Little Creek Casino Resort (www.little-creek.com) – the Squaxin Island Tribe’s award-winning entertainment property – earned “Best Casino” honors in the KING5 “Best of Western Washington” for 2014.

Announced in mid-November, the 2014 “Best of Western Washington” awards were based on more than 413,000 votes from local consumers. Little Creek Casino Resort was the top vote-getter among 26 nominees in the “Best Casino” category.

Salish Cliffs Golf Club, the resort’s highly acclaimed amenity golf course, was also recognized, winning “Best Golf Shop” and placing second for “Best Golf Course” while the resort also finished third out of 32 finalists for “Best Live Comedy.”

“It’s always a thrill to receive accolades such as these, but it’s especially gratifying when voters are actual guests who left our resort fully satisfied with their visit,” said Little Creek Casino Resort CEO Michael Starr. “We’ve recently added some first-rate amenities and our customer service continues to be a priority. That combination has allowed us to become a true destination leader in the Pacific Northwest and beyond.”

Since opening in 2011, Salish Cliffs Golf Club has collected numerous awards, including top-10 status on Golf Digest’s biennial “America’s Greatest Courses” by state list and Golfweek’s Best “Casino Courses in America.”

Tribal Police Drug Tip Hotline
360-462-7104

Leave anonymous messages on this newly reactivated, regularly monitored message line direct to the Squaxin Island Police. You will be asked to leave a message on this non-emergency line and not be required to speak with anyone, but please leave as many important details as possible to help law enforcement pursue tips: the who, what, when, where of your tip are really important, especially with as much up-to-date, factual information as possible. If there is an emergency or you need immediate assistance, call 9-1-1.
Council Corner
Whitney Jones - I hope you all had a great Thanksgiving and are looking forward to a happy holiday season! There have been a lot of community activities the last couple of months; hopefully you have been able to participate in some of them.

The Safe Streets program is really taking off and is encouraging involvement from everyone. Some of our tribal youth made anti-drug signs to be posted in their homes and around the reservation. The group is looking for people to volunteer as Block Watch Captains as well. There are planning meetings and other activities every month and your input is welcome. Our People, Our Community, Our Solutions.

The Youth Council pulled together a Youth to Youth Healing Jam to show support for the families in Tulalip and other places that have been affected by the death of some of their young people and other community tragedies. They got funding, lined up guest speakers, and sent out an invitation to the youth at our neighboring tribes to come together and support each other. These teens are not just talking, they are doing, and it is great to see them setting the example as future leaders of our Tribe.

Island Enterprises has hosted several sessions to get ideas and to explore possibilities for future community development and economic development activities. The target groups so far have been youth and elders, but there will be upcoming sessions to hear from the rest of the community too. Please join us for those brainstorming session and you can also fill out the survey that is posted in The Daily Scoop to provide input as well.

The Talking Circle held last month was another time for folks to ask questions and give some feedback. Some of the topics discussed there included food bank needs and temporary seasonal jobs for tribal members; dental charges and medical co-pays; need for more law enforcement patrols; surveillance cameras in public areas; a community garden and canning classes; and energy efficiency of tribal buildings and reducing our carbon footprint. The next Talking Circle will be in February and the Winter General Body meeting has been scheduled for January 10th. More information will be posted soon and I look forward to seeing many of you there.

Merry Christmas!

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 address to receive the update application and/or do not update your application by March 31, 2015, your name will be removed from the housing waiting list.

Squaxin Logo
Pendleton Blankets
On Sale for Christmas

Regularly $150
November & December ONLY $100!
Contact Stephen Henry at the Tribal Center Cashier’s Office
360-432-3948 OR sshenry@squaxin.us
Safe Streets / Community Watch
The Safe Streets/Community Watch Program was busy in October and November with several community events. As we spread the word about the program and encourage people in the community to get involved, we’ve been inspired by holidays, good ideas and the creative energy of our young people. Here’s some of what we did by press time in mid-November:

On October 30th we hosted a pumpkin carving event in partnership with the Education Department and the Family Services Department.

On Halloween night, we set up a “Haunted Bus Shed” at the ’Peeksin stop, complete with fog and lights and decorations. The idea came from the Community Watch team and we give a big thank you to Patricia Green, Bobby Brown, Audelia Araiza, Austin Penn and Chass Masoner and their families who followed the idea from the meeting to the night of the event. The Squaxin Island Museum Library and Research Center, Kamilche Trading Post, Education Department and Law Enforcement Department all offered support. We gave away goodie bags with gift cards and stickers from the Law Enforcement office, wax fangs and lips from KTP, and information about safety and drug awareness from the Drug Task Force to trick-or-treaters of all ages. (Along with candy, of course.) The event was a great success and so we’ll probably consider making it an annual Halloween tradition.

On November 10th we hosted a drug free sign painting activity for kids. Inspired by other reservations in the area who have done similar activities, Safe Streets volunteers helped kids paint signs they can put in their yards sharing messages like “Our House is Drug Free” and “No Drugs on this Rez.” Unfortunately we had some trouble with the paint we used so stay tuned for another opportunity to make more signs soon!

October 15th - November 12th, drug & alcohol related statistics from the Squaxin Island Police department:
• 20 incidents involving drugs/alcohol (11 drug related, 9 alcohol related)
• 4 arrests were made
• 6 citations were issued
• 4 cases were referred to tribal courts

Next Meeting
December 16th at 5:00 p.m.
Community Kitchen
Dinner provided
Everyone is welcome!

Greetings Squaxin family!

My name is Elizabeth Heredia. I am an elder and I am happy to say I live on the rez and I want it to be safe.

I have been attending the Safe Streets meetings when work obligations don’t interfere, and I believe Safe Streets is a much needed project. As an elder, I have witnessed the destructive power of drug addiction in all ages. I have witnessed young lives pay the ultimate price… their very life. Death for drugs, the ultimate low… not a good selling point… no wonder we don’t hear it, but it’s true.

When we speak of drug addictions on the rez, we’re not just talking about the “street” drugs. The street drugs are the most observable if you take your blinders off/ we also have the silent drugs. The “easy to justify” drugs when you get caught that first time. The drugs that have been in everyone’s medicine cabinet at some point. Yes, prescribed pain pills. Many persons, young and old have developed an addiction to pain pills.

Our local pharmacy has been broken into several times. Now we need to drive into Shelton if we get prescribed any pain pills. Several reservation residents have had their pain pills and other pills stolen from their house by family or “friends” who stopped by to visit. We have pill pushers that come onto OUR REZ on elder stipend days and per cap days!! We then “slam-Dunk” our local Squaxin Police, but they are only one or two persons on any given shift. Each and every one of us should be watching out for these undesirable persons! We know who lives in our area. We know which cars belong here on a daily basis.

See something - say something.

This problem is NOT going to magically disappear. Let’s ALL work at making OUR REZ a safe place for our grandchildren, children and elders. Let us all enjoy these holidays with everyone - friends and family- present in our lives. Let’s make some great memories- not reminisce about the past… before drugs stole their lives… or their quality of life.
Where are they now, Part 4
Stephanie James - It has been a year now since Rebeckah and Mary Whitener took over management of the Kamilche Café & Espresso. Let’s check in with them and see how things are coming along. First of all, CONGRATULATIONS ON YOUR 1 YEAR ANNIVERSARY!! What a great milestone to reach in the business world. I’m sure there will be many others to come.

So how have things been going? Has business picked up or slowed down?
RF: Business has picked up. There are always days that are busier than others. But overall there has been an increase in business.

SJ: Have you expanded? (added employees or offer additional items?)
RF: Yes, we are not only coffee and donuts. Some of our lunch items include:
Signature Wraps: garlic or spinach wrap, choice of meats, cheeses, fresh veggies, and specialty sauces. Other wraps are chicken parmesan, cranberry & turkey, and roast beef.

SJ: Now that you have been in business for a while, what advice do you have for others who may be thinking of starting a business?
RF: Whatever your goal may be (big or small), don’t lose sight of them. If you really believe in it, eventually you’ll achieve your goal. And don’t be afraid of success!

SJ: Is there anything else you’d like to talk about?
RF: Yes, Thank you everyone from all of us at the Café. Kamilche wouldn’t have a great little place to go if it wasn’t for our loyal customers and local businesses. As a tribal member I will take this opportunity to tell my tribe, “Thank You.” “It is just so wonderful to belong to such a large and caring family. Thank you for your support in good times and bad. From my perspective, we offer the best coffee (Batdorf & Bronson), the best doughnuts (Doo’s Doughnuts) and the best wraps and BBQ. But most of all, I really have the best crew!!

We wish you and your team all the successes possible in the coming year and beyond. I feel extra privileged because I can watch all these things happen just by looking out the window.
**New Employee**

**Scott Semanko**

Hi! I have been hired as the Hardware Technician for the Department of Information Services.

I’m excited to be a part of the team and look forward to meeting and working with all of you.

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**Summer Youth Environment Art**

**Solid Waste and Recycling Program**

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**Salmon Defense and the Legacy of Billy Frank, Jr.**

*Salmon Defense Looks Ahead as They Appoint Robert Whitener as its New Chairman of the Board*

The recent passing of Billy Frank Jr., one of the most recognizable advocates of Native American fishing rights, has placed a spotlight on his legacy and the non-profit organization Salmon Defense.

“Salmon Defense was a piece of Billy’s vision, it is part of his legacy and today we are strong and committed to aggressively advancing and continuing the work of protecting the salmon that sustain us, and the eco-systems that sustain them. Our time is now, we are Billy’s salmon warriors, join us,” stated Fran Wilshusen, Executive Director of Salmon Defense.

As chairman of the Board of Directors, Billy was instrumental in the mission to “protect and defend Pacific Northwest salmon and salmon habitat.” Salmon Defense works to advocate, educate and litigate for the salmon.

Robert Whitener a Squaxin Island tribal member, will take over the position as Chairman of the Board. He will continue the efforts to protect salmon and carry on Frank’s vision through Salmon Defense.

“I am both excited and saddened to become the Chair of Salmon Defense,” Robert said. "I am saddened that our former Chair, Billy Frank Jr., left us too soon and that his wisdom and presence will be greatly missed. I am excited that I will be able to continue to work for Salmon Defense. I believe the work we have done in the past has been effective and see much more work in the future to protect our salmon. .”

Created in 2003, Salmon Defense was established by the 20 treaty tribes in Western Washington. The purpose of this non-profit is to solely focus on the livelihood of salmon and their habitat. This is done through the education of young people and increased awareness amongst the public.

In order to honor Frank, Salmon Defense has built the Billy Frank Jr. Salmon Forever Fund. This trust will provide scholarships for native students, fund restoration projects and participate in litigation involving salmon.

Billy was a fierce advocate for the salmon and native fishing rights since 1945 when he was 14, the age he was first arrested for fishing. Frank continued to fight for the salmon through protests, “fish-ins” and support of lawsuits.

In 1974, the Boldt Decision ruled that most Native American Tribes in the Northwest had the right to catch up to half of the harvestable salmon. Even after this ruling, Frank never stopped his fight for the salmon.
Always a lot going on in the 'Tu Ha' Buts Learning Center. For December, the Christmas Party and Youth Basketball Tournament are always exciting times, and lots of fun. For Higher Ed students, please stay in touch with Mandy about closing out the fall quarter and beginning the winter quarter with all of the paperwork that needs to be accomplished. Mandy will be reaching out to you individually as well. The latest updates on this article, and the activities of the TLC are available on our TLC Facebook page, www.facebook/TuHaButs.

We wish everyone a safe and happy holiday season.

**GED and Homework Help**

We'll get to our youth afterschool activity programs in a moment. First, we want to remind everyone that there is GED instruction available in the TLC Classroom. Our classroom instruction is to help you prepare for the actual testing, and can include practice testing to give you a clearer sense of how ready you are for the tests. The official testing can take place at either Olympic College or SPSCC and is arranged separately from our prep program. Homework Help for students of all ages is also available in the TLC Classroom. The teacher, Jamie Burris, is in the classroom on Tuesday, Wednesday and Thursday from 4-7pm. If you would like assistance with either GED prep or Homework Help, you can contact Jamie by email at jburris@mcleary.wednet.edu.

**Youth Activities Program**

There are always plenty of things scheduled for the youth to enjoy and in December this continues. Our annual Community Christmas Party is coming up fast. We'll be getting ready for the party so we will not have our after-school program that day. Please see our flyer for more details. The Annual Squaxin Island Youth Basketball Tournament is shaping up quite nicely as well. We want to encourage the youth to continue coming out to practice and to keep building your basketball and team skills. For December's calendar:

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| Rec Rm: 3-6pm  
Arts-n-Craft: 5-6pm  
Open Gym: 3:00-4:15  
Bball - Jr/HS: 4:15-5:30pm  
Bball - Elem: 5-6pm  
Open Swim: 3-6pm | Rec Rm: 3-6pm  
Cultural: 5-6pm  
Open Gym: 3:00-4:15  
Bball - Jr/HS: 4:15-5:30pm  
Bball - Elem: 5-6pm  
Open Swim: 3-6pm | GSD – ER @ 2:15pm  
Rec Rm: 1:30-6pm  
Game Day: 5-6pm  
Open Gym: 2:30-4:15pm  
I.T.B. = Home Game  
Open Swim: 3-6pm | Rec Rm: 3-6pm  
Crafty Kitchen: 5-6pm  
Open Gym: 3:4-15pm  
Bball - Jr/HS: 4:15-5:30pm  
Bball - Elem: 5-6pm  
Open Swim: 3-6pm | SSD-I,5 ER  
Rec Rm: 1:30-6pm  
Fun Day: Pool Party from 2:30-4:30pm  
Open Gym: 3-6pm  
Open Swim: 5-8pm |
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Open Gym: 3:00-4:15pm  
Bball - Jr/HS: 4:15-5:30pm  
Bball - Elem: 5-6pm  
Open Swim: 3-6pm | SSD-ER 3HR  
WHL-ER @ 12:00  
Rec Rm: Closed  
Winter Youth B-Ball Tournament Starts  
Pool Party: 3:5-5pm  
Open Swim: 5-8pm |
| 15     |         |           |          |        |
| Rec Rm: 3-6pm  
Arts-n-Craft: 5-6pm  
Open Gym: 3:00-4:15  
Bball - Jr/HS: 4:15-5:30pm  
Bball - Elem: 5-6pm  
Open Swim: 3-6pm | Rec Rm: 3-6pm  
Cultural: 5-6pm  
Open Gym: 3:00-4:15  
Bball - Jr/HS: 4:15-5:30pm  
Bball - Elem: 5-6pm  
Open Swim: 3-6pm | GSD – ER @ 2:15pm  
Tree Decorating In Gym  
From 2:30-5:45pm  
Open Swim: 3-6pm | No After-School Programs  
Squaxin Youth Christmas Celebration 5-7pm | SSD-ER 3HR  
WHL-ER @ 12:00  
Rec Rm: Closed  
Winter Youth B-Ball Tournament Starts  
Pool Party: 3:5-5pm  
Open Swim: 5-8pm |
| 22     | 23      | 24        | 25       | 26     |
| Winter Youth B-Ball Tournament Last Day | No School-Age Program | Tribe Closed For Tribal Holidays | Tribe Closed For Tribal Holidays | Tribe Closed For Rest of December for Tribal Holidays |

**Squaxin Youth Education, Recreation and Activities Calendar**

**TLC Hours:** M-F 7:30am-7:00pm  
**Front Desk:** 432-3958  
**Rec Rm:** 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.
Learning Center

- We have two more Inter-Tribal League Basketball games left of this session on the 3rd and 10th. Come join us for cheering on the youth!
- We have two pool parties scheduled this month – December 5th from 2:30-4:30 p.m. and December 19th from 3-5 p.m.
- Movie Night this month is on Friday, December 12th, from 5:30-7 p.m.
- The gym will be closed on Wednesday the 17th to get ready for the Christmas Party. We welcome the youth to join us for decorating the gym and trees.
- Our Annual Youth Winter Co-Ed Basketball tournament begins on Friday the 19th and goes until Monday the 22nd. As the tournament progresses, we will provide updates on the schedule through our TLC Facebook page.
- While closed through much of the Tribal and school holiday break, please note the after-school program will re-open on January 5th. For more information, email Jerilynn Vail at jvail@squaxin.us, or call her at (360) 432-3992.

CHUM Program/Teen Center
The Teen Program continues with plenty for teens to do. Several teens just attended a college visit to South Puget Sound Community College as this article is being written. We will have more about that in the next Klah-Che-Min. As part of the grant that funds much of our teen programming, Laurel will be gone for a week in December and the Teen Center will be closed that week. For December’s calendar:
- The Squaxin Island Youth Council will meet on December 1st and the 15th, both Mondays.
- Basketball practice is on Monday, Tuesday and Thursday from 4:15-5:30. The Jr. High team will play home games on December 3rd against Puyallup and on December 10th against Skokomish. Games start at 7:00pm.
- The Teen center will be closed December 8th through the 12th while Laurel is at a required training. Basketball practice and the rest of the afterschool activities will still be available.
- On December 17th we will be decorating trees in the gym for our Christmas party. Please Join us on December 18th for the Christmas Party. The party will take place from 5-7pm in the Gym.
- We will host our annual basketball tournament December 19th through the 22nd. Come by and support our youth basketball teams.
- ‘Tu Ha’ Buts Learning Center will be closed from December 24th through January 1st for the Tribal/school holiday. Happy Holidays.

For more information, email Laurel Wolff at lwolff@squaxin.us, or call her at (360) 432-3842.

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<td>Early Release Activity TBD 1:30-6:00</td>
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<td>JR.H/HS Basketball Practice 4:15-5:30pm</td>
<td>Teen Center Closed for Tree Decorating in the Gym 3-5pm</td>
<td>Teen Center Closed for Christmas Party 5pm-7pm</td>
<td>Teen Center Closed for Basketball Tournament 4-9pm</td>
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<td>Teen Center Closed for Basketball Tournament 8am-5pm</td>
<td>Teen Center Closed for Tribal Holidays</td>
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<td>Teen Center Closed For the Rest of December For the Tribal Holidays</td>
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Museum of Flight's Vietnam Bronze Map Dedication

Veterans Day

Honoring Captain Bruce A. Johnson 1968 Huey pilot

Bruce Johnson was one of seven Vietnam veterans honored at the Museum of Flight’s Vietnam Bronze Map Dedication ceremony on Veterans Day. The Presentation of Colors was offered by the Squaxin Island Tribe Color Guard. The Vietnam Bronze Map is a sculpture by artist James Nance. Eight feet tall, it depicts a map of the U.S. Air Force Southeast Asia military theater of operations. Featuring locations of American air bases from 1959 to 1975, the map is part of the Vietnam War exhibit in the Museum of Flight’s T.A. Wilson Great Gallery.

The U.S. and other members of the Southeast Asia Treaty Organization joined with the Republic of South Vietnam in the Vietnam War (1955-1975), also known as the Second Indochina War. The war effort was to repel communist forces made up of South Vietnamese guerrillas and regular-force units, known as Viet Cong, and the North Vietnamese Army. Because the U.S. had the largest foreign military presence and directed the war from 1965 to 1968, it was also known in Vietnam as the American War. More than 2.7 million American soldiers served in active duty between 1964 and 1975: 58,220 were killed and 153,303 were wounded in action. Of the 766 servicemen who became prisoners of war, 116 died in captivity. Missing in Action classifications are still in place for 1,641 servicemen.

Captain Bruce Johnson (May 17, 1944 - Dec. 20, 2001) served in the U.S. Army as R/W Aviator/Pilot, First Cavalry Division from 1967 to 1972. He was a Huey helicopter pilot. Bruce received an honorable discharge from inactive reserves in 1978. His military awards included the Bronze Star and Air Medal with 36 Oak Leaf Clusters. Johnson was an esteemed member of the Squaxin Island Tribe and raised in Shelton, WA. He attended Olympic College and received a Certificate of Fisheries Technology in 1966, later becoming a commercial fisherman and business man. One of the founding fathers of Little Creek Casino Resort, Bruce was actively involved in projects such as the convenience stores, oyster company, fisheries and the Squaxin Island Tribe’s Veteran’s Memorial.

The dedication was held at the Museum of Flight in Seattle on Veteran’s Day. Twelve of the Honor Guard and their spouses took buses to the museum and spent extra time looking at the many exhibits and eating lunch in their cafeteria.

At one o’clock, they started a ceremony to dedicate the bronze map. Close by the map is a Huey helicopter used in the Vietnam war. Bruce Johnson was one such pilot and his name is on a plaque at the base of the map. Glen Parker smudged the flags as they entered to the drumming and singing of Joe Seymour. The emcee said he has seen the presenting of colors many times; but this was one of the most moving he had observed. It was a special day for all of us and we were reminded that the Vietnam veterans were not welcomed home. They suggested we say “Welcome Home!” when we meet one who has served in Vietnam.

We should all remember the tribal veterans and be thankful for their loyal service.

The veterans would like to thank the Tribal Council for providing the buses and drivers and Peggy Johnson for promoting the trip in memory of Bruce.
SQUAXIN ISLAND VETERANS

[Images of various veterans and displays, including a World War II aircraft and a mural honoring American servicemen.]
**Keep Your Kidneys Healthy**


Submitted by Patty Suskin, Diabetes Coordinator - The steps you take to keep your kidneys healthy help the rest of your body too. Talk to your health care provider to find out the steps that are right for you.

*If you are at risk for kidney disease, the most important steps you can take to keep your kidneys healthy are:*

- Get your blood and urine checked for kidney disease.
- Manage your diabetes, high blood pressure, and heart disease.

**Tips to help keep your kidneys healthy:**

- Keep your blood pressure at the target set by your health care provider. For most people, the blood pressure target is less than 140/90 mm Hg. This can delay or prevent kidney failure.
- If you have diabetes, control your blood glucose level.
- Keep your cholesterol levels in the target range.
- Take medicines the way your provider tells you to. (Important! Certain blood pressure medicines called ACE inhibitors & ARBs may protect your kidneys. Ask your health care provider for more information.)
- Cut back on salt. Aim for less than 2,300 milligrams of sodium each day.
- Choose foods that are healthy for your heart: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat dairy foods.
- Limit your alcohol intake.
- Be more physically active.
- Lose weight if you are overweight.
- If you smoke, take steps to quit. Cigarette smoking can make kidney damage worse.

**When you see your provider, ask:**

- What is my GFR?
- What is my urine albumin result?
- What is my blood pressure?
- What is my blood glucose (for people with diabetes)?

**Help spread the facts about Ebola**

The Ebola virus has been in the news lately and it’s natural to be concerned. The most important action you can take right now is to learn the facts about Ebola:

The general public’s risk of getting an Ebola infection in this country is extremely low.

There are no confirmed cases of Ebola in Washington State.

**Ebola is spread through direct contact with:**

Body fluids of a person who is sick with or who has died from Ebola (blood, vomit, urine, feces, sweat, semen, spit or other fluids)

Objects contaminated with the virus (needles, medical equipment)

Infected animals (by contact with blood or fluids or infected meat)

**Ebola is NOT spread through:**

Casual contact

Water

Food grown in the United States

There is no strong evidence Ebola is transmitted through the air

Remember: Someone who has Ebola must have symptoms before they can spread the disease to others

**What can you do?**

People who have not been in an Ebola affected area of West Africa during the last 21 days or who haven’t had close contact with a sick Ebola patient are likely not at risk for Ebola. Please remember that not everyone from West Africa has Ebola. The best thing you can do is to stay informed with the facts about Ebola. Visit the Washington State Department of Health’s website at [www.doh.wa.gov](http://www.doh.wa.gov)

**Elder Lunch Menu**

| Mon 1:  | French Dips |
| Tues 2: | Soup and Sandwich |
| Wed 3:  | Beef Stroganoff |
| Thurs 4: | Baked Chicken |

| Mon 8:  | Chicken Fried Steak |
| Tues 9: | Soup and Sandwich |
| Wed 10: | Roast Beef & Elk |
| Thurs 11: | Flank Steak |

| Mon 15: | Chicken Wings |
| Tues 16: | Soup and Sandwich |
| Wed 17: | B’Day/Christmas |
| Thurs 18: | Pork Chops |

| Mon. 22: | Pasta Bar |
| Tues 23: | Closed |
| Wed 24: | Closed |
| Thurs 25: | Merry Christmas! |

See you in 2015!

---

**Building Strong Families Through Culture**

Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by SPIPA-TANF.
Try these Yummy Pumpkin Squares

Serving Size: 1 bar
Yield: 24 servings

Ingredients:
- 1 can (15 ounces) pumpkin
- 1 1/2 cups brown sugar
- 4 eggs
- 1/4 cup cooking oil
- 1/2 cup applesauce
- 1 tsp vanilla
- 1 1/2 cups whole wheat flour
- 1 1/2 cups rolled oats
- 1 Tablespoon ground cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- Margarine or butter to grease the pan
- Optional: 2/3 cup raisins

Instructions:
1. Preheat oven to 350 degrees.
2. In a large bowl, stir together the pumpkin, brown sugar, eggs, oil, applesauce & vanilla. Mix well.
3. In a medium bowl, mix the flour, oats, cinnamon, nutmeg, salt, baking powder, and baking soda.
4. Add the flour mix to the pumpkin mix. Stir. Add optional raisins.
5. Grease a 9” x 13” baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake about 30 minutes.

Mammogram Clinic
December 9
Contact Traci Lopeman
360-432-3930

Brief Community Walk
Every Thursday at 12:40 p.m.
Meet at Elder's Building
After Lunch

Free Diabetes Screening
at Health Promotions
Tuesday through Friday
Contact Melissa Grant

Smart Shopping/
Food Label Workshops
Contact Patty to schedule

Health Promotions
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.
Native American and over 18

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

Nutrition Facts

WIC at SPIPA
(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

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3277, gardipee@spipa.org
or Patty Suskin 360 462-3224

Tuesday, Dec 9th is WIC DAY at SPIPA
Breast Cancer: What You Need to Know

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer screening means checking a woman’s breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things may increase your risk

If you have risk factors, you may be more likely to get breast cancer. Talk to your doctor about ways to lower your risk and about screening.

Reproductive risk factors

- Being younger when you had your first menstrual period.
- Never giving birth, or being older at the birth of your first child.
- Starting menopause at a later age.
- Using hormone replacement therapy for a long time.

Other risk factors

- Getting older.
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Changes in your breast cancer-related genes (BRCA1 or BRCA2).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Symptoms

Some warning signs of breast cancer are—

- A lump or pain in the breast.
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin on the breast.
- Pulling in of the nipple or pain in the nipple area.
- Fluid other than breast milk from the nipple, especially blood.
- A change in the size or the shape of the breast.

Other conditions can cause these symptoms. If you have any signs that worry you, call your doctor right away.

Can’t afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC’s National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.

More Information

www.cdc.gov/cancer/breast/ • Twitter: @CDC_Cancer
(800) CDC-INFO (800-232-4636) • TTY: (888) 232-6348 • cdcinfo@cdc.gov

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control
Ten “Doable” Ways You Can Enjoy Meals on Special Days

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

1. Choose the ways you can stay on track and check: YES! I can!
2. After the event, check the ones you did: YES! I did it!
3. 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 tablespoonsfuls 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!

FREE BLOOD PRESSURE SCREENING 2014

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!

Mammogram Clinic

Tuesday, December 9, 2014
8:00am to 4:00pm

To schedule an appointment or if you have any questions regarding your eligibility please contact:
Traci Lopeman at 360-432-3930
Every Woman counts, please tell your Sisters, Daughters, Mothers and Friends to have a mammogram done yearly.

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.
### Happy Birthday

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### What's Happening

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### Happy 80th Herb Johns!

**Employee Christmas Party**

**Youth Christmas Party**

**Merry Christmas**

**Tribal Center Closed**

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**What's Happening**

- **Family Court**
- **Council Mtg.**
- **Employee Christmas Party**
- **Merry Christmas**
- **Tribal Center Closed**

**AA & ALANON**

Every Thursday

7:30 p.m. in the Elders Building
Community

Harry Arthur Fletcher

Harry left for the Happy Hunting Grounds on October 17th at 7:30 p.m. at 93 years and 22 days. He lived a busy life. Harry was the oldest Squaxin Island tribal member. He will be missed by his family and friends very much!

I want to thank the Squaxin Island Tribal Council and everyone who helped. I am so grateful for all the help that was given to me. I could not have done it alone. Kathy Block was so helpful, loving and kind. My husband (Gene) said she didn’t act like it was her job, she showed so much compassion and feelings. Glen Parker jumped right in and arranged the Squaxin Island Veterans Color Guard to bring the flags in. My grandson Lt. Jeffery Hoosier came home on leave from Fort Benning, GA and Glen let him carry the American flag. Glen also arranged for the Intertribal Warriors Society gun salute. Alene Whitener played the piano for my granddaughter, Cady, to sing “In the Garden.” I know my dad was looking down smiling.

Brooks Farrell did a great job as Master of Ceremonies. Thanks to the drum group, Mike and Rose for the prayers, and Dave Lopeman for taking the microphone and saying thoughtful memories about my dad. The food that was prepared was so good - the cooks and helpers did an excellent job. Thanks to the museum and Redwolf for the fantastic artwork that was done on my Dad’s resting place. Thank you. I know my dad was watching and was very pleased with all that was done for him. The funeral procession to McCleary Cemetery was so well organized by Squaxin law enforcement.

I don’t know how to express all my gratitude and appreciation for everything that was done for us. Everyone was so sweet and kind through this very hard time for me. The whole day was perfect.

Thank you ever so much, everyone.
- Carolyn Hoosier and Family

How can we assist our children in Shelton School District?

Jennifer Deyette - As parents, do you often wonder why you are constantly asked to fill out forms for the schools? Where do the monies that districts receive actually get spent? Our hope in printing this article is to answer such questions.

The form that officially generates dollars for Native American students is what those in education refer to as the ‘506 Form.’ The official heading on the form is “Title VII Student Eligibility Certification.”

Did you know that the form only needs to be filled out once, not each year, for each student? The monies received in the Shelton School District are used (99.5%) to pay the salary and benefits for the three district employed tutors, Ruth Bowcutt, Trivian Nault, and Melanie Willig. These ladies have had their hours cut back time and time again, all due to a decrease in Title VII funding.

We are certain your students have come home and shared some great stories and talked about opportunities in which these ladies have assisted. Without Title VII dollars they would not be employees of Shelton School District and thus not available to assist your student whether that is in the academic setting or during culture class at the schools (Bordeaux Elementary, Evergreen Elementary, Mt. View Elementary, Olympic Middle School, Oakland Bay Jr High School, Shelton High School, and CHOICE Alternative High School).

Our practice is to collect a ‘506 Form’ for all Native students. The grant is applied for annually. Did you know that for a Native student to truly qualify, under federal guidelines, they simply have to be a descendant in first or second degree (parent or grandparent) of an enrolled tribal member? For the 2014-2015 school year Shelton missed out on over $12,000 due to forms not completed/turned in.

Forms are available in each of the school offices or can also be obtained from our district tutors, Ruth, Trivian and Melanie. Thank you for taking the time to complete and return the ‘506 Form’ to your student’s school.
Puyallup Tribe Recognizes Same-Sex Marriages

By a unanimous vote on July 9, the Puyallup Tribal Council passed an amendment to the tribal domestic relations code to add a section legalizing same-sex marriages. This not only puts the Tribe in line with Washington State's same-sex marriage law but also places the Puyallups among the leadership nationwide of Indian tribes that have passed similar resolutions in response to the movement for same-sex marriage that is slowly but surely sweeping across the country.

"People who are gay or lesbian could not marry the person they love on this reservation and now they can," said Council Member Maggie Edwards who authored the amendment with tribal attorney Toni Whitegrass.

The Domestic Relations Code now states: Same Sex Marriage may be validly contracted within the Puyallup Reservation either by following the laws of the State of Washington or by meeting the requirements herein:

a) One of the persons who wishes to marry must be a member of the Puyallup Tribe of Indians; and
b) Must be 18 years of age or older; and Must obtain and sign a certificate of marriage in front of witnesses.

Maggie Edwards said the impetus to write the amendment came to her after tribal members had asked her why the Tribe doesn't allow for couples of the same sex to marry. "It's really about equal treatment of all your members – all your members should have the same rights and under the circumstances prior to the enactment of the resolution, they didn't all have the same rights," she said.

Online research shows that Indian tribes that have taken the lead in establishing same-sex marriage rights include the Colville and Suquamish tribes in Washington, the Coquille Tribe (Oregon), the Leech Lake Band of Objibwe (Minnesota), the Little Traverse Bay Bands of Odawa Indians and Pokagon Band of Potawatomi Indians (Michigan) and the Santa Ysabel Tribe (California). The Cheyenne and Arapaho Tribes were granting marriage licenses to same-sex couples by 2013, without any change to their marriage laws.

To write the amendment, Maggie Edwards tapped into the Colville Tribe's treatment of lesbian, gay, bisexual and transgendered people, also known as “Two-Spirit People” that have always had a special place in Colville society. As stated in the Puyallup’s resolution: “WHEREAS, LGBT, (Lesbian, Gay, Bi-Sexual and Transgendered) persons have been acknowledged in tribal societies pre-European Colonization of America; and in a good and respectful way, they have been known in tribal custom and tradition as “Two-Spirit People” and this refers to the traditional belief that LGBT people have both a Male and Female Spirit inside them, which allows them to transcend traditional gender barriers;…

“They have an historic perspective of Two-Spirit People and I really like that," Maggie Edwards said.

Maggie Edwards noted that now the Puyallup Tribe’s marriage law is in keeping with the Tribe’s open-hearted tradition of embracing all sorts of people who could otherwise be shunned or treated badly out in the broader community. ‘They’re welcome on the Puyallup’s reservation, she said. ‘In the outer culture, people can be mean if you're different. We embrace each other regardless of our lumps, bumps and whoever we love – that's just how it is here.’