

Squaxin Island Tribal Council

Winter General Body Meeting

January 19, 2013

Community Kitchen

Meeting will start at 9:00 a.m.

Lunch will be served at noon.



5th Annual Squaxin Community Salish Sea Plunge

Bring in 2013 with a cool dip into the Salish Sea
at the 5th Annual Squaxin Community Salish Sea Plunge.

Tuesday, January 1st 2013
11:00 AM @ Arcadia Boat Ramp

The plunge will occur at 11:05 AM sharp!

Be a part of the New Years tradition by join us for
this fun, drug and alcohol free community event.

Everyone of all ages welcome to participate.

Costumes are strongly Encouraged.

We will be collecting non-perishable foods to
donate to the Squaxin Island Tribe Food Bank.



For more information contact: Joseph Peters (360)- 432-3813 jcpeters@squaxin.us

NEW YEARS EVE CELEBRATING 2013

Party into the new year with live music by

SONIC FUNK ORCHESTRA

9pm - 1am • Tickets \$45 • Skookum Creek Event Center

Enjoy appetizers and a champagne toast at midnight!

WIN YOUR SHARE OF \$2013

*in Cash Cube drawings held every
half hour during the party.*

Holiday hours of operation

*Open 24 hours from December 28, 2012
thru January 2, 2013*

**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.



COMMUNITY



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3645
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 KRIZE: 3rd Council Member

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



Needed - Caregivers

Day & Night shifts with Melissa Whitener
Must pass background and fingerprint checks
Call 360-742-7775

Would love Elders' help too!

Starting ASAP
\$10.50 hr

Thanks for a great Thanksgiving Dad/Grandpa (Bill Peters)

Little Creek Casino Resort
- Love from your whole family

Missing Afghan

This afghan was in Colleens office when she left for hip surgery last year. If anyone knows where it is, please bring it to the Elders building.

Thanks!

- Rose Brownfield





Recovery Coaching

Stephanie Tompkins - For the past three years, the Northwest Indian Treatment Center (NWITC) has been building a recovery support follow-up program through the grants received in 2009. The recovery support services are delivered by staff (recovery support team). Services include providing resources and additional support and encouragement to individuals as they transition from residential treatment back to their home communities. While this program has proven to be extremely helpful, we started to see a need for further support. It seemed that alumni would definitely benefit from further clean and sober support within their home communities.

We decided to enrich our follow-up program by implementing peer recovery services – specifically a peer recovery coaching program. The recovery support team was trained through CCAR (Connecticut Community for Addiction Recovery) using the Recovery Coach Academy model. CCAR has been using this model in their community and have found positive results.

Recovery Coach Academy

According to CCAR, a Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery. The Recovery Coach Academy (RAC) is a five-day training opportunity designed for those interested in becoming actively involved in serving as a recovery coach. The training will provide participants a comprehensive overview of the purpose and tasks of a recovery coach and will explain the various roles played by a recovery coach. The training will provide participants tools and resources useful in providing recovery support services and emphasizes the skills needed to link people in recovery to needed supports within the community that promote recovery.

Unequivocally, recovery coaches do not provide clinical services. They do, however sometimes work with people experiencing difficult emotional and physical states. As a result, the training provides participants with a basic understanding of substance use and mental disorders, crisis intervention and how to respond in crisis situations. In addition, skills and tools on effective communication, motivational enhancement strategies, recovery action planning, cultural competency and recovery ethics will be offered.

Learning Objectives for the Recovery Coach Academy

- Participants will be able to:
- Describe the roles and functions of a recovery coach
- List the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Discuss co-occurring disorders and medicated assisted recovery
- Describe stages of change and their applications
- Address ethical issues
- Experience wellness planning
- Practice newly acquired skills

NWITC started this peer recovery coaching program by holding a training – Recovery Coach Academy – and offering it to alumni of NWITC's residential program in November 2012. The training was a huge success! We now have 18 trained recovery coaches within several tribal communities including Squaxin Island. How will this benefit individuals completing treatment? As they transition home, they will be connected to their recovery coach who can help them in many ways to access a life of recovery.

If you are alumni of NWITC and interested in becoming a recovery coach, contact the recovery support team at 360-482-2674.

NWITC would like to take this opportunity to thank the Squaxin Island Tribe, Little Creek Casino and the participants of our first Recovery Coach Academy. You all helped make it a huge success!

***Stephanie Tompkins is the Director of the Northwest Indian Treatment Center and a member of the Drug Task Force.*

For more information on NWITC go to:

<http://www.squaxinland.org/nwitic>

More recovery resources are also available at:

<http://www.squaxinland.org/drug-task-force/links>

Drug Task Force News

DTF Informational Kiosk in Administration Building Lobby

Come check out the new Drug Task Force information kiosk in the lobby.



National Drug Facts Week - Shatter the Myths

National Drug Facts Week (NDFW), January 28 – February 3, 2013 is aimed at helping teens shatter the myths about drugs. If you have activity suggestions or would like to volunteer to plan activities targeting teens, please contact Bridget Ray at 432-3955.

Youth & Community Alternative Activities

Drug-free events and activities

January 27th	Drug & Alcohol Awareness Dinner at Event Center
January	Movie Night in Community Kitchen (LCCR)
February 9th	Valentine's cookies in Community Kitchen (Executive Services)

AA/NA Meetings

Narcotics Anonymous (NA) meetings started in September and are held on Tuesday nights from 5:30 - 7:00 p.m. at the Elder's Building.

Alcoholics Anonymous (AA) and Al-Anon meetings are held in separate rooms on Thursday nights from 6:00 - 7:30 p.m. at the Elder's Building.



Solid Waste and Recycling Program

Burn the right wood, the right way, in the right wood-burning appliance

Sheena Kaas - Did you know that by changing the way you burn wood you can save money, reduce air pollution, and protect your health?

Here are a few simple tips to make your fire burn hotter, keep your wallet fatter and keep your local air cleaner and healthier.

Season all firewood. All firewood should be split, securely covered or stored, and aged for at least six months. Seasoned wood burns hotter, cuts fuel consumption and reduces the amount of smoke your appliance produces.

Choose the right firewood. Hardwoods are the best. Never burn trash or treated wood which can emit toxic air pollutants.

Start it right. Use only clean newspaper or dry kindling to start a fire. Never use gasoline, kerosene, charcoal starter, or a propane torch.

Don't let the fire smolder. Many people think they should let a fire smolder overnight. But reducing the air supply does little for heating and increases air pollution. Build the fire well to burn hot through the night or put the fire out.

Clean ashes from your wood-burning appliance. Excess ashes can clog the air intake vents reducing efficiency. Be sure to dispose of ashes in a metal container away from the house or any flammable material to reduce the risk of fire.

Keep your chimney clean. A clean chimney provides good draft for your wood-burning appliance and reduces the risk of a chimney fire. Have a certified professional inspect your chimney once a year.

Be a good neighbor. Follow best practices for burning wood. Always remember to comply with state and local codes and check your local air quality forecast.

Follow instructions. Operate your wood-burning appliance according to the manufacturer's instructions and follow all maintenance procedures.

Upgrade to cleaner equipment. EPA-certified wood stoves and fireplace inserts burn cleaner and burn wood more efficiently emitting less particle pollution than older models.

Size matters. Choose the right-sized appliance for your needs. If your wood-burning appliance is too big for your room or house. The fuel will smolder and create more air pollution.

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

Information distributed by Burn Wise, a program of U.S. EPA. More information can be found at www.epa.gov/burnwise.



5 Credit Resolutions for 2013

The new year is a great time to improve your credit rating by taking these steps.

With 2013 just around the corner and more than a few consumers feeling what we've fondly dubbed Black Friday hangover, sitting down with a notebook and pen to jot down some credit resolutions might not be a bad idea.

Stop opening store cards. Unless you have the self-control and the means to take advantage of retail cardholder discounts while paying the balances in full without interest, retail cards should be avoided at all costs. That's because in return for that 10% to 20% off for opening the line of credit, you'll receive a score-dropping hard inquiry and new account on your credit report, plus a low credit limit and a high APR on the card. Is another path to debt really worth it?

Pay more than the minimum payment. Paying the minimum payment due is like running in place. The debt's interest will continue to pile up, requiring much more time to pay that balance down. Pay off as much as you can reasonably afford every month to salvage your score. Check how long that will take by using this calculator.

Check your credit reports and credit score. This should go without saying, but if you haven't checked your credit report and score yet, now's the time to do it. You can't begin to make changes if you don't know where you stand or have a goal for where you'd like your score to be. You can request a report for free from any of the three major credit bureaus using AnnualCreditReport.com -- and make sure it's accurate. You can get your credit score for free using Credit.com's free Credit Report Card.

Set up automatic payments. Possibly the easiest way to get debt under control, automatic payments are a cardholder's best friend. This way you won't accidentally forget to make a payment, which can cause an account to go past due. Past-due payments are the worst thing you can do to your credit score. Missing payments frequently is a bigger recipe for disaster. The more severe and recent the missed payments, the greater the negative impact will be.

Quit comparison shopping for credit. It sounds savvy on the surface: Any card worth its salt should stand up to the competition, right? But come holiday time, this can be a disaster in the making if you open too many cards. The problem with applying for several cards is that the hard inquiries and new accounts appearing on your credit report work against your score, as consumers who frequently apply for new credit have a higher risk of default than those who only apply for new credit when needed.

This post comes from Jill Krasny at Credit.com.





Housing Improvement Program (HIP)

This notice is to provide notice that funding may be available in FY 2013 for extremely low income families through the Bureau of Indian Affairs (BIA) - Housing Improvement Program (HIP). The Office of Housing will accept applications through January 25, 2013.

Qualifications:

- Member of a federally recognized Tribe
- You live in an approved Tribal service area
- Your income does not exceed 125% of DHHS poverty income guideline
- Your present housing is substandard
- You must meet ownership requirements
- You have no other resources for housing assistance
- You have not received HIP assistance after October 1986
- You did not acquire your present housing through participation of a Federal Government sponsored housing program

The application process is often difficult, but staff is available to assist you in the process. Applicants must have exhausted all other resources for housing assistance. The Office of Housing will accept the applications and forward them to the BIA, who will make the final determination.

If you have any questions about the HIP program, please contact
Lisa Peters at (360)432-3871.



FACTORY OUTLET STORE
Located at the FACTORY

JANUARY
“NEW YEAR SPECIAL”
TRIBAL MEMBERS ONLY

\$13.00 DISCOUNT
PER CARTON OF COMPLETE,
PREMIS & TRADITIONS

(Offer good January 3rd-January 31st)
NO COUPON REQUIRED

(Must show Tribal membership card)

Per Capita Withholding

You may request federal withholding for tax on per capita gaming distributions. The IRS form W-4V will serve that purpose.

Withholding is not required until the total per capita payments reach \$9,750 (as of calendar year 2012). Form W-4V needs to be completed and returned to Cathy Magby by January 4, 2013, in order for withholding to occur for the February 2013 per capita payment.

Thank you,
Deborah Stoehr
Finance Director
Squaxin Island Tribe
(360)432-3903
dstoehr@squaxin.us



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

Who Are They?



ANSWER: John James, Don Whitener
& Pete Kruger



LEARNING CENTER



Jan 2013

Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm

Front Desk: 432-3958

YOUTH Gym/Recreation hours: See below

Rec Room: 432-3275 (3-6pm)

All activities are drug, alcohol, tobacco and bullying-free.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 GSD – ER @ 2:15 Open Gym: 2:30-4pm B-Ball Practice: 4-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	3 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	4 Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
7 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	8 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	9 GSD – ER @ 2:15 Open Gym: 2:30-4pm B-Ball Practice: 4-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	10 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	11 SSD – ER 1.5 HRS Open Gym: 1:30-6pm Rec. Room: 1:30-6pm Open Swim: 5-8pm
14 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	15 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	16 GSD – ER @ 2:15 Open Gym: 2:30-4pm B-Ball Practice: 4-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	17 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	18 Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
21 NO SCHOOL Open Gym: 12-4pm B-Ball Practice: 4-6pm Rec. Room: 12-6pm Open Swim: 3-6pm	22 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	23 GSD – ER @ 2:15 Open Gym: 2:30-4pm B-Ball Practice: 4-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	24 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	25 SSD – ER 1.5 HRS Open Gym: 1:30-6pm Rec. Room: 1:30-6pm Open Swim: 5-8pm
28 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	29 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	30 GSD – ER @ 2:15 Open Gym: 2:30-4pm B-Ball Practice: 4-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	31 Open Gym: 3-4pm B-Ball Practice: 4-6pm Rec. Room: 3-6pm	
After school snacks: TLA: Sylvan: Homework Help, GED Prep:	M-F 4-4:45pm M-F 12n-4pm 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 from 3:30-5:00pm.

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



Learning Center Update

Gordon James - Happy New Years, from all of us in the Education Department. As I write this, planning and preparations are underway for the 2012 Squaxin Youth Christmas Party and 2012 Youth Basketball Tournament, but the Christmas break means we won't have a chance to write about them for the January edition of the Klah-Che-Min. We'll make sure photos and articles about these get into the February edition. First, the usual reminders...

Sylvan. The Tu Ha' Buts Learning Center continues to offer formal afterschool tutoring in math or reading through Sylvan. Youth attend this program for one hour twice each week, either Monday/Wednesday or Tuesday/Thursday. There are five open slots at this time. If you would like your child to enroll in Sylvan, we have enrollment forms at the TLC building. Upon completing the forms, you would coordinate an assessment test through Sylvan, at their offices in Olympia. This assessment lets the Sylvan tutors know what level of reading or math tutoring is needed. Your child would then be scheduled for one of the twice weekly slots at the TLC.

FERPA Forms. In December, some of you may have received a mailer about the FERPA form. Due to laws protecting access to student school records, the TLC can best serve students in the public schools only with a parent or guardian's written permission. We ask that a parent or guardian renew the FERPA forms annually for their children, authorizing the school to be able to share information about your student with the department. Please contact the TLC at (360) 432-3958 if you would like more information about services we provide, or if you would like to fill out an authorization form.

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. The homework help and GED instruction are available on a drop-in basis. Students of all ages are encouraged to stop by and meet Jamie, the teacher. When a student is ready, the GED testing can be done at either Olympic College, or South Puget Sound Community College.

Tu Ha' Buts Learning Academy (TLA). Students in this program can work online, independently at home, and in the TLC classroom with Lynn, our on-site, certified teacher. Lynn is 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. This is a reminder that your official grades from fall 2012 need to be turned in by January 7. There is always 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.

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.



*Squaxin Canoe Journey Gifts
Photo by Eagle Gus*

Youth Activity Program Update

Jerilynn Vail - We are wishing everyone a Happy New Year. Time sure flew by in 2012! Tara, Zach, Jessica and I are looking forward to offering a lot of great youth activities throughout 2013.

By the time this article comes out, youth basketball practices will already be underway. After taking some time off from coaching, Larry McFarlane returns to coach youth basketball. Practices will be Monday through Thursday at the Squaxin gym. Grades 6 and up will practice from 4-5pm and Grades 5 and under will practice from 5-6pm. It will be nice to have Larry back working with the youth, and taking in some basketball tournaments. Youth who are already signed up for the afterschool program don't need to fill out any additional paperwork. Otherwise, stop by the TLC and we can give you the packet of forms that will need to be completed before beginning to practice with the team.

Ruth from the 4-H Science program will return January 2nd to engage the afterschool kids in spectacular science experiments. The kids have already had a chance to work with electricity and light up a pickle. They also made their own hot-air balloons and kaleidoscopes. Ruth is here each Wednesday from 5:00-5:45pm.

A recent addition to our fun is Page from the South Sound Reading Foundation. Page joins us on the first Tuesday of each month to provide books for the youth to encourage reading. Each youth is allowed to pick a book of their choice. It is pretty fantastic to see the kids reading the books after she leaves!

I look forward to working with everyone in the New Year!!



Trio talks about foster care experience during Umatilla ICW conference

Jill-Marie Gavin of CUJ, Submitted by Loretta Case - Three young men shared their experiences in foster care at the Indian Child Welfare conference at Wildhorse Resort & Casino Oct. 12.

Department of Family and Child Services Director Julie Taylor introduced the youth speakers and said they had been asked to attend the conference and share how foster care affected their lives growing up.

Ian Sampson, 21, said when he was an infant his parents took him in from another side of the family. He said he grew up knowing Linda Sampson as his mother and Carl Sampson as his grandfather. Sampson said he didn't know his biological mother well and to this day has no idea who his biological father is. Sampson said the last time he spoke with his biological mother, she told him he was an accidental pregnancy and wasn't meant to be. After that, Sampson said he chose to no longer keep contact with her.

Sampson was a foster care child until he was 4 or 5 years old when he said his "mother" Linda adopted him. He said his sister came along years later and his mother adopted her as well.

Sampson said, "I was taken in by my family and everything turned out to be good. I am happy I got to grow up where I am from."

Joseph and Thomas Adams, brothers, have not been as fortunate, although they remain optimistic that foster care will take care of children who need it. The boys bounced from house to house seven times before they found their home here in Mission.

Thomas, 19, said the home they are in now feels more like a home than being in someone else's house. Oftentimes, he said, kids end up in houses where the foster parents seem only to be caring for children to receive a check from the state. He said the foster care system should do a better job of screening foster care applicants, and administer random home drop-ins to make sure children are receiving appropriate care. Beyond poor treatment, Thomas said it's difficult going from home to home, sometimes quickly, and meeting the expectations of parents with new rules.

Thomas said foster care sometimes means children face abusive parents.

"We never experienced physical abuse, but we did get mental abuse," he said. "We had a parent once who said very negative things about my mom. After that, I let my caseworker know and we were moved."

Thomas said his mother is incarcerated and the brothers have no contact with their father who lives in Washington.

Joseph, 17, had the same suggestions for the foster care system, but also mentioned that children should be left with their own tribes. Joseph and Thomas are both of Colville and said they have no connection with their roots at all, but have picked up the way of the Umatilla tribes.

After the brothers spoke, Joseph and Thomas' foster mother took a moment to share her experience taking care of foster children.

"We love them like our own," said Katrina Wiley-Melton. "It isn't easy all the time; we have our bad times, but it's a loving home."

She said she is proud of all the work they've done. She said the boys play sports and do well in school, and the Confederated Tribes have been accepting of the children.

Wiley-Melton said it's not always easy for kids to graduate because they go to so many different schools that transferring credits can be tricky. She said Mixyaawii has bent over backwards making sure Thomas will be able to graduate with his class and that Joseph is doing well at Pendleton High School.

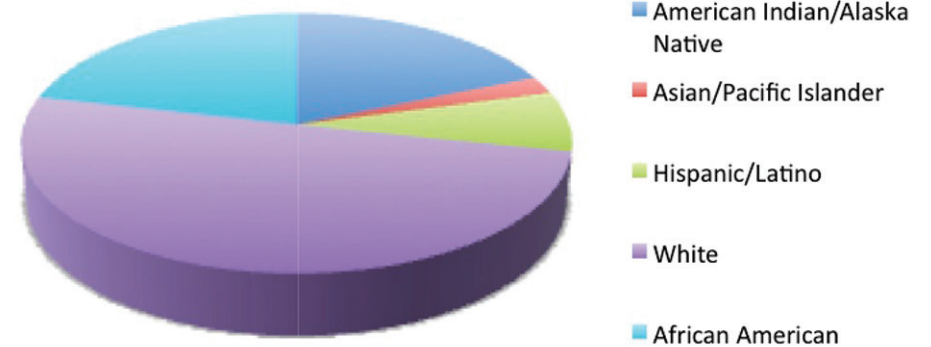
She also said their younger foster brother, Daniel, 14, struggles because he's had to move frequently. However, after the kids have been in one place awhile, they begin to

open up and, in turn, start to have an easier time adjusting to and doing school work.

Said Wiley-Melton, "It's very rewarding. I would recommend it (taking foster children in) to anybody."

See article on Page 16

% of MN out of home care population





Some of what we've been Up To....

Janita Raham -

Puyallup Intertribal Host Luncheon Sept. 21

A group of 20 or so Elders went to Emerald Queen Casino, accompanied by many other tribes, for Puyallup's annual Intertribal Luncheon. Registration included bright colorful T-shirts and tickets for the many door prizes that were given away at the end of the event. Prior to lunch being served, Puyallup veteran's presented the colors and children from Chief Leschi put on a wonderful showing of traditional song and dance. After a delightful meal, guests enjoyed a rendition of the Price is Right. Our very own Judy Arola got to take the stage as a contestant and sat through several rounds. The day concluded with door prizes and a very large raffle of 50/50.



Muckleshoot Elders Complex Grand Opening Sept. 26

Several Squaxin Island Elders went to witness and enjoy the blessing, ribbon-cutting ceremony, lunch and entertainment at Muckleshoot's new Elders Complex grand opening. The blessing and ribbon-cutting ceremony took place outside, along with recognition of some important people who had a part in the development of the complex. All in attendance received goodie bags and T-shirts commemorating the event. Once inside, there was a live band playing in one of the larger of the two dining areas. The main entrance had a large fireplace with seating, and next to that was a computer area that was taken over by a photo booth with a backdrop of beautiful Mt. Rainier. There was a pool table lounge, exercise space with a massage and relaxation bed and all the equipment was geared for the elderly. There was a reading/ T.V. room with a fireplace and luxurious seating. There was beautiful Native American art throughout the complex, all of which were subtle reminders of Muckleshoot's rich heritage. The overall experience was hospitable and one our Elders enjoyed it very much.



Nisqually Host Luncheon Nov. 1

We arrived at Nisqually around 10:00 in the morning. Their luncheon was hosted at their new community and youth center. There were snacks and coffee, a raffle and Bingo. There were prizes called throughout the day, and two of our Elders won gift bags. There was a magician performing after lunch, and people stood up and gave speeches throughout the event. Kids from Wa-He-Lut tribal school performed song and dance for everybody. We left in the early afternoon, and everybody made it back safely.



Fantasy Lights at Spanaway Park Dec. 1

On December 1, 2012, several of our Elders went to Spanaway, WA to see the Fantasy Lights. We left around 2:00 from the Elders building and headed toward Spanaway. We first stopped in Lacey for an early dinner at Hawks Prairie Restaurant. Then we got back on the road and arrived at the park a half an hour before the show started and were first in line. It was a drive-through event only. There were many colorful light arrangements and our Elders had a great time.

Squaxin Island Childcare Center and Squaxin Island Elders

The Squaxin Island Childcare Center has been working with the Elders' program to bring the children and Elders together. The four and five year-olds from the day care center joined our Elders at the Elders' building for crafts and storytelling. October was our first gathering. The children were accompanied by SICC staff and the crafts were themed around Halloween. We made masks and claw fingers out of paper. John Krise did a wonderful job at storytelling which the young ones enjoyed very much. The kids danced their little hearts out to some ghoulish tunes. In November the kids and staff joined us, again, for crafts and storytelling. This time, the children were put into groups and the Elders assisted them at different craft stations. We made Christmas trees out of ice cream cones, homemade snow globes and finger paint reindeer ornaments. This time we were graced with the wonderful stories told by Paula Henry. The Elders and children alike enjoyed the time spent together. It's an activity we plan on doing the last Wednesday of every month.



For more information on upcoming events and activities please contact Elders' program staff:

Elder Site Manager, Janita Raham 360-432-3972

Elders' Program Assistance Patricia Green or Kurt Poste 360-432-3868



FREE BLOOD PRESSURE SCREENING 2012

The First Thursday of each month



Blood Pressure checked by your
friendly neighborhood firefighters

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



Contract Health Services Information

Cheryl Mahlberg - We would like to remind everyone of information that is important for your Contract Health Services (CHS).

If you do not have any medical insurance, it is required by CHS rules that you apply for alternate resources, for us that includes Medicaid and Basic Health, even if you feel that you would not be eligible. CHS must show proof of a denial or acceptance. You can pick up an application at any time from the clinic. Then, return the DSHS application to our DSHS Coordinator, Terry Butler. Terry is in the clinic on Tuesdays and Fridays from 8am to 5pm. If you have questions about DSHS, you can reach Terry at 360-432-3920. Basic Health applications can be coordinated with Kathy Hatch; here at the clinic Monday through Thursday from 10:30am to 1:30pm. If you have questions about Basic Health, you can reach Kathy at 360-432-3915.

Another issue that has been brought to our attention is co-pays, deductibles and co-insurance payments to Group Health. If you are seen at Group Health for any emergency, pregnancy or for care that cannot be obtained at our clinic, you will need to pay any out of pocket costs. We are unable to coordinate CHS benefits with Group Health, thus requiring you to pay instead of obtaining a purchase order. You may be eligible to have these out of pocket costs reimbursed. Once you have paid, submit the receipt to Cheryl at CHS in a timely manner. Once she has established if you are eligible, she will be able to submit a request to have you reimbursed for these out of pocket costs.

Remember to call to get your purchase orders. If you are CHS eligible and you have an appointment, lab work or x-rays outside of our clinic, you must obtain a purchase order. If our clinic makes arrangements for an appointment, it is still your responsibility to obtain a purchase order. All purchase orders are for the date of the appointment only. If your appointment is rescheduled or cancelled, please call for a new purchase order. Also, it is wise to call ahead of time instead of on the day of your appointment. You can get a purchase order from Cheryl by calling 360-432-3922.

You are always welcome to call Cheryl at 360-432-39221 if you have any questions about how CHS or what the rules and regulations are.

Quit Smoking



Pregnant? Have a Newborn? You shouldn't Smoke

Source: March of Dimes. Submitted by Patty Suskin, Registered Dietitian

What you need to know:

Smoking harms your baby. When you smoke, your baby gets less oxygen. Lack of oxygen can cause your baby to grow more slowly and gain less weight in the womb. Babies of smoking moms may have more lung problems. Smoking during pregnancy has also been linked to preterm labor and other pregnancy complications. Babies born to mothers who smoked before and after birth are more likely to die of Sudden Infant Death Syndrome (SIDS). After birth, babies exposed to secondhand smoke have more ear infections and breathing problems

What you can do:

Quit or cut back as much as you can. We know it's hard, but remember, you're doing this for your baby. Here are some resources that can help:

- Your health care provider
- Your employer
- 1-800-Quit-Now or www.quitline.com
- The National Tobacco Cessation Collaborative <http://www.tobacco-cessation.org/>
- The U.S. Centers for Disease Control and Prevention
<http://www.cdc.gov/tobacco/index.htm>

If you are pregnant, avoid other people's smoke. Studies suggest that regular exposure to secondhand smoke may harm the baby.

For more information, read the March of Dimes fact sheet *Smoking During Pregnancy*.

Smoking: Tips to Quit

- Write down your reasons for quitting. Look at the list when you are tempted to smoke.
- Choose a "quit day." On that day, throw away all your cigarettes, lighters and ashtrays.
- Stay away from places, activities or people that make you feel like smoking.
- Ask your partner or a friend to help you quit, and call that person when you feel like smoking.
- Ask your health care provider about quitting aids such as patches, gum, nasal spray and medications. Don't start using these without your health care provider's okay especially if you're pregnant.
- Don't get discouraged if you don't quit completely right away. Keep trying. If you can't quit, cut back as much as you can.
- Ask your employer to see what services are offered or covered by insurance.
- Learn about smoking cessation programs in your community or from your employer. You can get more information from you health care provider, hospital or health department. Or contact the other resources listed above.



Every Step Counts: See How Your Choices Can Add Up

We all have the opportunity to make active choices throughout our day, but often times we choose the path of least resistance. The chart below demonstrates how many calories a 135 pound person would burn throughout the day by making physically active choices versus sedentary ones. This will give you an idea of how your everyday decisions can make a difference. See how every step counts!

Buy a pedometer. Shoot for 10,000 steps or more daily.

Active Choices	# of cal burned	Sedentary Choices	# of cal burned
Takes the stairs (5 flights, 5 times a day)	75	Takes the elevator	5
Parks ¼ mile away from work entrance (round trip)	76	Front row parking space at work	4
Walks to deliver messages to colleagues (¼ mile)	38	Calls or e-mails colleagues	7
Walks ½ mile around company grounds with friends during lunch	51	Works at desk during lunch break	18
Parks at the back of the grocery store parking lot and walks ¼ mile	38	Picks front row parking spot in front of the door at the grocery store	8
Walks the dog while dinner cooks (1 mile)	102	Collapses in chair when arriving home	7
Throws Frisbee with family (1 hour)	165	Lounges on couch watching television until bed	12
Total calories burned from one day of active choices	545	Total calories burned from one day of sedentary choices	61
Total calories burned from one week of active choices	3,815	Total calories burned from one week of sedentary choices	427

Active choices equaled burning one pound of fat over the course of one week.

Activities & Calorie Amounts (135 pound person for 10 minutes)

Walking - 2 mph	25	Swimming	48
Walking - 3 mph	33	Gardening	59
Jogging - 5.5 mph	108	Dancing	42
Sitting (TV / Reading)	12	Tennis	67
Light Office Work	30	Driving	18
Walking Upstairs	175	Mopping	46
Walking Downstairs	67		

By making active choices, we can burn more calories in one day than a sedentary person could burn in an entire week. The chart to the left shows how many calories are burned doing everyday activity for **10 continuous minutes**.

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Contributed by: Margaret Booth, MS, RD, LD

**Sports,
Cardiovascular,
and Wellness
Nutrition**
a dietetic practice group of the
Academy of Nutrition
and Dietetics

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

No mammograms in January
Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929





Holiday Safety Tips

Balloons - Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than 8-years-old. Discard broken balloons immediately.

Small balls and other toys with small parts - For children younger than age 3, avoid toys with small parts, which can cause choking.

Scooters and other riding toys - Riding toys, skateboards, and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times, and they should be sized to fit.

Magnets - High powered magnet sets are dangerous and should be kept away from children under 14. Building & play sets with small magnets should also be kept away from small children.

Once gifts are open:

Immediately discard plastic wrapping or other toy packaging before they become dangerous play things. Keep toys appropriate for older children away from younger siblings. Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

November Diabetes Support Tackles Holiday Stress & Depression

Submitted by Patty Suskin, Diabetes Coordinator

Thanks to Alicia No'oy, MS, LMHC, Counselor at Behavioral Health for brainstorming ideas on how to cope. A few suggestions included: Changing the rules for celebrating; asking for help; sharing the work; planning ahead, being creative by giving homemade gifts, and giving gifts of time together/experiences. More suggestions were also shared in the December issue of the Klah-Che-Min. For individual counseling in any season, contact Alicia at Behavioral Health at 360 426-1582 for an appointment.




Diabetes & Cardiovascular Disease

By Dr. Carl Ott, Medical Provider at Squaxin Island Health Clinic
(Part 1 was in the December Klah-Che-Min on page 10)

Part 2: What Your Providers can do:

We can make sure you are at the targets for blood sugar, blood cholesterol, and blood pressure. Most Type 2 diabetics require several types of medications. One is metformin, a blood sugar medication that also protects the heart, and can help keep weight down a few pounds. This medicine may reduce heart attack risk by 30%. Most diabetics have stiffer blood, and should be taking aspirin at 81 mg, a mild blood thinner that may reduce risk by 30%. Most diabetics should take a type of blood pressure medication called an ACE inhibitor. The fat cells of diabetics make a hormone called angiotensin, that raises blood pressure and damages blood vessels. ACE inhibitors block this hormone, and reduce heart attack and stroke risk as much as 40%.

If you add up the benefits of all the lifestyle changes and medications, the total risk reduction means a well-controlled diabetic on a good diet and the right medications can have a heart attack and stroke risk well below the general population, rather than at double or triple the risk. Please see us in the clinic, see your diabetic educators, to learn more about how to keep your risk of developing diabetes, or developing complications from your diabetes, at very low levels.



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

**Tuesday,
Jan 8th is
WIC DAY at
SPIPA**



8-Layer Tortilla Bake

Serves 8

Recipe by Katie Brinker, Educator worked at Quinault

1 pound extra lean ground beef
~OR~
2 cans pinto or black beans, rinsed and drained
2 tsp olive oil
1 green bell pepper, chopped
1 red bell pepper, chopped
1 onion, chopped
1 tsp each oregano, chili powder and cumin
2 cups shredded low fat pepper jack or cheddar cheese
1 jar salsa
6 oz no fat sour cream
6 whole wheat tortillas

- Preheat oven to 400 F
- If choosing beef, brown ground beef to cooked safe - 160 F
- Heat olive oil in large skillet, sauté peppers and onions for 2-3 minutes
- Add oregano, chili and cumin to veggies (and salt to taste)
- Add ground beef or beans to veggies
- In a small bowl combine salsa and sour cream
- Layer 1: Place three tortillas in bottom of baking pan
- Layer 2: ½ of veggie/beef/bean mixture on top
- Layer 3: ½ of salsa/sour cream mixture on top
- Layer 4: ½ of cheese
- For layers 5-8, repeat.
- Cover with aluminum foil and bake 40 min.

Options:

Use less filling between each tortilla to make thinner layers

Nutrition Facts	
Serving Size (223g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 3.5g	17%
Cholesterol 25mg	9%
Sodium 560mg	23%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 23g	
Vitamin A 30%	Vitamin C 100%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



January Menu

Wed. 2	Pork Chops
Thurs. 3	Chicken & Dumplings
Mon. 7	Spaghetti
Tues. 8	Soup & Sandwich
Wed. 9	Tilapia & Wild Rice
Thurs. 10	Vegetable Chow Mein
Mon. 14	Chili & Corn Bread
Tues. 15	Soup & Sandwich
Wed. 16	Fried Chicken & Fettuccine
Thurs. 17	Sweet & Sour Pork
Mon. 21	Taco Bowls
Tues. 22	Soup & Sandwich
Wed. 23	Beef Stew
Thurs. 24	Fish & Chips
Mon. 28	Tuna Melt
Tues. 29	Soup & Sandwich
Wed. 30	Chicken Fajitas
Thurs. 31	Hot Beef Sandwiches

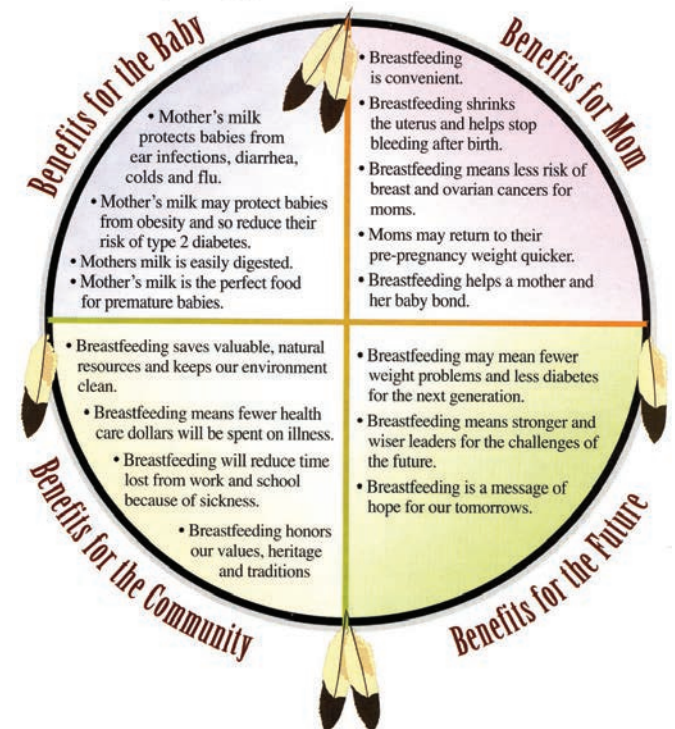
A reminder
Use good posture
from your Squaxin Island
Tribal chiropractor,
George Blevins DC.



Call the clinic at 427-9006 to
schedule your next appointment.

Babies are born to be breastfed

Breastfeeding has kept our people and traditions strong since the beginning of time.



*"We are all one child
spinning through Mother Sky."*

- Shawnee proverb





Nancy Moore	01
Jessica Solano	01
Aaron Evans	01
Tory Hagmann	02
Fernando Rodriguez	02
Patrick Braese	02
Nohea Robinson-Black	03
Mary Cruz	04
Mary Garrett	04
Aaron Peters	04
Halia Cooper-Lewis	04
Lametta LaClair	05
Christopher Stewart	05
Two Hawks Krise Young	05
Lincoln Villanueva	06
Sherry Haskett	06
Moses Kruger	06
Samantha Ackerman	06
Zachery Clark	07
Charlene Blueback	07
Melissa Whitener	07
Kaleb O'Bryan	07
Meloney Hause	08
Francis Cooper, Jr.	08
Shila Blueback	08
Patti Riley	08
Melanie Sequak	08

Happy Birthday

Emmalee James	09
Jazmin James	09
Deanna Hawks	09
Janita Johnson	09
Isaac Ackerman	10
Stephanie Peters	10
Tiffany Valderas	10
Seilyah Smith	11
Natasha Gamber-Chokos	11
Anthony Armas	11
Lolyta Johns	11
Patricia Green	11
Cassidy Gott	11
Connie Whitener	13
Marvin Campbell, Jr.	13
Sheena Glover	14
Grace Scout	14
Kayla Peters	15
Jesse James	15
Theresa Bridges	15
Imalee Tom	16
Shelby Riley	16
Charlotte Bradley	17
Whitney Jones	17
Tristan Coley	17

Leanora Krise	17
Barbara Cleveland	17
David Dorland	18
John Ackerman	18
Lorna Gouin	18
Emily Whitener	19
Santana Mesplie-Sanchez	20
David Lewis	20
Jadha James	20
Leonard Hawks, III	20
Jacob Campbell	21
Traci Lopeman	21
Shawnell McFarlane	22
Kahsai Gamber	22
Percy Welcome	22
Keona Rocero	23
Linda Jones	23
Miguel Saenz-Garcia	24
Mini Gamber	24
Percina Bradley	25
Jace Merriman	25
Margaret Henry	25
Adonis Bradley	25
Robert Lacefield	26
Myeisha Little Sun	26
Dakodah Vigil	26
Emily Baxter	27
Alohna Clark	27
Cheryl Melton	27
Guy Cain	27
Amanda Salgado	27
Rebeckah Ford	28
Eva Rodriguez	28
Sharleina Henry	29
Buck Clark, Jr.	30
Brandon Stewart	31
Alicia Obi	31
Nikolai Cooper	31

What's Happening

	1	2	3	4	5
	<i>Salish Sea Plunge</i>		Culture Night 5:00 p.m.		
	<i>Happy 2013!!!</i>	<i>Family Court</i>	AA Meeting 7:30		
6	7	8	9	10	11
		<i>Criminal/Civil Court</i>		Culture Night 5:00 p.m.	12
		MLRC Basket Class		<i>Council Mtg.</i> AA Meeting 7:30	
13	14	15	16	17	18
		MLRC Basket Class		Culture Night 5:00 p.m.	
				AA Meeting 7:30	<i>General Body Meeting</i>
20	21	22	23	24	25
		<i>Criminal/Civil Court</i>		Culture Night 5:00 p.m.	26
		MLRC Basket Class		<i>Council Mtg.</i> AA Meeting 7:30	
27	28	29	30	31	
<i>Drug & Alcohol Awareness Dinner</i>		MLRC Basket Class		Culture Night 5:00 p.m.	





**HAPPY BIRTHDAY!
To my good looking
wife!**



**Lotsa love from your huz
and all our kids!**

**Happy 21st Birthday
Cassidy Gott!!!**



**I love you so much!
Love
- Mom**



Wesley Curtis and Alice Fletcher.....

After a 33 year separation...
Mom and Dad will be celebrate the
Holidays together.....
This year, and forever!
Daddy, your gain is our loss!
When someone becomes a memory...
That memory becomes a Treasure!
And both of you left me
with oh so many Treasures!

Happy Holidays, Mom and Dad...enjoy each other! I miss both of you so much!
Love ya . . . - Jackie



**LITTLE CREEK
CASINO • RESORT™**



TO : ALL SQUAXIN ISLAND TRIBAL MEMBERS

**REGARDING : SQUAXIN TRIBAL DISCOUNTS on GOLF SHOP MERCHANDISE
and SQUAXIN TRIBAL DISCOUNTS on GIFT SHOP PURCHASES**

DATE : December 7th, 2012

To All SQUAXIN ISLAND TRIBAL MEMBERS ~

YOU ARE ELIGIBLE for the following discounts

- 30% OFF the purchase of any 1 "select" apparel item
- 40% OFF the purchase of any 2 "select" apparel items
- 50% OFF the purchase of any 3 "select" apparel items
- 25% OFF "other" purchases at the Salish Cliffs Golf Shop from now until December 31st, 2012

MERRY CHRISTMAS!* YOU ARE ELIGIBLE FOR 25% OFF** all purchases at the LCCR Gift Shop from November 23rd through December 31st, 2012. The discount **does not** apply to the following:

- Candy
- Cigarettes
- Health and Beauty

Please remember you must present your **Tribal ID Card** when making purchases or receiving any SIT MEMBER applicable Discount. This means the following ~

- **Bring your Tribal ID Card** with you to purchase items
- To receive your discount **you** must present your Tribal ID Card
- **Do Not** send your friends or family to make purchases for you ~ they will be **refused** the applicable discount

Enjoy

Native Children Tangled in Foster Care System

By Confederated Umatilla Jounral, submitted by Loretta Case - Judge William A. Thorne Jr. said the numbers don't lie, but it's not racism that has led to more Indian children than ever tangled in America's foster care system.

Indian children in Oregon are 8.6 times more likely to be in the foster care/adoption system than non-Indian youth, and the numbers are growing, said Thorne, a keynot speaker at the 2012 tribal/state ICW (Indian Child Welfare) conference at Wildhorse casino.

And the numbers have continued to increase since 1878 when Indian children were basically taken prisoners in an assimilation experiment at Hampton Institution for freed slaves.

The motto 130 years ago, Thorne said, was "kill the Indian to save the child." Indian children, with fear in their eyes, were taken away from their homes to persuade families to keep the peace.

"Ironically," Thorne said, "children whose parents and grandparents fought the calvary were now marching around like little West Point cadets."

By 1890, the demands had increased. By now children were basically taken hostage. Unless their children were given up to boarding schools, parents were denied food, homes, blankets and guns.

"These were five and six year-olds. Parents had to choose to give them up or let the rest of the family starve. Everything became dependent on the federal government," said Thorne, who has served 12 years on the Utah Court of Appeals.

In the first 30 years of federal action, Thorne said, the survival rate of children leaving school was less than 50 percent. That's because, he said, one half of the Indian children taken awy from their parents died at school.

The curricula at Carlyle Indian School, which followed Hampton, prohibited reading and writing. Like black slaves, many Indian were taught to be seamstresses, laborers and cleaning women.

Many died of disease, malnutrition and mistreatment. Perhaps more, though died of broken hearts.

Boarding schools succeeded in breaking up inter-generational teaching of Indian communities, Thorne said. Children who had learned from their parents, grandparents, uncles and aunts to be responsible adults, were now being taught by the matrons of the schools.

"You learn to parent by how you are parented," Thorne said. "If you don't have parents, how do you learn to parent? If you haven't been taught how to feel love, then how do you show it? Instead of learning from their parents at home, they were taught to parent in dormitories."

Jumping ahead about 50 years to the 1958 Indian Adoption Project, it was the goal of the BIA and the Child Welfare League of America to remove and place children in "suitable" homes. The BIA was paid to remove allegedly "neglected" children who were placed in non-Indian homes. About one third of the Indian children in the United States were removed to learn the "modern life" in non-Indian homes, Thorne said.

Thirty years later, the 1977 American Indian Policy with a commission created by the U.S. Congress promised to change matters with the 1978 Indian Child welfare Act, but it really hasn't, at least not yet.

In comparison to non-Indian children, Native Americans have been placed in foster care or adopted out at alarmingly high numbers. For example, Thorne pointed out, Indian children in North Dakota are 2,000 percent more likely to end up in foster care than their non-Indian counterparts.

A recent study showed that Indian children in 2004 were 7.3 times more likely than non-Indian children to be in the foster care system. In 2007, when the study was completed, the rate had increased to 11.6 times as often.

"How did this happen?" Thorne asked. "There are problems in Indian Country, but not enough to justify that often."

Answering his own question, Thorne suggested that racism is not the main cause.

"People mean well, but they see things differently," he said. "These cases are not simple or objective. Two thirds of the negligence cases are because someone thinks a family is not good. When you judge across cultural lines, that's problematic. Is this a good family? What happens if we substitute our jurisdiction for theirs?"

Thorne offered a few examples of how Indian and non-Indians see things differently. Take eye contact. Indian children, he said, are taught not too look people in the eye, a sign of respect, until they know them well. Non-Indians on the other hand, may perceive that as hiding or lying.

Indian time? Thorne said Indian people are never late, they're always in the process of arriving." The dominant culture values punctuality, but Indians think more in terms of relationships than time. Children see images of Indians on TV and in movies through features like "Dancing with Wolves."

"What does that teach? The dynamics pile up," Thorne said.

Today, Thorne said, 420,000 "unclaimed" children are in foster care. Children average two years in foster care with at least three different placements.

The numbers don't lie, Thorne said.

One study of 24 year-olds showed that:

- 6 percent more likely to get a GED than a high school diploma.
- 54% are diagnosed with mental disorders.
- 16% are on public assistance
- 33% do not have health insurance

He talked of one girl in a study that said she carried school records in her backpack because she'd been to seven different schools while in foster care. Another went home every day looking to see if his clothes were in garbage sacks in the year, a sign that he'd be staying at a different foster home that night.

About 30,000 foster care children "age out" of the system every year when they turn 18. "Its a pipeline, a steady stream," Thorne said. "Sixty percent are homeless, in jail or dead within two years."

Thorne said "All they want to do is grow up with a family they can count on. They want a family at Thanksgiving and Christmas; they want somebody there for their wedding and for the birth of their first child. . . Why shouldn't people who are 17 or 18 years old have someone they can rely on?"

IThe ICW conference was hosted by the Department of Children and Family Services of the Confederated Tribes of the Umatilla Indian Reservation.

