



DECEMBER 2011

dibəł ti ?acaciłtalbixʷ gəł ti xʷəłč yəxʷ ti stułtuləkʷ yəxʷ ti całcaləł.

COMPLIMENTARY

New Deschutes Watershed Coalition Formed

On-the-ground habitat restoration projects will be the focus of a new coalition to jumpstart salmon productivity in the Deschutes River watershed. The Squaxin Island Tribe and the cities of Olympia, Lacey and Yelm are establishing the Deschutes Watershed Environmental Stewardship Coalition.

"The Deschutes coalition will be an ongoing alliance to fund and conduct on-the-ground projects to restore a healthy watershed," said Andy Whitener, natural resources director for the tribe. "The coalition will put words into actions and start restoring productivity to the Deschutes River."

Initial projects are slated for the 197-acre farm on the Deschutes River near Lake Lawrence that the cities recently purchased as part of mitigation for their new water rights.

In the past, the Deschutes River was the largest producer of coho salmon in deep South Sound. A landslide in 1990 destroyed the most productive coho tributary in the watershed. "The impact of that landslide is still being felt throughout the watershed," said John Konovsky, environmental program manager for the tribe. "But we know the Deschutes can be a productive salmon stream again."

"Thirty years ago, we were seeing coho returns in the tens of thousands, now we're talking about coho runs in the hundreds," said Jeff Dickison, assistant natural resources director. "We need to get our hands dirty now to improve coho habitat and bring back stronger runs."

Because the upper Deschutes River is relatively undeveloped – less than 10 percent has been converted to impervious surface – it's still possible to restore salmon habitat and productivity. "If we restore some habitat and give these fish half a chance, they'll recover," Dickison said.

"The tribe's treaty rights, economy and way of life are meaningless if we aren't able to harvest salmon," Whitener said. "Protecting and restoring salmon habitat is the most important thing we can do to restore coho and protect our treaty right to fish."

Holiday Bazaar Little Creek Casino Resort December 2-4

15th Annual Holiday Craft Bazaar
Please join us Friday, Saturday and Sunday
December 2nd & 3rd 8:00 a.m. - 8:00 p.m.
December 4th: 8:00 a.m. - 3:00 p.m.
Candles, ornaments, Native American crafts, and jewelry a . . .
Contact: April Olson, 360-432-7037 or Darlene Krise 427-3027



Budd Inlet/
Deschutes River Watershed



COMMUNITY



Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:
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

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Squaxin Island Tourism Travel Alliance Partners

Spokane WA, November 2nd

Leslie Johnson - On November 1st, I traveled to Spokane with George Sharp, the Executive Director of the Olympia | Lacey | Tumwater Visitor Convention Bureau (VCB). I serve on the Executive Board of the VCB. (The VCB will be an active partner to promote the 2012 Canoe Journey, while also taking up the challenges of hotel booking tourists for other events that same weekend). TAP, or Travel Alliance Partners is a proactive group decided that as partners they could bring more efficient travel bookings for all of them. Prior to forming the Alliance, the tour operators would offer a trip but only four people would sign up. That is not enough to be profitable so the operators would be forced to cancel the trip.

These tour operators realized out that each of them separately had three or four bookings of the same trip which combined would be enough to offer the trip and for each of them to profit. So, TAP was formed.

In Spokane, we had a small table of our handouts. The tour operators came to us to learn about our Washington state offerings. All of them are looking for fresh ideas to promote -- most of their customers are seasoned travelers so they have been to Yellow Stone, New York City and LA/Disneyland or Disney World, (the top tourist attractions in the US).

I promoted the 2012 Canoe Journey and Squaxin Island Tribal Tourism. Many of these operators were delighted to learn of our native tourism! Some operators represented seniors. Many are baby boomers -- having both disposable income and a big interest in culture, specifically tribes.

After our presentation, I also spoke with an RV operator who loves to bring his travelers to the Olympic Peninsula. His eyes lit up when I talked about the casino, golf and possible kayak tours. Other operators were interested in the museum with all tour operators having potential tourists to the Olympic Peninsula. Now that they are back home, I will take their business cards and follow-up on their interests!



Tree trimming & decorating PARTY
Thursday
December 15, 2011
3:00 - 6:00 pm
In the gym



Snacks
Hot cocoa
Hot spiced cider



You're invited

Squaxin Island Tribe's Annual Youth Christmas Party



Friday December 16, 2011
5-7 pm @ the TLC Gym

Enjoy a delicious dinner
pictures & presents with Santa
catching up with friends & relatives

This is a drug, alcohol and tobacco free family activity.

For more information, please contact "Santa's Little Helper," Gordon James at 432-3992.

COMMUNITY

Elders Needed for Storytelling

The Squaxin Island Childcare center is looking for Elders who are interested in going to the center and reading or telling stories to the children. You can also rock and play with the babies, if you like.

The children at the center range from 6 weeks to 7 years old.

The childcare center would like volunteers from 9:00-11:30 a.m., and there will be center staff present at all times. You can sign-up at the Elders' Building or contact Janita Raham, Elder Site Manager @ 360-432-3972

?esUediidex VeA txel tiiA sleluOtedVeA –
We are grateful for our beloved elders!



Cemetery Closed for Winter

The Squaxin Island Tribal Cemetery will be closed for winter, but keys can be obtained from Security, Public Safety & Justice (tribal law enforcement), Public Works, or Arnold Cooper.

Upcoming Elders' Activities

Janita Raham -

Elders 2012 Canoe Journey gift making classes

Starting November 30, 2011, on Wednesdays from 4-6 p.m. in the Elders Building, we will be having craft classes to make giveaway items for the 2012 Canoe Journey. Classes will be taught by Museum and Elder Program staff.

2011 National American Indian Heritage Month Celebration

Tuesday, November 22, 2011 the Squaxin Island Elders will be doing storytelling at the Madigan Medical Hall. I need to know if there are any Elders interested in attending, so I can make transportation arrangements. If you plan on attending and taking your own vehicle, please let me know. I have to give all names to the base prior to the event.

Elders'/Caregivers CPR class

In the Elder Building

Monday, December 5, 2011 from 1:00 p.m. to 5:00 p.m., Day 1 CPR

Tuesday, December 6, 2011 from 1:00 p.m. to 5:00 p.m., Day 2 First Aid

During this 2 day course we will also cover blood borne pathogens and infant and Elder CPR. All participants who attend both classes will receive their CPR/First Aid certification. Space is limited to 15 participants. Please sign up soon. If needed, we will schedule another class, so all interested Elders/Caregivers can attend. Classes will be taught by Mary from District #4.

Elders' Dinner, Play and Christmas Lights

Saturday, December 10, 2011. The sign up deadline date for this is Thursday, December 1, 2011. There will be more information to come.

Elders' Christmas Party and gift exchange

Thursday, December 15, 2011 at Little Creek Casino Buffet. This party is for Elders and their spouses/caregivers. Each person attending, please bring a wrapped gift (value \$10) for the gift exchange. If you are unable to bring a gift, please contact Elizabeth Heredia at 432-3930 or Janita Raham at 432-3972, and have extra gifts available. We are asking people to sign up just to help with a count for the restaurant.

Reading to the youth

The Squaxin Island Childcare Center is looking for Elders who are interested in going to the center and reading to or telling stories to the children. You can also rock and play with the babies if you like. The children at the center range from 6 weeks to 7 years-old. The center would like volunteers during the hours of 9:00-11:30 a.m., and there will be center staff present at all times.

To sign up for any of the above activities, there is a notebook on the table in the dining room at the Elders' Building, or contact: Janita Raham, Elders site manager at 432-3972.

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We are grateful for our beloved elders.



SQUAXIN ISLAND TRIBE

October 27, 2011

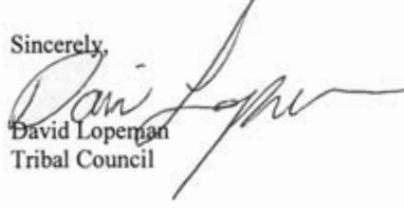
Dear Members:

For more than thirty years the Tribe has worked tirelessly to create housing for our members on the Reservation. We are very proud of the 141 homes that we currently have, some conveyed, and many in our rental pool. We can be proud that we offer safe and secure housing within our community, and offer a path to home ownership.

However, the epidemic of methamphetamine threatens to destroy those years of effort. When meth is used, or cooked, in a home, the home cannot be lived in. The home will have to be demolished, or, if the cost is not too great, cleaned up. In the last six years, we have had to clean eleven homes, at a cost of up to \$30,000 each. This has cost the tribe over \$186,000.

We cannot allow the continued destruction of our homes. To protect the health and safety of our community, and our housing stock, any property that is contaminated will be quarantined and will no one will be able to use the property until the contamination is cleaned up. No one will be allowed in, and nothing can be removed until the property is decontaminated. The property owner or the renter will be responsible for the costs of the cleanup.

We will act to protect our community and we will not allow all of our years' of effort to create housing to be destroyed by meth.

Sincerely,

David Lopeman
Tribal Council



TU HA' BUTS LEARNING CENTER



Dec 2011

Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm Front Desk: 432-3958
YOUTH Gym/Recreation hours: M-F: 3-7pm

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Open Gym: 3-6 Rec Room: 3-6 Youth Council: 5:30-6:30	2 ER SSD Open Gym: 1:30-6 Rec Room: 1:30-6 Open Swim: 5-8
5 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6	6 Open Gym: 3-6 Rec Room: 3-6	7 ER GSD Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6	8 Open Gym: 3-6 Rec Room: 3-6 Youth Council: 5:30-6:30	9 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 5-8
12 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6	13 Open Gym: 3-6 Rec Room: 3-6	14 ER GSD Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6	15 Rec Room: 3-6 Decorating in the gym for the Christmas Party: 3-6 Youth Council: 5:30-6:30	16 ER SSD (closed until) TLC Christmas Party 5-7pm
19 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6	20 Open Gym: 3-6 Rec Room: 3-6	21 ER SSD, GSD Youth Activity Program Closed for Winter Break Dec 21-Jan 2	22 Closed	23 Closed
26 Closed	27 Youth Basketball Tournament Dec 27-29	28 Youth Basketball Tournament Dec 27-29	29 Youth Basketball Tournament Dec 27-29	30 Closed
After school snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 4-5pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	Key ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		REMINDER 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

Youth Activities

Gordon James, Youth Activities Manager - October ended in a big way for the Youth Activity Program – with the 2011 Halloween Party. We saw hundreds of happy faces as they came to enjoy an evening of pumpkin carving, games and food. There was plenty of fun for all, and many came in costume to get into the “spirit” of the night.

We offer a heartfelt thank you to the wonderful people who volunteered their time and caring to help make the night a success. Thanks to Pam James and Lasca McClung for their face painting talents; the lines of smiling children showed you were much appreciated. Thanks also to Tara James for running the kitchen throughout the evening; you made lots of hungry people very happy. Thanks to the second Tara (sorry I didn't catch your last name) who helped get everything set up. Your decorations on the fishing booth were fantastic.

We also offer thanks to several young people who volunteered their time as well – Kaylyn, Carli, Gene, Chauncey, Tara (a third Tara) and Natalie for helping to decorate, set up for the party, and run the many games that children enjoyed. Your help made sure that lots of children had a great time.

We also want to point out several things for our December calendar of events. The Christmas Party will be scheduled in the gym on Friday, December 16th. The after-school program will be closed that day to get the gym ready. We will also have an afternoon of decorating with the after-school kids on December 15th, including decorating

the Christmas trees. Everyone is welcomed to come in and be a part of the fun.

The youth activity program will be closed from December 21 through January 2nd, coinciding with the closure of many tribal facilities for the Christmas break. Though most facilities will be closed, we are planning for the annual youth basketball tournament (17 years and under) for the final week of December, running Tuesday through Thursday, December 27-29th. We'll get more details out as they are being confirmed, and we can always use the help of volunteers in almost everything we do with youth.

We hope that everyone gets a chance to safely and happily enjoy this Christmas season and look forward to a lot more fun in 2012.

Shelton Emergency Snow Route Bus Schedule

Bus 146 is now our permanent bus. Thank you for the patience. Emergency routes for bus 146 is the KTP bus shed. High school kids need to be at the bus by 6:45. Bus leaves at 6:49. Grade school kids at the same place by 8:10. Bus leaves at 8:15. Students will be bringing home fliers soon. This is a heads up to watch for them. Have safe and wonderful holidays.

-Suzy

TU HA' BUTS LEARNING CENTER



Homework Support

Homework support and tutoring are offered in the classroom of the Tu' Ha Buts Learning Center Tuesdays, Wednesdays and Thursdays beginning at 4:00. I am here to help you with any projects, essays or homework you may have throughout the school year. I will also help you study for upcoming tests. Please feel free to drop in. You don't need an appointment to receive help from me. Just remember, we will be closed the last two weeks of December.

For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu.

GED Preparation Classes

Give yourself the gift of learning for the holiday season! GED Preparation Classes are held Tuesdays, Wednesdays and Thursdays from 4-7 p.m. in the classroom of the Tu' Ha Buts Learning Center. We will be closed the last two weeks of December.

I am here to help you take practice tests, identify what subjects need further study, identify specific skills needed further study and help you work through any and all areas needing further study.

For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu

Sylvan Corner

These students have achieved perfect attendance for the month of October: Talon Beattie, Grace Brown, Tiana Henry, Cleveland Johnson, and Emily Whitener. You guys are AWESOME, keep up the great work!!

These students only missed perfect attendance by one session: Alonzo Grant, Kiana Henry, and Jordan Lopeman-Johns. Keep Up the Good Work!

Holiday Closure

Sylvan will be closed for the Holidays starting December 12th, 2011 – January 6, 2012! Sylvan will start up again on Monday, January 9, 2012. Enjoy the time off!

After School Homework Help

Do you need help with your homework after school or just want to brush up on your skills? Help is available Tuesday, Wednesday and Thursday 4:00 to 7:00 p.m. in the TLC classroom.

Higher Education

If you or someone you know are interested in going to college, please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.

All paperwork for winter quarter 2011/12 must be turned in no later than Monday December 5, 2011 before 4:00 p.m. This date is for new and returning students. If you have any questions or need assistance, please contact Lisa in TLC.

ALL STUDENTS (new and returning) interested in Higher Education, please be aware that the due date for the 2012/13 FAFSA is Friday March 2, 2012. You can complete your 2012/13 FAFSA online after January 1, 2012. The free website is www.FAFSA.ed.gov

Grays Harbor Reservation Based AA Degree Bridge Program: The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program, contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.

Available Scholarships

National Urban Indian Family Coalition and PEPSICO/Rise Higher Education Support: The scholarship, ranging from \$500. to \$1,500. was developed to help further the educational efforts of young Native female HS seniors to have every advantage during high school while preparing for and getting into college. Who is eligible? Female High School Native students who: are currently in high school and are a senior in the 2011/12 school year, have a complete application on file, including all signed letters, forms, and documentation. Support is available in Baltimore, Chicago, Minneapolis, Phoenix, Seattle and Portland Urban Indian communities.

Please contact Lisa Evans if you are interested in available scholarships to help with your Higher Education endeavors. Currently there is a booklet available with approximately 75 different scholarships for Native Americans students. Please come into TLC to pick up the booklet as it is too heavy to mail out. I can email the booklet to interested parties with a working email address.

GED Instruction & Testing Assistance

GED instruction & testing assistance is available in TLC on Tuesday, Wednesday, and Thursday 4:00 to 7:00 p.m. in the TLC classroom. Ask for Jaimie.

College Night



What will you learn:

- How to start the FAFSA paperwork
- Help with college applications
- Write a great essay

Snacks will be provided

Where: TLC Classroom

When: Thursday

December 8, 2011

5:00pm–7:00pm

For more information contact:

Kim Benally-Hood
360-432-3853



COMMUNITY



**Due to the upcoming holidays,
please have Klah-Che-Min news articles in by Dec. 7th.
Thank you!**

DID YOU KNOW.....



GAMBLING SUPPORT GROUP MEETS AT
BEHAVIORAL HEALTH OUTPATIENT ON
THURSDAYS 4-5PM

EVERYONE IS WELCOME.

Take the test below and if you answer "Yes" to 7 or more questions there's a possibility your gambling could become a problem.

Gamblers Anonymous 20 QUESTIONS

20 QUESTIONS	YES	NO
1. Did you ever lose time from work or school due to gambling?		
2. Has gambling ever made your home life unhappy?		
3. Did gambling affect your reputation?		
4. Have you ever felt remorse after gambling?		
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?		
6. Did gambling cause a decrease in your ambition or efficiency?		
7. After losing did you feel you must return as soon as possible and win back your losses?		
8. After a win did you have a strong urge to return and win more?		
9. Did you often gamble until your last dollar was gone?		
10. Did you ever borrow to finance your gambling?		
11. Have you ever sold anything to finance gambling?		
12. Were you reluctant to use "gambling money" for normal expenditures?		
13. Did gambling make you careless of the welfare of yourself or your family?		
14. Did you ever gamble longer than you had planned?		
15. Have you ever gambled to escape worry or trouble?		
16. Have you ever committed, or considered committing, an illegal act to finance gambling?		
17. Did gambling cause you to have difficulty in sleeping?		
18. Do arguments, disappointments or frustrations create within you an urge to gamble?		
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?		
20. Have you ever considered self destruction or suicide as a result of your gambling?		
TOTAL		

New Employee

**Kim Burrow
Community Kitchen Manager**

For those of you who do not know me, "hello," I am Kim Burrow-Elam. I am a Squaxin Island tribal member, daughter of Sallee and Don Elam, and granddaughter of Fame Rankin. I have been working for the Tribe for nearly 20 years in one capacity or another: Northwest Indian Treatment Center, Tribal Gaming Commission, Little Creek Casino Resort and now Island Enterprise.

You ask, "What are you doing for IEI?" Good question, let me tell you. Many of you may recall the building pieces that were scattered on the baseball field, well those pieces have been assembled and the end result is your Community Kitchen. The building is nestled in the woods between the museum, tribal center and pool.

Formerly a dining facility at Boeing, the kitchen is AMAZING.

For those of you who have worked with me in the past, you know I love a challenge and being part of something from the start. The Community Kitchen has offered me just that, and I am so excited to be part of it.

The building was acquired, in part, to help facilitate the 2012 Canoe Journey, and will be a central gathering point for food service during the journey.

I was also given the task of finding other uses for the building, and thanks to the building itself being great and word of mouth, the building is starting to get noticed. I had the pleasure of having the Elders lunch in the building while their's was being painted recently, and have had baby showers, basket weavers gatherings, the summer recreation lunch program and several memorials there as well.

The building is for rent for your event, birthday party or family get together. You name it, I can make it happen. I have access to available cooks if you need one.

The building is a smoke-free facility, has walk-in cooler and freezer, full grill, commercial steamer, amazing gas stove and enough cookie sheets to bake cookies for an army.

The possibilities are endless and the rates are reasonable. So give me call. I can be reached at 360-556-5062.

I look forward to seeing you! Hoyt



Tribal Council Resolutions

11-74: Authorizes SPIPA to submit and execute a grant proposal for the Food Distribution on Indian Reservations Program on behalf of the Squaxin Island community

11-75: Authorizes SPIPA to submit and execute a formula grant proposal for the Low Income Home Energy Assistance Program on behalf of the Squaxin Island community

11-76: Approves loan document for the Natural Resources Center on tribal land



WHITE HOUSE HONORS RON WHITENER



White House honors Squaxin Tribe member as 'champion of change'

Squaxin Tribe Member and University of Washington law professor Ron Whitener was honored earlier this month as a "Champion of Change" by the White House and its Access to Justice Initiative for his efforts to provide public defense to tribes throughout Washington.

By NATALIE JOHNSON, Shelton Mason County Journal

Ron Whitener grew up in Kamilche as a member of the Squaxin Island Tribe, with both his father and grandfather as members of the tribal council.

In fact, he said he might be related to half of the people in that part of Mason County.

On Oct. 7, the University of Washington (UW) announced that Whitener had been honored as a "champion of change" by the White House and its Access to Justice Initiative for his work "to provide much needed legal services to people who cannot afford them."

Whitener, who is now the director of the Tribal Court Public Defense Clinic and executive director of the Native American Law Center at UW, also served as the tribal attorney for the Squaxin Island Tribe for six years.

"It helped me understand the sort of political difficulties that tribal governments face in prioritizing public defense," he said.

Whitener created the Tribal Court Public Defense Clinic at UW in 2002 to address a need for public defenders in small tribes throughout Washington.

"What we do is really promote public defense in tribal court," he said. "The right to council doesn't exist in tribal courts."

The Indian Civil Rights Act of 1968 follows the U.S. Constitution and Bill of Rights fairly closely, Whitener said, but excluded the right to council in criminal cases. "Many tribes provide public defenders and many don't still," he said. "We provide public defense to individual tribes."

Whitener and his colleagues at the clinic provide public defense to many small tribes in western Washington, including Whitener's own Squaxin Island Tribe.

"We're the primary public defense there," he said.

Whitener said he and his colleagues at the Native American Law Center and Tribal Court Public Defense Clinic advocate for Congress to require indigent council, or public defenders for low-income defendants, but until then will continue to provide support to small tribes.

A matter further complicating the issue, Whitener said, is confusion over jurisdiction on reservations.

"In some areas of the reservation the state has jurisdiction, in others the state doesn't have jurisdiction," he said.

Major crimes are typically prosecuted by the state or by the U.S. Federal Court, but those entities often chose to not prosecute smaller crimes, necessitating tribal courts, Whitener said.

"The tribe has an interest in doing it. They want to make sure that somebody prosecutes an Indian that commits a crime," he said.

However, tribes face the same funding issues as any city or county government,

he said. Even if a tribe finds money for a public defender, there are no training programs to help them set up such an office.

"Tribes have to come up with the money themselves – many of them do," he said. "Politically public defenders are some of the least difficult thing to get rid of."

The Champions of Change program was a streaming video event, in which the 16 honorees shared personal stories about their work to improve public defense.

"They stand out among the best and most principled of legal advocates in this country," said

Attorney General Eric Holder during the event. "Each of them has earned the respect and the gratitude of leaders across the administration including the President of the United States."

While small tribes like the Squaxin Island Tribe need help from Whitener's public defense clinic, large tribes in Washington such as the Colville and Yakama nations, have their own public defense offices, he said.

"Those are big tribes. They have more resources and more demand from their membership to do it," he said.

The Public Defense Clinic is part of the UW law school, Whitener said, which means that it gives students real-world experience and an actual case-load. While they are supervised by Whitener and his four other full time attorneys in the program, they handle many of the clinic's cases.

In order to reach more people, the clinic uses Skype, an online video chat program, for some client interviews and hearings.

"It allows us to extend our range," Whitener said.

Whitener said he appreciates the national recognition for his clinic's work in Washington.

"I don't know if the recognition itself will help my cause as much as the recognition shows that my cause is getting attention from the United States government," he said.





GREATNESS HAS HUMBLE BEGINNINGS



Squaxin Island Tribal member Andrea Wilbur-Sigo and her family have created artwork for several very distinguished projects recently, including spindle whorls and welcome figures with adjoining panels for the Port of Seattle, Brightwater Wastewater Treatment Center in Woodinville, Panorama City Retirement Center in Lacey, Chief Seattle's grave, and the Suquamish Tribe's Clearwater Casino and Veterans Memorial.

Andrea's best advise for upcoming artists? Be humble. Start at the beginning. Start with local shows such as holiday bazaars. Take advise from other people in the marketplace on how to price your work. Be realistic about your prices. Someone just starting out cannot draw the same pricing as someone who has been known in Native art circles for 20 years. Fine tune your work until it is smooth and clean before you approach galleries. Then, when you feel you are ready for public art projects, be prepared for mounds of paperwork, lots of criticism, tons of bookkeeping, endless meetings and dealing with all kinds personality differences.

In addition to all this, finding the right wood to work with is another daunting task. "Loggers and other friends keep their eyes open," Andrea said. "But mostly I work with the lumber mills." It costs about \$15,000 or more for a large log; the price has tripled in the last five years. But if you find one in the woods that you really

want and you are willing to pay for . . . and manage to jump through all the hoops (you have to prove there won't be any negative impact on the environment and then obtain permits, etc.). Then, you can only pull them out during a really short window of opportunity in the fall. In the spring, the Marbled Murrelet is roosting. In the summer there is fire danger and in the winter there is too much snow. "It's a huge process," Andrea sighs. "The mills have to somehow outbid the Japanese who come here and bid up our wood, making it hard for us to be able to afford it."

Andrea is always open to taking on apprentices, but they have to be serious, she says. "This work is all about attitude. It's fun, but a lot of work, so you have to begin every project and every day with a good heart and a good mind."

Speaking of a good mind and heart, Andrea says her elders are always her main focus. "I create everything with them in mind," she says. "I talk to them every day, whether its a good day or not. They told me they would always be there, so its up to me to stay in tune with them," she smiles. "When I am coming up with ideas, I get in my car and drive. I think about stories I heard as I was growing up, and that's where I get my inspiration. I also focus on making sure the work I do correctly represents Native people. If I feel that, then I go ahead."



Suquamish Veterans Memorial





GREATNESS HAS HUMBLE BEGINNINGS



According to Andrea, she starts out with several ideas for each project, and then picks the one that she feels is best suited.

Andrea's entire family pitches in on creating art pieces. Her husband, Steve has been helping her carve for the past eight years, and does most of the adzing and rough out work. Andrea does the measuring, fine-tuning, paperwork and attending meetings. Steve does the moving and installing. Their daughter, Misti, has been helping paint since she was 10 years old. "She did all the painting on the work we did for the Suquamish Community House," Andrea boasted. "The kids help with the work to earn money for quads and ipods," she giggles. "It really takes all of us to make it work. Misti watches the little ones and everybody does housecleaning. It takes a close, strong family to make our life work."

Andrea has begun contracting with other tribal businesses to help with parts of the projects, such as foundations. In fact, Skookum Construction LLC, owned by Jeremy



Walls, will be preparing the site for the Panorama City Project this fall. "Whenever possible I try to hire other tribal businesses," she said.

"Port of Seattle is one of the easiest city, county or state organizations to work with," Andrea said. "And they continue to be easy to work with, as I will be adding another 40-foot piece there next month to complete their first phase of native artwork."

Suquamish Community House (above) and Chief Seattle's Grave (below)



HUMAN RESOURCES

New Employees



Alicia No'oy
Mental Health Counselor

Hi! I am a Licensed Mental Health Counselor working in the Behavioral Health Outpatient Program. I have been hired to provide counseling to the Squaxin Island Community with a focus on children and families.

I have a Master's Degree from Alaska Pacific University and a Bachelor's from The Evergreen State College. I have experience in individual therapy, couples counseling, family therapy and group therapy with children, adults and elders.

Personally, I love to travel, play in the outdoors and do crafts of all kinds. I live in Olympia and hold this place very close to my heart. I am excited about working on this team and with this tribe because I truly enjoyed the work I did with Alaska Natives when I lived in Anchorage, and I love working with kids, couples and families.

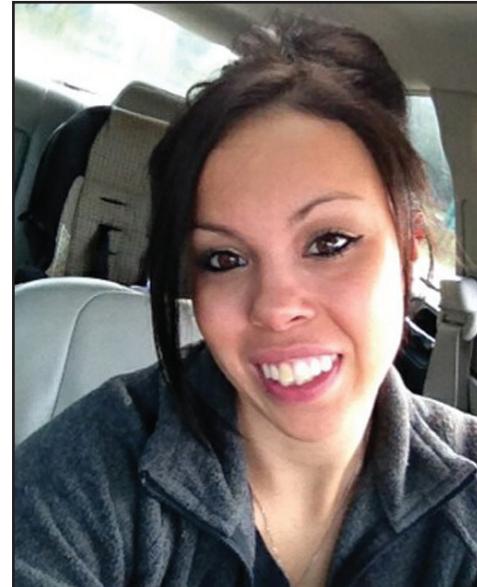
I look forward to meeting you and serving this community.



Niki Fox
Learning Center
Office Assistant

Hi! I am very happy to be working for the Tu Ha' Buts Learning Center as the new Office Assistant. I'm excited to be working with the youth in our community.

Thank you.



Amber Salazar
Learning Center
Youth Activities Assistant

Hi, I'm Amber Salazar, the daughter of Mark Snyder and Bette Peters, and mother of three gorgeous children, Jazmyn 8, Alexia 4, and Moon 1. I'm excited to be working with the youth in the community and with all of you.



Vanessa Tom
Learning Center

Hello for those who don't know me, my name is Vanessa Tom. I'm the granddaughter of Rose Davis. My parents are Carmen Algea, Ronnie Patrick Johns & Levi L. Sanchez, my stepfather.

Today I have a wonderful husband whom I love dearly, Lawrence Tom. We have a precious daughter, Imalee Rose Tom.

I'm proud and happy to say that I'm working back at the education department part time as I attend school full time working on getting my AA degree in business and management.

I look forward to helping the education department out the best I can and assisting our community any way that will be helpful to our people. I would like to remind you all that we have a great program that helps assist our youth and parents with schooling and college. If you or your children need help with schooling, or just have any questions, please feel free to drop on by the education department. We would be happy to help you the best we can and assist you in any way that would be helpful to you or your child. Safe holidays! I look forward to seeing you and your family around. Take Care & God Bless!

The Evergreen State College

Holiday Native Art Fair

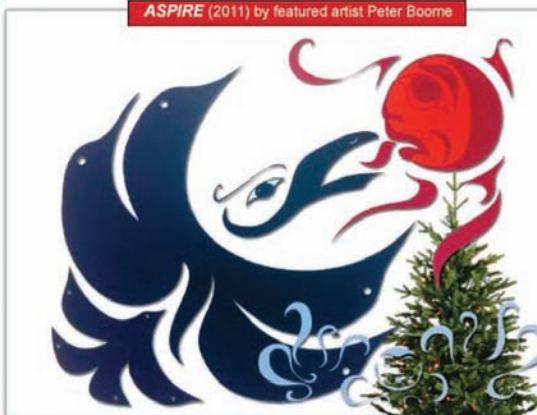
**Friday, December 9, 2011
11:00 AM - 5:00 PM
AND
Saturday, December 10, 2011
10:00 AM - 5:00 PM**

at the LONGHOUSE EDUCATION & CULTURAL CENTER

Native ARTS & Native FOODS & Native MUSIC

Up to 30 Native American artists selling carvings, jewelry, basketry, textiles, prints, paintings, clothing and more

For more information contact
the Longhouse @ 360 867 6718





ISLAND ENTERPRISES, INC.



Business Spotlight

By Stephanie Gott

Happy Holidays! I am super excited to be writing this article, not only because it has been way too long since my last one (I only have myself to blame), but I also got to interview Rachel. Rachel Ford and I got to know each other quite well when we worked together at the casino years ago. I have always said she can sell just about anything to anyone. She is a great salesperson, in part because she works well with customers, and also because she takes the time to get to know them. She knows that providing quality customer service to those she interacts with (both directly and non-directly) can lead to customer loyalty... or in other words, they will be back!

Born with the entrepreneurial spirit?—most likely! Rachel is the youngest sibling in a family full of entrepreneurs. Her mother, Mary Fletcher (Whitener) is an experienced entrepreneur, as are many of her siblings.

Rachel is a busy lady. She is a mother to Kyla and Kayden, she works full time, and she has started a business venture all her own. Needless to say, my interview with Rachel was unique in that we communicated through several different mediums just to get it completed (in person, cell phone, facebook, and email...seriously!).

SG: I'm sure many recognize you from your "day" job at Little Creek Casino. A familiar face to those who enjoy the gaming atmosphere, you have been employed there since day #1. But you have embarked on a business venture of your own, as well. What's the business and how long have you been doing this?

RF: I am a Mary Kay Independent Beauty Consultant. I've been doing this for about 1½ years.

SG: Why Mary Kay (as say opposed to AVON)?

RF: I've sold AVON before, but I think Mary Kay offers better quality products.

SG: What do you like best about selling Mary Kay products?

RF: I love that I get to talk to people and show them how good the product is.



SG: I agree! What girl doesn't like playing with makeup?

What do you like the least about selling this product line?

RF: I can honestly say there is nothing I don't like about Mary Kay.

SG: That is awesome! It must not feel like "work" time, but more like "play" time. Do you have a favorite product.. a must-have?

RF: I love all the TimeWise line. It's a new line of "age-fighting" skin care products designed to meet the needs of all the skin types. I really like the product line.

SG: Do you host parties? Give makeovers?

RF: Yes! I do host Mary Kay parties AND I do give makeovers. What are you trying to say Steph?

SG: I'm all about makeovers! Do you have anything for younger skin? That's much more up my alley! (I couldn't even finish my sentence without busting up laughing.... please!!) Moving on...Does being an independent representative for Mary Kay require a lot of your time?

RF: It doesn't take much of my time because I make my own hours and do a lot of "on the go" sales.

SG: With Christmas just around the corner, when do orders need to be received in order to guarantee arrival before the holiday?

RF: I keep tons of products on hand so its just as easy or easier than going to the store.

SG: In terms of Christmas gift giving, what if the item I buy isn't right for the person I gave it to. What type of return policy is there?

RF: Returns are very easy. Just return to me for replacement or money back (if it was purchased from me). The company sends me replacement products if it's something that needs to be replaced.

SG: If someone wants to order something, how do they contact you?

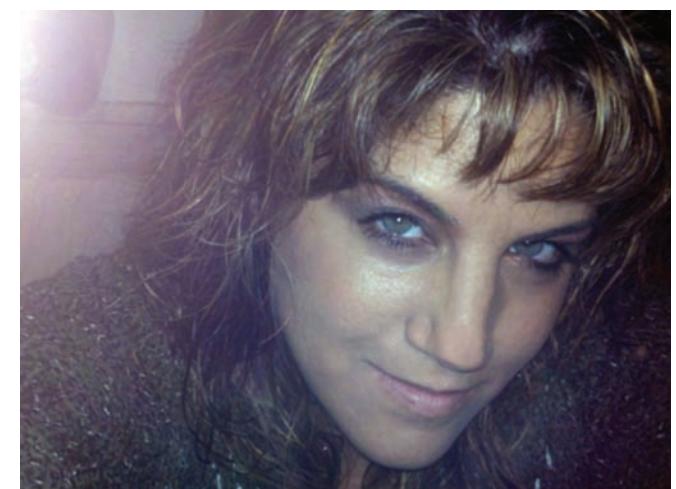
RF: You can contact me via cell: 360-490-0244 (call or text). You can also visit my website:

www.marykay.com/rford100.

Thank you Rachel! This was fun!

*If you would like your business to be spotlighted in an upcoming issue of the Klah-Che-Min, please contact Stephanie at the Ta-Qwo-Ma Business Center: 360-462-0339 or sgott@ieinc.org.

HAVE A SAFE AND HAPPY HOLIDAY SEASON!



"I love that I get to talk to people and show them how good the product is!"

-Rachel Ford



Lorna Gouin Honored by Gaming Commission

Lorna Gouin recently retired from many years of service to Squaxin Island Tribe's Gaming Commission, and a dinner was held at Little Creek Casino Resort in her honor on November 16th.

"In addition to her service on the gaming commission, Lorna was the Human Resources Director for the Tribe for many years, and she also served on the museum and childcare boards and numerous committees," said Ray Peters, Tribal Council member and emcee for the night. "She brought so much stability, continuity and work ethic to the Tribe. We are so fortunate."

Jim Peters, Tribal Council member and former Natural Resources Director, recalled how much Lorna taught him about creating a professional organization. "Sometimes I would get frustrated with processes, but in the end, because of Lorna, I came to appreciate how important they are."

Lorna, with eyes filled with tears, simply exclaimed, "I am the luckiest woman alive for all the Creator has given me with my career."



**Lorna was blanketed by Tribal Administrator
Don Whitener and Tribal Council member Jim Peters**



Business Showcase Update

NWNAC Board announces new dates for the Business Showcase.

SAVE THE DATE:

June 28-29, 2012

@ Little Creek Casino Resort.

For more information visit:

www.nwnac.com

or call: 360-462-0460.

We hope to see you there!



Lorna was blanketed again by the Tribe's Human Resources Director, Patti Puhn, and LCCR Gaming Commissioners, Joanne Decicio and Katrina Beltran. She was also presented with a framed group photo embellished with well wishes by the Tribal Gaming Agency.



Business Happenings and Dates to Save



www.enterpriseforequity.org

Phone: 360-704-3375 Ext. 2

Business training program

Register online!

Business Readiness Workshops

Mondays from Noon-1 p.m.

December 5, 2011

The next step after an orientation

Agripreneur-Food/Farm/Fish Business

Fridays & Saturdays:

December 9 & 10, 2011

The next Agripreneur Training will be January 2012.

Full Business Training

Extensive training and support guide you in business planning and development

The next general training will be early 2012.

Financial Education

Get Smart about your money.

Find out about our adult and young adult classes:

December 1: Young Adult

January 10-February 2: Adult

Economics of Local Food

Come see who is growing our local economy.

January 12, 2012

(registration opens December 8th).

Enterprise for Equity

December 6, 2011
5:30-7:30 Auction • 6-7pm Program
Heritage Room • 610 Water St.
Downtown Olympia WA
RSVP by December 2nd • (360) 704-3375 ext. 2
www.enterpriseforequity.org

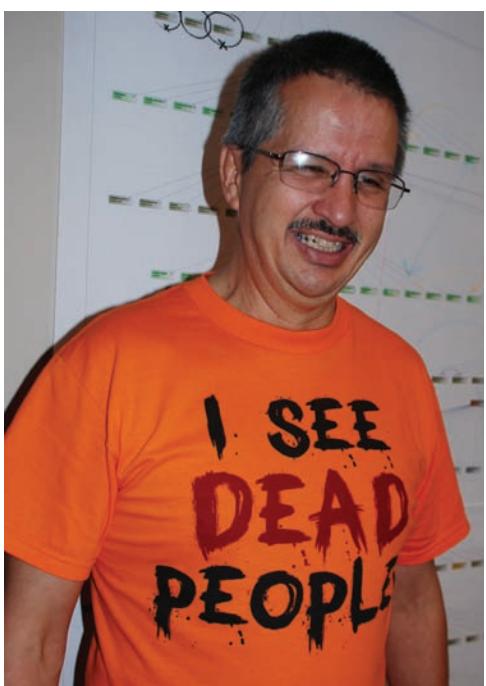
ANNUAL Fundraiser

Helping entrepreneurs build a strong local economy.
At Enterprise for Equity, we believe that when people bring their strengths, initiative and dreams to their entrepreneurial efforts, they drive positive change in our vibrant, local economy."

You + = Thriving Local Economy

Enterprise for Equity is an Equal Opportunity Provider Helping People with Limited Incomes Start & Sustain Small Businesses

HALLOWEEN FUN



HALLOWEEN FUN



HALLOWEEN FUN



HALLOWEEN FUN



HEALTH CLINIC



Lindy Fredson Patient Navigator Colorectal Health

Hi, I am excited to be working in the tribal community and love spending time at the museum. I am a collector of Native arts and crafts, and especially love baskets.

I was born and raised in Shelton. I have worked as an LPN in Shelton and Olympia in a variety of positions, including the Nursing Program Lab Assistant at

SPSCC, Alpine Way Assisted Living and a surgeon's office.

I have two grown children, Todd Fredson and Mya Keyzers and two beautiful grandsons.

I look forward to meeting everyone over time. You can find me in the Health Clinic. I will be sharing an office with Cheryl Mahlberg and Nora Coxwell.

If you are over 50, please come see me for your colon cancer screening. It's easier than you think!

Have Diabetes?

IHS, Patty & the rest of the clinic staff want you to live a long, healthy life.

IHS recommends yearly checkups to find any problems early & take care of them.

Have you had your "Diabetes Physical" this year?

Call for your appts before the end of 2011!

Health Clinic (360)427-9006
Dental (360) 432-3881

You can take charge of your diabetes and live a long, healthy life

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

Elders menu

Tues. 1 - Grilled tilapia

Mon. 5 - Roast

Tues. 6 - Soup and Sandwich

Wed. 7 - Chinese Night

Thurs. 8 - Spaghetti

Mon. 12 - Pizza, Cesar Salad

Tues. 13 - Soup and Sandwiches

Wed. 14 - Christmas Dinner

Thurs. 15 - Pork Chops

Mon. 19 - Burritos

Tues. 20 - Soup and Sandwiches

Wed. 21 - Stew Biscuits

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

December 7th 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

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



Tuesday,
Dec 13th is
WIC DAY at
SPIPA



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

Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227



Ideas to Get Through the Holidays Without Putting on the Pounds

Check out these Tips for Events and at Home

Submitted by Patty Suskin, Diabetes Coordinator & Registered Dietitian

Forget the all-or-nothing mindset. Enjoy a small portion! Depriving yourself of special holiday foods or feeling guilty when you do enjoy them, isn't a healthful eating strategy.

- Eat regular meals - at least three a day. Be sure to eat something at least every five hours. Skipping meals or waiting too long often backfires with getting over hungry and eating more than intended.
- Fill up on lower calorie foods such as vegetables & fruits.
- Beware of liquid calories - eggnog, beer, soda, lattes, wine. They go down so easy you often do not feel like you are taking in the calories they contain. Try sparkling water (calorie free) with a lemon or lime twist for a change.

Gatherings

If you're bringing a dish to share, make it healthful and delicious. That way you know there will be one thing you can munch on without racking up calories too fast!

- When you arrive at a party, avoid rushing to the food. Consider chatting with people first. Conversation is calorie-free! Settle into the festivities before eating. Overall, you may eat less.
- Make just one trip to the party buffet. Use a plate for even the smallest snack - you'll eat less.
- Eat slowly and enjoy each mouthful.
- Try holding your glass in the hand that you normally eat with to make finger foods less accessible.
- Don't hang out near the food-socialize a distance away. This will help prevent unintentional nibbling.
- Be aware of what you are eating - Don't waste calories on foods you don't like or foods you can have anytime.
- Don't buy candy or goodies too far ahead of event. Once purchased, keep out of sight.
- Consider starting a new tradition of including a walk or another physical activity as part of a gathering.

Home

- Avoid grazing while you cook. Little nibbles can really add up! When it's time to eat, sit down and savor it!
- Choose only the foods you really want and keep the portions small. Eat only when you are hungry and not because food is near. Mindless eating can really add up if you eat while watching TV, or eating out of a big bag or box.
- Write a list of things to do other than to eat (such as take a walk, call a friend or do some cleaning). Choose these when you feel bored, angry, frustrated, lonely, or depressed. This is a good habit for life.

Work on a healthier eating plan for life.

For More Healthy Eating Tips: <http://www.choosemyplate.gov/>

Contact Patty Suskin, Registered Dietitian for more personal ideas & support: (360) 432-3929 at Health Promotions across from the clinic or Email psuskin@squaxin.us.

Diabetes Support & Education

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

Thursday, Dec 1st, 2011
 Right after Elder's lunch
 at Elder's Building
 12:45 to 2 pm

TOPIC: Diabetes Medications
Guest Speaker: Leslie Maniccia, ARNP

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

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



Are You an Unpaid Caregiver for an Elder? (55 or over)

The Squaxin Island Tribe has a program for unpaid caregivers that can offer support and resources.

The Native American Family Caregiver Support Program can serve two types of unpaid family caregivers:

1. Family caregiver: An adult family member, or another individual, who is an unpaid informal provider of in-home and community care to an older individual or to an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction.

2. Grandparent or older individual who is a relative caregiver: A grandparent or step-grandparent of a child, or a relative of a child by blood, marriage, or adoption, who is 55 years of age or older and

- Lives with the child
- Is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child
- Has a legal relationship to the child, as such legal custody or guardianship, or is raising the child informally

If you are a caregiver or know someone that is, contact Janita Raham, Elder Site Manager at 360-432-3972 or jraham@squaxin.us



Dr. Blevins, Chiropractor

Squaxin Island Health Clinic is pleased to provide chiropractic care for the members of the Squaxin Island Tribe.

Dr. George Blevins, DC, will be providing gentle and effective chiropractic care to patients on the first and third Tuesday of each month from 8:30 a.m. to 12:00 p.m. (noon). Call for an appointment at 360-427-9006.

?esUediidex VeA txel tiiA sleluOtedVeA
 We are grateful for our beloved elders

Two Outdoor Activities of the Month

Mt Rainier

A Great Day Trip for Family to Enjoy the Snow

Ranger-Guided Snowshoe Walks

Submitted by Patty Suskin, Diabetes Coordinator

Join a park ranger to learn the art of snowshoeing and discover how plants, animals, and people adapt to the challenging winter conditions at Mount Rainier.

When

Snowshoe walks begin in mid-December and run through March. Between mid-December and early January, walks are offered daily. After early January, walks are only offered on weekends and holidays. Walks start at 12:30 p.m. and 2:30 p.m.

Distance & Time

Snowshoe walks cover approximately 1.5 miles in 2 hours.

Group size

Snowshoe walks are limited to 25 people, eight years old or older, on a first-come, first-served basis. A sign-up sheet is available at the Jackson Visitor Center information desk one hour before each walk. All snowshoe walk participants must be present at sign-up.

Organized Groups

Snowshoe walks are available to organized groups of up to 25 people by reservation only. Group snowshoe walks begin at 10:30 a.m. on the days that snowshoe walks are offered to the general public (see above). For more information, or to make reservations for a group snowshoe walk, call (360) 569-6575 or visit the Longmire Museum or Jackson Visitor Center.

Equipment

For an enjoyable snowshoe walk, you will need

1. snowshoes:
Snowshoes are provided by the park only for those attending the ranger-guided snowshoe walks, and only for the duration of the walk. A \$4.00 donation from each snowshoe walk participant helps the park provide snowshoe walks and repair and replace snowshoes. Additionally, the park concession rents snowshoes to anyone wishing to snowshoe in the park; check at the Longmire General Store for availability and rental rates. Or you may use your own snowshoes.
2. hat
3. mittens
4. suitable boots (you will sink into the snow even wearing snowshoes)
5. sunscreen



Chehalis Western Trail

mostly flat paved trail great for walking or bicycling

Submitted by Patty Suskin, Diabetes Coordinator

Description

The Thurston County Parks and Recreation Department acquired 15.5-miles of the Chehalis Western Railroad corridor from Weyerhaeuser Timber Company in 1989 and 1996. The County recently took over the northern 5 miles from Lacey to Woodward Bay and has recently built three bridges over I-5, Martin Way, and Pacific to connect the segments together. To navigate this stretch, use the existing at-grade crossing of Pacific Avenue, approximately 100 yards east of where the trail touches the road. After you cross Pacific, continue east another one block until Sleater-Kinney Road. Turn right, or south, and go 100 yards to 12th Avenue. Take a right on 12th and follow until the end (approximately 300 yards). You'll find an "on-ramp" at the end of the road that leads you back to the main trail.

Parking & Trail Access

Directions to the Chamber Lake Trailhead:

From I-5 northbound, take Exit #108 to Sleater Kinney Road. Head south, cross Pacific Avenue, at the 4-way stop sign, turn right onto 14th Avenue. Follow approximately 1/2 mile. The entrance is after the trestle on the left.

Directions to the 67th Avenue Trailhead:

Take Exit #109 southbound (College Street) or #108 northbound (College Street) and travel south. Cross Pacific Avenue and Yelm Highway. College Street becomes Rainier Road. Follow approximately one (1) mile. Turn right onto 67th Avenue and follow to the end. No restroom facility.

<http://www.co.thurston.wa.us/parks/images/trails/chehalis-western-trail.pdf>



Elders Program Lifejacket Drive

The Squaxin Island Childcare Center is in need of lifejackets for the kids participating in swimming lessons. Please bring your unwanted youth sized lifejackets to the Elders dining room.

We are looking for lightly used unexpired lifejacket that have all working clips and/or zippers.

Contact Janita Raham, Elder Site Manager, at 432-3972 with any questions.



Preparing for Winter Storm Emergencies

Planning ahead for winter weather can eliminate a major source of stress for you, your family, or others you care for, such as an elderly relative or neighbor.

Planning ahead for winter storm emergencies can range from a well-organized seven-day emergency food supply to just keeping a few basic items on hand. Regardless of the complexity of your emergency preparations, keeping food safe is an important consideration.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40°F, and frozen food at or below 0°F. This may be challenging if there is no power! Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Once the power goes off, the refrigerator will keep food safely cold for about four hours if it's unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it's half full) if the door remains closed.

Be prepared by stocking up on staples which don't need to be refrigerated. Either they are precooked and can be used cold, or only require the addition of hot water. Here are some examples to keep on hand:

- Water — one gallon per person per day
- Ready-to-eat canned foods — vegetables, fruit, beans, meat, fish, poultry, pasta
- Soups, canned
- Smoked or dried meats — e.g., commercial beef jerky
- Dried fruits and vegetables, raisins, fruit leather
- Juices — (vegetable and fruit) bottled, canned, or powdered
- Milk — powdered, canned, or evaporated
- Staples like sugar, instant potatoes and rice, coffee, tea, cocoa mix
- Ready-to-eat cereals — instant hot cereals
- High energy foods — peanut butter, nuts, trail mix, and granola bars
- Crackers, cookies, candy, chocolate bars, soft drinks, other snacks
- Ready-to-use baby formula for infants
- Pet food
- Manual can opener

Consider what you can do ahead of time to store food safely in an emergency. For example, keep an insulated cooler on hand to keep food cold if the power is out for more than four hours. Keep frozen gel packs or blocks of ice in your freezer and use these to keep perishable food cold in the cooler.

Keep Holidays Light and Bright

Tips to Lower Stress

Were the holidays fun last year or did stress overtake the fun? The holiday season should be one of joy and merriment, not of stress.

A big stress for families is trying to equally distribute time among each set of families, and dealing with the expectations of the larger family dynamics. Family members expect their traditions to continue, but may not work for a new family.

As new families begin, it's important to decide what the new holiday traditions will be because traditions are what many parents and children look for when the holiday comes. Start new traditions, maintain old traditions, or mix it up and do both, if possible. New families should ultimately decide what is best for all. Figure it out before the holiday by talking to family members to avoid erupting feelings and emotions during the holiday.

Fun Holiday Traditions That Save Money and Reduce Waste

Sheena Kaas - The holiday season is a joyous season and a time when we like to give "stuff" to other people. Americans purchase more stuff during the holiday season than during any other time of the year. Each year we stress ourselves out trying to come up with those perfect gift ideas for our loved ones—and sometimes succeed—but often end up giving meaningless stuff out of obligation. A lot of the stuff we give and receive during the Christmas season goes to the landfill and we become more and more dissatisfied with the meaning of Christmas. Here are a few ideas for getting past the spirit of stuff-giving and building traditions that just might make Christmas a little more meaningful while saving you money.

- Make a family history book, recipe book, or any other book that passes on knowledge to upcoming generations.
- Create service coupons and give the gift of service to loved ones.
- Offer to teach skills you possess such as drum making, basket weaving, painting, singing, or dancing.
- Play Secret Santa with family members or friends so that everyone only purchases one gift for each other. This reduces the amount of "stuff" purchased, saving everyone money.
- Cut down on gift wrap by hiding unwrapped gifts and developing a treasure map or clues so your loved ones can find the gift.
- Give the gift of experience. Buy a membership to a local park, zoo, or museum; pay for music lessons; subscribe to a magazine subscription for a friend.
- Give the gift of gift cards. Your loved ones will be able to get the "stuff" they really want.
- Shop at thrift stores for those unique gifts that can't be found anywhere else (first, be sure the recipient will appreciate a gift like this).
- Decorate packages with evergreens, cedar roses, or reusable items such as hair bows, or neckties.
- Put that money you would have spent on "stuff" and invest in savings bonds for the upcoming generation.
- Have a white elephant gift exchange at your Christmas party and ask everyone to bring a used gift to exchange.

Any questions or comments regarding this article can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at 432-3907 or skaas@squaxin.us.

Keep things simple. Don't fall into the trap of feeling like 10 varieties of cookies are needed. Just make one or two varieties this year, then make different varieties the next year, and so on.

Give children a role during the holidays. Let them help plan the party or help clean in preparation for guests. Parents have a tendency to push children back in order to get things done, and when that happens, kids want more attention. Include them so they feel important and a part of the action. This way they are getting attention from the parents because they are doing what the parents are doing.

Also, let the children be involved in getting and giving the gifts. Sometimes gifts are better if they have meaning behind them instead of just being an item. Children can make cookies and give them as gifts or draw a picture and put it in a frame for grandma.



Keep Holidays . . . Continued

These are sure ways to save money that may mean more to grandma than a new sweater. Schedules during the holidays shouldn't be jam-packed with school programs, work parties, family gatherings, and neighborhood parties. Too many activities in such a short amount of time can be burdensome on parents, but especially for children. Adults handle increased activity better than children, so it's important for younger families to not cram so much into their schedule. It's better to miss a neighborhood party than to have cranky children and be frustrated that night and into the next day.

Keep children on their regular eating and sleeping habits to level their temper. Limit the amount of sugar they consume each day and particularly before bedtime, since too much sugar will either cause them to be hyper, or act out of character. Lack of sleep for children causes them to be irritable, which causes the parents to have more stress. It's important for children to get a good amount of sleep.

Finally, keep expectations real. Make a budget for the holiday presents, stick to it and shop early to prevent over-spending and panicking because what's on the list is unavailable. Find out what children would like to receive, but also help them understand there are limitations, so they may not get everything they ask for. Stop shopping when everything on the list is purchased. Shopping after list items are crossed off enables parents to see things they think their children need when really, they don't. Keeping in the budget for holiday spending will help lower the stress level for parents.

Holiday Safety Tips for Dogs

Decorations and Wrappings

All that glitters is not gold – it could be dangerous for your pet. Ribbons, yarn, and string can cause intestinal obstruction and bunching of the intestine along the length of the string. These conditions require surgery and can be fatal. Ribbons around your dog's neck may be cute, but they can also be dangerous. Adhesives and glues can be toxic and are often attractive to animals. Potpourri contains oils that can be toxic to dogs if eaten. We may not think of eating it, but some curious pets may. Candles can cause burns and fires. Never leave lighted candles unattended or within reach of your pet. Few things are more tempting to a playful dog than a game of tug. This is not a good game, however, to play with the end of a tablecloth. Try to keep items such as tablecloths, table runners, etc., from hanging too low to the floor, and tempting happy dogs running by to grab an end and pull!

Gifts Under the Tree

Rawhide or other edible items left under the tree can be very tempting, and remember that companies often package rawhide or other pet gifts wrapped in ribbon. Make sure to remove ribbons or ties before you present gifts to your dog. If played with and swallowed, yarn, ribbon, or string on gifts can cause intestinal obstruction, requiring surgery. Perfumes and after-shaves contain ethanol (alcohol) and perfume also contains essential oils which can be very toxic to dogs if ingested. Batteries for toys or other gifts can be toxic and cause intestinal obstruction. Keep in a safe place until they are ready to be inserted in the gift.

8 Winter Safety Tips for Dogs and Cats

Easy Ways to Guard Their Health and Provide Protection

Our pets are important to most of us and we want to take great care of them. As winter weather worsens, here are 8 tips to ensure health and safety for beloved canine or feline companions.

Winter Pet Safety Tip #1: Protect Your Dog or Cat from the Elements

Although the best method of protection for most dogs is to keep them indoors in cold weather, a dry, draft-free shelter can be used for outdoor type dogs. If your dog is housed outside, take extra care to make certain he is comfortable and can get into and out of his housing easily. A dog house that is too large, however, will not retain enough heat. Several major pet stores carry heated floor mats and warm bedding. A thick layer of straw or hay can also be a good insulator. Blankets are not recommended, as they tend to get wet and freeze. You should designate an area where they can come inside to warm up, such as a garage or laundry room. That could work well for animals that don't normally come inside.

Winter Pet Safety Tip #2: Keep Adequate Water

Water remains an important issue in extremely cold weather. It can freeze within an hour outside when the temperatures drop below freezing. Many pet stores have heated bowls for water and food. Plastic tends to be the best, and deeper bowls usually retain fresh water longer before freezing occurs.

Winter Pet Safety Tip #3: Maintain Grooming for the Season

It makes sense; if you normally have their hair rather short, allow them to grow it a little longer during the winter for extra protection. Snow can get lodged between dogs' toes and freeze, causing pain and discomfort. Trim the hair between the toes and keep the nails cut short to make it easier for dogs to walk in icy areas and to prevent accidents.

Winter Pet Safety Tip #4: Remove Chemical Hazards

Ethylene glycol based antifreeze is deadly to dogs, cats and other creatures. Make sure that it's not left out in the open and keep containers tightly capped. Wipe up any spills right away and you can also use products made with propylene glycol as an alternative.

Winter Pet Safety Tip #5: Be Aware of Dangerous Resting Places

Many cats will look for convenient warm spots to rest. Some have discovered that vehicles provide comfortable areas, particularly wheel-wells or engine compartments. Banging on the hood before you start the car is not a bad idea.

Winter Pet Safety Tip #6: Be Mindful of Existing Pet Ailments

Cold, damp weather aggravates existing conditions in pets, such as arthritis, especially in older or overweight animals. Pet stores and veterinarians can provide natural and medicinal treatments for a number of conditions.

Winter Pet Safety Tip #7: Animal Clothing

If it is extraordinarily cold, animal coats or sweaters can help. These items, of course, can be purchased in pet stores, and there are different styles and varieties that would be sure to suit your furry companion. Remember, however, to remove the animal's garment in the house, especially if your house is warm. Otherwise, the pet may become too hot and this would become evident by panting. There are also boots available for animals, but they can be difficult to keep on.

Winter Pet Safety Tip #8: Use Reminders, Check on Them

Many local TV news and radio media fortunately notify the public when the weather is so cold that it would be recommended to bring your pets indoors. At least, check for signs of hypothermia or frost bite. Pets are like children, and should not be left unattended, especially in cold weather when unexpected dangers can arise.

COMMUNITY

Happy Birthday

Douglas Bloomfield	01	Sierra Blueback	10	Donovan Henry	17
Benito Hernandez	01	Jayden Eagles	10	Suzanne Snipper	17
Manuel Castillo	02	Marlena Bradley	10	Vernon Sanchez	17
Gregory Lehman	02	Tonya Henry	11	Ethan Baxter	18
Deborah Obi	03	Mary Mason	11	Winona Crone	19
Cathlene Riker	03	Kendra Blueback	11	Tyson Kruger	19
Jess Brownfield	03	Kelli Dahman	11	Shashoney Fenton	19
Daniel Sigo	04	Kestle Coley	11	Theresa Henderson	19
Peggy Peters	04	Justina Cools	13	Daniel Brown	19
Lilly Henry	05	Karen Farr	13	Patrick Stapleton	19
Austin Penn	05	Anthony Forcier Jr.	13	Charlene Cooper	21
Michael Foster	06	Madelynn Henderson	13	Ronnie Penn	21
Cora Krise	06	Lucy Aldrich	13	Kyler Gall	22
Brendan Bellon	06	Nicholas Dorey	14	Elroy Ellerbe	22
Evan Ellerbe	06	Cecelia Black	14	Jamie Cruz	23
Isabel Cools	07	Frankie Metcalf	15	Tahnee Kruger	24
Jason Koenig	07	Judith Arola	15	Jeremy Sigo	24
Sophia Cooper	07	Lisa Bennor	15	Darrius Rau	24
Zoe Cooper	07	Amber Salazar	15	William Penn	24
Rhonda (Mitzie) Whitener	08	Priscilla Dolores- James	15	Holly Henry	24
Dustin Kruger	09	Xzandrea King	15	Jay Anne Gamer	25
Misti Saenz-Garcia	09	Rodney Krise, Sr.	16	Richard Johns, Sr.	25
Elizabeth Campbell	09	Angel Henry	16	Carol Tadios	25
Garrett Todd	09	Wendy Bowman	17	Jasmine Rivera	25
Davina Braese	10			Astrid Poste	25

What's Happening

				1	2	3
				AA Meeting 7:30		<i>LCCR Holiday Bazaar</i>
4 <i>LCCR Holiday Bazaar</i>	5	6 Drum Group 6:00 p.m.	7 Family Court	8 Council Mtg. AA Meeting 7:30	<i>TESC Longhouse Holiday Bazaar</i>	<i>TESC Longhouse Holiday Bazaar</i>
11	12 Criminal/Civil Court Drum Group 6:00 p.m.	13	14 <i>Christmas Decorating Party</i> AA Meeting 7:30	15 <i>Christmas Party</i> AA Meeting 7:30	16 <i>Christmas Party</i>	17
18	19 Drum Group 6:00 p.m.	20 Tribal Center closes until January 2	21 AA Meeting 7:30	22	23	24
25 	26 <i>Basketball Tourney</i> Drum Group 6:00 p.m.	27 <i>Basketball Tourney</i>	28 AA Meeting 7:30	29 <i>Basketball Tourney</i>	30	31

Donovan Henry	17
Suzanne Snipper	17
Vernon Sanchez	17
Ethan Baxter	18
Winona Crone	19
Tyson Kruger	19
Shashoney Fenton	19
Theresa Henderson	19
Daniel Brown	19
Patrick Stapleton	19
Charlene Cooper	21
Ronnie Penn	21
Kyler Gall	22
Elroy Ellerbe	22
Jamie Cruz	23
Tahnee Kruger	24
Jeremy Sigo	24
Darrius Rau	24
William Penn	24
Holly Henry	24
Jay Anne Gamer	25
Richard Johns, Sr.	25
Carol Tadios	25
Jasmine Rivera	25
Astrid Poste	25
Karina Farr	26
Nicolas Cooper	26
Andrea Koehn	27
Edward Cooper	27
Kathy Block	28
Jocelyn Campbell	28
Quinton Whitener	28
Jessica Stone	28
David Clark	28
Patti Puhn	29
Penni Giles	29
Richard Gouin	30
Matthew Sayers	30
Koreena Capoeman	30
Rebecca Black	31



HALLOWEEN FUN



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 19th.

Prizes for 1st Place: Jackets
2nd Place: Hoodies
3rd Place: Sweatshirts
MVP and All Stars



Contact Gordon James at 360-432-3992

Team Effort to Prevent Drunk Driving

Law enforcement will conduct extra DUI patrols in Mason County from November 24, 2011 through January 2, 2012.

The Blairs have made it their mission to reduce the carnage caused by drunk drivers. On February 26, 2010, their daughter, Sheena, was killed when an SUV moved into her lane and hit her head-on. The driver of the SUV had a blood alcohol level of almost three times the legal limit. Carol and Frank urge every one to do their part this holiday season to prevent drunk drivers from getting behind the wheel. "Don't let our story become your story" said Frank Blair. "Call a cab. Call a friend. Plan ahead. No matter who

you are, someone loves you." In 2010, Sheena Blair was one of 188 people in Washington who died as a result of a crash involving a drinking driver. Between 2006 and 2010, the five year total was 1,191. This is why officers from the Shelton and **Squaxin Island Police Departments**, the Mason County Sheriff's Office and the Washington State Patrol will commit extra patrol hours to make the roadways safer for everyone. These efforts are part of Washington's Strategic Highway Safety Plan to reduce traffic fatalities to zero by the year 2030.

Something for everyone!

Christmas Buffet

Sunday,
December 25th

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

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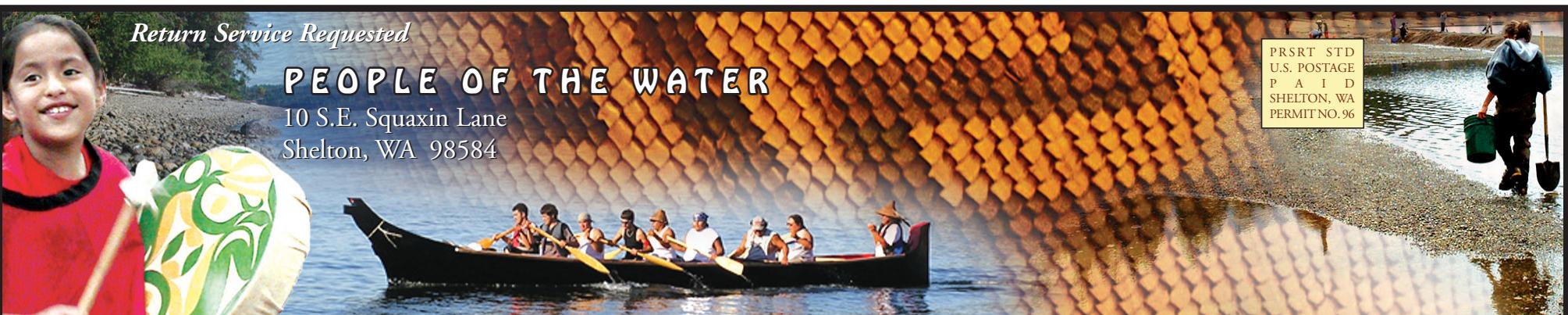
For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300

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

Return Service Requested

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