities Jan. 5th

Mon., January 5th 10:00 a.m. - noon

Contact Shirley or Bonita at 438-4216 or 438- 4235

Squaxin Island Tribe Food Bank

Regular Food Bank Hours: Wed. 9:30 a.m. - noon and 1:30 p.m. - 3:30 p.m. If you need to access the Food Bank at any time, just stop by Health Promotions or the clinic.

Contact Janita Johnson at 432-3972

Is Your New Years Resolution to Lose Weight? Five tips to get you started

- 1. **Keep a Food Log.** Keep track of what you eat and drink. Write it down. Be accountable. Review your records for good health. Are you eating your vegetables? Can you be satisfied with a smaller portion? Patty can review it with you and brainstorm ideas if you would like.
- 2. **Increase your activity.** Not active now? Even a 5 minute walk is a great place to start. Gradually increase your activity and make it a habit. Before hopping into your car, ask yourself, "Can I walk there instead?" Park at the far end of the parking lots and walk to the building. It saves you some gasoline money, too.
- 3. **Slow down when eating.** Eat a smaller portion and wait for 20 minutes before taking seconds. Did you know it takes 20 minutes for your brain to get the message that you have something in your stomach? Studies have shown that slower eaters are less likely to be overweight.
- 4. **Eat at least 3 times a day**. Studies have shown that regular eaters were more physically active and ate more vegetables, fruits and fish. On the other hand, people who skip meals tend to overeat or pick less healthy foods when they do eat.
- 5. **Watch your beverages.** A 12 ounce pop is about 150 calories. One latte can be anywhere from 140 calories to 900 calories, depending on your choices. Water has no calories.

Remember: 3500 calories equals a pound. A calorie is a form of energy. If you use up 500 calories a day (by exercising or cutting back on calories you eat or drink) for 7 days, you will lose a pound a week.

Sample food logs available from Janita Johnson at Health Promotions Food Guide Pyramid info and healthy eating tips available from Patty Suskin

Nike N7's

Nike has a new color available for the N7's for both Men and Women.

The new shoes are made of nubuck which looks similar to suede. Many Native Americans contacted Nike wanting a shoe they could personalize - the N7's can be beaded!!!

If you are interested in ordering N7's they are \$50 a pair and you must prepay.

Men's sizes: 6-11.5, 12, 13 and 14



Women's sizes: 5-10.5, 11 and 12



Some sizes may only be available in small quantities, so please call me for available sizes. The N7's are available for purchase by any Native American.

For More information call Janita Johnson Diabetes Prevention, CHR 432-3972.

P.S. If you are screened for the Diabetes Prevention Program and you qualify, you will receive a pair of N7's for completing the program.



Meal Program Closed January 1st for New Year's

Mon. 5

Wed. 7	Beef Roast
Thurs. 8	Chalupa
Mon. 12	Hot Turkey Sandwich
Wed. 14	Oysters & Fish
Thurs. 15	Elk Roast
Mon. 19	Baked BBQ Chicken
Wed. 21	Tuna Melt
Thurs. 22	Corned Beef
Mon. 26	Sandwich Bar and Soup
Wed. 28	Omelets
Thurs. 29	French Dip

Stir Fry

Congratulations Raffle Winner



Shirley Perkley November Mammogram



Shila Blueback

Melissa Whitener

1/7

1/8

COMMUNITY -



Happy Birthday

Aaron Evans	1/1	Francis Cooper, Jr.	1/8	Whitney Jones	1/17		1/05
Jessica Solano	1/1	Meloney Hause	1/8	Leanora Cruz	1/17	Jace Merriman	1/25
Nancy Moore	1/1	Patti Riley	1/8	Barbara Cleveland	1/17	Margaret Seymour-Henry	1/25
Patrick Braese	1/2	Melanie Sequak	1/8	Tristen Coley	1/17	Robert Lacefield	1/26
Tory Hagmann	1/2	Deanna Hawks	1/9	John Ackerman	1/18	Myeisha Little Sun	1/26
Mary Cruz	1/4	Emma James	1/9	David Dorland	1/18	Dakota Hodge	1/26
Mary Garrett	1/4	Janita Meyer	1/9	Lorna Gouin	1/18	Emily Baxter	1/27
Aaron Peters	1/4	Paula LaFlame	1/9	Ruth Whitener	1/19	Guy Cain	1/27
Two Hawks Krise Young	1/5	Isaac Ackerman	1/10	Santana Sanchez	1/20	Amanda Larios	1/27
Holly Henderson	1/5	Stephanie Peters	1/10	Leonard Hawks III	1/20	Cheryl Melton	1/27
Lametta LaClair	1/5	Tiffany Valderas	1/10	David Michael Bear Lewis	1/20	Rebeckah Ford	1/28
Christopher Stewert	1/5	Natasha Gamber-Chakos	1/11	Jacob Campbell	1/21	Sharleina Henry	1/29
Samantha Ackerman	1/6	Cassidy Gott	1/11	Traci Lopeman	1/21	Buck Clark	1/30
David Whitener, Sr.	1/6	Patricia Green	1/11	Shawnell Lynn McFarlane	1/22	Nikolai Cooper	1/31
Sherry Whitener Haskett	1/6	Darlene Krise	1/12	Kahsai Tiefel Gamber	1/22	Alicia Obi	1/31
Lincoln Villanueva	1/6	Marvin Campbell	1/13	Percy James Welcome	1/22	Brandon Stewert	1/31
Charlene Blueback	1/7	Connie Whitener	1/13	Guy Cain	1/23		
Kaleb O'Bryan	1/7	Sheena Glover	1/14	Linda Jones	1/23	II 16.1 D	
Zachery Clark	1/7	Carrie Smith	1/14	Keona Rocero	1/23	Happy 16th Bugg	;a
Cyrus LittleSun	1/7	Theresa McCloud Bridges	1/15	Dawn Sasticum	1/23	January 24th	

1/15

1/15

1/16

Miguel Saenz-Garcia

	Basketry Every Wo	What's Classes ednesday 6:00 @ MLRC	s Hapj	Dening 1 AA Meeting 7:30	2	3
4 Squaxin Indian Bible Church 11:00 a.m.	5	6	7 Family Court	8 Council Mtg. AA Meeting 7:30	9	General Body Meeting 10:00 in the Gym
Squaxin Indian Bible Church 11:00 a.m.	12	13 Criminal/Civil Court	14	AA Meeting 7:30	16 Cops vs. Rez Girls Basketball Tourney in the Gym @ 5:00	17
Bible Church 11:00 a.m.	19	20	21	Council Mtg. AA Meeting 7:30	23	24
Drug & Alcohol Awareness Dinner	26	27 Criminal/Civil Court	28	29 AA Meeting 7:30	30	31

Theresa McCloud Bridges

Kayla Peters

Shelby Riley



1/24

Happy Birthday Shawnell January 24th Love, Aunt Misti And All the Family

Love, Mom & Dad

And All the Family

Squaxin Indian Bible Church

Church services are held on Sundays @ 11:00 a.m. At the Museum in the Simpson Room

Bible Study is held Tuesdays @ 6:30 p.m. At the pastors home - 30-Ho-Mamish Court Bible Study will start up again the first of the year (2009)

Every one is welcome! Come as you are! We are all family, and our family would like to see your family in church.

Pastors Ron and Kathy Dailey

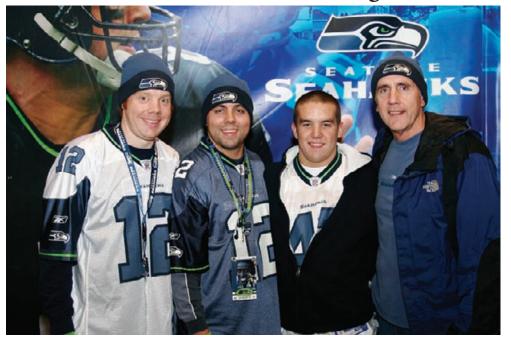
We perform weddings and funerals (for a free-will offering). Please call us any time you need help or prayer @ 432-3009



Community ——

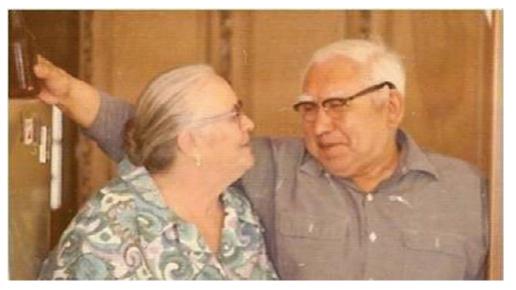


Who Is It? Answer From Page 7



Joe Peters (L) and dad, Mike Peters (R). Also pictured are brothers Chris (2nd from left) and Michael Peters (2nd from right)

Josephine and Jameson Peters



Hello! I wanted to share this picture I came across. It made me so happy and thankful for the family I have. It reminded me of all the great times we all had together at Great Grandma's birthday parties and 4th of July. I sure do miss these two. I hope you enjoy the photo as much as I do.

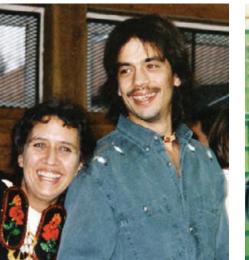
- Joe

Happy 23rd Holly Love, Misti



Y

HAPPY 13th ANNIVERSARY!!







MOM & DAD!!!
LOVE JER, KRISSY & MARGE







Happy 11th Birthday Shawnell Lynn Love, Your Dad & Aunt Wickett

Happy 23rd Birthday Santana! Love, Your Cuz (Wickett)

Happy Birthday
To My Favorite Lil Nephew,
Mugga!
Love Always,
Aunty Wickett

Happy New Year To My Brothers, Sonny and Walter and To My Sister, Puddy and Sis-In-Law Jen!
Love, Lil Marlene



Snowshoe Programs

Forest Service interpretive snowshoe walks on Snoqualmie Pass offer a chance to experience winter's beauty while learning about snowshoeing and winter ecology.

This year we will begin snowshoe walks January 3, 2009 and run through March 29, 2009. This winter we will offer two programs: the first, a moderately paced interpretive walk that generally lasts 90 minutes and leaves the Visitor Information Center every Sat. and Sun. @ 10:00 a.m. and 1:00 p.m. Group size is limited to 20. Unfortunately, we cannot accommodate children under age 10 on either the 90 minute or 1/2 day programs.

The second, is a half-day outing to Commonwealth Basin. This longer tour requires a higher level of fitness and winter preparedness. Group size is limited to 8 people. These extended outings will leave the Visitor Information Center at 9:15 a.m. every Friday, Saturday and Sunday. The half-day trips will require every participant to carry a day pack that includes at a minimum, the 10 Essentials; avalanche shovels and probes are strongly encouraged as well. The length and location of these trips may vary during periods of high avalanche danger.

We will also be offering three special outings on selected days this winter in an effort to get more children and families out on the snow. These outings will be less vigorous and will include an introduction to winter exploration and some snow play time. Dates for the "Kids on the Snow" program are Jan. 24 @ 1:00 p.m., Feb. 28 @ 1:00 p.m. and March 21 @ 1:00 p.m.

We provide snowshoes for all of our walks. In order to offset the costs of the program we ask for a \$10 donation per person for the 90 minute and \$20 for the extended outings. Your donation helps maintain the snowshoes and compensates the interpreters.

Please dress appropriately for the weather. We encourage people to dress in layers and wear clothes that insulate you when wet. We also recommend sturdy, water-proof boots to wear in the snowshoes.

Reservations for all programs are required. To make a reservation before January 2, please call (509) 852-1062. Starting January 2, please call the Snoqualmie Pass Forest Service Visitor Information Center at (425) 434-6111. The Visitor Center is open Thurs., Fri., Sat. and Sun. from 9:00 a.m. - 3:00 p.m.