

Tribe, state pact allows Squaxin Island prisoners funeral, deathbed visit

By Gordan Weeks, Shelton Mason-County Journal

A new pact between the state and the Squaxin Island tribe allows incarcerated tribal members to participate in deathbed visits and attend funerals for up to 48 hours, if they meet requirements.

The state Department of Corrections (DOC) and the Squaxin Island tribe signed a memorandum of understanding Dec. 19 at the tribe's Museum Library and Research Center.

With the agreement, the DOC will release qualifying offenders to the Squaxin Island police - which is cross-commissioned with Mason County - for the duration of the funeral or deathbed visit.

The incarcerated tribal member must be infraction-free, and attending programs such as substance abuse and chemical dependency, "to change the way that they think and better adjust when they are released," said Norah West, communications specialist with the DOC.

The agreement emerged in the wake of incidents where inmates were removed midway through funeral ceremonies, West said.

"That caused a lot of stress for the offenders and the families and the officers who were assigned to be with them," she said.

Ray Peters, a tribal Councilman and intergovernmental liaison for the Squaxin Island Tribe, said the agreement "clearly outlines the process."

"Funeral ceremonies will last, with the traditional dinner afterwards, six or seven hours at a time," he said.

The agreement with the state "allows two nations to come together in realizing respect, understanding our officers are very well-trained," Peters said. "So there's an understanding of trust and the traditions of our culture to heal and rehabilitate those who are incarcerated."

Peters added, "This is a good example of government-to-government relationship and coming to a better understanding . . . to fit our traditions and culture."

The inmate has time to absorb some cultural support, said Joenne McGerr, the family services program manager for the DOC.

"People do so much better when they are connected to their community . . . This brings healing to the community, and to the individual," she said.



Squaxin Island Tribal Council Chairman David Lopeman, left, and Washington State Department of Corrections Secretary Bernard Warner sign a memorandum of understanding that will allow incarcerated offenders to make deathbed visits and attend funerals.



Corrections Family Services Program Manager Joenne McGerr presents a gift made by a prisoner to Squaxin Island Tribal Council Chairman David Lopeman



Joe Peters and Jen Strader smile and raise their arms in triumph on New Year's Day as they rise out of Hammersley Inlet at Arcadia Point boat ramp during the 5th Annual Squaxin Island Community Salish Sea Plunge

Out with the old, in with the cold Salish Sea Plunge starts new year with a splash

By Emily Hanson, Shelton-Mason County Journal

With the air temperature at 41 degrees and the water temperature at 36 degrees, most people tend to avoid running into open water.

New Year's Day was different story, however, as 22 people took part in the 5th annual Squaxin Island Community Salish Sea Plunge into Hammersley Inlet at the Arcadia Point boat ramp.

"The regulars are here, but I've seen some fresh faces, which is nice," event organizer Joe Peters said. "Some years we get people to wear costumes, some years they don't. It's hit or miss. I'm just happy people show up."

Peters wore an Elvis Presley cap, and Jen Strader - taking part in her fourth plunge - wore wings, a cowboy hat and a bathing suit. Others dressed up in Seahawks gear.

Most of the participants wore shorts and tee shirts for the dash into the frigid waters.

For Squaxin Island tribal Elder Paula Henry, this was her fourth sea plunge, and she was excited to be back.

"It's kind of a winter baptism for me," Henry said. "It's a new year, a new beginning. I was away everything and start off fresh."

Paula took the plunge in shorts, tee shirt and a hat. Under her clothes, she said she was wearing a bathing suit. "My favorite part is when they say, 'Go. It's like 'Here it comes!' I think that's the exciting part."

With a visible sun and little wind, Paula said the weather was pretty good.

"It's about the same as usual," she said. "It's the same spine-tingling event."

The event wasn't just for locals. Perry Rowell, 13 from Idaho, was visiting his aunt when he heard about the sea plunge.

"It felt good," Rowell said after returning to shore. "I want to do it again."

Strader said the water was "absolutely freezing, but refreshing."

That was a common theme with the participants.

"It was extremely cold, yet refreshing," Nathan Black said. This was Black's third year taking part in the sea plunge.



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

www.squaxinisoland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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



Walking On Irvin Fletcher

Irvin Louis Fletcher, 71, died on Thursday, December 13, 2012 in Kamilche, WA. Irvin was born on August 17, 1941 to Harry A. and Bertha O. (Daniel) Fletcher in Auburn, WA. He graduated from Irene S. Reed High School in 1959. He had been married to Christine Clark and Linda Logan, both marriages ended in divorce. In December of 1998, he married Mary Whitener in Reno, NV.

Irvin was a welder with the Bremerton Naval Shipyard for many years and had also taught welding courses for Olympic College. His hobbies included welding, building boat and car trailers, firework stands and fishing commercially on his boats, "The Green Toad" and the "Little Green Toad".

His love of welding also included making wet forks for clam digging for other Squaxin Island members. He also enjoyed cutting and stacking wood and refinishing furniture. The family shared that everything he did was done to perfection and his latest obsession was collecting axes, refurbishing them and replacing the handles. He also loved auction sales, cars, car shows, and sports.

He is survived by his wife, Mary Fletcher, Shelton; parents, Harry and Bertha Fletcher; sister, Carolyn Hoosier, sons, Jim Fletcher, Jason Fletcher, Daniel Fletcher. Grandchildren, Casey, Corey, John, Jacob, Jonathon. Step-kids Don L. Whitener, Darren Ford, Rebeckah Ford, Tammy Ford, Teresa Ford, Rachel Ford, and numerous nieces, nephews and cousins.

A service was held at the Squaxin Island Gym on Wednesday, December 19, 2012 at 11:00 am followed by burial at the Squaxin Island Cemetery. Donations can be made to the American Cancer Society, attention: memorials, 2120 First Ave. N, Seattle, WA 98109 or the Northwest Parkinson's Foundation, P.O. Box 56, Mercer Island, WA 98040. The family was served by McComb Funeral Home.

MEMORIAL DINNER FOR CHARLENE COOPER

SQUAXIN ISLAND COMMUNITY KITCHEN

SATURDAY, FEBRUARY 2, 2013 AT 12:00PM

DESSERTS WOULD BE APPRECIATED.

IF YOU WANT TO ASSIST WITH DINNER OR CLEAN UP

PLEASE CALL NICOLE COOPER 360-463-6877

OR ROSE BOGGS 360-490-3491

**FAMILY WILL BE LIGHTING SKY
LANTERNS FOLLOWING THE DINNER.
ALL ARE WELCOME TO WATCH.**

HOPE TO SEE YOU ALL THERE!





Know Your Gnats!

Knowing Them Will Help You Locate Breeding Sites

In the fall of the year, gnats can sometimes be troublesome. Most infestations get started during warmer weather when gnats enter through window screens or get brought in with fruit or vegetables. Anatomically speaking, gnats are very tiny flies. They breed in moist or rotting organic matter. The key to solving the gnat problem is to find and eliminate the breeding area. There are several different type of gnats which can be found in homes. Each type prefers a slightly different place to breed.

Fruit Flies

Fruit flies are light brown and have red or orange eyes. Fruit flies most often breed in very ripe fruit or rotted vegetables, like tomatoes, onions or potatoes. They often get brought into the house in garden produce. Fermenting materials, such as leftover beer or soft drinks, also are a favorite food of these flies. Recycling bins may breed fruit flies.

Control: Fruit flies are best controlled by discarding overly-ripe fruit or placing it in the refrigerator to eliminate breeding sites. Be sure to take garbage outside frequently (even daily) or use a garbage disposal to discard fruit or vegetable peelings. Patience is needed because it takes days or even a week or more for flies to die on their own. Fly tape or another type of sticky trap, placed in the area where flies are observed, may be helpful in catching them. If you are sure you have fruit flies, make a fruit fly trap made from yeast, water, and sugar. It works because fruit flies are attracted to carbon dioxide produced by the trap contents. Other flies won't be attracted to it. If infestations are coming from soft drink or beer containers, prevent breeding in recycling bin by washing bottles and cans before putting them in the bin.

Drain Flies

Drain flies are small, dark, fuzzy, moth-like flies. They are weak fliers, typically flying only a few feet at a time. They are often found in the kitchen above the sink. Adult flies mate above the drain and female flies enter the drain to lay eggs, which become tiny maggots and live and feed on fungi inside the gelatinous material that lines the inside of drains. Infestations may also come from overflow in a kitchen or bathroom drain or from a garbage disposal.

Control: Drain flies can be eliminated by simply removing the gelatinous slime on the inside of the pipes. Products that open clogs will not clean the slime and are not likely to work. Bleach will not penetrate the slime and is also not likely to work. Pouring boiling water down the drain may loosen the gelatinous slime and may be useful. But, manual cleaning with a plumbers snake is the simplest method.

Fungus Gnats

Fungus gnat larvae feed on fungi found in soil of potted plants. High-organic-matter fertilizers and overwatering, especially in the fall and winter when indoor plants are not actively growing, are associated with fungus gnats.

Control: Follow these tips to discourage or deal with fungus gnat infestations:

- Don't overwater potted plants. Allow the soil to dry between watering's. Make sure your potted plants have good drainage.
- If plants are summered outdoors, check plant soil for adult gnats or their larvae before bringing them indoors.
- Prevent indoor entry of gnats by keeping windows closed and sealing windows and doors.
- Place yellow sticky traps on the soil surface to trap the gnats. They can be obtained at a local garden store.
- Place potato slices on the surface of the potting media. The larvae will feed on potato slices. After four days, remove the potato slices with the larvae.

General Assistance Information

By Vicki Kruger

General Assistance (GA) is a program designed to assist tribal members who do not have dependents and have no income. GA provides a small amount of income to assist in meeting essential needs. GA is under 25 CFR 20.300 – 20.323 and funding for this program is limited.

June Krise used to process GA, but now I (Vicki Kruger) do it. The funding comes through the BIA and is limited, so, when it runs out, we usually don't receive any more until the next fiscal year (begins in October). I complete an application with the applicant who then is required to do three job searches. The application and the job searches then get faxed to the BIA in Aberdeen who then sends it to the accounting department (it takes them at least 10 days to process a check).

I'm the only person, at the tribe who does GA. My office number is (360)432-3921. Please call to ensure I'm in the office. I will be happy to schedule an appointment.

Myths about GA

I can receive GA if I don't have a job.

Simply being unemployed does not automatically qualify you for GA. Any person who has income is not eligible for GA. This includes income from clam digging, Elders' monthly payments, per capita or any type of income.

GA will pay all my bills. GA is a small grant of up to \$305 per month. The check is processed through the BIA and mailed to you. This allows the GA recipient to pay their own bills. GA does not pay bills for you.





Financial Security: Children & Money

Children are not born with “money sense.” Children learn about money by example and experience, beginning at a very young age. Parents are an important influence on what and how children learn about money. It is never too early to start teaching sound money management skills. Begin teaching basic principles of money as soon as children can understand money is needed to buy the things they enjoy.

Much of what your children learn about money is not from the conscious efforts you make to teach money management. Children are great imitators. Children pick up your values, attitudes, and money habits by watching and listening to you. In fact, you do not have to say anything to pass along money attitudes, habits, or decision-making styles.

If you shop with a list, your children will probably shop with a list. If you always spend money before it is earned, you may have a hard time teaching children to save. Children learn from observing you and others in the grocery store, post office, bank, toy store, mall, and home. Many parents are amazed at what children have learned about money through observation.

Looking for tips to build your credit? *Here's a slew of them to help you get back on track.*

Set a date night with your credit. Think of it as your monthly check-up, or weigh in. Or add it to your to-do list when you pay your bills. Just be sure to take a few minutes each month to review your credit scores, monitor your progress, and set your goals for the coming month. Your credit reports and scores are generated when they are requested, so as soon as negative information is no longer reported — or positive information is reported — your scores can change.

Don't overlook the obvious. When you are trying to fix your credit, you may find yourself focusing on the “big” stuff like judgments, charge-offs or other negative information. But the personal information on your credit reports is also important. A misspelling of your name, or an address you've never lived at, could indicate your credit information is getting mixed up with someone else's. So take errors here as seriously as any other mistakes you may find on your credit reports.

Mark your calendar. The Fair Credit Reporting Act addresses how long negative information can remain on your credit reports. There are limits on how long negative information can be reported:

- Late payments: 7 years from the date the payment was late
- Collection accounts: 7.5 years from the date of delinquency on the original debt (leading up to collection)
- Charge-offs: 7 years from the date charged off
- Tax liens: 7 years after they are paid or satisfied
- Judgments: 7 years from the date entered by the court if paid, possibly longer if unpaid
- Repossession: 7 years from the date the repo occurred
- Bankruptcy: 10 years from the date filed (Chapter 13 cases will be removed 7 years from the date of filing)

You typically don't have to request that the credit reporting agencies stop reporting negative information that is too old; they do that automatically. But it's still a good idea to check your credit reports around 30 – 60 days after this type of information is scheduled to come off your reports to make sure it's gone.

Watch out for credit report double jeopardy. Collection accounts that go unpaid may be sold from one collection agency to another. When that happens, both the number of collection accounts and the amount of debt you owe can be inflated. It may take time to unravel which are legitimate, but when you do, dispute all but the most recent accounts as duplicates.

Don't be afraid to bargain with debt collectors. As far as your credit scores are concerned, it doesn't make much of a difference whether you pay a collection account in full or settle the balance for less than the full amount. Just make sure that you get any deals in writing. Paying a collection account won't immediately change your scores, but it will mean you can stop worrying about that debt and focus on other financial goals.

Kiss your tax lien goodbye. If there's one great tip to build your credit, this one is it: If you pay or settle a tax debt that resulted in a tax lien on your credit reports, you may be able to get that lien removed completely from your reports. The same may apply if you enter into an installment agreement with the IRS. Find out if you qualify and if you do, your credit scores may improve significantly when the tax lien is removed.

Accentuate the positive. After running into credit problems, you may be afraid to jump in the water and use credit again. While you certainly want to be cautious and avoid getting in over your head again, getting credit is going to be essential to building your scores again. Recent, positive credit information can help your credit scores, and can make a big difference as you fix your credit.

Get a secured card. These cards should be easy to get, even with damaged credit because you put up a security deposit for the card. (Manage the account properly and you will get your money back when you close the account.) If you choose a card that is reported to all three major credit reporting agencies, you'll establish a new positive credit reference.

Don't max out a credit card. I recently talked with someone who is trying to restore his credit after a short sale and tax liens sent his scores plummeting. He opened a secured card with a \$500 limit and was using it as often as possible, in hopes that would help his credit. What he didn't realize is that his credit report listed a \$400 balance on a card with a \$500 limit. That made it look like he was maxxing out a card, which wasn't helping his scores. Ideally, you want to use no more than 10 – 25% or so of the available credit on an individual card to score well for this factor.

Dispute mistakes the right way. When you review your credit reports, you may find information that is wrong. If the mistake is a serious one, it's a good idea to send a letter rather than filing an online dispute. You'll need to challenge the error with each of the major credit reporting agencies that is reporting the error, since they don't share information with each other. And if you ask a lender to correct information that it is supplying to the credit reporting agencies.

Be extra careful this time around. One late payment can mean a big drop in your credit scores, and that's not what you need if you are trying to fix your credit. Set bills up on auto pay or set up automatic payment reminders by email and/or text message so you don't forget a bill. *Source: Gerri Detweiler Credit.com's Personal Finance Expert*



Free Tax Preparation Site (BASIC RETURNS)

Administration Building – 2nd Floor
February 4 – April 15 2013
By appointment only

The Squaxin Island Tribe
Office of Housing
will be sponsoring their
5th Annual
FREE TAX PREPARATION SITE
for the 2012 tax year.

The site will be open to the public
and operating evenings from
February 4 to April 15, 2013.

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 Peters @ 432-3871
to schedule an appointment**



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 number
- 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.

OFFICE OF HOUSING
Department of Community Development

Attention Housing Applicants

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Lisa Peters, Housing Counselor, at (360) 432-3871. If you do not update your application by March 31, 2013, your name will be removed from the housing waiting list.

If do not update your address to receive the update application and/or do not update your application by March 31, 2013, your name will be removed from the housing waiting list.

**NEW WINTER HOURS
EFFECTIVE FEBRUARY 11TH**
MON - FRI 6AM - 3PM
SAT 8AM - 3PM
SUN CLOSED

FEBRUARY SPECIALS
FRIDAYS 11AM-2PM \$6.39
FEB 1ST INDIAN TACOS
FEB 8TH FRENCH DIP
FEB 15TH CHOWDER & FRYBREAD
FEB 22ND GRILLED CHEESE &
TOMATO SOUP

360.462.1340



Street forms of “synthetic marijuana” products linked to hospital emergency visits

Young people, particularly males, most often involved

Street forms of synthetic cannabinoids – so-called “synthetic marijuana” – were linked to 11,406 of the 4.9 million drug-related emergency department (ED) visits in 2010, according to a new report by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Commonly known by such street names as “K2” or “Spice,” synthetic cannabinoids are substances that are not derived from the marijuana plant but purport to have the same effect as the drug. Though an increasing number of states have passed laws against the sale of synthetic cannabinoids, they have been marketed as a “legal” alternative to marijuana during the past few years. In July 2012, a comprehensive, national ban was enacted against the sale of synthetic cannabinoids under Title XI of the Food and Drug Administration Safety and Innovation Act.

Today’s report points out that the use of synthetic cannabinoids is tied to a variety of reported symptoms including agitation, nausea, vomiting, tachycardia (rapid heart-beat), elevated blood pressure, tremor, seizures, hallucinations, paranoid behavior and non-responsiveness.

The report found that youths between the ages of 12 to 29 constituted 75 percent of all hospital ED visits involving synthetic cannabinoids, with males accounted for 78 percent of the ED admissions among this age group. The average age for people involved in synthetic cannabinoid-related ED admissions was younger than for marijuana-related ED visits (24 years old versus 30 years old).

“Health care professionals should be alerted to the potential dangers of synthetic cannabinoids, and they should be aware that their patients may be using these substances,” said SAMHSA Administrator Pamela S. Hyde. “Parents, teachers, coaches and other concerned adults can make a huge impact by talking to young people, especially older adolescents and young adults, about the potential risks associated with using synthetic marijuana.”

“This report confirms that synthetic drugs cause substantial damage to public health and safety in America,” said Office of National Drug Control Policy (ONDCP) Director Gil Kerlikowske. “Make no mistake – the use of synthetic cannabinoids can cause serious, lasting damage, particularly in young people. Parents have a responsibility to learn what these drugs can do and to educate their families about the negative impact they cause.”

Several grantees funded under SAMHSA’s various programs are working to prevent the use of synthetic marijuana. Many states are providing prevention education to local communities, including webinars and fact sheets for parents on the signs and symptoms of the use of synthetic marijuana. Questions also are being added to school surveys to determine the incidence and prevalence of the use of synthetic marijuana by youth. Grantees funded by the ONDCP’s Drug-Free Communities Support Program have provided tremendous insight to local synthetic marijuana issues and are using environmental policies aimed at limiting access to these dangerous substances in local retail stores.

In addition, SAMHSA’s Division of Workplace Programs maintains a list of Department of Health and Human Services-certified laboratories that test regulated specimens for “K2” or “Spice.”

The report, “Drug-Related Emergency Department Visits Involving Synthetic Cannabinoids,” is based on data drawn from SAMHSA’s Drug Abuse Warning Network, a public health surveillance system that monitors drug-related morbidity and mortal-

ity. The full report can be viewed at: <http://www.samhsa.gov/data/2k12/DAWN105/SR105-synthetic-marijuana.pdf>.

To learn more about synthetic cannabinoids, visit the White House Office of National Drug Control Policy’s website:

www.whitehouse.gov/ondcp.

SAMHSA is a public health agency within the Department of Health and Human Services. Its mission is to reduce the impact of substance abuse and mental illness on America’s communities.

Meth & More: Drug Abuse in our Area

Thursday, April 25

9:00 a.m.—4:00 p.m.

Great Wolf Lodge, Chehalis

Thurston County Drug Action Team is pleased to host the 4th Annual “Meth & More” Conference. This conference will provide high quality educational breakout sessions, opportunities for discussion and collaboration and informative professional keynote speakers.

Tribal Council and the Drug Task Force would like to send 8 Tribal members to attend this conference.

If more than 8 sign up, a lottery drawing will be done.

If you are interested in attending, contact Melissa Puhn by March 8th at 360-426-9781.





Community Alternative Activities

Drug-Free Events

Five Days of Squaxin Christmas



Submitted by Janita Raham -

On the First Day of Squaxin Christmas

we met in the Elders building to listen to Squaxin Island Elders John Krise and Paula Henry tell traditional stories. Paula also told a story she wrote herself. This event was sponsored by Family Services and the Elders program in collaboration with the Drug Task Force.



On the Second day of Squaxin Christmas

we gathered in the education building for the annual Squaxin Island Community Christmas Party. We had dinner and received gifts from Santa. This event was hosted by the Tu Ha' Buts Learning Center.



On the Fourth day of Squaxin Christmas

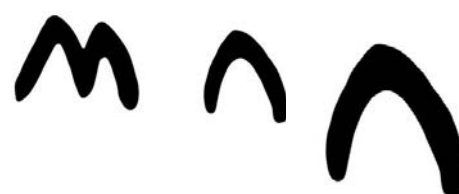
we were in the Community Kitchen for Culture Night. There was drumming, dancing and holiday snacks. The event was hosted by Family Services and the TANF program.

On the Fifth day of Squaxin Christmas

we met in the Elders building for hot coco and holiday cookies before Christmas caroling through the community with Santa. Janette Sigo and Misti Saenz-Garcia drove us around the community to help us spread holiday cheer. This event was sponsored by Family Services, Elders Program and the Healthy Families Program.

Upcoming Events

Movie Night in the Community Kitchen on January 25th. We have selected to show the new movie "Big Miracle." It's inspired by an uplifting true story based in small town Alaska, where a news reporter recruits his ex-girlfriend, a Greenpeace volunteer, to save a family of gray whales trapped by rapidly forming ice in the Arctic Circle.



A Public Apology

My name is Tyler Burrow, son of Kim Elam, grandson of Sallee Elam, and great-grandson of Fame Rankin. Some of you may know me, some may not, but this article goes to every tribal member, everyone equally.

In September of 2010 a Cowlitz tribal member named Roy Wilson asked me, "What does being native mean to you?" I told him "I don't know, being proud, I guess." Over the years I've thought long and hard about giving it another answer, and finally I was struck with these words: pride, respect and honor. I thought to myself, "Pride. I am proud to be a Native American with so much culture and tradition, but I am not proud of the way I had lived my life because I had no self respect or respect for others. I didn't honor my family, culture or traditions by using drugs and causing trouble and destroying things on the reservation."

I've lost my sense of pride because I realized I caused a lot of hurt to people in my life and I feel the only way to regain my sense of pride, respect and honor is to apologize, and not just to one individual, but to the whole tribe, the whole community, where I grew up. I want to apologize for all of the terrible things I've done and hope forgiveness can be found in the hearts of my fellow tribal members. If so, I will do whatever I can to honor our tribe. I just pray my apology isn't too late.

I hope you all can forgive, some may not, but please feel free to let me know what you think and feel you can leave your words with my mother who works at the community kitchen or you can get info on how to contact me through her.

Sincerely,

Tyler Burrow





Youth Pizza Party

National Drug Fact Week is coming up from January 28 to February 3rd, so Squaxin Island youth met up for a pizza party to plan drug and alcohol free activities to do around the community during that week.

National Drug Facts Week was launched in 2010 by the National Institute on (Drug Abuse (NIDA)), part of the National Institutes of Health. To counteract myths spread by the internet, TV, movies, music, and friends, NIDA scientists want to promote drug-free events in communities so teens can learn what science has taught us about drug abuse and addiction.

There are about 14 young Squaxin Island adults participating in National Drug Fact Week. During their pizza party, they split into small groups and brainstormed ideas and are very excited to share their ideas with the community.

Some ideas the youth came up with are family Bingo night, an art contest, a collage of drug and alcohol-free slogans, a scavenger hunt, and a movie night. This group consists of very responsible role models who want to make a difference in the community.



Heroin & Meth Seizure

On 1-10-13 Squaxin Island Police executed a search warrant at 240 T-Peeksin Ln. Two individuals were arrested for felony warrants and approximately 27 grams of black tar heroin was seized. The Squaxin Island Police Dept. in coordination with the Squaxin Island Housing Dept. then tested the house for drug contamination and it came back positive for methamphetamines. The house was then vacated and boarded. A clean up process for the house will begin immediately.



Major Drug Arrest at Little Creek Casino Resort

Kris Peters - Recently the Squaxin Island police department was involved in a drug seizure at the Little Creek Casino Resort. A joint investigation involving Squaxin Island detectives Steve Blumer, Tracy Borgia and canine handler Tim Smith working with Mason and Thurston Counties seized 1.2 kilograms of heroin, 23 grams of methamphetamines, 6.8 grams of marijuana, \$500.00 in cash, and drug packaging material, including over 1,000 syringes. All of the illegal items were found by canine "Bora" and her handler, Officer Smith. The non-native suspect was booked into Mason County jail and I served him with an exclusion order from the Squaxin Island Tribe.

Results of Drive Sober or Get Pulled Over Campaign

The results are in from the recent *Drive Sober or Get Pulled Over* DUI enforcement campaign conducted from November 21, 2012 through January 1, 2013.

In Mason County, 40 motorists were stopped and arrested for driving under the influence of alcohol or drugs (DUI), and statewide, law enforcement officers arrested 3,446 drivers for DUI. Last year in Mason County, during the same time period, officers on routine and extra patrols arrested 30 people for DUI.

In Mason County, the Shelton and Squaxin Police Departments, the Mason County Sheriff's Office and the Washington State Patrol participated in the extra DUI patrols, with the support of the Mason County Target Zero Traffic Safety Task Force. The extra patrols were funded by a grant from the Washington Traffic Safety Commission.

The Holiday season is an important time for these patrols, given the number of Holiday festivities that often involve alcohol.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov.



Happy New Year

Thank you, Michael Starr and Little Creek Casino Resort for letting our Squaxin Island Elders come to the New Year's Eve Party. It was so much fun!
- Dorinda Thein and the Elders

Little Creek Casino Resort Presents the 5th Annual **SA'HEH'WA'MISH DAYS**

February 16th & 17th, 2013 • Skookum Creek Event Center

EVERYONE WELCOME! OVER \$48,000 IN PRIZES

- Dance Competitions
- Prize Money for 1st, 2nd & 3rd Place
- Drum Contest - 1st Place \$5,000 • 2nd Place \$4,000 • 3rd Place \$3,000
- Head Man Dancer - Merle Eaglespeaker
(Yakama-Kainai, Blackfoot, Idaho)
- Head Woman Dancer - Jamie Eaglespeaker
(Shoshone-Omaha, Blackfoot, Idaho)
- Master of Ceremony - Ray Fryberg (Tulalip)
- Arena Directors - Sonny Eaglespeaker (Blood)
Casey Mac Wallahee (Yakama)
- Committee Specials: TBA

Vendor space is available
Call 360-432-3841

Sponsored by:



All proceeds benefit the Squaxin Island Museum. This is a drug and alcohol-free event!
For reservations call: 1-800-667-7711 or 360-427-7711
91 W State Route 108, Shelton, WA 98584

Native Business: Native CDFIs

Recently, I visited with a Quinault Tribal fisherman (Rex) who also serves on the board of a Native Community Development Financial Institution (CDFI). A Native CDFI is a lending organization that serves their community by allocating capital, like a bank, and whose purpose is to strengthen their community financially. Indian Country is, generally speaking, underserved by lenders. Rex told a story that represents well the benefit provided by a Native CDFI to community - business owners receive forward looking advice to make good decisions and tribal members learn tools they can use to do better business and pass it on to others.

The story goes as follows: A grandmother meets with Rex to discuss a business idea; she has been selling native artwork for years on a part time basis and is looking to turn her experience into a larger business. Rex spends the afternoon asking questions like how will products be priced? What is the gross profit margin on each item? Who will be the new customers? How many items does she currently sell and to whom? What is the plan for production; self produce or have a team making things? Where will items be sold, out of home or a commercial site? Rex used questions to turn the woman's story into numbers. With those numbers, Rex established a breakeven. Breakeven is the point where expenses and revenue are equal; said another way -there is no net loss or gain, the business is even. Breakeven is calculated by dividing operating costs by gross profit margin, gross profit margin is measured by subtracting costs of goods sold (COGS) from sales price. Operating Costs

Breakeven = $\frac{\text{Operating Costs}}{\text{Sales Price} - \text{Costs of Goods Sold}}$

Rex and the grandmother agreed the numbers made sense and a gross sales number was established to show how much the woman had to sell in order to make her business work. The Grandmother thanked him for his time and said she had some things to think about.

Sometime later Rex met back up with the grandmother. It was at a place where she was surrounded by family, children and grandchildren. The grandmother told Rex her time with him was extremely helpful and she was doubtful her business would work because the sales number necessary to achieve profitability was too high. The better option was to continue to sell her wares on a smaller scale rather than go big. Then something else happened. The woman's family stood in on the conversation and her family, children and grandchildren, talked to Rex about breakeven. The grandmother had shared her experience working with the numbers and passed down the knowledge she had gained. This is easy to understand because Native Americans are story people. It is inherent in our culture to pass down lessons through story. The net result of Rex's time was sharing a financial tool that was then passed along multiple times.

I like to believe that this story of Rex and the grandmother is happening many times over in Indian Country as Native CDFIs are popping up all over the country. There are a dozen or so in Washington and Oregon (Quinault's Taala Fund, Chehalis, Lummi, Colville, a business development center in Squaxin Island, etc.) I believe Native CDFIs are one of the multiple things pushing forward progress in Indian Country faster as time goes on. My place as a lender in Indian Country, working for a CDFI, is the same as Rex. We counsel individuals, one at a time, in an effort to inject capital into Indian Country; capital in the form of 1) Knowledge, 2) Relationships, and 3) Dollars - if necessary.

Jim Stanley freely shares his knowledge in an effort to foster economic development success in Indian Country. He is a tribal member of the Quinault Nation, Treasurer of the Tribal C-Store Summit Group, and President of the Quinault Nation Enterprise Board. To contact Jim go to JimStanley.biz.



Are you related to this beautiful Squaxin Matron?

Do you recognize this Squaxin photograph? Do you recognize similar features to your family? Please contact the Squaxin Island Museum if you have any information to identify who this is or what family she might have been from.

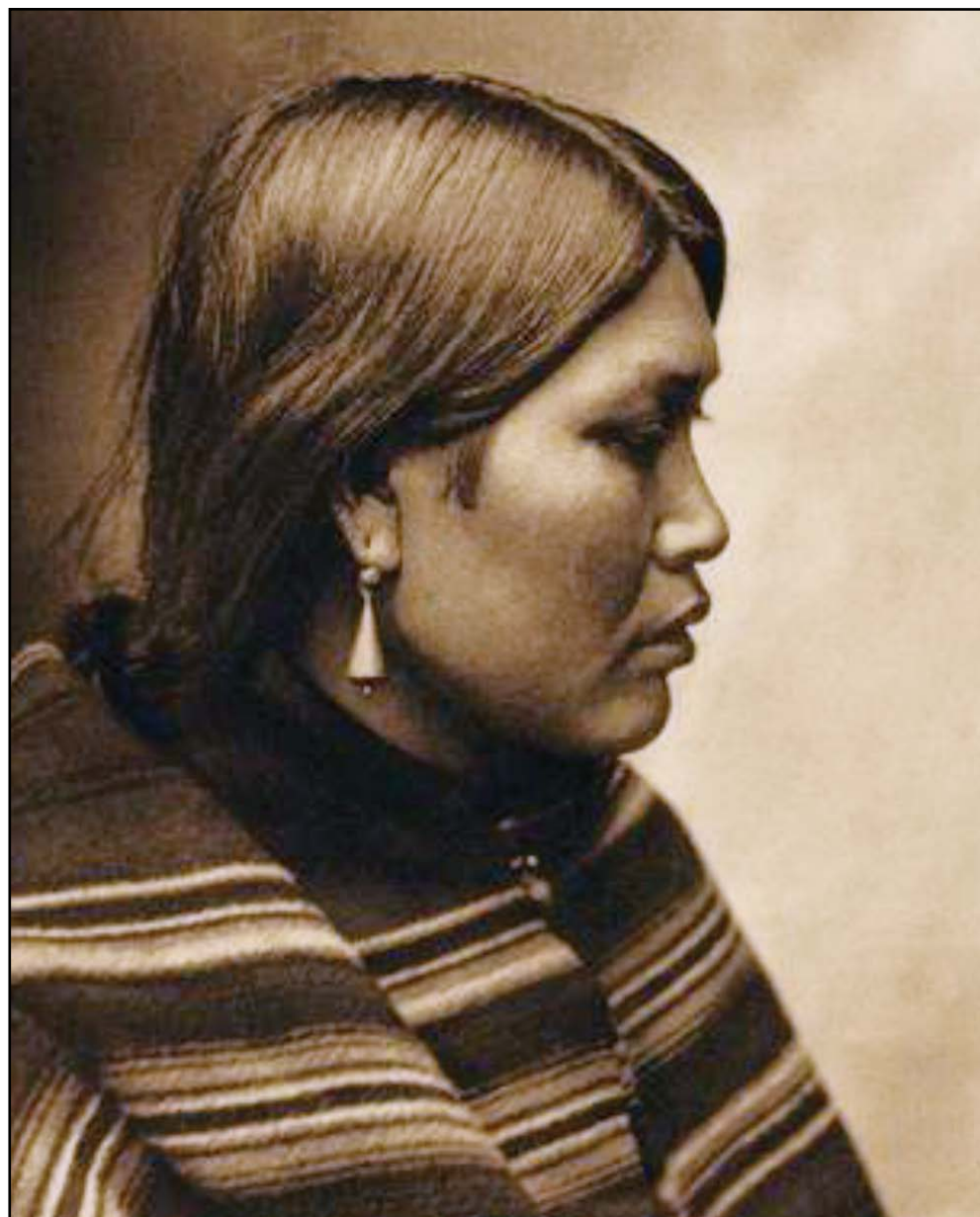
Mandy McCullough, Museum Curator
360.432.3843 | mmccullough@squaxin.us

Title: Squaxon Matron

From Copyright photograph E. S. Curtis 1912

Original photogravure produced in Boston by John Andrew & Son, c1912.

The Curtis family moved to Port Orchard, Washington in 1887. Edward's gift for photography led him to an investigation of the Indians living on the Seattle waterfront. Edward S. Curtis devoted the next 30 years to photographing and documenting over eighty Native American Tribes.



Sponsored by:
Squaxin Island Tourism
&
Squaxin Island Museum,
Library & Research Center



CALLING ALL ARTISTS

SAVE THE DATE

Saturday Feb. 9th 10:30am

Ta-Qwo-Ma Business Center and Squaxin Island Museum are proud to present a workshop on intellectual property for artists, taught by students and lawyer faculty from the University of Washington. Join us at the museum for a workshop from 10:30-12 and appointment times for individual consultation from 12:30-2:30. Lunch provided.

***Private
consultation
times are limited-
reserve your
space in
advance!**

Topics Include:

- How to protect your work
- Drafting a contract
- Understanding patents, trademarks & copyrights
- One on one consultation available by appointment

For questions or to reserve a consultation time contact:
Sarah Fiskness 360.462.1338 sfiskness@ieinc.org



Building Strong Families Through Culture

Please join us every Tuesday from 3:00 - 5:00 at the museum for craft classes.

This is a project funded by TANF with a focus on two purposes: Prevention of out of wedlock pregnancies and formation and maintenance of two-parent families.

Squaxin Island 4th of July Celebration

Can you help us identify any of those who are currently unidentified?



BACK ROW: Edward Cooper, John Wheeler, Guy Jackson, Dick Jackson, Art Young (hiding), Henry Cooper, Leonard Young, and Charles J. Johns

MIDDLE ROW: Ivy Jackson, unknown, unknown, Louise Duncan, Mary Jim Jackson, Johns, unknown

FRONT ROW: Vance Partlow, unknown baby, Bennet Cooper, Theresa Nason, Sophia Jim Jackson (holding unknown baby), Del Johns Sr.
(Mary Jim Jackson holding unknown boys)



LEARNING CENTER



Happy
Valentine's
Day



Feb.

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 Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
4 B-ball Practice(M): 3:30-5:30pm Rec Room: 3-6pm Open Swim: 3-6pm	5 B-Ball Practice (E): 4:30-6pm Rec Room: 3-6pm	6 GSD – ER @ 2:15 B-Ball Practice (M): 3:30-5:30pm Rec Room: 2:30-6pm Open Swim: 3-6pm	7 B-Ball Practice (E): 4:30-6pm Rec Room: 3-6pm	8 SSD – ER 1.5 HRS Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
11 B-ball Practice(M): 3:30-5:30pm Rec Room: 3-6pm Open Swim: 3-6pm	12 B-Ball Practice (E): 4:30-6pm Rec Room: 3-6pm	13 GSD – ER @ 2:15 B-Ball Practice (M): 3:30-5:30pm Rec Room: 2:30-6pm Open Swim: 3-6pm	14 B-Ball Practice (E): 4:30-6pm Rec Room: 3-6pm	15 GSD – NO SCHOOL SSD – ER 3 HRS Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
18 GSD – NO SCHOOL SSD – NO SCHOOL B-ball Practice(M): 3:30-5:30pm Rec Room: 12-6pm	19 SSD – NO SCHOOL B-Ball Practice (E): 4:30-6pm Rec Room: 12-6pm	20 GSD – ER @ 2:15 B-Ball Practice (M): 3:30-5:30pm Rec Room: 2:30-6pm Open Swim: 3-6pm	21 B-Ball Practice (E): 4:30-6pm Rec Room: 3-6pm	22 Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
25 B-ball Practice(M): 3:30-5:30pm Rec Room: 3-6pm Open Swim: 3-6pm	26 B-Ball Practice (E): 4:30-6pm Rec Room: 3-6pm	27 GSD – ER @ 2:15 B-Ball Practice (M): 3:30-5:30pm Rec Room: 2:30-6pm Open Swim: 3-6pm	28 B-Ball Practice (E): 4:30-6pm Rec Room: 3-6pm	
After school snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 4-4:45pm 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		Key for Basketball: (M) = Middle School 7 th – 8 th (E) = Elementary 4 th – 6 th

REMINDER

Tutors are available everyday afterschool from 3:30-5:00pm.

Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom



Education Information

Gordon James

Education Staff. I'd like to welcome, Peggy Peters, who will be joining the staff of the TLC as our Education Liaison. In this role, Peggy will be very involved in the department's work with K-12 education. We expect her to be in her new role beginning in February and are excited to have her joining us. Congratulations to Jerilynn Vail on her new role as Youth Activity Manager. She has done remarkable work with the kids in our afterschool program and we are all looking forward to a great 2013 with the kids. I also want to thank Larry McFarlane, Sr. for volunteering to coach our youth basketball teams. He brings many years of experience as a youth coach and has a joy for working with the kids. I know the kids are really happy to get another basketball season underway.

Teen Advocate The department is advertising for a Teen Advocate, a new grant-funded position within the department. This position will take the lead in developing a program and services to decrease delinquency and truancy for 12-17 year olds in the community. Check the Tribe's website for more information.

Thank You, Evan. As he prepares to leave the department on February 8th, I want to acknowledge the great work that Evan Welkin has done for the Education Department, and for the youth and young adults of the Squaxin community. Evan joined the TLC staff in May of 2012 to bring our most recent ANA grant to a successful close. Since October, he has served as Acting Education Liaison. He helped re-organize the position; helped build upon our existing relationships between departments, and with the school district, Sylvan, and South Puget Sound Community College; and pitched in to help in so many other ways. His hard work, caring nature, enthusiasm, thoughtfulness and patience were a joy to be around. We wish him the best for all that comes next.

Sylvan. There are open slots for kids to be enrolled in Sylvan and enrollment forms are available at the TLC building. For afterschool tutoring in math or reading, youth attend one hour twice each week, either Monday/Wednesday or Tuesday/Thursday. If you would like your child to improve in math or reading, we would love to tell you more about this program.

GED. The TLC offers two options for those seeking a GED. There is after school homework help and GED instruction, in the TLC classroom, Tuesday through Thursday, from 4:00-7pm. Our teacher, Jamie, missed a couple

of weeks in January but we expect our schedule to be back on track for February. The homework help and GED instruction are available on a drop-in basis. When a student is ready, the GED testing can be done at either Olympic College, or South Puget Sound Community College.

Learning Academy. There is also the Tu Ha' Buts Learning Academy (TLA). Students in this program can work online, independently at home, and in the TLC classroom with our on-site, certified teacher, Lynn. She's regularly scheduled to be in the classroom 20 hours weekly, Monday-Friday from noon to 4pm. She is available to answer your questions and help students with their classwork, as they work toward a GED. For those under 21 who would prefer to work toward a high school diploma, the TLA program can accommodate this through a partnership with the East Valley School District in Spokane, WA.

Higher Education Students. There always seems to be paperwork to be done and TLC staff will continue working with your college financial aid office to assure that any financial aid support the Tribe offers gets properly credited to your account at the college. If you have any questions about higher education programs of the Tribe, please feel free to contact Mandy at (360) 432-3882.

Job Training and Placement. The Education Department has funds available for those taking a vocational or job related training class or short course to earn certificates or to enhance their job skills. Examples could include first aid, CPR, GED or even a single college class.

Facebook. I also want to offer a reminder about the TLC Facebook page. It's one more way for the department to provide announcements about the anything and everything going on. Check out our Events page at www.facebook.com/TuHabuts. This is where you can find the latest schedule changes, information on upcoming activities, and general information about TLC services.



Youth Activities Update

From Jerilynn Vail

With January coming to an end, 2013 is already off to a great start here at the TLC. February has a lot going on for the kids. The kids have been busy with playing basketball and Coach Larry McFarlane, Sr. has been hard at work teaching them the basics of basketball and getting them prepared for the tournaments, round-robins and scrimmages that are coming up over the next months. We have two age groups that practice twice each week and are working hard: grades 4-6 (elementary) and grades 7-8 (middle school). Thank you for Larry coming to work with the kids!

We are looking forward to a basketball tournament at Skokomish over the President's Day weekend (February 16-18). Watch the Tu Ha' Buts Learning Center Facebook page for more information. We'll announce game times as we learn them and we will get pictures up of the kids playing basketball to share with everyone, too. We'll also be sharing more dates of tournaments and scrimmage games as we get them scheduled – on the Facebook page, in the Daily Scoop, and in flyers to the kids.

My position in the department has changed; I am now the Youth Activities Manager. I am beyond excited to fill this position. I have a great love for working with the youth and I am ecstatic for this opportunity! Thank you.





Dear Squaxin Island Tribal Community Members

This is to inform you of the Colon Health Program that we offer here at the Squaxin Island Tribal Clinic. This program is for those of us that are 50 years of age to 64 years of age. This is a very important health screening to do as we age. It is a simple test called the iFOBT-a screening test which checks the stool for blood and can help rule out the presence of Colon cancer. It is an easy test to do at home.

Colon cancer can be prevented by getting this screening or a colonoscopy screening done at the recommended intervals. If Colon cancer is detected early it can be successfully treated. That is why getting this screening done is so important. You especially need to get this screening done if you have an immediate family member who has had Colon cancer.

This program is free if you qualify and you will receive nice incentive gifts for completing the test and for taking care of your health. The CHP is an important aspect of keeping our people healthy along with the other cancer screening tests available.

Let's be a community that takes responsibility for our personal health and one that continues to stay strong and thriving for generations to come.

Contact Lindy Fredson LPN, Patient Navigator for the Squaxin Colon Health Program at the clinic or call Lindy at 360-432-3933 for more information. Thank You.

Please mark your calendar for the SPIPA Colon Health Program's March to Prevention Event on March 2nd. It will be a day of fun activities and colon cancer prevention education. Talk to Lindy to pre-register.

Quit Smoking



Time to put an end to cigarette addiction!

You have been thinking about it. You have considered it. It's time to quit smoking! The Squaxin Island Health Clinic is now offering a Tobacco Cessation program. From tips on how to get ready to quit smoking, the program is designed to help you through every stage. There are going to be weekly support meetings. At these meetings, you will get support, aids and advice for quitting. You will also be able to talk with other people that are going through the same issues you are. The program will also offer smoking cessation aids such as Chantix or the patch. If you are interested in learning more, come to one of our meetings. They will be held every Tuesday evening starting January 29th at 4:00 p.m. in the Health Promotions Building across from the Health Clinic. See how this program can help you become smoke free. If you have further questions, call Cheryl at 360-432-3922.



Squaxin Island Tribal Members performing with local tribes at Gov. Jay Inslee's Inaugural Ball

State Capitol
January 16th

Photos by Marilee Bittner-Fawcett and Mike Mewhirter





HEALTH CLINIC



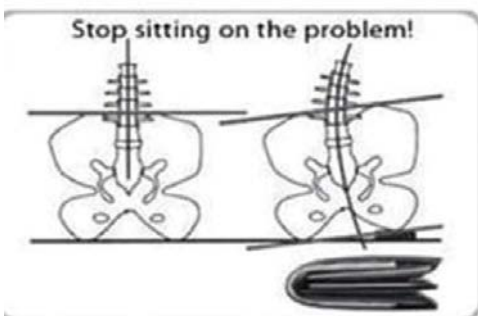
FREE BLOOD PRESSURE SCREENING 2013

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!



Chiropractic Care

You may remember the Seinfeld episode where George Costanza complained about severe back pain caused by sitting on his wallet. Although quite funny on the TV show, when you sit on a wallet or any uneven surface, like an old office chair, it will actually cause the body to create compensation patterns, potentially resulting in injury.

This is a public service reminder from your chiropractor. Call the Squaxin Island Health Clinic for your next chiropractic visit.

February is Heart Health Month

Submitted by Patty Suskin, Diabetes Coordinator, Sources with modifications: Columbia University Medical Center Preventive Cardiology Program, & Mayo Clinic

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or a stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

Most of us are aware of the importance of physical activity, avoiding smoking & eating healthy. How to eat for a healthy heart can be confusing with the information in the media. Here are some trustworthy tips from the experts:

8 Steps to a Heart Healthy Eating

1. Eat a diet rich in vegetables, fruits, whole grains, and fiber. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredient, such as vegetable stir-fry or fresh fruit mixed into salads. Include oatmeal for your meals or snacks each week.

2. Eat fish at least twice a week.

3. Limit how much saturated fat, trans fat, and cholesterol you eat by choosing leaner protein sources (chicken, fish, etc) & limiting fried foods.

4. Select fat-free, 1% fat, and low-fat dairy products. If you are used to whole milk, transition to lower fat by filling your cup up half way with the healthier version & gradually increase the portion of the healthier version.

5. Control your portion size. Three ounces of meat, fish, or poultry is a serving. Challenge yourself to increase the vegetables and decrease the fried foods. You may be surprised how you can be satisfied with a smaller portion.

6. Plan ahead: Create daily menus. This is not easy to do, but essential to eating healthier. Planning ahead—even a few hours—can help you to make healthier choices.

7. Allow yourself an occasional treat

8. Avoid fad diets "Almost every one may result in short-term weight loss but leave you weighing even more a year later, and preventing weight gain is one of the best ways to prevent developing heart disease risk factors."

One way to make sure that your diet is rich in fruits, vegetables, and fiber, and low in saturated fats, is to divide your plate at each meal: half vegetables, ¼ with a whole grain such as brown rice, couscous, baked potato with skin & barley and 1/4 for fish or a very lean meat.

Remember to get your nutrients from foods themselves, the antioxidants and other heart-healthy goodies found in foods like blueberries, beans, and artichokes don't pack the same punch when they're not in food form.

Take one change at a time. If you need encouragement or ideas, contact your health provider or Patty Suskin, Registered Dietitian, at 360 432-3929 or psuskin@squaxin.us. If you prefer to check out the resources on line, check out choosemyplate.gov. To track your food & activity, click on supertracker.

Foot Exam Morning
with Dr. Kochhar (Foot Doctor)

Thursday,
February 14, 2013

9 am—noon



Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin,
Diabetes Coordinator for an appt.
360 432-3929

Clinic 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

Smart Shopping/ Food Label 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

February 26th

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



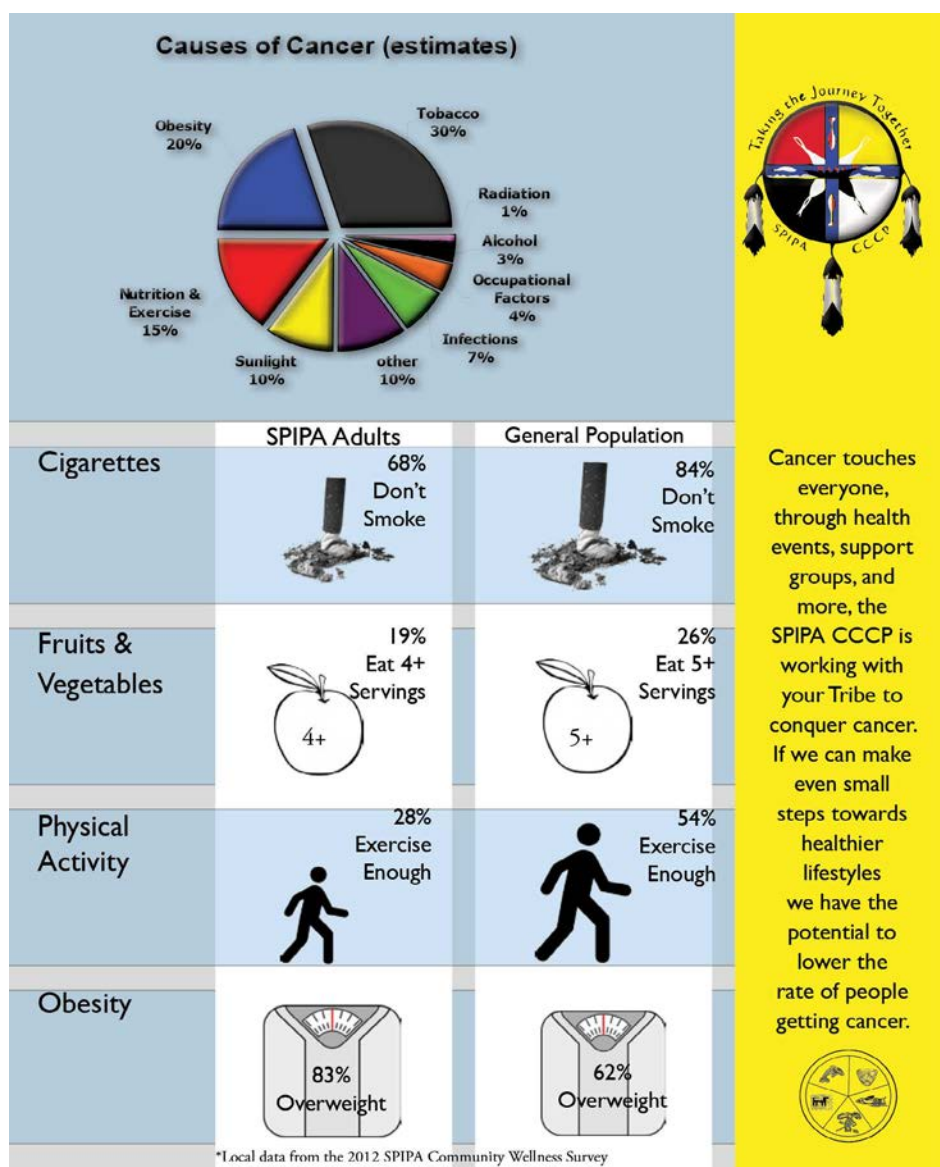
SPIPA's Cancer Control Program

The majority of cancers can be prevented through healthy lifestyle choices. SPIPA's Cancer Control Program (CCCP) is focused on key causes of cancer. If we can change lifestyle habits, such as lack of exercise and poor nutrition, obesity, and commercial tobacco use then we can reduce the risk of getting cancer.

In general, our SPIPA Tribal communities have a similar overall cancer incidence rate to the general population. However, we have a significantly higher smoking rate, lower rate of exercise and lower consumption of fruits and vegetables. Therefore, if we can make even small steps towards healthier lifestyles, we have the potential to lower the rate of people getting new cancers or reoccurrence of cancers.

Last year's Community Wellness survey was filled out by more than 400 people, most from the 5 SPIPA tribes. The results of the survey show some positive gains: a reduction in smokers, more youth eating fruits and vegetables, and more people getting screened. Even so, we still have a long way to go as tribal communities. The CCCP is committed to working with each tribe to meet, or even better, exceed the state numbers. Together we can conquer cancer.

The CCCP is best known for the annual Native Men's Wellness, Cancer Survivor & Caregiver, and Youth POWER events. The CCCP also works with volunteers at each tribe to set up cancer support groups. Please call us at 360-462-3226 for more details.



Ten "Doable" Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potlatch, graduation or birthday party, make a plan to stay on a healthy eating track:

- Choose the ways you can stay on track and check: **YES! I can!**
- After the event, check the ones you did: **YES! I did it!**
- Bring this to your next appointment with your health care provider.

Special meal: _____ Date: _____

- 1 Earlier in the day, eat breakfast or healthy snacks.** Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.
☐ YES! I can! ☐ YES! I did it!
- 2 At the special gathering, limit before-meal chips and crackers.** Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.
☐ YES! I can! ☐ YES! I did it!
- 3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose.** Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.
☐ YES! I can! ☐ YES! I did it!
- 4 Choose vegetables that are raw, grilled or steamed.** Avoid vegetables in cream sauce, gravy, butter or cheese sauce.
☐ YES! I can! ☐ YES! I did it!
- 5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas.** Avoid regular sodas and juice.
☐ YES! I can! ☐ YES! I did it!
- 6 Avoid drinks with alcohol or limit them.** Women should drink no more than one alcoholic drink a day. Men should drink no more than two.
☐ YES! I can! ☐ YES! I did it!
- 7 If you choose to eat dessert, have a small piece.** Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.
☐ YES! I can! ☐ YES! I did it!
- 8 After the meal, take a walk with family members.** Walking will lower your blood sugar level. You will have more energy.
☐ YES! I can! ☐ YES! I did it!
- 9 If you eat too much, don't feel bad.** You have not failed because of one meal. Think about the days you did not overeat.
☐ YES! I can! ☐ YES! I did it!
- 10 Plan to get back on track the next day.** Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!
☐ YES! I can! ☐ YES! I did it!



Produced by IHS Division of Diabetes Treatment and Prevention, 12/2012. To print this and other patient education material, go to www.diabetes.ihs.gov, click **Printable Materials**.

WIC

(Women, Infants, and Children)

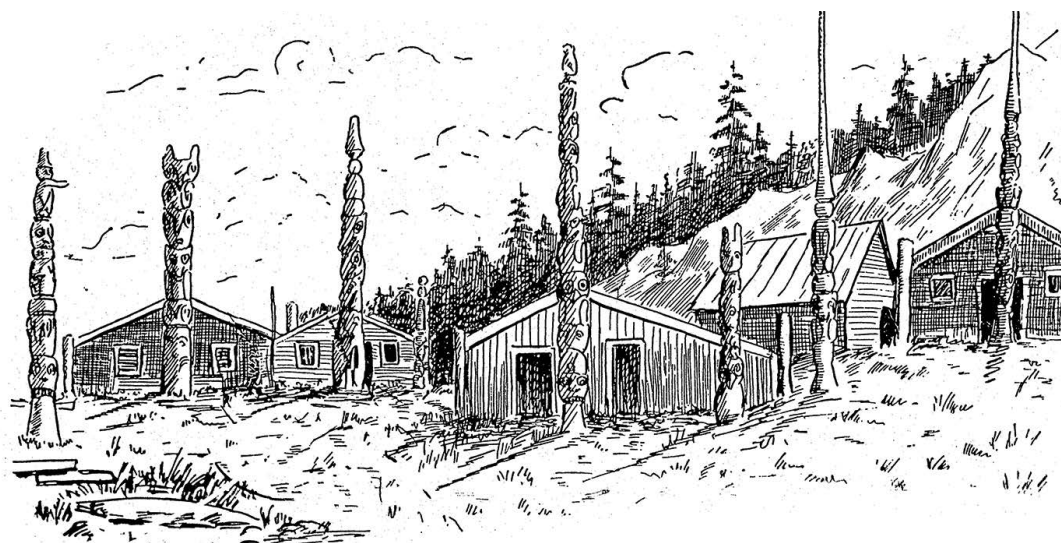
provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:

Your child, Provider One Card or paystub and Identification for you & your child

Tuesday, Feb 12th is WIC DAY at SPIPA

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227



THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:

A.C.

An Indian Child

Case No.: CW-2012-1201-092

NOTICE OF FACT FINDING AND DISPOSITIONAL
HEARING

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Clinton Coley and Theresa Sanchez.

YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth code, a Fact Finding and Dispositional Hearing for the above named youth has been filed in the Squaxin Island Youth Court. The hearing on this matter shall be held on the 6th Day of March, 2013 at 11:30 am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

Post: February 1, 2013
Publish: February 1, 2013

NOTICE OF HEARING - PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771

THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:

D.H.,

and

Z.S.,

Indian children.

Case No.: SQI-CW-2010-1006-0065, and SQI-CW-2010-1006-0067

NOTICE OF REVIEW HEARING

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Theresa Sanchez and Leo Henry, Sr.

YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth code, a Review Hearing for the above named youth has been filed in the Squaxin Island Youth Court. The hearing on this matter shall be held on the 6th Day of March, 2013 at 11:00 am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

Post: February 1, 2013
Publish: February 1, 2013

NOTICE OF HEARING
PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.432.1771



Harry Johns Jr.	01
Camden Adams-Lewis	01
Winter Perez	01
Mistifawn Martinez	03
Donald Briggs	03
Lareciana Broussard-James	04
Lydia Algea	04
Larry Bradley, Jr.	04
Isaiah Rees	04
James Cooper	04
Kalea Johns	04
Ronald Dailey	04
Dylan Suarez	05
Anthony Pinon	05
Shannon Cooper	05
John Briggs	05
Stephanie James	06
Sebastian Rivera	07
John Tobin	07
Ruth Lopeman	07
Michael Mosier	07
Justin Lopeman-Dobson	08
Barbara Knudsen	08
Apisai Moliga Jr.	08
Stefanie Kenyon	09
Michael Henderson	09

Happy Birthday

Crisaleena Rees	10
Hunter Merriman	11
Shaelynn Peterson	11
Alei Henderson	11
Emilio Capoeman	12
Russ Addison	12
Che-Vonne Obi	12
Eugene Cooper	13
Ramona Mosier	13
Michael Furtado	14
Alicia Boyette	15
Sonja Clementson	15
Sean Jones	15
Justine Vandervort	16
Jennifer Reboin	16
Jean Henry	16
Raul Avalos	17
Clayton Bethea	17
Derrick Wily	17
Micheal Kenyon	17
Sophia Martin	17
Antone Hidalgo-Hawks	17
Haley Peters	18
Kimberli Burrow-Elam	18

Steven Peters	18
Robert Whitener, Jr.	19
Katalina Lewis	19
Rachel Ford	19
Benjamin Parker	19
Cheryl Monger-Sept	20
Timothy Linn	21
Steven Peters	21
Kristopher Peters	21
Sallee Elam	21
Annie Ruddell	21
Jordan Sweitzer	21
Margaret Witcraft	21
Grace Pughe	22
Kimberly Zachry	22
Lydia Parrott	23
Marvin Newell, Jr.	23
Joshua Melton	23
Barbara Henry	23
Delwin Johns	24
Jonathon Fry	25
Zachariah Mirka	25
Miriam Whitener	25
Samuel Penn	26
Katrina Story	26
Cameron Henry	27
Juana Perry	27
Alex Salgado	27
Katherine Ackerman	28
Dennis Sigo	29

What's Happening

					1	2 <i>Memorial Dinner for Charlene Cooper</i>
3	4	5	6 <i>Family Court</i> MLRC Basket Class	7 Culture Night 5:00 p.m. <i>Council Mtg.</i> AA Meeting 7:30	8	9
10	11	12 <i>Criminal/Civil Court</i>	13 MLRC Basket Class	14 Culture Night 5:00 p.m. AA Meeting 7:30	15	16
17	18	19	20 MLRC Basket Class	21 Culture Night 5:00 p.m. <i>Council Mtg.</i> AA Meeting 7:30	22	23
24	25	26 <i>Criminal/Civil Court</i>	27 MLRC Basket Class	28 Culture Night 5:00 p.m.		

February Menu

Mon. 4	Pigs in a Blanket
Tues. 5	Soup & Sandwich
Wed. 6	Pork Roast
Thurs. 7	Taco Pie
Mon. 11	Shrimp Stir Fry
Tues. 12	Soup & Sandwich
Wed. 13	Spaghetti
Thurs. 14	French Dips
Mon. 18	Brunswick Stew
Tues. 19	Soup & Sandwich
Wed. 20	Spareribs 2 Sauerkraut
Thurs. 21	Meatloaf
Mon. 25	Parmesan Chicken
Tues. 26	Soup & Sandwich
Wed. 27	Hamburger Steaks
Thurs. 28	Nacho Dogs



You may have a settlement coming

The date to file a claim is fast approaching (March 1). Squaxin Tribal members can call 1-800-961-6109 to find out if their name is listed in either the "historical or trust settlement." Many tribal people have funds waiting for them, but the Trust Office doesn't have up-to-date information on certain individuals.

Claims Must Be Filed By March 1, 2013 In \$3.4 Billion Indian Trust Settlement

What is This About?

The *Cobell v. Salazar* Settlement is approved. The Settlement resolves a class action lawsuit that claims that the federal government violated its duties by mismanaging trust accounts and individual Indian trust lands. Payments to the Historical Accounting Class are underway. The process of considering claims for the Trust Administration Class is ongoing.

The final deadline if you need to file a claim form for the Trust Administration Class is March 1, 2013.

Am I Included?

The Trust Administration Class includes:

- Anyone alive on September 30, 2009, who:
 - Had an IIM account recorded in currently available electronic data in federal government systems anytime from approximately 1985 to September 30, 2009, or
 - Can demonstrate ownership in trust land or land in restricted status as of September 30, 2009.
- The estate (or heirs) of any deceased landowner or IIM account holder whose account was open or whose trust assets had been in probate according to the federal government's records as of September 30, 2009.

Do I Need to File a Claim Form?

You must file a claim form if you believe you are a member of the Trust Administration Class and you have not:

- Received IIM account statements at your current address anytime between January 1, 1985 and September 30, 2009 and continue to receive statements; or
- Received a payment as a member of the Historical Accounting Class. If you did, you will receive a second payment automatically as a member of the Trust Administration Class; or
- Filed a claim form already using your current address. If you have, the Claims Administrator will contact you.

You must fill out a claim form and mail it to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877, postmarked by **March 1, 2013** in order to receive a payment.

How Much Money Can I Get?

Members of the Trust Administration Class will likely receive at least \$800 or more. The actual amount will depend on the number of claims and the costs of administration.

For a claim form or to update your contact information:

Call Toll-Free: 1-800-961-6109 or Visit: www.IndianTrust.com

Welcome Elias Dade Coley



**Born on January 4, 2013
to Aleta Poste
& Isaiah Coley**



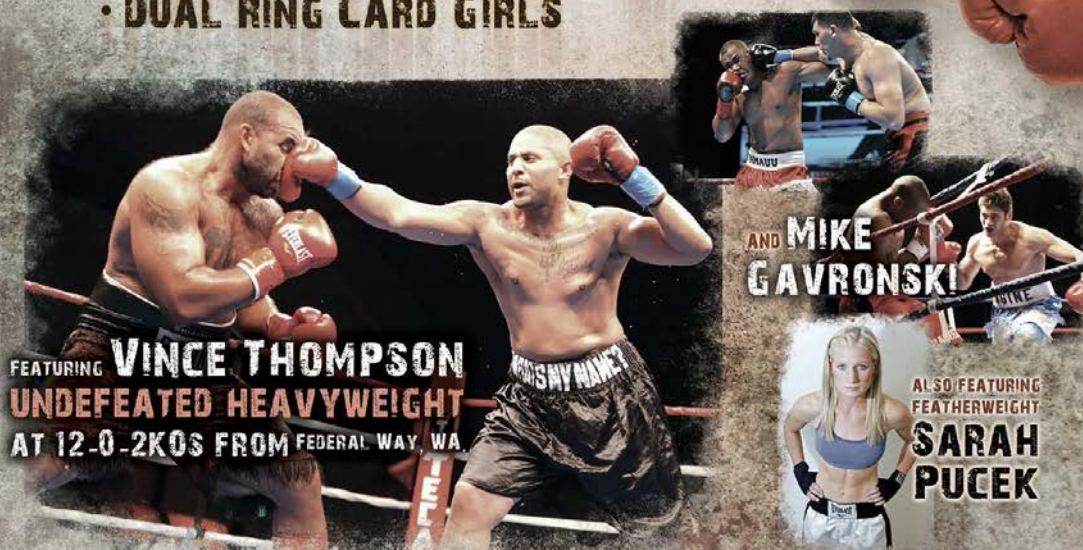
**Rick Harper visiting his
Tribal community and
wishing everyone a
Happy New Year!**

Photo by Charlene Krise

LIVE PROFESSIONAL BOXING FIGHT CLUB

FEBRUARY 23RD, 2013

- 24 ROUNDS OF NON-STOP ACTION
- FIVE PRO BOXING BOUTS
- FEATURING LOCAL STATE BOXERS
- DUAL RING CARD GIRLS



Tickets on sale now! \$60 Ringside • \$50 First two rows on the floor • \$40 Floor seats • \$30 Bleacher seats

LITTLE CREEK
CASINO • RESORT™

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

Must be 21 or older. Call for Skyboxes.

Happy Valentine's Day

SKOOKUM CREEK
TOBACCO
FACTORY OUTLET STORE

FEBRUARY

"VALENTINE'S SPECIAL"
TRIBAL MEMBERS ONLY

BUY ANY 2 CARTONS OF CIGARETTES
(Complete, Premis, or Traditions)

Receive a **FREE**

"Skookum Creek Tobacco" T-Shirt
OR
Baseball Cap
(WHILE SUPPLIES LAST)

*DON'T FORGET YOUR \$5.00
TRIBAL DISCOUNT PER CARTON

Located at the factory
Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96

