



Squaxin Island Tribal Council invites tribal members and their spouses to the

Winter General Body Meeting

January 16th, 2010

10:00 a.m. in the

Squaxin Gymnasium.

Lunch will be served at noon!

Any questions?

Please call

426-9781.



Third Annual Squaxin Island Drug & Alcohol Awareness Dinner

Christine Semanko - You don't need to be in recovery - just sober - for the event, and children are welcome!

People are dying right and left, children are losing parents, and families are saying goodbye to loved ones prematurely. The purpose of this dinner is to raise awareness of the effects (trauma, grief and loss) that drugs and alcohol have on individuals, families and communities, and to provide information on recovery resources. We hope to bring families together for support and to facilitate the healing process. I encourage anyone who has been affected by drugs and/or alcohol, through either personal use or a loved one's use, to attend. There will be a free dinner, free give-away, free info., and a free T-shirt to all who attend. This year's T-Shirt design is donated by Native Artist Taylor Wiley and is a must have!!



The dinner will be held on January 31st at 3:00 p.m. in the Squaxin Gym. S.E. 70 Squaxin Lane. Guest speakers include the Savage family and Sally Heath. Presenting this year are Squaxin Youth Council, SPIPA-Roche Hepatitis C Prevention Program, SADD, and Mason County Drug Abuse Prevention. Family Services Wellness and Prevention is also participating. In addition, MADD is hosting a candle light vigil to memorialize loved ones lost due to drugs or alcohol. For more information, please contact Christine at 360-402-7297 or by e-mail at cree2sober@aol.com. Hope to see you there!

See more on Page 8.

Free Tax Preparation Site

(BASIC RETURNS) LOW TO MODERATE INCOME

Squaxin Island Tribe, Administration Bldg.- 1st floor

February 11- April 8

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 2009 tax year. The site will be open to the public and operating two evenings a week from February 11 - April 8.

Don't pay high or unnecessary fees to a commercial taxpayer!

Use your free local tax prep. site.

THINK OF THE MONEY YOU WILL SAVE!

Call Lisa @ 432-3871 to schedule an appointment.

2nd Annual Squaxin Community Salish Sea Plunge



Friday January 1st, 2010

1pm @ Arcadia Boat Ramp

Please join us in this fun community event!

Costumes are Encouraged

We will also be collecting non-perishable foods for the Squaxin Island food bank.

Contact:
Joseph Peters
360-432-3813 jcpeters@squaxin.nsn.us for more information.



Council Corner

Resolutions

- 09-94:** Approves a change to the Housing Eligibility, Admission and Occupancy Policy pertaining to the waiting list
- 09-95:** Approves documentation pertaining to management of LCCR's 401(k) plan
- 09-96:** Approves the Judicial Services Agreement with NICS
- 09-97:** Requests a new road and associated mileage be accepted to the IRR Inventory for access to the upcoming housing development project
- 09-98:** Authorizes the Tribe's Veterans Committee to submit a grant application to TACOM for 12 ceremonial rifles
- 09-99:** Agrees to enter into contract with J.A. Morris Construction LLC to provide repair work in tribal housing

A Note

From Gloria Hill

I want to thank everyone in the Family Service Department for all the hard work putting together our Open House/Office Blessing.

Thanks to the team, we had a successful day. It is great working with such an awesome "Team."

Our thoughts and prayers are with Casey and Jill Krise & June and Davey Krise and their families! We missed you and we love you!

- Gloria J. Hill

Tribal News

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 staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- DAVE LOPEMAN: Chairman
- ARNOLD COOPER: Vice Chairman
- PETE KRUGER: Secretary
- ANDY WHITENER: 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

Women's Circle

Please join us on
Tues - Jan 11, 2010
at the
Elder's Bldg
at 5:30

Any questions/comments
please contact
Gloria J. Hill
432-3927 or 463-7051

*This is your group,
so you let me know what
you want to do!*

*Food will be
provided*

*Childcare will be
provided.*

*Must be 18 or
older to
participate!*

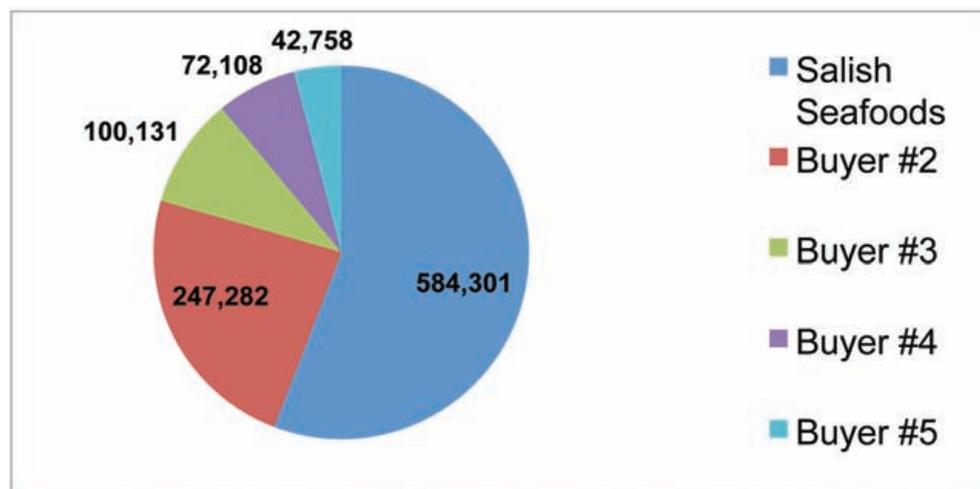


Here's To You, Tribal Fisherman!

Tyson Kruger, Marketing; Island Enterprises, INC.

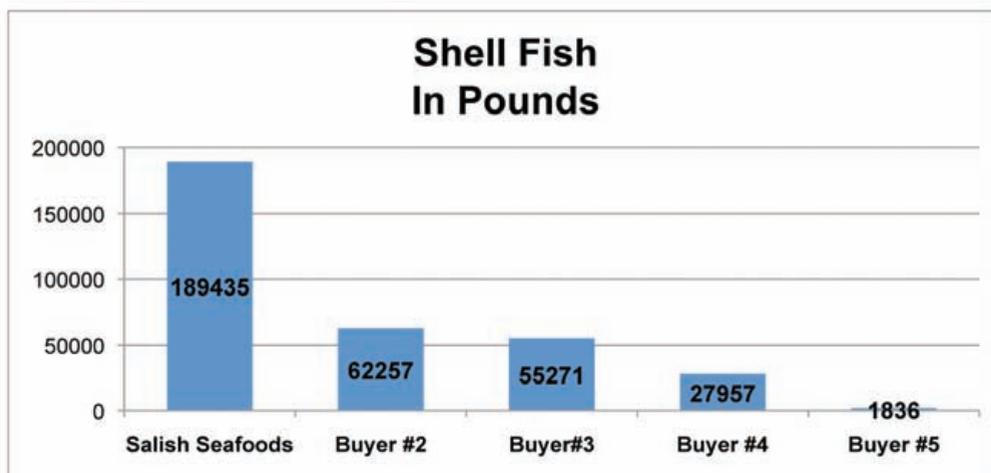
Salish Seafoods would like to give a special Thank You to all Tribal Fisherman for giving us the pleasure to do business with you in 2009. The numbers are in to show the proven success of this year's fishing season. Total Pounds of fish sold to tribal fish buyers = 1,046,580 pounds. Salish Seafoods purchased 584,301 of those pounds (56%)

The total number of pounds purchased for shellfish was 336,756 Pounds. Of that total, Salish Seafoods purchased 189,435 pounds (56%)



Salish Seafoods is always honored to do business with Tribal Fisherman and proud to be your top choice in the Seafood Industry.

As always, we look forward to a continued relationship and success in the 2010 season! For more information or if you have questions, comments or concerns please contact Salish Seafoods at 360-426-4933.



Business Development Center

New Name and Logo!



Jennifer Ulrich - The Center is open for drop-ins during the following hours:

Tuesday, Wednesday & Thursday from 2 p.m. to 6 p.m.

(Appointments can be arranged outside of these times by emailing jwulrich@ieinc.org or calling 360.462.0339)

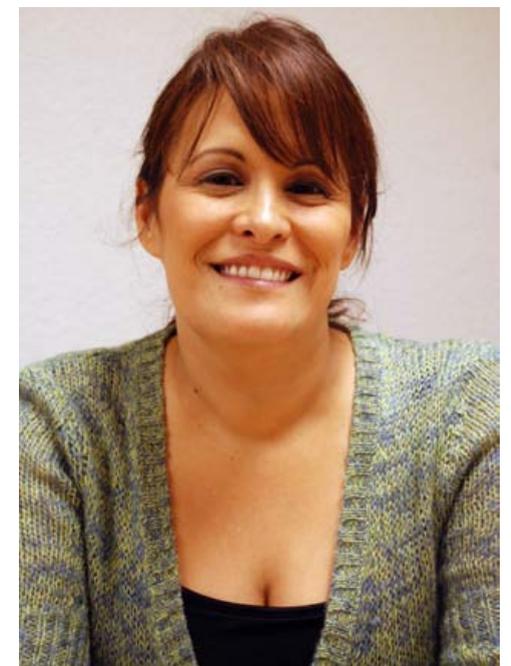
The Center is located across from the new KTP Express in the cream colored building at 21 SE Simmons Rd Shelton, WA 98584.

Stop in to see the facility, make an appointment for business counseling, and use the computer for creating business plans, conducting market research and more!

Island Enterprises is excited to be able to offer our tribal community of entrepreneurs more assistance. Look for updates of new services, events and classes in every issue of the Klah-Che-Min.



New Employee

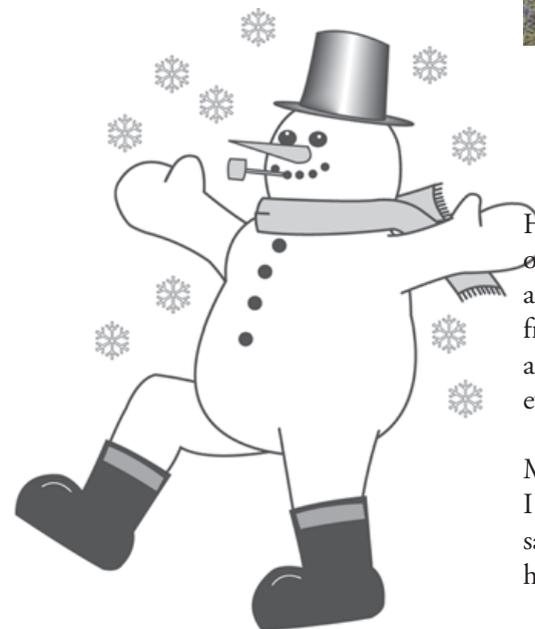


Stephanie Gott Business Development Center Receptionist

Hello again! I'm so excited to be working out here again. I am the new Receptionist at the BDC, and you can come visit me from 2 - 6 p.m. on Tuesdays, Wednesdays and Thursdays. I look forward to seeing everyone again!

Marvin,
I saw you in the newsletter and wanted to say "Way to go!" It's so exciting to see you happy and doing well.

- Stephanie





LEARNING CENTER



You're Invited!

EDUCATION:

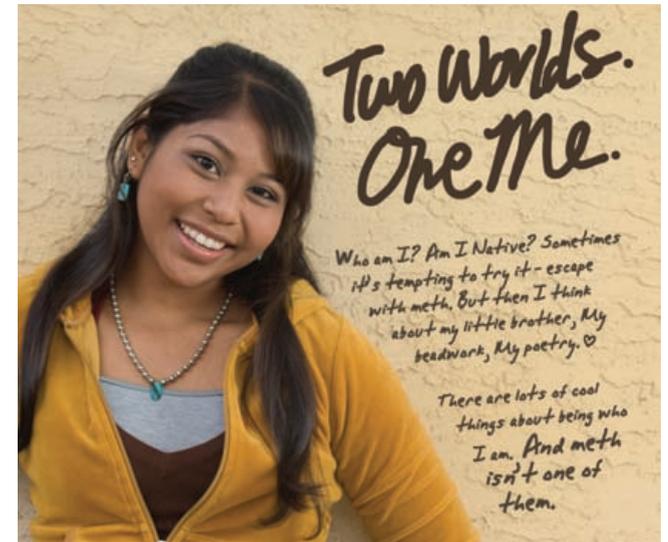
Sylvan (Must be enrolled for these 3 one-hour classes)	Monday – Thursday	4:30-7:30
After-School Tutor (Homework Central)	Monday - Wednesday	4:00-5:00
GED	Monday - Wednesday	5:00-7:00

HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment, scholarships, Squaxin Higher Education applications	Monday – Friday	8:00-5:00
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RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym (Fun, Games, and Club)	Monday-Friday	3:00-7:00
Community Open Swim	Mon., Weds. & Friday	3:00-6:00



Provided by Janita Johnson, Prevention & Wellness Advocate

Squaxin Youth Cultural, Educational and Activities Calendar January 2010

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!

TLC Hours 8:30am—7:30pm (Office 8:30-5:00, Activities 9:30-7:00) Phone: 432-3958



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Any Questions Call Bill Kalappa 463-6361 or 432-3992</i>	<i>Computer Lab open Daily Daily After School Snacks</i>	<i>Homework Help M-W 4:00-6:00 GED Classes M-W 5:00-7:00</i>			1 CLOSED! HAPPY NEW YEAR!!	2
3	4 <i>Lushootseed Art 3pm Free Swim 3:30-6pm Basketball</i>	5 <i>Lushootseed Games 4pm Nutrition 3:30-6pm Basketball</i>	6 <i>GSD Early Release B-Ball 3:30-6pm 3pm Free Swim 5pm Youth Council</i>	7 <i>Lushootseed Reading 3pm Snack/Wii B-Ball 4:30-6pm</i>	8 4pm Movie/Wii 3pm Free Swim	9
10	11 <i>Lushootseed Art 3pm Free Swim 3:30-6pm Basketball</i>	12 <i>Lushootseed Games 4pm Nutrition 3:30-6pm Basketball</i>	13 <i>GSD Early Release B-Ball 3:30-6pm 3pm Free Swim 5pm Youth Council</i>	14 <i>Lushootseed Reading 3pm Wii B-Ball 4:30-6pm</i>	15 4pm Movie/Wii 3pm Free Swim	16
17	18 <i>Lushootseed Art MLK Day!! No School</i>	19 <i>Lushootseed Games 4pm Nutrition 3:30-6pm Basketball</i>	20 <i>GSD Early Release B-Ball 3:30-6pm 3pm Free Swim 5pm Youth Council</i>	21 <i>Lushootseed Reading 3pm Wii B-Ball 4:30-6pm</i>	22 <i>SSD 3hr Early Release 4pm Movie/Wii 3pm Free Swim</i>	23
24	25 <i>Lushootseed Art 3pm Free Swim 3:30-6pm Basketball</i>	26 <i>Lushootseed Games 4pm Nutrition 3:30-6pm Basketball</i>	27 <i>GSD Early Release B-Ball 3:30-6pm 3pm Free Swim 5pm Youth Council</i>	28 <i>Lushootseed Reading 3pm Wii B-Ball 4:30-6pm</i>	29 4pm Movie/Wii 3pm Free Swim	30
31						

Casey Krise,
The entire Squaxin Island Community wishes you a speedy recovery and happy holidays!

We all love you!
Get well soon!





WINTER 2010
SEXUAL ASSAULT SURVIVOR
SUPPORT GROUP SERIES

Center for Advocacy & Personal Development

Start Date: 1/5/09



Time & Location: TBA

*Welcome to our Winter "Circle of Hope"
free & confidential support group series!
Your stepping stone towards healing . . .*



Prescreening & Orientation starts December 22, 2009

Prescreening & Orientation starts December 29, 2009

- WEEK 1 January 5, 2010 Tuesday
- WEEK 2 January 12, 2010 Tuesday
- WEEK 3 January 19, 2010 Tuesday
- WEEK 4 January 26, 2010 Tuesday
- WEEK 5 February 2, 2010 Tuesday
- WEEK 6 February 9, 2010 Tuesday
- WEEK 7 February 16, 2010 Tuesday
- WEEK 8 February 23, 2010 Tuesday
- WEEK 9 March 2, 2010 Tuesday
- WEEK 10 March 9, 2010 Tuesday

Funded by



* CAPD is located in the 1912 Building on the corner of 3rd and Railroad on the first floor, Suite E across the main street from the Post Office.

LOCATION:
P. O. Box 1576
221 W. Railroad Ave., Suite E
Shelton, Washington 98584

HOW TO CALL US:
Phone: 360-426-6925
Toll Free: 1-888-222-3664
E-mail: sacapd@hctc.com
24 Hr. Emergency Sexual Assault
Crisis Line: 490-5228



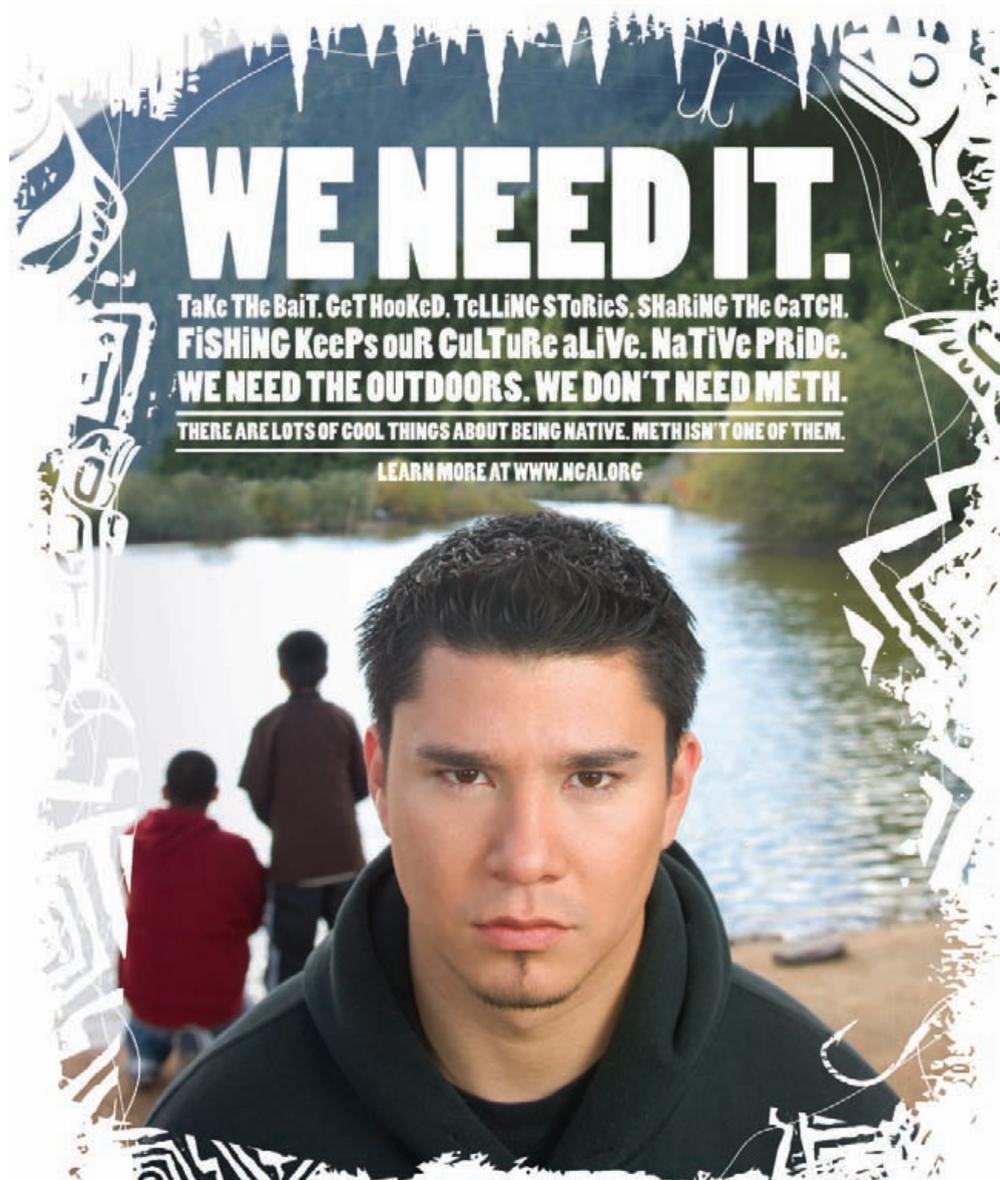
**Native Business:
Sovereignty Defined**

Tribes have the right to regulate themselves and this power is called sovereignty. It is in all tribes interest to let our laws be visible because then our members and others will know the rules of our respective tribal nations. Below are the inherent powers of Tribal government.

- Make and form our own government
(Talton v. Mayes)
- Establish membership
(Santa Clara Pueblo v. Martinez)
- Make and enforce laws, civil and criminal
(Ex Parte Crow Dog)
- Tax
(Merrion v. Jicarilla Apache Tribe)
- Engage in commercial activity
(Brendale v. Confederated Tribes of Yakama Indians)
- License, zone, and regulate
(Merrion v. Jicarilla Apache Tribe)

The best way for us to move forward in achieving political and economic success is to hold ourselves accountable, update and follow our policies, and perpetually review regulations to allow us to address challenges and adapt to the changing world.

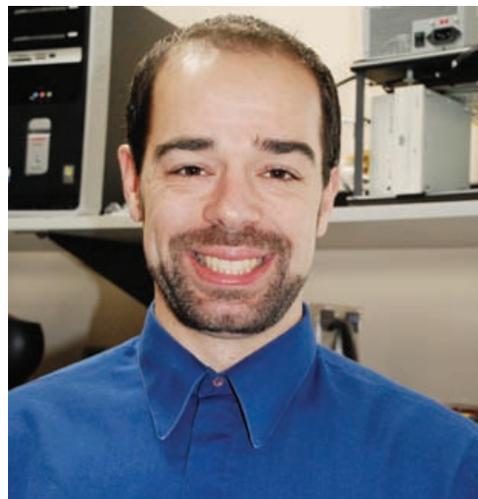
Jim Stanley is a business banker located in Bellevue, WA. He partners with your tribal newspaper to share his knowledge in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves as Vice President on the Quinault Nation Enterprise Board, and can be reached at sovereign.developments@gmail.com for your comments.



Provided by Janita Johnson,
Prevention & Wellness Advocate
360 432-3972



New Employee



Morgan Rothrock
System Administrator

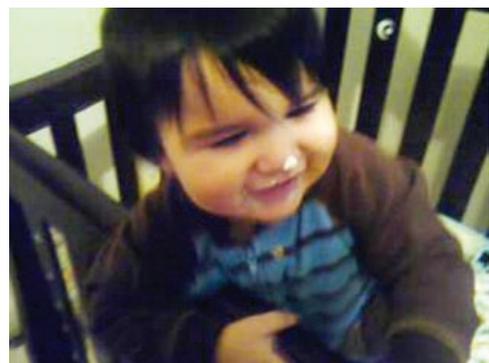
My name is Morgan Rothrock. I am 30 years old and, other than a few years in Colorado, I have lived in Mason County most of my life. I currently reside in Shelton in a 1920's house I bought two years ago and am in the (painful) process of remodeling. Some of you may recognize me as "the copier guy" as my previous employer was Capital Business Machines in who's service I've spent some time here working on some of the copiers.

Other than my intense love of all things that plug in or run on batteries, I also enjoy a wide range of outdoor activities including hiking, hunting, fishing, and disc golf. I am very excited to be here and am looking forward to getting to know and working with you all.

Family Services Open House December 15th



More photos next month



HAPPY 1ST BIRTHDAY 'LIL BUD!! MAMA LOVES YOU AND HOPES YOU HAVE MORE GOOD BIRTHDAYS TO COME! LOVE, DADDY, MOMMY AND YOUR GRANDPARENTS! XOXXO LOVE YOU 'LIL BUD!! YOUR THE BEST THING THAT'S EVER HAPPENED TO ME!!! ALWAYS REMEMBER THAT - ALWAYS AND FOREVER!!!



COMMUNITY DEVELOPMENT



Do You Qualify for any of These Programs?

Section 504 Home Repair Loans and Grants

USDA Rural Development provides home repair loans and grants to qualified very low income home owners to repair or improve their home, remove health and safety hazards, weatherize, pay for installation and assessment cost of utilities and/or provide accessibility for persons with disabilities. The applicant must be the owner of the home (This includes mutual help units)

SECTION 504 HOME REPAIR LOANS

- Must be unable to obtain conventional financing elsewhere
- Must have a satisfactory credit history
- Must have reliable and dependable income
- Must show repayment ability including the loan payments, real estate taxes, homeowner's insurance and other current debt obligations
- Must be a U.S. Citizen or legally admitted U.S. resident
- Must be 18 years of age or older and able to enter into a binding contract
- Cash value of non-retirement assets cannot exceed \$7,500 for non-elderly and \$10,000 for elderly households
- Maximum loan limit is \$20,000
- Interest rate is 1% fixed for a term of up to 20 years.



SECTION 504 GRANTS

If you are a senior citizen (age 62 or older), who meets the criteria above but does not show repayment ability for a loan, you may be eligible for a grant, or a loan/grant combination. Grants are limited to a lifetime limit of \$7,500. 504 Grant funds may be used only for repairs and improvements that remove health and safety hazards or to repair or remodel dwellings to make them accessible for household members with disabilities.

SECTION 504 LOAN AND GRANT INCOME LIMITS

504 Loan and grants can only be made to very-low homeowners with incomes below the following limits:

County	1 person	2 persons	3 persons	4 persons	5 persons	6 persons	7 persons	8 persons
Pierce	23,150	26,500	29,800	33,100	35,750	38,400	41,050	43,700
Thurston	23,200	26,500	29,850	33,150	35,800	38,450	41,100	43,750
Mason	19,200	21,900	24,650	27,400	29,600	31,800	34,000	36,150
Grays Harbor	18,400	21,050	23,650	26,300	28,400	30,500	32,600	34,700

WEATHERIZATION ASSISTANCE PROGRAM

Weatherization programs exist to help low-income households reduce home energy consumption, while increasing the health, safety, comfort and longevity of their home. The Community Action Council of Lewis, Mason and Thurston Counties provides a Weatherization Assistance Program which may include air measures such as weatherstrip and caulking, insulation measures to wall, floor and ceiling areas and related repair measures. Health and safety issues such as indoor air quality and heating system repair are also addressed. Each home is unique as to what is needed. Below are the income guidelines for the weatherization program:

Household	Average Monthly Income
1	\$ 1,083
2	\$ 1,458
3	\$ 1,833
4	\$ 2,208
5	\$ 2,583
6	\$ 2,958
7	\$ 3,333
8	\$ 3,708

Note: Income requirements vary for individual programs. Use this chart as a quick reference to see if your household may be income eligible for assistance. Please note that other program requirements may apply to qualify for program assistance. If you would like more information on any of these programs, please contact Lisa @ Office of Housing 432-3871.

Office of Housing, Department of Community Development

Attention Housing 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 for you. If you have recently moved or have a change of address, please call Juana Perry, Occupancy Specialist, at (360) 432-3863. If you do not update your application by March 31, 2010, your name will be removed from the housing waiting list.

If do not update your address to receive the update application and/or do not update your application by March 31, 2010, your name will be removed from the housing waiting list.



Bordeaux's Talented Painter

Dan Triplett, Bordeaux Art Teacher - We're painting. Upper grades are exploring color blending and younger grades are working with primary and secondary colors. I like to experiment and find interesting projects for the kids to do. I came up with a sunset pic (using tongue depressors for painting the background). I shared my work with the kids and then to my amazement, two students made their own picture based on what they saw (and they only saw it for a short period - there was no lesson on how it's done). 4th grader Chris Rodriguez made this (Leanora Curz's grandson and son of her daughter, Angel Hall):



Using with our Children

Christine Semanko - Hey everyone. During this last quarter in school I came across a topic that really made me think about some things and I wanted to share my thoughts with you in hopes that it will make some of you think as well. Using with our children is a hard topic to talk about or even imagine for some of us. I am one of those unfortunate kids who had the "cool" moms (yeah, she was an addict/alcoholic), and let me tell ya, it sure didn't do me any favors in the long run. Did you know that if only one of your parents are addicted, you have a 40% chance of becoming addicted, and if both of your parents are addicted you are 400 times more likely to become addicted at your first use! Wow!! Anyway, here are my thoughts on a reading assignment from school.

For me to imagine introducing either of my children to substances is just too much for me. I am not quite sure if the author of the article I read was saying that our children have less of a chance of becoming addicted if we allow them to "experiment" with alcohol or drugs at home or wherever. If so, I do not agree at all. The only benefit that could come from that is finding out if the youth will have a problem earlier rather than later, thus increasing the chances of getting help sooner. As for it being safer, I agree and then again I don't. Even the author said, in spite of the tolerance from his parents, it didn't stop him from flirting with disaster. If you are to be an alcoholic, you will be one no matter the age of your first drink.

You see, for my kids, the odds of addiction are double stacked against them because both parents are dual addicted (alcohol and drugs). So what I try to instill in them are the facts of being an addict/alcoholic and the facts of all the ever changing variables that come with it. Also, that there is a difference between a choice and a "run of bad luck." You see, I give my kids all the pieces of the puzzle, and it is up to them to put it together and decide for themselves whether or not they want to gamble the odds. There is no guarantee that if and when they choose to pick up the bottle or pipe and give it a spin they will be able to stop. It's like playing Russian Roulette with five of the six chambers loaded. Not a good idea! I also tell them this saying I picked up along the way from my friends at Northwest Indian Treatment Center: "What you live, you learn; what you learn, you become; and what you become has consequences." Whether the consequences are positive or negative is the question and up to you.

I do not have a crystal ball that will tell me the fate of my children's reality with addiction, but I do know with the long line of addiction I come from I will not be the one to hand or encourage their first drink or drug. I don't want that on my soul. I also let my girls know that if they ever choose to take a drink, or what have you, that they can always call me, no matter what. We are close and open enough about the subject that I believe they will. They have also been witness to the reality and repercussions of my addiction. I have lost them to ICW and CPS. They've had to visit me in jails and institutions, and experienced the never ending wonder of where mom is. Not to mention that my oldest daughters dad was killed in a drunk driving accident. So they have lived with real life consequences of others' choices to drink. I pray that my children have all the information they need to make the right choices for them, whatever that looks like. I do know this - I will love my kids no matter what choices they make because that is what moms do.

I hope that this has made sense to some and this lingers in the back of your mind when the situation presents its self on whether or not to use with your children. I wish you all well and safe and happy holidays. Remember that life and recovery aren't about good luck, they're about good choices.



Ready to shed those extra holiday pounds? Join the Squaxin Island Tribes Biggest Loser contest. Bring your lunch to the Planning meeting

January 6, 2010
12:00 to 12:30

Tribal Center lunch room

Contest will start January 11, 2010

E-mail or call
Janita Johnson, Prevention and Wellness Advocate
jjohnson@squaxin.nsn.us
432-3972

To get on the e-mail list for meeting reminders.



Enrollment Committee

The Enrollment Committee was established to provide advice and recommendations to the Council in consultation with the Enrollment Office concerning policies and procedures related to enrollment matters. The Committee ensures compliance with the membership requirements outlined in Article II of the Constitution.

Over the past two years the Committee has worked with Tribal Council to ensure consistency and to draft the Tribes first Enrollment Code. The members are honored to be a part of this process.

The Enrollment Committee consists of seven members as appointed by the Tribal Council representing each Tribal Family.

"Tribal Council is so proud of the Enrollment Committee," said Tribal Council member Charlene Krise. "They have been tackling some tough questions and coming up with good possibilities."



L: At the desk: Sharon Haensly, tribal attorney and Tammy Ford, Enrollment Officer

Middle L-R: Vicki Kruger and Diane Stymacks

Paula Henry, Mary Whitener, Margaret Henry and Joanne Decicio

Bottom photo: Sharon Haensly, Vicki Kruger, Diane Stymacks, Paula Henry, Joanne Decicio, Mary Whitener, Tammy Ford and Margaret Henry



Cradleboard Workshop a Great Success!

Lorraine Van Brunt, Family Services Director - All participants left the two-day workshop with a completed cradleboard and information about parenting and car seat safety. The Family Services Department, which includes TANE, VR, ICW, Childcare, Domestic Violence Prevention, Wellness, and Elder's Programs, teamed up with the museum and SPIPA to host a workshop teaching the tradition of cradleboard making.

The workshop included an overview of Positive Indian Parenting by Angel Peterson, the foster home licensor at SPIPA, as well as car seat safety presented by Janita Johnson, Wellness and Prevention Coordinator.

The two-day event was a fun way to share parenting information and support each other.

Participants stated, "I'm glad they had the class and I wish they would have more. I love that kind of work." Another young mother said, "My baby loves it!"

Congratulations to all participants for completing their cradleboards and thanks to all who helped.



Pictured Back L-R: Kendra Blueback, Leah Gentile, Deanna Warren, Lorraine Van-Brunt, Lorane Gamber, Tonya Henry, Nicole Seymour and Gloria Hill

Front L-R: Angel Peterson and June Krise

Not pictured: Sally Scout-Moore, Reba Van Brunt and Elizabeth Fenton

Thanks to: Charlene Krise, Jeremiah George (pictures and technical assistance), Vicki Kruger and Vicky Engel



Puyallup Tribe is seeking historic information

By Clare Jensen
cjensen@puyalluptribalnews.net

The Puyallup Tribe's Historic Preservation Department is seeking information and objects to help fill in some of the blanks in parts of the Puyallup Tribe's history.

The department is actively searching for people from throughout the Puget Sound area who are in some way connected to the Cushman Indian Hospital and any of the Indian boarding schools near the Puyallup Reservation in the early to mid 20th century.

Because the Tribe has only living member who experienced the boarding schools first hand, the Historic Preservation Department is seeking people from other tribes who may have any connection with the hospital or the schools.

"There have to be more stories out there," said Amber Santiago, administrative assistant for the historic preservation office. "This is a big part that we have missing in our history, because most of those people have passed away. We're looking for anyone, maybe not the person who attended, but a grandchild who remembers hearing the stories of their grandparents. We want to piece together the history."

Amber Santiago noted her own grandmother was taken from Montana's Flathead Reservation when she was 10 years old and brought all the way to the Cushman Hospital, forcing her family to relocate. "The people who went to the hospital from the 1920s to the 1960s were from all over the state, some from out of state, that's why this area has one of the highest Native American populations in the area. My grandma's story is not the only story – there are so many people with similar stories."

Because so many former boarding school students have passed away, and many did not like to talk about their experiences while they were alive, that era is spotty in the Tribe's documentation and research.



Amber Santiago noted much of the information they do have is from the administrators at the schools and the hospital, which gives a biased look at the facilities' conditions.

"It's a big missing link to know what was going on in the schools and the experiences that they went through. We just have the white people's perspective."

In the past couple of weeks the historic preservation office has already received some feedback on this request from a local man who said his father was transported from Yakima to the Cushman Indian Hospital for treatment. What he remembers from his

father's stories will be useful to the Historic Preservation Department in creating a better understanding of that period in the Tribe's history.

The Puyallup Tribe of Indians would like to hear from and interview anyone who attended, worked at, was associated with, or who may have stories they would like to share regarding: Cushman Indian School located on the Puyallup Tribal Reservation in Tacoma from the 1860s-1920s; Cushman Indian Hospital located on the Puyallup Tribal Reservation in Tacoma from the 1920s-1960s; St. George's Indian Boarding School located in the Fife/Milton area from the 1880s-1930s.

Museum Collection

The Tribe is also currently seeking additional artifacts and historic objects to add to its existing museum collection as it gears up to re-open the Puyallup Tribal museum that has been closed for more than a decade. Previously located in the Cushman Building, the artifacts and displays showcased at the old museum have been in storage for many years while the administration building was demolished and rebuilt and department offices were housed in temporary conditions.

Now, the Tribe is looking at re-opening a permanent museum in a new location, and is currently in discussions on that topic. In the meantime, the Historic Preservation Department is happy to collect donations of any artifacts or objects related to the Tribe or Northwest Native American history. The Puyallup Tribe of Indians is looking for Northwest Native American objects such as basketry and beadwork, and artifacts such as tools and arrowheads from the areas of Tacoma, Fife, Puyallup, Lakewood, Gig Harbor, Vashon Island, Federal Way, Burien, Des Moines and Orting and other surrounding areas to be donated for display in the Tribe's future museum.

Please contact Amber Santiago (253) 573-7965 or amber.santiago@puyalluptribe.com; Brandon Reynon (253) 573-7986 or brandon.reynon@puyalluptribe.com; or Sheryl Melius at (253) 573-7813 or sheryl.melius@puyalluptribe.com to contribute any information or donations to the Tribe.



Happy Holidays



Clinic Holiday Closures

Closed Thursday, Christmas Eve, and Friday, Christmas Day.
Closed Thursday, New Year's Eve, and Friday, New Year's Day.



Need Food? Check These Out . . .

WIC (WOMEN, INFANTS, & CHILDREN) AT SPIPA

Provides healthy foods & nutrition information for you and your child up to age 5

Please bring: your child, medical coupons or paystub, & identification

Monday, January 4, 9 a.m. to 4 p.m.

Contact Debbie Gardipee-Reyes at 462-3227

Dates subject to change

COMMODITIES AT SPIPA

Monday, January 4, 10 a.m. to noon

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

Dates subject to change

SQUAXIN ISLAND TRIBE FOOD BANK

At Health Promotions Building

If you need access to the food bank at any time once a week, just stop by.

If possible, Wednesday is the best day.

If you would like to be on call list for when

we receive fresh produce or bread, let me know.

Contact Melissa Grant (360)432-3926

Weight Loss Can Be Yours

From Debra Manzella, of About.com

Here are eight changes to make that will help you cut a few calories here & there:

Stop the pop.

Soda consumption and other flavored drinks can add pounds in a hurry. Trading water for one 12-ounce pop each day can result in a 15 pound weight loss in a year.

Walk away from snacks without nutritional value.

Snack foods, such as packaged cookies and cakes, crackers, chips and doughnuts, are tempting, easy to eat and even easier to eat too much of. There's not a lot of nutrition in these snacks, and they are usually loaded with sugar and fat. If it's in a crinkly cellophane bag or brightly colored box, chances are it's a bad snack. Take the time to prepare your own healthy snacks—fruits & veggies are always a healthy choice. Other ideas include sandwich halves, make your own trail mix with cherrios, dried fruit & nuts, cheese & crackers, hard cooked eggs, etc.

Eat a green thing.

Or a red thing ... or an orange thing. Fruits and vegetables are nature's best snacks. They are low in calories, full of fiber, a great source of antioxidants and (with a few exceptions) virtually fat free. What's not to like? Check your grocery store for weekly sales, check out the frozen section, or farmer's markets to get the best prices.



Don't eat anything creamy.

Creamy equals fatty. Cream soups, sauces, salad dressings, gravies, anything that shimmers, undulates or oozes is a waistline buster. If it tops or coats another food source, it falls in to the same category. Just step away.

Say no to fried foods.

Grilling, baking or roasting food is much lower in calories than frying it in hot grease. Sure, fried food is crispy and flavorful, but did you ever taste it when it's had time to cool down? Cold, leftover fried food is sodden, heavy and greasy. It's got the same amount of fat in it when it's hot out of the fryer, but we don't notice it then because it tastes so good. Hot fat has as many calories as cold fat. Trans fats are also used in deep frying and can increase your risk of cardiovascular disease.

Beware of the drive-thru window.

A drive-thru window is like a portal with a gravitational pull that can suck you in to the land of high-calorie, high-fat fast food. Sure, you could order something low calorie or low fat, if they even have it on the menu. When you pull up to that window, though, the smell of fried wonderfulness hits you in the face. All virtuous healthy thoughts are blasted out of your head and the empty place is filled with longing for whatever that is that smells so good. Drive away. Drive away now.

Eat at home.

I haven't seen any fancy studies that tell me that if I eat at home, I'm going to save calories. So you may say that I've done my own study: I have discovered that if I make my own lunch, I can pack it with as many flavorful, healthy foods as I want and bypass restaurant meals. If I cook breakfast, my egg and toast will have a lot less calories than a fast food breakfast sandwich. In other words, if you cook it, you will lose.

Need some easy low fat or low carb recipes to start you on your way? Check out these About.com websites . . .

<http://lowfatcooking.about.com/od/mealplanning/u/easyrecipes.htm>

http://lowcarbdiets.about.com/od/recipes/Low_Carb_Recipes.htm

Take a walk.

As you're walking away from unhealthy food choices, consider walking for 30 minutes a day. That's a stroll around the block or a promenade around the mall. Park in the far back corner of a parking lot or a few blocks from your destination, and walk the rest of the way. Sneak the walking in and pounds will disappear.

Little changes are easier to stick to than a complicated diet plan. Weight loss, decreased risk of heart disease and lower blood sugar levels are all benefits that can be had when changing your lifestyle for the better.

For individualized assistance in healthier habits, contact Patty Suskin, Registered Dietitian at (360)432-3929



Skagit offers eagle viewing - a great family activity

The Olympian, modified & submitted by Patty Suskin - Every year the upper Skagit River becomes a confluence of bald eagles, rotting salmon carcasses and people.



The bald eagles – some having flown 400 miles – come to feed on salmon carcasses easily found on the banks of the Skagit River.

The people make a similar journey for the chance to see the eagles up close. Some come armed with massive telephoto camera lenses, others with a simple point-and-shoot camera. They all come with a sense of awe.

Every winter, from late November to February, the eagles gather along the river, mainly from Rockport to Marblemount. In the morning, they can be seen on the rocky riverbank, tearing at dead salmon. By day they sit in branches high in the riverside trees, digesting their breakfast or looking for the next meal.

Here are some of our recommendations for an eagle watching trip.

HOWARD MILLER STEELHEAD PARK

Rockport

This is the place to start your eagle viewing. There is plenty of good viewing spots, including the Highway 530 bridge over the Skagit River, and the park is home to the Bald Eagle Interpretive Center. The park and center remain the heart of eagle watching activities. Stop at the center to get the latest info on where the eagles are, how many there have been and to take part in an activity such as one of the weekend lectures. There is a small kids corner where young children can do some drawings or read if they need a little time to warm up. The center is scheduled to be open 10 a.m. to 4 p.m. Fridays through Sundays from Dec. 11 through Feb. 15. There will be speakers most weekends, discussing topics such as eagles, fisheries, the Skagit River watershed and wildlife photography. Staff from the Sardis Raptor Center will bring live birds to the center Jan. 2 and Jan. 30. The park is located off Highway 20.

HIGHWAY 20 REST AREA

Milepost 100

This large pullout just east of Rockport on the south side of Highway 20 might be the closest you will get to an eagle without taking a float trip down the Skagit. The large trees along the riverbank and across the roadway are perfect eagle perches. On busy weekends, there will be lots of cars and people, so drivers should be cautious. There are portable restrooms and volunteers stationed here during the peak watching season.

MARBLEMOUNT FISH HATCHERY

Marblemount

The boat ramp at the bridge crossing the Skagit River is the starting point for many eagle-viewing raft and boat trips. But the fish hatchery just a bit farther down the Cascade River Road is another good viewing spot.

PLANNING YOUR EAGLE ADVENTURE

Viewing for everyone

Eagle watching is an activity everyone can take part in. The interpretive center is handicap accessible, and each of the three main viewing areas are flat and easily traversed by wheelchairs and strollers.

RIVER OPTIONS

A number of companies offer eagle watching river trips. Among them are Ackerlund's Guide Service (1-888-6-SKAGIT, www.ackerlunds.com), Alpine Adventures (1-800-723-8386, www.alpineadventures.com), Blue Sky Outfitters (1-800-228-RAFT, www.blueskyoutfitters.com) and Pacific NW Float Trips (1-866-967-8555, www.pacificnw-floattrips.com).

DIRECTIONS

Get on I-5 going North. Take Exit # 230 to WA -20. It is about 3 hours from Shelton.

LODGING

Making this an overnight trip makes sense. There are a number of chain options in Burlington, including Marriott Fairfax Inn. In Concrete, there is Ovenell's Heritage Inn – a unique mix of bed-and-breakfast, small cabins and working cattle ranch (360-853-8494; www.ovenells-inn.com). Farther up river is Clark's Skagit River Resort (360-873-2250; www.northcascades.com) in Rockport and Buffalo Run Inn in Marblemount (1-877-828-6652).

Swine Flu Vaccines

Everyone is invited to call the clinic to set up your H1N1 and Seasonal Flu vaccines.

Call 427-9006

We have an ample supply of the H1N1 vaccine. We think Squaxin Island Tribe may have the highest vaccination rate in the state-- of any and every government, state, city, county or Tribe. Help us make that a true statement. It is also the best way to thank the clinic staff for their hard work in keeping the community safe during the ongoing epidemic. We are recommending the vaccine for everyone over 6 months with a few exceptions - there is no reason for anyone to get sick because someone else did not get the vaccine when (if) they could have. Thanks.



Susan Dreyfus, Secretary of the Department of Social and Health Services, visited the Tribe on December 3, 2009. She and Ray Peters got their H1N1 shots in the clinic that night.



Upcoming Health Events

Mammograms and Women's Health Exams

Thursday, January 21st at the clinic
Contact Lea Cruz @432-3930

Brief Community Walk

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

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

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.

Free Pilates classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions
Smart Shopping/ Food Label Reading

Workshops

Contact Patty to schedule
a family & friends session

Diabetes Support Group

Thursday, January 14th
Right after Elder's Lunch
at Elder's Building
12:30 to 2 pm with 1:30 optional walk
Everyone is invited with diabetes or not
Come for a few minutes
or the whole time.

Come Visit

our Health Promotions Programs

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

Interested in our Nationally Recognized Lifestyle Balance Program?

If you are ready to lose weight
and be healthier,
we can provide the support
If you are Native American and over 18,
see if you qualify to participate.

Community Health Walk

Thursday, January 21st
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa to be
in the drawing for a gas card!
First place: \$25 gas card & small gift;
2nd place: \$25 gas card
3rd place: small Nike item
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
The tribe with the most walkers each
month wins the walking stick.
We won it in October ...
can we get it back in December?

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

Diabetes Support & Education
Everyone is welcome—
those with Diabetes or not.
Come for a few minutes or
the whole time

Thursday, January 14, 2010
Right after Elder's lunch
at Elder's Building
12:30 to 2 pm - Optional Walk at 1:30

Dave Caulfield & Patty Suskin will
answer questions & lead discussion

**You can Take Charge of your Diabetes &
Live a Long, Healthy Life**

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360)432-3929

Our People with Diabetes a Doing a Great Job!

Submitted by Patty Suskin, Diabetes Coordinator- As you may know, our Diabetes Program is evaluated each year by the IHS Standards of Care to see how we are supporting people with Diabetes.

2008 Results showed that our tribal people with Diabetes are taking time to take care of themselves to avoid possible complications from Diabetes (problems with eyes, kidneys, heart, vision, circulation, etc).

Over 57 percent had their blood sugars in the healthiest range—we had the second highest rate in the entire Portland Area—Oregon, Washington & Idaho!!

80 percent had their feet examined! Were were 4th in the area!

93 percent took the urine test to check how the kidneys are doing. We were 2nd in the area!

The list goes on..more details & charts are available from Patty.

By taking care of yourselves, you will live a long, healthy life with Diabetes! Continue with the great work! If you know someone with Diabetes, help support them to keep taking care of themselves & schedule their appointments.



Paula Henry earned these socks for having all her exams & tests in 2009. Good for you, Paula, for taking care of your Diabetes!



Meal Menu

Mon., Jan 4: Ham & Soup
Wed., Jan 6: Baked Chicken
Thurs., Jan 7: Pork Stir Fry

Mon., Jan 11: Pizza
Wed., Jan 13: Beef Roast
Thurs., Jan 14: Grilled Cheese & Soup

Mon., Jan 18: Fish & Tater Tots
Wed., Jan 20: Spaghetti
Thurs., Jan 21: Sandwiches

Mon., Jan 25: French Dip
Wed., Jan 27: Oysters & Baked Fish
Thurs., Jan 28: Tuna Melt & Soup

Meal program will be closed from Wednesday, Dec. 23 through end of the year. Meals will begin again on Monday, January 4, 2010.

Free Diabetes Identification Necklaces

Call the Diabetes
Research & Wellness Foundation at
1-800-941-4635

The circular medallion says:
"I HAVE DIABETES
Please test my blood sugar
before treating me"

Patty has a few in her office.
Available while supplies last.
(360)432-3929



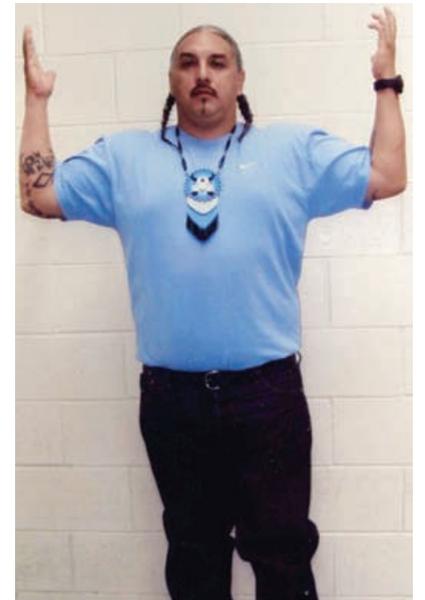


COMMUNITY



Happy Birthday

Jessica Solano	01	Meloney Hause	08	Leanora Cruz	17	Myeisha Little Sun	26
Aaron Evans	01	Patti Riley	08	Barbara Cleveland	17	Dakodah Vigil	26
Nancy Moore	01	Melanie Sequak	08	Charlotte Bradley	17	Alohna Clark	27
Patrick Braese	02	Emmalee James	09	John Ackerman	18	Guy Cain	27
Fernando Rodriguez	02	Deanna Hawks	09	Lorna Gouin	18	Cheryl Melton	27
Tory Hagmann	02	Janita Johnson	09	David Dorland	18	Emily Baxter	27
Nohea Robinson-Black	03	Isaac Ackerman	10	Emily Whitener	19	Amanda Salgado	27
Mary Cruz	04	Tiffany Valderas	10	Leonard Hawks, III	20	Rebeckah Ford	28
Aaron Peters	04	Stephanie Peters	10	Santana Mesplie-Sanchez	20	Eva Rodriguez	28
Mary Garrett	04	Patricia Green	11	David Lewis	20	Sharleina Henry	29
Two Young	05	Natasha Gamber-Chokos	11	Traci Lopeman	21	Buck Clark, Jr.	30
Christopher Stewart	05	Anthony Armas	11	Jacob Campbell	21	Alicia Obi	31
Lametta La Clair	05	Cassidy Gott	11	Percy Welcome	22	Brandon Stewart	31
Sherry Haskett	06	Marvin Campbell, Jr.	13	Shawnell McFarlane	22	Nikolai Cooper	31
Lincoln Villanueva	06	Connie Whitener	13	Kahsai Gamber	22		
Samantha Ackerman	06	Carrie Smith	14	Keona Rocero	23		
David Whitener, Sr.	06	Sheena Glover	14	Linda Jones	23		
Zachery Clark	07	Theresa Bridges	15	Miguel Saenz-Garcia	24		
Charlene Blueback	07	Kayla Peters	15	Mini Gamber	24		
Melissa Whitener	07	Jesse James	15	Adonis Bradley	25		
Kaleb O'Bryan	07	Shelby Riley	16	Percina Bradley	25		
Shila Blueback	08	Whitney Jones	17	Margaret Henry	25		
Francis Cooper, Jr.	08	Tristan Coley	17	Jace Merriman	25		
				Robert Bucher	26		



What's Happening

Squaxin Bible Study Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey							1	2
TRIBAL CENTER CLOSED					TRIBAL CENTER CLOSED		<i>Salish Sea Plunge</i>	
3	4	5	6	7	8	9		
			Family Court	Council Mtg. AA Meeting 7:30				
10	11	12	13	14	15	16		
	<i>Womens Circle</i>	Criminal/Civil Court		AA Meeting 7:30		<i>General Body Meeting</i>		
17	18	19	20	21	22	23		
				Council Mtg. AA Meeting 7:30				
24/31	25	26	27	28	29	30		
<i>Alcohol/Drug Awareness Dinner</i>		Criminal/Civil Court		AA Meeting 7:30				

Hello From Roy

I just want all my friends and family to know I am still doing good. Like I said before, I am in the best shape I've been in years. I love lifting weights; my maximum bench press right now is 365 pounds. This year my main goal, though, is to take all the classes I can to be the best father I can to all my children, who I love very much and I want them to know that. 2009 was my turning point. I am taking all the negative in my life and turning it into positive learning. I just want my kids to know Dad loves and misses them all (especially my baby, Winter). I would like to also thank my friends, family and the Tribal Council for their support. Without it, this time would be a lot harder.

Hoyt
Roy, aka Lnae (Magdelano)
Love and respect to all my Bro's locked up



**Congratulations to
Brett Orozco
on your deer!**

**We are very proud of you!
Love,
Your whole family**

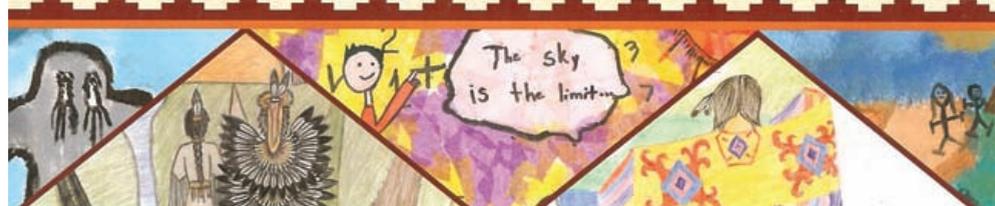



**BRINGING HONOR
THROUGH EDUCATION**
2010 NATIVE AMERICAN STUDENT ARTIST COMPETITION
U.S. DEPARTMENT OF EDUCATION • OFFICE OF INDIAN EDUCATION

Open to American Indian and Alaska Native students
Artist competition: Preschool (ages 4-5) and Grades K-12 • Writing competition: Grades 6-12
For more information, please visit <http://kids.indianeducation.org/sac> or call toll free 1-866-259-0060

POSTMARK DATE: JANUARY 29, 2010

U.S. Department of Education  Office of Indian Education



December Birthdays

Douglas Bloomfield	01	Winona Crone	19
Allen Mosier	02	Tyson Kruger	19
Gregory Lehman	02	Shashoney Fenton	19
Manuel Castillo	02	Theresa Henderson	19
Jess Brownfield	03	Patrick Stapleton	19
Cathlene Riker	03	Daniel Brown	19
Deborah Obi	03	Charlene Cooper	21
Peggy Peters	04	Ronnie Penn	21
Daniel Sigo	04	Kyler Gall	22
Austin Penn	05	Elroy Ellerbe	22
Lilly Henry	05	Jamie Cruz	23
Evan Ellerbe	06	Tahnee Kruger	24
Brendan Bellon	06	William Penn	24
Michael Foster	06	Darius Rau	24
Cora Krise	06	Jeremy Sigo	24
Zoe Cooper	07	Holly Henry	24
Isabel Cools	07	Jay Anne Gamber	25
Sophia Cooper	07	Richard Johns, Sr.	25
Jason Koenig	07	Carol Tadios	25
Mitzie Whitener	08	Jasmine Rivera	25
Misti Saenz-Garcia	09	Astrid Poste	25
Elizabeth Campbell	09	Karina Farr	26
Garrett Todd	09	Nicolas Cooper	26
Dustin Kruger	09	Andrea Koehn	27
Davina Braese	10	Edward Cooper	27
Marlena Bradley	10	Kathy Block	28
Jayden Eagles	10	Jocelyn Campbell	28
Sierra Blueback	10	Quinton Whitener	28
Kestle Coley	11	Jessica Stone	28
Kendra Blueback	11	David Clark	28
Kelli Dahman	11	Patti Puhn	29
Mary Mason	11	Penni Giles	29
Tonya Henry	11	Richard Gouin	30
Lucy Aldrich	13	Matthew Sayers	30
Justina Cools	13	Koreena Capoeman	30
Karen Farr	13	Rebecca Black	31
Nicholas Dorey	14		
Cecelia Black	14		
Amber Salazar	15		
Priscilla Dolores-James	15		
Frankie Metcalf	15		
Lisa Bennor	15		
Xzandrea King	15		
Judith Arola	15		
Rodney Krise, Sr.	16		
Angel Henry	16		
Wendy Bowman	17		
Donovan Henry	17		
Suzanne Snipper	17		
Vernon Sanchez	17		
Ethan Baxter	18		

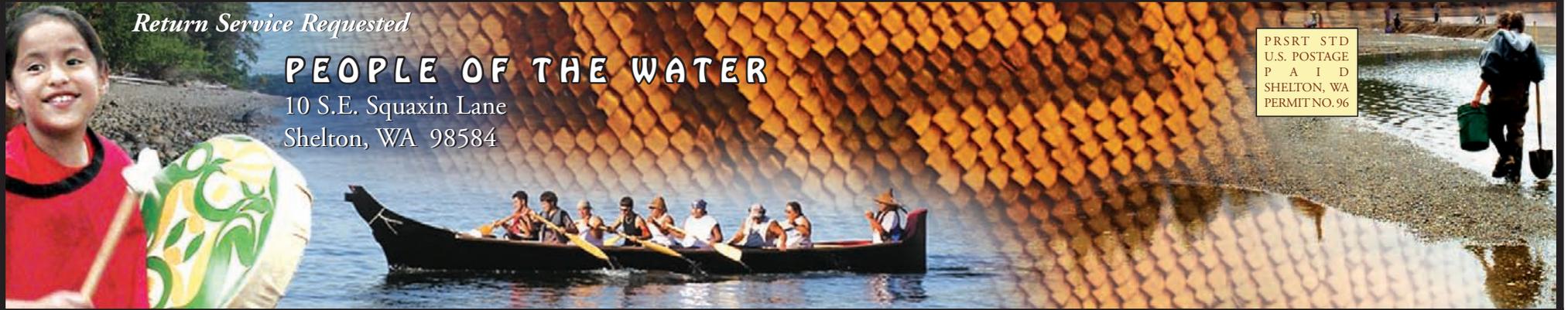
**HAPPY 12th
Birthday
Shawnell Lynn
(1/22)
Love,
Dad, Raven,
Dominique & Seth**

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

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Happy 2010!

HOT SEATS

Win \$50
every half hour
between
3pm - 8pm!



Win your share of
\$550 each Thursday
while playing your favorite games!

LITTLE CREEK
CASINO • RESORT™
www.little-creek.com

360-427-7711 • Minutes North of Olympia on HWY 101 • Visit the Players Club for details!

SPIN TO WIN EACH FRIDAY!

PRIZE WHEEL FRIDAYS!

Take a spin and
win hotel stays, espresso credit,
dinner on us, free play offers... even cash!

Earn entries all week long by playing your
favorite games, then listen for your name to win each
Friday from noon to 10pm!

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