Use a Safe and Sober Ride Home From Your Festivities

The holiday season is nearly upon us, and the Washington Traffic Safety Commission (WTSC) would like to remind Washingtonians to plan ahead and use alternative transportation after drinking alcohol or using marijuana during celebrations.

Preliminary Fatality Analysis Reporting (FARS) data shows more than 500 traffic deaths so far in 2015, nearly 100 more reported deaths than this time last year.

“We have seen an unfortunate increase in traffic deaths this year,” said Darrin Grondel, WTSC director, “By encouraging people to plan ahead over the holiday party season, and to ensure a sober ride home, we hope our state will experience zero traffic deaths in December and through the New Year.”

Extra DUI enforcement patrols statewide began November 26 and will end January 1.

On Friday, December 11, a joint DUI emphasis patrol will take place in Grays Harbor, Mason and Pacific Counties, in recognition of the Night of 1000 Stars, which symbolizes the badges of the many officers who are out keeping the roadways safe.

In Mason County, the Shelton and Squaxin Police Departments, the Mason County Sheriff’s Office and the Washington State Patrol will be teaming up and participating in the extra patrols, with the support of the Mason County Target Zero Task Force.

The Washington Traffic Safety Commission embraces Target Zero—striving to end traffic deaths and serious injuries in Washington by 2030, but we can’t get there without you. Driver Sober and be part of our Target Zero Team. Remember, drunk, drugs or high, it’s a DUI. For more information, visit www.targetzero.com.
Council Corner

Whitney Jones - Happy New Year!! I hope you and your family have a wonderful holiday season and are looking forward to 2016.

The Tribe was looking festive in December with the tree lighting, cookies and cider, and Santa’s arrival on the fire truck hosted by our elves from the Housing Program. The annual NR/CR food drive to benefit the Squaxin food bank brought in boxes and boxes of food for our community. The youth Christmas party was a big success with more than 300 people joining us for dinner, activities, and a visit from Santa there too. There was wreath making at the Safe Streets meeting, breakfast with Santa at the Child Development Center, and a Tribal Member bingo session hosted by LCCR too. The youth basketball tournament was scheduled prior to Christmas this year and kept the players busy for four days while the Youth Council worked hard at fundraising activities too. Hopefully you got to participate in some of these holiday events or others that the Tribe coordinated to help keep the community active and involved.

As we move into the new year I look forward to continuing to share information and updates with you through these articles and other methods as well. Please join us at the Winter General Body meeting, which has changed dates to Saturday, January 23rd. Vicki will be giving you a brief update on how we sit financially and the Council will have some community and economic development ideas to share and will be looking to get Tribal Member feedback on those. If you can’t make it to the meeting, I’ll send out more information about that and make sure you have a chance to weigh in afterwards too. As always, I welcome your thoughts or suggestions. See you soon.

Please stop by and visit the newly renovated Legal offices!

Ninth Annual Squaxin Island Drug & Alcohol Awareness Dinner

You don’t need to be in recovery, just sober for the event and children are welcome!

People are dying right and left, children are losing parents, and families are saying goodbye to loved ones prematurely. The purpose of this dinner is to raise awareness of the effects that drugs, alcohol, trauma, and grief and loss have on individuals, families, and communities and to provide resources to the same. We hope to bring families together for support and to facilitate the healing process. I encourage anyone who has been affected by drugs and/or alcohol through either personal use or a loved one’s use to attend. There will be a free dinner, free give away, free info, and a free T-shirt (while supplies last) to all that attend. This year’s T-Shirt design is kindly donated by Squaxin Island Tribal member, Shila BlueBack.

Sunday January 24th at 2 PM
Little Creek Casino’s Event Center

This year’s participants include: (NAMI), National Alliance on Mental Illness, Squaxin Island Safe Streets, Shelton High School’s SADD. For exhibit information or questions, please contact Christine at 360-402-7297 or by e-mail at cree2sober@aol.com. Hope to see you there!

This year’s event is sponsored by Little Creek Casino and Resort, Squaxin Island Tribe 1% committee, Squaxin Island Safe Streets Program, HarborCrest Behavioral Health, Sunapiro Behavioral Health, Prevention Advocacy and Specialized Services, SADD, Northwest Indian Treatment Center, and Northwest Resources.
Why is it important to vote?
Play to win! Election outcomes are determined by those who participate. Elected officials make important decisions that affect our community, and they often respond more favorably to the opinions of those who vote. Voting does not guarantee that your ideas and opinions will prevail, but choosing to vote does offer you a say in our tribal democracy.

How can a young person get involved in the voting process?
Come to the annual General Body meeting in May with your photo ID. All tribal members, 18 years and older, have the right to vote. For those who wish to go beyond voting, the Elections Committee is always on the lookout for volunteers. The Executive Secretary will assist on getting you started.

How do you know who to vote for?
Attending Squaxin Island tribal candidate forums is a great way to ask questions and hear what the candidates stand for. The schedule and locations will be in the Klah-Che-Min in February, March and April.

Elections seldom provide perfect choices (officials who agree with you on all issues). The first step is to prioritize your concerns and possible solutions. For example, ask yourself, “Should we be spending more money on education or community development?” There are no “right” answers to which everyone agrees. Therefore, the informed voter must understand all candidates’ positions on issues important to him/her in order to make the best decision/vote. Informed voters also look at personal characteristics of candidates to help determine how they will perform in office. Are they hardworking? Honest? Moral? Skillful? We are entrusting them with decisions that affect our futures.

Sorting out information about candidates from their speeches, campaign ads, and web sites can be a challenge for tribal members in a democracy. Candidates have often served in previous positions, making it possible to assess their policy preferences and capabilities. Talking with friends and relatives about politics helps define one’s own outlooks and understand the available options.

Who Turns Out to Vote?
Voter turnout is the percentage of eligible voters who cast a ballot in our election.

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
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</thead>
<tbody>
<tr>
<td>Eligible Voters</td>
<td>697</td>
<td>713</td>
<td>724</td>
<td>739</td>
<td>753</td>
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<tr>
<td>Total Attended</td>
<td>273</td>
<td>243</td>
<td>259</td>
<td>287</td>
<td>282</td>
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<tr>
<td>Percent in Attendance</td>
<td>39.17%</td>
<td>34.08%</td>
<td>35.77%</td>
<td>38.84%</td>
<td>37.45%</td>
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</tbody>
</table>

Let's start thinking now for the elections that take place at the MAY General Body meeting!

The electronic voting system is strictly confidential. Although important data can be processed for compiling reports, names, addresses are NEVER included or accessible.
**Learning Center**

**Teen Center/CHUM Project**
Laurel Wolff - Happy New Year!!! For the CHUM Project and the Teen Center, 2015 was a great year. Highlights from 2015 included:
- Outdoor Club – teens went on several hikes and a 4-day camping trip
- Participated in the multi-day Youth Canoe Journey
- Harvested traditional foods like camas and berries
- Participated in the Community Mural Project, proudly displayed on the front wall of the TLC
- Built a stronger Youth Council
- Participated in several youth conferences
- Youth basketball team made lots of improvements and played in four tournaments
- Held weekly beading classes with lots of volunteer support
- Lots of volunteer support from the Squaxin Community

Our goals for the CHUM Project during the 2016 year include more activities with Elders, increased participation in cultural activities, more activities sponsored by the Squaxin Island Youth Council – including fundraisers and service projects, and recruiting additional volunteer support from the Squaxin Island community.

**Education Liaison News**
Peggy Peters - For your student to have the best opportunities to be successful in school, I offer this 2016 New Year's Resolution List for students:  Go to school.  Get to school on time.  Do your school work and turn it in.  Get and stay organized.  Care about school.  Learn a new skill.  Think about going to college.  Make friends with everyone.  Eat breakfast and lunch.  Get enough sleep. NEVER GIVE UP!

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**January**

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td></td>
<td>Basketball Practice 3:30–4:30&lt;br&gt;Teen Chef 3:30–5:00pm&lt;br&gt;Youth Council 5:00–6:00pm</td>
<td>Basketball Practice 3:30–4:30&lt;br&gt;Teen Chef 3:30–5:00pm&lt;br&gt;Youth Council 5:00–6:00pm</td>
<td>Drum Group 5pm</td>
<td>Beading 3:30–5:00&lt;br&gt;Basketball Practice 3:30–4:30</td>
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<td>Drum Group 5pm</td>
<td>Beading 3:30–5:00&lt;br&gt;Basketball Practice 3:30–4:30</td>
<td>Early Release&lt;br&gt;Outdoor Club 1:30–6:00pm</td>
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<td>11</td>
<td>12</td>
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<td>13</td>
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<td>Basketball Practice 3:30–4:30&lt;br&gt;Teen Chef 3:30–5:00pm&lt;br&gt;Youth Council 5:00–6:00pm</td>
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<td>Drum Group 5pm</td>
<td>Beading 3:30–5:00&lt;br&gt;Basketball Practice 3:30–4:30</td>
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<tr>
<td>Holiday – No School&lt;br&gt;MLK Jr. Day 12–6pm</td>
<td>Basketball Practice 3:30–4:30&lt;br&gt;Teen Chef 3:30–5:00pm&lt;br&gt;Youth Council 5:00–6:00pm</td>
<td>Drum Group 5pm</td>
<td>Beading 3:30–5:00&lt;br&gt;Basketball Practice 3:30–4:30</td>
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<td>Early Release&lt;br&gt;TBD</td>
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<td></td>
<td>Basketball Practice 3:30–4:30&lt;br&gt;Teen Chef 3:30–5:00pm&lt;br&gt;Youth Council 5:00–6:00pm</td>
<td>No School Day 12–6pm</td>
<td>Drum Group 5pm</td>
<td>Beading 3:30–5:00&lt;br&gt;Basketball Practice 3:30–4:30</td>
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<td>Teen Night 7–10pm</td>
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<td>1</td>
<td>2</td>
<td>7</td>
<td>8</td>
<td></td>
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<tr>
<td>Teen Center Closed</td>
<td></td>
<td>Early Release&lt;br&gt;Outdoor Club 1:30–6:00pm</td>
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</tbody>
</table>
Learning Center

CHUM 2015

January 2016

It’s Happening Here:

➢ Friday the 8th: Learn How to Make Butter at 5pm

Food Friday

➢ Friday the 15th: Movie Night 5:30-7:00pm

➢ Monday the 18th: No School – We are open from 10am to 4pm
Palm Party 10:30-12:30pm
Help create a Peaceful Quilt 1:30-3:30pm

➢ Friday the 22nd: Learn How to Grow Crystals at 5:00pm

➢ Wednesday the 27th: Shelton has a No School
Pool Party from 2-3:30pm

Questions? Contact Jerilyn at 432-3992
**Youth Afterschool Activities**

Jerilynn Vail - With the New Year beginning we have a new weekly schedule: Monday is Game Day, Tuesday is Arts-n-Crafts, Wednesday is Culture Night, Thursday is Crafty Kitchen and Friday is Fun Day Friday! Check the calendar in this month’s Klah Che Min for our basketball practice schedule as well. We are starting Elementary and Jr. High Teams in the Inter-Tribal League. We will also be posting our Intertribal League youth basketball schedule on our Facebook page at www.facebook/TuHaButs.

I am excited to introduce our new youth basketball coach, Tyrone Seymour. Tyrone has previously volunteered many times in support of our youth program activities. He brings a new focus to coaching youth sports – basketball season for now. We could always use volunteers for our sports teams and our special events. If you have a special talent or skill, please give me a call and we would love to share your talent with the youth.

Speaking of volunteers, through an arrangement with the Pacific Mountain Workforce Development Council, we have been fortunate to gain the assistance of two AmeriCorps Members in supporting our youth programs. Levi Morgando and Jessica Yost are volunteering within our programs into August 2016. Levi has worked with youth through Stonewall’s QRC and is a volunteer at the Thurston and Mason County Crisis Clinic. Levi plays guitar, loves to sing and go to shows. Jessica is a recent graduate of Western Washington University with a BA in Business and Sustainability. Jessica is really getting into beading, loves sunshine and nature walks. If you have not met them yet, please come by and say hello to both Levi and Jessica.

Reminder - This is a great time of year to update your contact information on our registration forms. If you have new contact information, please stop by to share your new number.

**GED and Homework Support**

Jamie Burris - ‘Tis the season to set New Year’s resolutions. Still in school? Make one of your New Year’s resolutions to pass all of your classes and try your best for the remainder of the school year! Didn’t finish school? Make a resolution to earn your GED this year! For either choice, I am here to guide you along your learning path Tuesdays, Wednesdays, and Thursdays, from 4-7pm in the Tu Ha Buts Learning Center classroom. For more information about GEDs or Homework Support, please contact Jamie Burris by email at jburris@mccleary.wednet.edu. You can also learn more about GEDs online at www.ged.com.

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### January 2016

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

<table>
<thead>
<tr>
<th>TLC Hours: M-F 7:30am-7:00pm</th>
<th>Front Desk: 432-3958</th>
<th>Rec Rm: 432-3957 (only 3-6pm)</th>
</tr>
</thead>
</table>

**All activities are drug, alcohol and tobacco free.**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td><strong>5</strong></td>
<td>Rec Rm: 3-6pm</td>
<td>Arts-n-Crafts: 5-6pm</td>
<td>GSD- ER @ 2:30pm</td>
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<tr>
<td>Game Day: 5-6pm</td>
<td>Bball Jr/High: 3:30-4:30</td>
<td>Culture Night: 5-6pm</td>
<td>GSD- ER @ 2:30pm</td>
<td>SSD-1.5 HR ER</td>
</tr>
<tr>
<td>Open Gym: 4:30-6pm</td>
<td>Bball Jr: 5-5:45pm</td>
<td>Open Gym: 2:30-5pm</td>
<td>Open Rm: 1-6pm</td>
<td>Rec Rm: 2:30-6pm</td>
</tr>
<tr>
<td>Bball Jr/High: 3:30-4:30</td>
<td>Bball Jr: 5-5:45pm</td>
<td>ITL Game: TBA</td>
<td>Culture Night: 5-6pm</td>
<td>Fun Day: Make Butter</td>
</tr>
<tr>
<td>Open Swim: 3-6pm</td>
<td>Bball Jr: 5-5:45pm</td>
<td>Open Gym: 2:30-5pm</td>
<td>GSD: ER @ 2:30pm</td>
<td>Open Gym: 2:30-5pm</td>
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<td><strong>12</strong></td>
<td>Rec Rm: 3-6pm</td>
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<td>GSD: ER @ 2:30pm</td>
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<tr>
<td>Game Day: 5-6pm</td>
<td>Bball Jr/High: 3:30-4:30</td>
<td>Culture Night: 5-6pm</td>
<td>Rec Rm: 1-6pm</td>
<td>SSD: 1.5HR ER</td>
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<tr>
<td>Open Gym: 4:30-6pm</td>
<td>Bball Jr: 5-5:45pm</td>
<td>Open Gym: 2:30-5pm</td>
<td>Culture Night: 5-6pm</td>
<td>Rec Rm: 2:30-6pm</td>
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<tr>
<td>Bball Jr/High: 3:30-4:30</td>
<td>Bball Jr: 5-5:45pm</td>
<td>ITL Game: TBA</td>
<td>Open Rm: 1-6pm</td>
<td>Fun Day: Science</td>
</tr>
<tr>
<td>Open Swim: 3-6pm</td>
<td>Bball Jr: 5-5:45pm</td>
<td>Open Gym: 2:30-5pm</td>
<td>Culture Night: 5-6pm</td>
<td>Open Gym: 2:30-5pm</td>
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<tr>
<td><strong>18</strong></td>
<td>NO SCHOOL</td>
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<tr>
<td><strong>19</strong></td>
<td>Rec Rm: 3-6pm</td>
<td>Arts-n-Crafts: 5-6pm</td>
<td><strong>20</strong></td>
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<tr>
<td>Peaceful Project 1-3:30pm</td>
<td>Bball Jr/High: 3:30-4:30</td>
<td>GSD: ER @ 2:30pm</td>
<td>Rec Rm: 1-6pm</td>
<td>SSD- No School</td>
</tr>
<tr>
<td>Open Gym: 4:30-6pm</td>
<td>Bball Jr: 5-5:45pm</td>
<td>Culture Night: 5-6pm</td>
<td>Culture Night: 5-6pm</td>
<td>GSD: ER @ 2:30pm</td>
</tr>
<tr>
<td>Pool Party 10-12:30pm</td>
<td>Bball Jr: 5-5:45pm</td>
<td>Open Gym: 2:30-5pm</td>
<td>Open Gym: 12-6pm</td>
<td>SSD: No School</td>
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<tr>
<td>Open Swim: 3-6pm</td>
<td>Bball Jr: 5-5:45pm</td>
<td>ITL Game: TBA</td>
<td>Culture Night: 5-6pm</td>
<td>SSD- No School</td>
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<td><strong>25</strong></td>
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<tr>
<td><strong>26</strong></td>
<td>Rec Rm: 3-6pm</td>
<td>Arts-n-Crafts: 5-6pm</td>
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<tr>
<td>Game Day: 5-6pm</td>
<td>Bball Jr/High: 3:30-4:30</td>
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<td>SSD: No School</td>
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<td>Culture Night: 5-6pm</td>
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<td>Bball Jr: 5-5:45pm</td>
<td>Open Gym: 12-5pm</td>
<td>Open Gym: 12-5pm</td>
<td>Culture Night: 5-6pm</td>
</tr>
</tbody>
</table>

**After School Snacks:**

- M-F 3-4:45pm
- M-Th 3-7, F 3-5pm
- M-Th 4:30-6:30pm
- T-TH 4-7pm

**ER = Early Release**

- WHI = Wa-He-Lut Indian School
- SSD = Shelton School District
- GSD = Griffin School District

**I.T.B. – Inter-Tribal B-Ball**

- High School: 9-12 Grade
- Middle School: 6-8 Grade
- Elementary: 4-5 Grade

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_Squaxin Island Tribe - Klah-Che-Min Newsletter - January 2016_
TLC Christmas Party

Some of Squaxin Island Tribe’s youngest and sweetest!

There are a few more photos of the sweet babies scattered throughout the following pages. You can find all of the photos on the following link:

https://goo.gl/povlWy

Photos by Kimi James
Kamilche Trading Post Food Drive
Kamilche Trading Post began collecting food donations beginning in October with a goal to provide holiday meals for Thurston and Mason county residents. Our loyal customers and supportive community members generously contributed by rounding up their purchases to the nearest dollar. With these donations, The Trading Post Stores provided over $4,000 worth of food to local food banks in Mason and Thurston County. The proceeds were divided and distributed to Saint’s Pantry, Thurston County Food Bank, and the Squaxin Health Clinic Food Bank. The Squaxin Island Elders even received all of the essentials for a Thanksgiving dinner such as stuffing, pumpkin pie, mashed potatoes, gravy, green beans, and more. Each monetary donation was represented in store by an individual turkey painting displayed on the window. Each little turkey was hand crafted by the children at the Squaxin Child Development Center.

Thank you to the team at KTP and Island Enterprises for coordinating this important effort. We would like to recognize the Squaxin Island Tribe’s 1% Commission, our partner supplier Harbor Wholesale Foods, and our fuel distributor Associated Petroleum Products Inc. for their donations. Special acknowledgement goes to the Squaxin Island Elders for distribution assistance and the kids at the Squaxin Island Child Development Center for the added personal touch! Thank you everyone for making this a food drive a great success!
Utility Commission Vacancies

There are two community member vacancies open for the Utilities Commission.

1. A Representative for the tribal Housing community area.
2. A Representative from the other Kamilche Valley utility customers.

Submit names to the Department of Planning & Community Development. Tribal Council makes the final selection & appointment.

Richard Wells, Director
Planning & Community Development
Squaxin Island Tribe
Office: (360) 432-3822

Thank You!!!

We wanted to let all the families know that we greatly appreciate all the help we received the last few months. We were able to provide two deserving families with some holiday joy, you helped raise funds for our classrooms, and we had some awesome parent volunteers. Again, we are greatly appreciative for all of the help.

S.I.C.D.C Staff

Center Events

- January 1st closed
- January 15th closed for staff in-service day

Watch for more up coming family events/night

Our Mission

To provide a nurturing, challenging environment that encourages and enhances each child's on-going learning and development through play.
Squaxin Safe Streets would like to extend a warm blessing to everyone for the New Year. We have gifts still available for Squaxin Island Elders. Please feel free to stop by my office at the Tribal Center to pick one up. This month we are excited to announce that we will be presenting at the Ninth Annual Drug and Alcohol Awareness dinner on the 24th at 2:00 p.m. in the Event Center. We will also be hosting an Anti-Bullying event on Feb. 16th with Guest Speaker Gyasi Ross, please stay tuned for further information.

**Squaxin Safe Streets Block Watch Captain Description**
Want to help make your neighborhood safer? A Block Watch Captain is active in the community on the reservation and wants to prevent crime and improve the quality of life on their block. Your role is to help connect with your neighbors regularly to talk about what’s affecting your homes or your street and propose solutions. The Community Mobilization Specialist can offer you direct support and attend Block Watch meetings, while the Community Liaison Officer can respond to your questions and take your suggestions about crime on your block or street.

**Block Watch Captains will:**
- Be a first point of contact if someone sees suspicious activity going on in your neighborhood, and be willing to contact law enforcement if needed.
- Organize regular meeting with your block/neighborhood/neighbors to talk about common concerns.
- Maintain a phone tree or contact list of neighbors if someone reports suspicious activity.
- Be a positive, open-minded community advocate.
- Not hold grudges, spread rumors or judge people without proof.
- Keep in regular contact with Community Mobilization Specialist, Community Liaison Officer and other advocates in the community to help respond to community needs.
- Work with Community Mobilization Specialist and Community Liaison Officer to promote community improvement projects.
- Be willing to learn, receive training or advice, and ask questions.
- Be the point of contact to coordinate community improvement projects and work with volunteers for these projects.

We are still in need of Captains for the following areas: Squi-Aitl, Steh-Chass, Qua-Ta-Sat, Ho-Mamish, Kaya Circle and from the entrance to T-Peeksin in Klah-Che-Min.

Call or email Patricia Green, Community Mobilization Specialist, at 360-432-3867 and pgreen@squaxin.us if you have questions or want to learn more.

**Next meeting:** Tuesday, January 19th at 5:00 p.m. in the Community Kitchen

**Stats for November 2015:**
- Total reported Drug /Alcohol incidents: 16
- Drug: 8
- Alcohol: 8
- Arrests: 4
- Citation/Infractions: 1
- Referred to other agency: 5
- Tribal Court: 0
- Adults: 15
- Youth: 0
- Unknown: 1
Congratualtions

*NWITC Employee of the Year*

Sue Tovia
At NWITC’s staff appreciation dinner, Sue Tovia was named “Employee of the Year” for her longtime service, compassion and dedication to the Treatment Center.

"I love working with the team," Sue said. "I’m happy here at NWITC. I’m still here. They haven’t fired me yet."

New Employee

Steven Lehman
*Housing Maintenance*

Hi! I’ve worked most of my life for the Quinault Tribe as I am enrolled there, but a couple of my kids are enrolled here at Squaxin. So I came up this way and found work.

I’ve been on an e-hire position for awhile now and I really enjoy the staff at the Squaxin Island Tribe. The Housing crew is fun to work with and so are the community members.

I really enjoy being and working here and I would just like to thank everyone for having me here.

Social Security Disability

If you have been denied Social Security benefits because you receive a “Per Capita” distribution or other Tribal assistance,

Please contact Diane at the Squaxin Legal Department for assistance.

(360) 432-1771 ext 0
Health Clinic

Easy steps to better health

10 Bright Ideas for Weight Loss

Are you finding yourself wanting to lose weight?
Make small, gradual, realistic changes that will build
upon one another, creating a healthier future. Start today by
reviewing these strategies to help you control your weight:

1. You should think “choose well” not “diet.”
Instead of trying to starve yourself, choose foods that allow you
to fill up on fewer calories. These are foods that are:
• minimally processed
• high in fiber
• low in fat and sugar

   Examples include fruits; vegetables; cooked whole grains
   such as barley, oatmeal, whole-wheat products and brown rice;
   and legumes. For protein, always pick leaner choices such as white
   breast meat of poultry (without skin); pork loin; lean beef;
   legumes; and seafood. Prepare these items with little added fat.

2. Try to make exercise fun.
• Take up several aerobic activities that are enjoyable, such as
  an aerobics class, walking, bike riding, swimming, running,
  hiking, softball, etc.
• Work out aerobically at least an hour a day, five or six days a week.

3. Only eat when you are hungry.
Avoid eating to relax, cure boredom or overcome depres-
sion. Instead, take a walk or call a friend.

4. Take care when eating out.
When you eat out, choose soup and salad or smaller dishes
that are low in fat. Ask for sauces and dressings on the side. If por-
tions are large, take half home!

5. Be a smart shopper.
• Fill grocery carts 2/3 full of whole foods instead of
  processed convenience foods. These include fat-free dairy,
  fruits, whole grains, vegetables, seafood, chicken and
  lean cuts of meat.
• Buy plenty of fruits and vege-
tables. Aim for 5+ servings
  of fruits and vegetables each
day.

6. Snack for better health.
• Snack only when hungry.
• Instead of packaged snacks, think “out with the bag” and
  enjoy fresh fruits, vegetables with lowfat dips or fat-free,
  light yogurt. Baked potatoes, sweet potatoes and oatmeal
  also make great snacks.

7. Be a little adventurous.
• Be adventurous and expand
your range of healthful food choices.
• Buy a lowfat cookbook to help you modify traditional
  high-fat favorites, and to introduce quick healthful
  dishes.

8. Use less fat when cooking.
• Prepare foods using lower-fat cooking methods such as
  baking meats on a rack, broil-
ing, grilling, roasting or
steam instead of frying.
• Eliminate “extra” fats. Trim
  any visible fats from meats.
  Rinse cooked ground meat.
  Remove skin from poultry.

9. Limit sugar & refined starch.
• Limit the amount of foods you eat that contain added
  sugars.
• Limit refined starch foods that
  are made with white flour and
  are low in fiber. Fill up
  instead with high-fiber choices
  such as corn, potatoes, yams,
  limas, peas, dried beans and
  whole grains.

10. Don’t skip breakfast.
Starting the
day with a high-
fiber, low-fat
breakfast will help you con-
sume fewer calories
the rest of the day. Never
skip breakfast!

©Food and Health Communications, Inc. www.foodandhealth.com

There are so
many reasons to
get to a healthy
weight . . .

You are important to
many people. We need
you to stay healthy.

By losing just 5-7
percent of your weight,
you will reduce your
risk for diabetes.

See your health care
provider today to
set your goals and
write a plan.

Produced by IHS Division
of Diabetes Treatment
and Prevention.
www.diabetes.ihs.gov
Guided Snow Walks at Mount Rainier

Snow Shoe Walks In Mount Rainier National Park, Park rangers give guided snowshoe walks on weekends from late December through March. Walks leave from the Henry M. Jackson Memorial Visitor Center in Paradise. For times and walk topics, check at the visitor center or in the Tahoma News, the park newspaper.

Guided snowshoe walks are offered Saturday, Sunday, and holidays from December 23, 2015 through March 27, 2016. Walks leave from the Jackson Visitor Center at Paradise at 11 am and 1:30 pm on a first-come basis. Sign up at the Henry M Jackson Visitors Center information desk at Paradise beginning one hour before the start time. All snowshoe walk participants must be present at sign-up.

Snowshoe walks cover approximately 1.8 miles and last up to 2 hours. Snowshoes are provided, or visitors may use their own. A donation of $5.00 per person is asked to help defray the cost of snowshoe maintenance. Snowshoeing is a moderately strenuous activity, and participants must be at least 8 years old. Wear sturdy boots, dress in layers, and have a hat, gloves, suitable boots, sunglasses and sunscreen.

Please call 360-569-6575 between 9:30 a.m. - 4:00 p.m. for additional information.

Clinic Events

Health Promotions
We have exercise videos
Work out alone, with us or schedule a time for a group

Lifestyle Balance Program
To find out how you may qualify, please contact Melissa Grant at 360-432-3926

Mammogram Day
January 19th

Brief Community Walk
Every Monday at 12:30 p.m.
Elder's Building after lunch

Free Diabetes Screening
at Health Promotions
To schedule an appointment, contact Melissa Grant

Smart Shopping/ Food Label Workshops
Contact Patty to schedule 360-432-3929

FREE BLOOD PRESSURE SCREENING 2016

The First Week of each month
Either Monday, Tuesday or Wednesday

Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm
Everyone is welcome!
### January Happy Birthdays

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### What's Happening

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3</td>
<td>Family Court</td>
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<td>in the Elders Bldg.</td>
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<td>10</td>
<td>Criminal/Civil Court</td>
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<td>General Body Mtg.</td>
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<td>24/31</td>
<td>Drug and Alcohol</td>
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<td>Awareness Dinner</td>
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<td>Criminal/Civil Court</td>
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<td>AA &amp; ALANON</td>
<td>7:30 p.m.</td>
<td>in the Elders Bldg.</td>
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### Community

- **AA & ALANON**: Every Wednesday at 7:30 p.m. in the Elders Bldg.
- **Salish Sea Plunge**: Day and month unspecified.
- **General Body Mtg.**: Day and month unspecified.
- **Drug and Alcohol Awareness Dinner**: Day and month unspecified.
Happy Birthday to Our Baby Girl and Big Sister
We couldn't be more proud of you!
Shawnell Lynn

Love, Dad, Raven, Dominique and Seth

Happy Holidays!
- Kimi James
SQUAXIN ISLAND
TRIBAL MEMBERS

The FACTORY OUTLET STORE now offers:

$10.00
DISCOUNTS
EVERY CARTON
EVERY DAY!

We will continue to run our "SPECIALS" several times thru out the year
Watch for them in the Kla-Che-Min and DAILY SCOOP

Hours: M - F 9 AM – 3 PM
MUST SHOW TRIBAL MEMBERSHIP CARD

BEAT IT!

You can help your child stay at a healthy weight and prevent diabetes.
Help them be physically active 1 to 2 hours each day.

BEAT IT!

Freedom Pratt Will (TLINGIT / MUCKLESHOOT) stays fit by drumming and dancing

PS Division of Diabetes Treatment and Prevention
TO PRINT POSTERS GO TO
www.diabetes.org/ printable materials