

## Tribal Member Employment Application Updates

Please contact Astrid Poste, Staffing Specialist at (360) 432-3865 or stop by to update your application materials as we begin 2012. Applications and current job listings are also available online at [squaxinland.org](http://squaxinland.org).

If you have an application on file for any on call positions, I look forward to hearing from you. I would like to confirm contact information and continued interest.

Dec. 27 – 29, 2011  
Tuesday - Thursday  
\$150 Entry Fee



## Squaxin Island Youth Co-Ed Basketball Tournament

3 Brackets: 17 and under, 14 and under, and 11 and under

For co-ed play, each team must have at least two players of each gender on the floor at all times.

8 teams per bracket, 12 players per team

IDs for all ages must be available upon request of tourney staff. No ID means no playing, and no exceptions.

Teams must register before December 19<sup>th</sup>.

**Prizes for** 1<sup>st</sup> Place: Jackets  
2<sup>nd</sup> Place: Hoodies  
3<sup>rd</sup> Place: Sweatshirts  
MVP and All Stars



Contact Gordon James at 360-432-3992

## Paddle to Squaxin 2012: A Waste Free Event

Squaxin 2012 Green Team



**The Green Team is looking for community volunteers!**



### What is the Green Team?

The Green Team is heading the efforts to make the 2012 Canoe Journey Hosting a waste free event.

### What is a Waste Free Event?

A waste free event means any materials taken from the earth for this event will be returned in a responsible manner.

### How will the Green Team make this a Waste Free Event?

- Encourage use of vendors that are local and provide recyclable, reusable, compostable, degradable, or recycled products
- Provide reusable water bottles and bags
- Recycle and compost all possible materials
- Provide only shampoo, soap, and cleaning products that are safe for the earth.

### How will the Green Team promote the event theme:

gwədʔadad – *Teachings of our Ancestors*

Our ancestors taught us to honor our connection with the earth. The Green Team is honoring that teaching in our efforts to make the 2012 Canoe Journey Hosting a waste free event. We will make our efforts known to event attendees by providing ample signage. We will also train the next generation of environmental stewards by providing outreach activities for youth.

### How can I get involved?

Join the Green Team Committee. We are looking for committee members who will participate in monthly Green Team planning sessions. Committee meetings are Third Tuesday of the Month 10:00 – 11:00 a.m. at the Tribal Center.

### To join the team or learn more contact:

Sheena Kaas 432-3907

or Bridget Ray 432-3955

or visit our booth at the next Community Dinner.



## Elder 2012 Canoe Journey gift making classes

On Wednesdays from 4-6 p.m. in the Elder Building

We will be doing craft classes to make giveaway items for the 2012 Canoe Journey. Classes will be taught by museum and elder program staff. A light snack will be provided. **For more information contact Janita Raham, Elder Site Manager at 360-432-3972**

## Business Development



By Stephanie Gott - Happy New Year! I hope that 2012 brings many happy, healthy good things your way! I am currently writing my business spotlight, so look for a fresh face next month! Meanwhile I had the opportunity to attend a very worthwhile function this week. Enterprise for Equity held its annual fundraiser on Tuesday, December 6th at the Heritage Room in downtown Olympia. The event was well attended and as always, provided a very uplifting experience to those that went. All auction items were donated by former graduates of their business training class. I especially enjoyed the meal which was a compilation of former graduates' products. They served us smoked salmon, baby greens, squash soup, baklava (sp?) and wonderful chocolates for dessert.

Also just around the corner in the month of January, our very own Kamilche Café and Espresso will turn 1! It's been a fun year watching them grow (the food is amazing and the espresso drinks are worth stopping in for).

I wanted to suggest a couple of business related resources. The first one just made the cover of Inc. Magazine and was named "Company of the Year." It's called Evernote and is worth checking out. I now use it every day. In a nutshell, it's like combining all of your post-it notes and projects into a clear and easy to use format. You can link it to your PC, mobile device, etc, so it is always at your disposal. Evernote has taken on "cult" status in Tokyo and Silicon Valley....definitely worth taking a look!

Next, I always make it a point to keep current on business related books (thank you Amazon!) and I recently finished Strengths Finder 2.0. It is an easy read and loaded with useful information on finding your true talents. This is a great opportunity for me to remind everyone that the business center has a business library (ever growing) that entrepreneurs (aspiring or otherwise) are welcome to check books out. Strength Finder 2.0 is one of them!

Let's make 2012 the best it can be!

## Paddle to Squaxin

We now have an e-newsletter for Paddle to Squaxin 2012! This e-newsletter has over 300 subscribers. If you'd like to subscribe, please contact Leslie Johnson at [ljohnson@squaxin.us](mailto:ljohnson@squaxin.us).

**Paddle to Squaxin 2012**

Join us at the Port of Olympia July 29th, 2012

Dear Theresa,

Welcome to our first email about *Paddle to Squaxin 2012*. We plan to keep you updated on all that's happening until the Landing on July 29th!

**Debbie Meisner**  
Canoe Journey Coordinator  
[debbie@paddletosquaxin.us](mailto:debbie@paddletosquaxin.us)

**Paddle to Squaxin-2012**  
Museum Library Research Center / Squaxin Island Tribe  
10 SE Squaxin Lane, Shelton, WA 98584  
360.432.3948

July 29th 2012

2012 Tribal Canoe Journey Landing Between KGY Radio & the Swantown Marina at the Port of Olympia

**Our highways are waterways**  
For centuries, Pacific Northwest tribal people navigated the waterways in intricately carved dugout canoes. The Salish Sea, the body of water that encompasses Puget Sound, the Strait of Juan de Fuca and the Strait of Georgia in Canada, was the central force that connected canoe cultures for inter-tribal communication and trade. But early federal government mandates outlawed many tribal traditions, resulting in the almost lost art of canoe building, and ceremonial practices.

There were 7,000 attending the Paddle to Swinomish landing at LaConner on a rainy Monday, July 25th, 2011. In 2009, 15,000

## TRIBAL NEWS

10 S.E. Squaxin Lane  
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[www.squaxinland.org](http://www.squaxinland.org)



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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
PETE KRUGER: Secretary  
ANDY WHITENER: Treasurer  
RAY PETERS: 1st Council Member  
JIM PETERS: 2nd Council Member  
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

K L A H - C H E - M I N



## John Krise receives thanks from military organizations

Squaxin Island Tribal member and military veteran John Krise received certificates of appreciation and medallions from Task Force Phoenix and Fort Lewis' 4th Stryker Brigade in thanks for his service as a storyteller.

John told Coast Salish legends at Madigan Hospital's storytelling event held in recognition of National American Indian Heritage Month. The event took place on November 30th at Madigan Medical Mall in Tacoma. He also told stories during an event at Fort Lewis.

John served in the U.S. Army Field Artillery from 1967-1992, and is a member of the Squaxin Island Veteran's Color Guard.

### "Task Force Phoenix

#### Certificate of Appreciation to John Krise

For exceptional service to the soldiers of the Warrior Transition Battalion and Madigan Healthcare System in support of National American Indian Heritage month, November 30, 2011. Your participation directly contributed to the success of this event and is in keeping with the finest traditions of military and civilian service. Your support reflects great credit upon you, Task Force Phoenix, Madigan Healthcare System, Western Region Medical Command and the U.S. Army"

### "4th Stryker Brigade Combat Team

#### Certificate of Appreciation

SFC (Ret) John Krise

In recognition of your contributions in support of the 4th Stryker Brigade, 2nd Infantry Division, your assistance was greatly appreciated by the soldiers of Raider Brigade. Thank you for your support.

"To the Objective"



## Tribal Council Resolutions

**11-77:** Agrees to the formation of a Budd/Deschutes Watershed Environmental Stewardship Coalition with the cities of Olympia, Lacey and Yelm to accelerate watershed improvements and improve fisheries productivity

**11-78:** Substitutes Mark West for Mitch Corbine as SIGE fiduciary for the 401(k) Profit Sharing Plan for LCCR

**11-79:** Amends the Frank's Landing Indian Community contract

## The cemetery is re-opened after learning new grass in the ball fields is very healthy



**"Service, Honor, Respect: Strengthening Our Cultures and Communities"**

**2011 National American Indian Heritage Month Celebration**

**Tuesday, 22 November 2011**  
**11:30 – 1:00 pm**  
**McChord Co-Located Club, McChord Air Force Base**

**Sponsored by**  
**The Raiders of 4th Stryker Brigade Combat Team**

**Guest Speaker: Mr. George Amiotte, Oglala Lakota (Sioux)**

**Exhibitions by the Skokomish Tribal Youth Dance/Drum Group**

**Storytelling by Mr. John Krise, Squaxin Island**

**Native Foods Sampling**

For more information, contact SFC Rodney Stone,  
e-mail: [rodney.stone@us.army.mil](mailto:rodney.stone@us.army.mil)





# TU HA' BUTS LEARNING CENTER



## Sylvan Corner

We had five Perfect Attendance students in November: Grace Brown, Trinity Byrd, Cleveland Johnson, Jordan Lopeman-Johns and Emily Whitener.

For Grace, Cleveland and Emily, this is their third month in a row. Great job!

We also had six who missed Perfect Attendance by only one session: Alonzo Grant, Malia Henry, Kierah Lincoln-Sigo, Shawn Lincoln-Sigo, Billie Marie Lopeman-Johns and MaTaya Stroud.



**Kaitlyn Burrow won second place honors and cash prize in VFW essay contest. She wrote about what it means to be free.**

# Jan 2012

## Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm Front Desk: 432-3958

YOUTH Gym/Recreation hours: M-F: 3-6pm (adjusted for early release)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Closed for Holiday	<b>3</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6	<b>4 GSD ER</b> Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6 Teen Center: 3:30-5:30	<b>5</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6 Youth Council: 5:30-6:30	<b>6</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Open Swim: 5-8
<b>9</b> Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6 Teen Center: 3:30-5:30	<b>10</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6	<b>11GSD ER</b> Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6 Teen Center: 3:30-5:30	<b>12</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6 Youth Council: 5:30-6:30	<b>13 SSD ER 1.5</b> Open Gym: 1:30-6 Rec Room: 1:30-6 Teen Center: 3:30-5:30 Open Swim: 5-8
<b>16 SSD/GSD No School</b> Open Gym: 1-6 Rec Room: 1-6 Open Swim: 3-6 Teen Center: 3:30-5:30	<b>17</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6	<b>18 GSD ER</b> Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6	<b>19</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6 Youth Council: 5:30-6:30	<b>20</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Open Swim: 5-8
<b>23</b> Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6 Teen Center: 3:30-5:30	<b>24</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6	<b>25 GSD ER</b> Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6	<b>26</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6 Youth Council: 5:30-6:30	<b>27 SSD ER 1.5</b> Open Gym: 1:30-6 Rec Room: 1:30-6 Teen Center: 3:30-5:30 Open Swim: 5-8
<b>30</b> Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6 Teen Center: 3:30-5:30	<b>31</b> Open Gym: 3-6 Rec Room: 3-6 Teen Center: 3:30-5:30 Basketball Practice: 4-6			<b>REMINDER</b>  Tutors are available everyday afterschool, 3:30-5:00pm.  Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom
<b>After school snacks:</b> <b>Computer Lab:</b> <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>	M-F 4-5pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	<b>Key</b> ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		



## NARA Tribal Projects

To my friends and colleagues,  
I would like to request your help in getting the following information out to Native American graduate students in the fields of Environmental Science, Forestry, Biology & Engineering.

This opportunity provides:

1. Tribally focused research project to
2. 9 month student commitment - to complete tribal project (beginning in the fall of 2012)
3. Students will engage and participate in an Inter-disciplinary Team of scientists
4. Students eligible to participate at 1 of 7 research institutions involved in this alliance:
  - University of Washington
  - Washington State University
  - University of Idaho
  - University of Oregon
  - University of Montana
  - Montana State University
  - Penn State

Please contact me at the laurel@uw.edu email with any questions. Additional information can be found at: <http://nararenewables.org/>

Most schools have grad application deadlines during the winter months for fall admission so, your immediate attention to this matter is appreciated. Thank you.

--  
**Submitted by Lori Hoskins**  
Laurel James, Program Manager  
NARA Tribal Projects Team  
laurelj@uw.edu or laurelj@nararenewables.org  
NARA on the web at <http://nararenewables.org>

## Shaker Church Ministers Rose and Mike Davis

Available for prayer, services and special requests  
360-877-9480 or 360-529-1115



## Northwest Advanced Renewables Alliance

**Education:** Engage citizens, meet future workforce needs, enhance science literacy in biofuels, and help people understand how they're going to fit into the new energy economy. [Play a part, join us at nararenewables.org/grad](http://nararenewables.org/grad)

### Tribal Project Teams

NARA Tribal Project Teams will bring graduate students from across the NARA institutions together to work collaboratively with the Columbia River Basin Tribes. During the grant period, there will be three project teams, each for nine months.

### Interdisciplinary Graduate Training

1. **Create** graduate students with the integration, teamwork and communication skills needed to be leaders in the bioenergy and bioproducts economy.
2. **Build** multicultural perspectives into the graduate study
3. **Improve** the diversity of STEM graduate programs, especially Native Americans.
4. **Disseminate** research, technology, and economic development opportunities to diverse stakeholders

### Research Experience for Undergraduates

REU participants participate in full time research experiences for a summer (10 weeks) program that provides laboratory, fieldwork and research skills in the broad area of biofuels research. The REU program goals are:

- To excite undergraduate students about cutting edge research in the areas of biofuels
- Develop skills needed for future biofuels research careers
- Increase the number of students participating in biofuels research in the northwest, including those from schools which do not have strong research efforts
- Integrate mentoring experiences for graduate students and post docs into a formalized training program

We are currently recruiting for top tribal students to create the next generation of leaders in Indian Country while completing research in collaboration with a tribal community.

### Graduate Student Timeline

In August/September, our Graduate Students will begin their 9 month community based research project.

**August-December:**  
Fall Recruiting; Students apply to Grad programs at the various institutions

**December-March:**  
Review of Applicants

**April-May:**  
Send Acceptance Letters for NARA Project Team

**August/September:**  
Project Initiation with Tribal Community

### ARE YOU INTERESTED?

To learn more about how Tribal projects might complement your graduate studies, contact Laurel James at [laurelj@nararenewables.org](mailto:laurelj@nararenewables.org).

If a summer research experience is more your thing, contact David Bahr at [dbahr@wsu.edu](mailto:dbahr@wsu.edu)

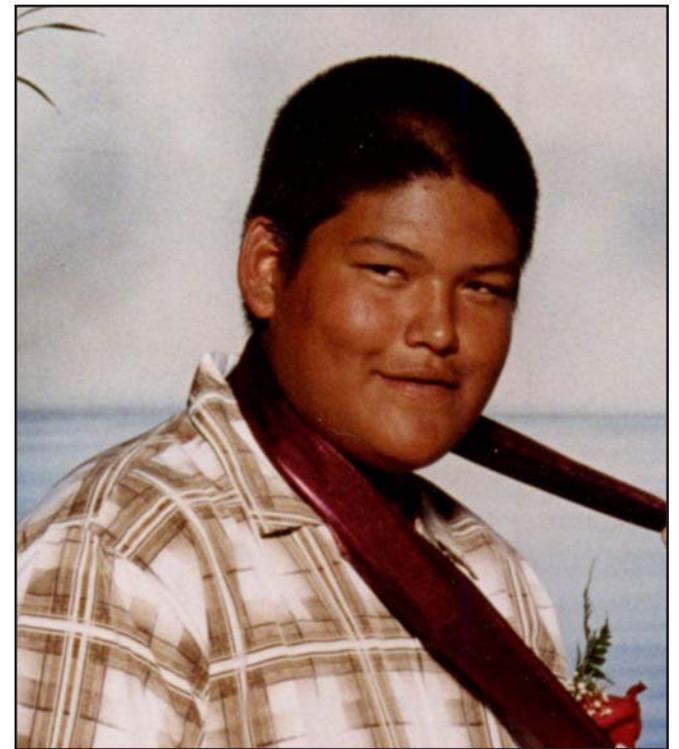
### NARA'S FOCUS AREAS

The Alliance is currently focused in five areas. In addition to education, NARA is working in sustainability measurement, feedstocks, conversion, and outreach.



Find out more at: [nararenewables.org](http://nararenewables.org)

## Walking On Ronnie Rivera



Beloved Squaxin Island tribal member Ronnie James Rivera, born on November 4th, 1987, passed away on December 11th, 2011.

Ronnie was born to Harry Johns "Jr." and Veronica Rivera. His paternal grandparents are Harry Johns Sr. and Joyce A Owens Johns, and his maternal grandmother is Rose Davis. His sisters are Chickie Williams and Billy Johns, his brother is Jordan Johns, and his brother-in-law is Howard Williams.

He was married to Sonia Sila and they have a beautiful baby girl named Kahlil Carmel Johns.

Ronnie was active in pursuing his treaty rights. He loved fishing, hunting and clam digging. He spent a lot of time with family and friends. He also had a passion for shopping and eating. He loved listening to music and dancing.

Ronnie was preceded in death by his Grandpa Harry and Grandma Joyce.

He was a proud fisherman and loved his daughter, nephews, nieces very much.

Ronnie will be greatly missed!





## Youth Activities Program

We're moving quickly into winter, but the youth activity program stays busy. Due to the holidays, this article is being written before the Christmas Party and the youth basketball tournament have happened. I know there will be many people to offer thanks to for their help in making those events happen here, but that will be put off until the next issue.

I'd like to bring your attention to a couple of changes on this month's activity calendar. We know many young people have been looking forward to this time of year for their basketball fun! With the Squaxin Island youth basketball tournament behind us, we're going to continue with regularly scheduled basketball practices while we look forward to other basketball tournaments for our young people to enjoy.

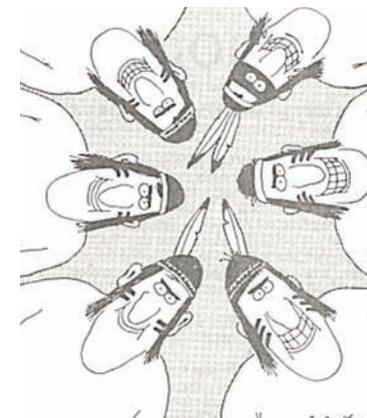
I also want to remind everyone that the Mary Johns Room will be opened regularly as a place for teens to spend a couple of hours on weekday afternoons - having access to help with their homework and learning resources, socializing with other teens, or participating in a variety of educational, recreational and cultural activities. As a new opportunity, we're starting small, only 3:30-5:30pm, Monday through Friday.

You may have already seen introductions of them in the Kla Chee Min, but I still want to welcome Amber (started in November), Jerilynn and Tara to working with the youth activity program. They all bring wonderful ideas, energy and hard work to what the program hopes to do for youth. With everyone on board, we'll be looking to introduce a variety of added opportunities for the young people in the youth activity program - new activities, new ways of communicating, new things to learn. It should be a lot of fun.

Volunteers are always welcomed for our after school youth activities program. There are a lot of different ways that volunteers can be a big part of supporting Squaxin youth activities - as craft teachers, tutors, aunties, uncles, grandmas, grandpas, mentors, coaches, cheerleaders, and much more. As always, safety of our children is a top priority so all volunteers working with the kids are expected to pass a thorough background check and drug test. We understand that some people may view this differently - as an invasion of privacy - but if your children are a part of this program, we are determined to take reasonable precautions to assure that the people working with your children are safe to be working with your children.

Another way you can support the youth activities program - we are always open to donations. If you aren't available to volunteer your time, the kids would enjoy any board games, Wii games, books, craft supplies or DVDs that you may not be using. Up to date reference books are always useful (dictionaries, encyclopedias, history books, etc.) Of course, we ask that any donations be age appropriate, so rated G, PG, non-violent stuff.

If anyone would like to volunteer time or resources to help out the youth activity program or at the teen center, please contact Gordon James at the Tu Ha' Buts Learning Center at (360) 432-3992.



**Custer's Last View**  
Submitted by Lori Hoskins

## Attention High School Seniors

**What is your plan after high school?**

**What will you be doing this time next year?**

### Are you planning for College?

**Early preparation is best.**

What should you start doing right now?

- *Looking at colleges:*
  - SPSCC?
  - Evergreen?
  - Olympic College?
  - UW-Seattle or Tacoma?
- *Start planning for financial aid:*
  - starting Jan. 1, 2012 you can fill out the FAFSA (free money for college - if you qualify)
  - start talking with your parents about financial aid & FAFSA
- *Be ready to apply for scholarships:*
  - Some deadlines are as early as January and as late as July.
- *Make sure you are all set to graduate on time! Talk to your tutors & advisors.*

### Planning on going straight to work?

You should still consider a technical degree or certificate. Many local colleges, including Olympic College and SPSCC, offer short term certificates or degrees that will **help you get a job and raise your starting pay = more money for you!**

*You can get a technical degree or certificate in the following:*

- Automotive Technology
- Baking/pastry arts
- Dental Assistant
- Computer Aided Drafting Technology
- Medical Assisting or Admin. Assistant

These programs get you ready for work!

Education Level	Annual Pay
Less than high school graduate	\$22,326
High school diploma or GED	\$31,209
Associates/Vocational degree	\$40,708
Bachelors Degree	\$51,436
Masters Degree	\$64,540
Professional Degree	\$100,000
Doctorate Degree	\$85,774

Source: "Education pays: More education leads to higher earnings, lower unemployment," Occupational Outlook Quarterly, June

### The Education Center Staff is here to HELP!

Scholarship information, college brochures, and the FAFSA form are available at TLC. If you need additional assistance, call to make an appointment with Lisa, Julie, or Kim at 432-3958.

**We want to help you succeed!**



## Free Tax Preparation Site (BASIC RETURNS)

Administration Building – 1st Floor  
February 6 – April 13, 2012  
By appointment only

**MAKE TAX TIME CASH TIME**  
The Squaxin Island Tribe – Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2011 tax year.

The site will be open to the public and operating evenings from February 6 to April 13, 2012.

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

Use your local free tax prep site.  
**THINK OF THE MONEY YOU WILL SAVE!!!**

Call Lisa @ 432-3871 to schedule an appointment



## Happy Birthday to My Beautiful Wife



Love, Your HuZ and the GirlZ  
We Love You!

## All the best to everyone in 2012!!!

## Just in Time for Christmas



The Squaxin Island Family Services Department facilitates giving gifts to families in our community. We would like to offer a great big thank you to Little Creek Hotel and Island Enterprises, Inc. (Kamilche Trading Post) for orchestrating the process that allowed others to get into the spirit of giving. Donations included toys, games, dolls, stuffed animals, coats, clothing and monetary contributions. Squaxin Island Family Services really appreciates the generosity that has been exhibited.

## Documents to Bring to your Tax Appointment

If you plan to use a preparer to help you file a return and claim the EITC, you should bring certain documents to prove your income, deductions/credits, dependents, etc.

These documents include:

- Valid driver's license or photo identification (Self & spouse, if applicable)
- Social Security cards for all persons listed on the return
- Dates of birth for all persons listed on the return
- All income statements: Forms W-2 and 1099, Social Security, Unemployment, or other benefits statements, records of income and expenses from a business you own and any documents showing taxes withheld
- Dependent child care information: payee's name, address and SSN or tax ID#
- Proof of account at financial institution for direct debit or deposit (i.e. cancelled/voided check or bank statement)
- Prior year tax return (if available)
- Any other pertinent documents or papers

Your Return Preparer, whether paid or volunteer, is required to ask you multiple questions to determine your correct income, expenses, deductions, and credits. Your Return Preparer has your best interests in mind and wants to help you avoid penalties, interest, or additional taxes that could result from later IRS contacts.

You are responsible for what is on your tax return. Being ready, with the right documents to prepare your return, will save you time and reduce the chance of mistakes.

## Shaker Church Ministers

**Rose and Mike Davis**

Available for prayer, services and special requests  
360-877-9480  
360-529-1115





# HEALTH CLINIC



## 2012 SPIPA's Cancer Control Program Native Men's Wellness Conference March 9 & 10, 2012 - Save the Date!!!

"Everything" replied one man and "the relaxed interaction and conversation..." replied another when asked to evaluate the best parts of last year's 2011 Men's Conference. How good was the conference? 94% of respondents replied that they were likely to or would definitely recommend the Men's Conference to someone else.

Well, we are happy to report that as we kick off the New Year, SPIPA's Comprehensive Cancer Control Program staff is in full gear getting ready for the 2012 Men's Wellness Conference. Back by popular demand, the conference will again feature health discussions with specialists, workshops for home and health, and of course, the much anticipated wellness room. All this is in addition to good food and a fun environment.

This year's Conference will take place March 9th and 10th at the Little Creek Casino Resort in Shelton, WA. Space is limited, so register early! You can register online at [www.spipa.org](http://www.spipa.org) or by calling Kathryn at 360-462-3241 and she will send a form to you.

SPIPA's Comprehensive Cancer Control Program is funded by the Center for Disease Control.



## Did You Know?

- Colon Cancer is a preventable and treatable form of cancer.
- Colorectal Cancer has 90% (5 year) survival rate when diagnosed early.
- Colon Cancer often has no symptoms until the disease has progressed beyond its earliest stages.
- The new FIT screening test is easier than ever and requires only about 5 minutes of your time-with no prior dietary restrictions
- If you are age 50-74 and enrolled in the Colon Health Program you can get this screening for free.
- You can become enrolled in the Colon Health Program by visiting LINDY FREDSON, Colon Health Program Patient Navigator, at the Squaxin Health Clinic.
- It just takes a few minutes to stop by and pick up the kit which you can complete at home and return by postage paid mailer or you can bring in within 72 hours after completing the test.
- We have nice gifts for you when you return the test
- Give yourself a gift the gift of good health

For Questions or more Information contact:  
Lindy Fredson Patient Navigator  
Colon Health Program 360-432-3933 or [lfredson@squaxin.us](mailto:lfredson@squaxin.us)

## HEALTHY CHOICES for 2012

Submitted by Patty Suskin, Registered Dietitian

- Eat a good breakfast to start the day.
- "Throw color at your meals" -- Eat more fruits and vegetables.
- If you have to eat fast food, make healthy choices.
- Drink beverages that are good for you at meals
- If you smoke, stop. And if you don't, don't start!
- Get active, even if it's only a little physical activity each day.

## Congratulations Son on your first bull!



**Happy Birthday!!! I'm very proud of you!  
Love, Mom, Tone, Lisa, Joel, Malachi**



# HEALTH CLINIC



Mon	Tue	Wed	Thu
2 Closed	3 Soup & Sandwiches	4 Pepper Steak	5 Chalupa
9 Hot Wings	10 Soup & Sandwiches	11 Chicken & Dumplings	12 Sloppy Joes
16 Baked Ham & Mac and Cheese	17 Soup & Sandwiches	18 Sweet and Sour Pork	19 French Dip
23 Meat Loaf	24 Soup & Sandwiches	25 BBQ Chicken	26 Beef Teriyaki
30 Clams	31 Soup & Sandwiches		

# Lunch Menu

## Try this quick & delicious quiche for a change of pace

Submitted by Patty Suskin, Registered Dietitian

Preheat oven to 425 degrees.

Prepare pastry for one 9 inch pie crust (or use frozen.)

½ pkg	Oscar Mayer/ Louis Rich turkey bacon, cooked & crumbled
1- 10 oz pkg	Frozen chopped spinach, cooked & well drained ½ cup minced onion
1 cup	Shredded cheese (we like cheddar)

Mix together in bowl, then Place in pie shell

4	Eggs, (or egg beater equivalent)
6 oz	Fat free evaporated milk or
6 oz	Fat free half and half
¾ tsp	Salt
¼ tsp	Sugar
1/8 tsp	Cayenne pepper

Mix together and pour over filling. Sprinkle a little cheese on top of the pie. Bake for 10 to 15 minutes at 425 degrees. Then reduce over to 300 degrees and bake another 30 or 40 minutes or until knife inserted one inch from the edges comes out clean. Let stand for 10 minutes before serving.

## FREE BLOOD PRESSURE SCREENING 2012

The First Thursday of each month



Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building  
When: 11:45am - 12:45 pm.  
Everyone is welcome!

## Need food?

### WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5  
Please bring: your child, medical coupons or paystub & identification  
Tuesday, January 10th, 9:00 - 4:00  
Contact Debbie Gardipee-Reyes:  
462-3227

Dates subject to change

### USDA FOODS AT SPIPA

Contact Shirley or Bonita at  
438-4216 or 438-4235  
Call for the date  
10:00 a.m. - Noon

Applications available at Housing, Food Bank, NR and TANF

### 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 fresh produce or bread, let me know.  
Contact Melissa Grant: (360)432-3926

## Upcoming events

### 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 Juana Perry @ 432-3863  
to get on the waiting list to have a garden placed in your yard – for FREE

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

### Health Promotions Programs

We have exercise videos in the building across from clinic  
Work out alone, with us or schedule a time for a group

### Our Nationally Recognized Lifestyle Balance Program

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

### Mammogram Clinic

January 10th from 9 a.m. to 3 p.m.  
@ the Health Clinic  
Contact Elizabeth Heredia at 432-3930

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



**WIC**  
(Women, Infants, and Children)  
provides healthy foods & nutrition information for you and your child up to age 5.

**Please bring:**  
Your child, Provider One Card or paystub and Identification for you & your child

**Tuesday, January 10th is WIC DAY at SPIPA**

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227



## Happy Birthday

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

## What's Happening

1	2	3	4	5	6	7
		Drum Group 6:00 p.m.	<i>Elders Gift Making for CJ 2012 4-6 p.m.</i>	AA Meeting 7:30		
8	9	10	11	12	13	14
		Drum Group 6:00 p.m.	<i>Elders Gift Making for CJ 2012 Family Court</i>	<i>Council Mtg.</i> AA Meeting 7:30		
15	16	17	18	19	20	21
		Criminal/Civil Court Drum Group 6:00 p.m.	<i>Elders Gift Making for CJ 2012 4-6 p.m.</i>	AA Meeting 7:30		
22/29	23/30	24/31	25	26	27	28
		Criminal/Civil Court (31) Drum Group 6:00 p.m.	<i>Elders Gift Making for CJ 2012 4-6 p.m.</i>	<i>Council Mtg.</i> AA Meeting 7:30		

## Happy Birthday Dad



**We love you!!!  
Love, Lisa, Tone,  
Patrick, Little Lisa,  
Joel and Malachi**



*This is the beginning of a new day.  
I can waste it or use it for good.  
What I do today is important because I am  
exchanging a day of my life for it. When tomorrow  
comes, this day will be gone forever,  
leaving in its place something I have traded for it.  
I want it to be gain, not loss; good, not evil;  
success, not failure; in order that I shall not regret  
the price I paid for today.*

Submitted by Lori Hoskins  
"I recite this every day."  
Think!

## How Much Time In

1. Time seems to come in little boxes.
2. Each box is called a day.
3. 30 boxes make a carton - called a month.
4. A shipment of 12 cartons is a year.
5. On January 1, 2012, we get a new shipment - 12 cartons.
6. What a lot of time to have! We are rich in time.
7. Are YOU sure you received a full shipment?
8. What if your subscription to time ran out during the year?
9. What if you open a carton and found empty boxes?
10. No more time? No more time?
11. You may have a full shipment for 2012.
12. And you may have more shipments in the future.
13. Yet you will say, "I have no time?"
14. This is a strange remark.
15. People who say, "I have no time" always have time.
16. Those who have no time are dead.
17. The dead do not mention their lack of time.
18. Only the living say, "I have no time."
19. All have the same amount of time - 24 hours a day or none.
20. The difference is how we use our time.
21. When we say we have no time for something;
22. We mean that the "something" is not important enough.
23. We have to spend time. It won't keep in the bank -
24. Not even with a lock on it.
25. When you say you have no time -
26. You are saying you would rather spend your time in other ways.
27. Of course, you don't want it to sound that way.
28. You want to say, "I'll give time later when I have more."
29. But are you sure you will have more time?
30. What if your next box is
- 31.

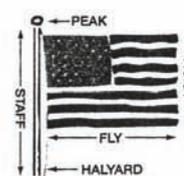
Submitted by Lori Hoskins

## HOW TO DISPLAY OUR FLAG

When we view the flag, we think of liberty, freedom, and pride. The American flag has accompanied mankind on its greatest achievements. It flies at both poles, on the moon, and sits atop Mount Everest. **The flag is how America signs her name.**



When the National Anthem is played, all present should face the flag with the right hand over the heart. Men should remove their hats. Persons in uniform should remain silent, face the flag, and salute.



The American flag features 13 horizontal stripes—seven of them are red and six are white. In the upper quarter of the flag next to the staff are white, five-pointed stars that designate each state.



When the flag is in such condition that it is no longer a fitting emblem for display, it should be destroyed in a dignified way, preferably by burning.



When the flag is flown at half-staff, it should first be elevated to peak position, held there momentarily, and lowered. At the day's end, the flag should again be elevated to peak position before lowering.



The American flag, when carried in procession with another flag, should be on the marching right—its own right.



During the unveiling of monuments or statues, the flag should never be used as a covering.



When displayed with another flag in the crossed-staff format, the American flag should be on its own right—and in front of the other flags staff.



The American flag should be centered and at the highest point when displayed on its staff with other flags.



If other flags are flown on the same staff with the American flag, the American flag should be placed at the peak of the staff.



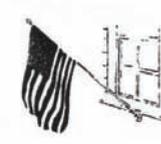
The American flag should always have the position of honor on speakers' platforms, standing to the right of the speaker. All other flags should be on the speakers' left.



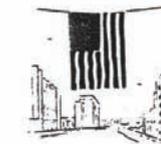
Bunting for ceremonial or decorative use should be arranged with the blue on the top, white in the middle, and red on the bottom.



Another flag or pennant may be flown above the American flag only during church services conducted at sea by U.S. Naval Chaplains for Navy Personnel.



When the flag is suspended horizontally from a building, the union should be at the peak of the staff—except when the flag is at half-staff.



When displayed over a street, the flag should be suspended vertically. The union will be to the north in an east-west street, and to the east in a north-south street.



It is the custom to display the flag only from sunrise to sunset outside. However, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness.



When covering a casket, the flag should be positioned so the union is at the head and over the left shoulder. It should not be lowered into a grave or allowed to touch the ground.



During the raising or lowering of the flag, or during its passage in a parade, all present should face the flag, and stand at attention with hand over their hearts. Men should remove their caps.



When the flag is displayed either horizontally or vertically against a wall, the union should be at the top and to your left. When in a window, the flag should be displayed in the same manner as seen from the street.



## Thank you Paula Henry and Ryan Shepherd

Thank you for helping at Bingo!  
We are happy to have you back, Paula!  
We look forward to our next Bingo in January!  
Thank you so much!  
- Bill Lopeman



*Something for everyone!*

# Christmas Buffet

**Sunday,  
December 25th**

- 12 and up \$24.95
- Children 4-11 \$12.95
- 3 and under free



**LITTLE CREEK**  
CASINO • RESORT<sup>SM</sup>  
[www.little-creek.com](http://www.little-creek.com)

Visit us online for the complete menu and more information.

# NEW YEARS EVE PARTY

**December 31st, 2011**

Back by popular demand...

## SONIC FUNK ORCHESTRA

Live in Skookum Creek Event Center!



**HOTEL SPECIALS • FOOD & DRINK SPECIALS  
LIVE ENTERTAINMENT • PRIZE GIVEAWAYS!**

**LITTLE CREEK**  
CASINO • RESORT<sup>SM</sup>

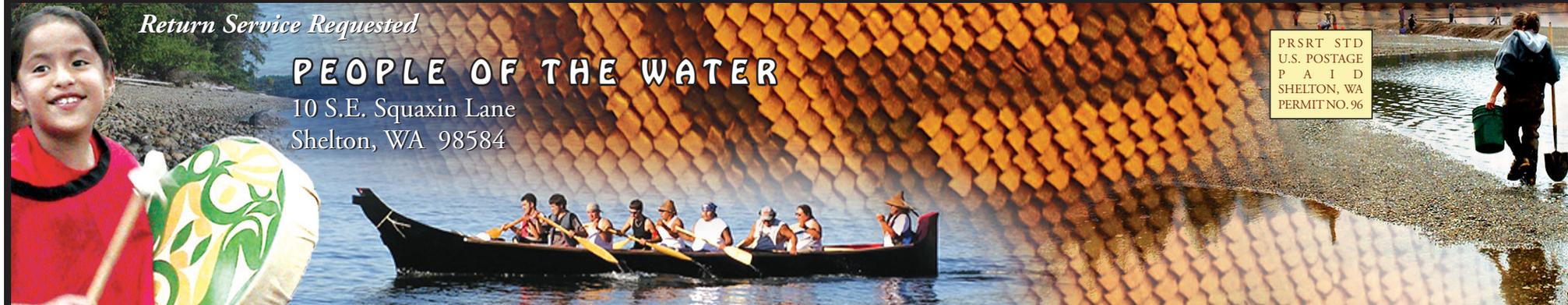
For tickets visit the box office or purchase online at  
[www.little-creek.com](http://www.little-creek.com) or call 360-432-7300

Must be 21 or older. For Skyboxes call 360-432-7300

*Return Service Requested*

## PEOPLE OF THE WATER

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