





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!

Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
CHARLENE KRISSE: Secretary
VICKI KRUGER: Treasurer
WHITNEY JONES: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

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

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, Sunspire Behavioral Health, Prevention Advocacy and Specialized Services, SADD, Northwest Indian Treatment Center, and Northwest Resources.



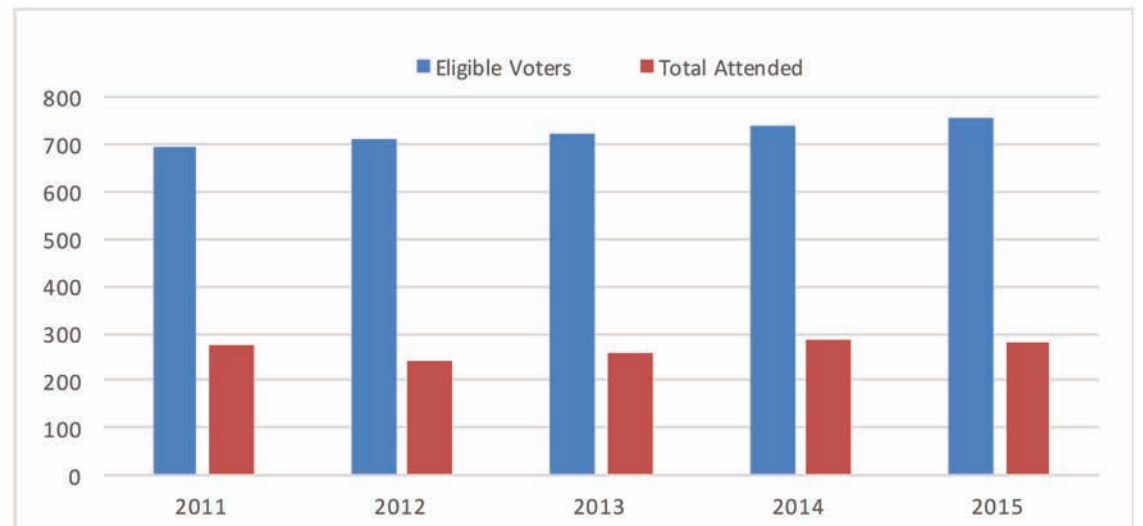
Your **✓VOTE** is Your **✓VOICE**



Who Turns Out to Vote?

Voter turnout is the percentage of eligible voters who cast a ballot in our election.

	2011	2012	2013	2014	2015
Eligible Voters	697	713	724	739	753
Total Attended	273	243	259	287	282
Percent in Attendance	39.17%	34.08%	35.77%	38.84%	37.45%



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.

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.



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!

January

C.H.U.M Program

Laurel Wolff teen advocate: 432-3842

Check Facebook for updates to Calendar!

Teen Center Open 3:00-6:00 M-F unless otherwise noted

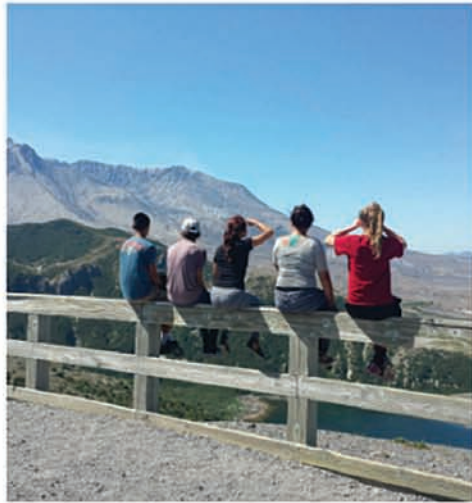
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Teen Center Closed
4 Basketball Practice 3:30-4:30	5 Basketball Practice 3:30-4:30 Teen Chef 3:30-5:00pm Youth Council 5:00-6:00pm	6 Drum Group 5pm	7 Beading 3:30-5:00 Basketball Practice 3:30-4:30	8 Early Release Outdoor Club 1:30-6:00pm
11 Basketball Practice 3:30-4:30	12 Basketball Practice 3:30-4:30 Teen Chef 3:30-5:00pm Youth Council 5:00-6:00pm	13 Drum Group 5pm	14 Beading 3:30-5:00 Basketball Practice 3:30-4:30	15 Movie Night 3:30-6:00pm
18 Holiday - No School MLK Jr. Day 12-6pm	19 Basketball Practice 3:30-4:30 Teen Chef 3:30-5:00pm Youth Council 5:00-6:00pm	20 Drum Group 5pm	21 Beading 3:30-5:00 Basketball Practice 3:30-4:30	22 Early Release TBD
25 Basketball Practice 3:30-4:30	26 Basketball Practice 3:30-4:30 Teen Chef 3:30-5:00pm Youth Council 5:00-6:00pm	27 No School Day 12-6pm Drum Group 5pm	28 Beading 3:30-5:00 Basketball Practice 3:30-4:30	29 Teen night 7-10pm



LEARNING CENTER



CHUM 2015



January 2016



It's Happening Here:



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



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



➤ Monday the 18th: No School – We are open from 10am to 4pm

Pool 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 Jerilynn 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.com/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 jburriss@mccleary.wednet.edu. You can also learn more about GEDs online at www.ged.com.

January 2016

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3957 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30 Open Swim: 3-6pm	5 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	6 GSD- ER @ 2:30pm Rec Rm: 1-6pm Culture Night: 5-6pm Open Gym: 2:30-5pm ITL Game: TBA Open Swim: 3-6pm	7 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	8 SSD-1.5 HR ER Rec Rm: 2:30-6pm Fun Day: Make Butter Open Gym: 2:30-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
11 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30 Open Swim: 3-6pm	12 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	13 GSD- ER @ 2:30pm Rec Rm: 1-6pm Culture Night: 5-6pm Open Gym: 2:30-5pm ITL Game: TBA Open Swim: 3-6pm	14 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	15 Rec Rm: 3-6pm Fun Day: Movie Night Open Gym: 3-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
18 NO SCHOOL Rec Rm: 10-4PM Peaceful Project 1-3:30pm Open Gym: 10-4pm Pool Party 10:30-12:30pm Open Swim: 3-6pm	19 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	20 GSD- ER @ 2:30pm Rec Rm: 1-6pm Culture Night: 5-6pm Open Gym: 2:30-5pm ITL Game: TBA Open Swim: 3-6pm	21 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	22 SSD- 1.5HR ER Rec Rm: 2:30-6pm Fun Day: Science Open Gym: 2:30-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
25 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30 Open Swim: 3-6pm	26 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	27 GSD- ER @ 2:30pm SSD-No School Rec Rm: 12-6pm Culture Night: 5-6pm Open Gym: 12-5pm ITL Game: TBA Open Swim: 3-6pm	28 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	29 Rec Rm: 3-6pm Fun Day: Dance Party Open Gym: 3-5pm Open Swim: 5-8pm
After School Snacks: M-F 3-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: T-TH 4-7pm				
ER = Early Release WHL = 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	



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/povIWY>

Photos by Kimi James





TLC Christmas party 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!





Youth Environmental Art



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

I am a 15+ year commitment!

Please think before buying any animal as a
Christmas present this year!



Center News

January 2015

(360) 426-1390

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

Weather

The children go outside on a daily basis. Fresh air and exercise are important for our minds and bodies. The children are able to focus and absorb information better, when they have been able to exert their extra energy. Please be sure your child has extra clothes at the center and weather appropriate attire. If we are having extreme weather we will keep them in doors. Thank you for all of your help.

Early Achievers

We are getting into the swing of things with our new coach. The River Otter Classroom and teachers are about to undergo their first observation and assessments. In January our Infant and Toddler rooms will start working with their social/emotional coach. They will learn ways to support and help the children while they grow and develop. The Raccoon classroom also received their First Note materials from the grant we received.

Center Events

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

Watch for more up coming
family events/nights

Our Mission

To provide a nurturing, challenging environment that encourages and enhances each child's on-going learning and development through play.



SAFE STREETS



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



See Something?



Say Something!

Emergencies or to report a crime call 911

Get to know your police officers; we want to continue working with you as a team to keep everyone living on the SQUAXIN ISLAND RESERVATION safe, happy and comfortable.

If you **SEE SOMETHING, SAY SOMETHING!** Call **911** for emergencies, contact an adult you trust, or call dispatch at **360-426-4441** for non-emergencies. Just don't let a situation get worse.

Your call might be the only one to get someone the help they need.

Call 911 immediately if you see:

Someone in trouble

Someone selling, possessing or using drugs of any kind- If you or someone else is having a bad reaction to or is overdosing on any kind of drug or alcohol call 911- the help the person in trouble needs is what we are concerned about, not "getting you in trouble".

Someone racing cars or motorcycles or speeding on our streets happening now

Someone spray painting our community

Someone breaking into a home, business, or cars

Don't assume someone else is calling, if you **SEE SOMETHING, SAY SOMETHING!** Keep an eye on your neighborhood, get to know your neighbors, get to know what's "right" and what's "not right".





Congratulations *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



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 depression. 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 portions 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 vegetables. 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, broiling, grilling, roasting or steaming instead of frying.
- Eliminate “extra” fats. Trim 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 consume fewer calories the rest of the day. Never skip breakfast!



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.





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.



**Tuesday,
Jan 12th is
WIC DAY at
SPIPA**

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
360 462-3227, gardipee@spipa.org
or Patty Suskin 360 462-3224



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

1
Aaron Nathaniel Evans
Jessica Kay Solano
Nancy A. Moore

2
Fernando M. Rodriguez
Patrick Allen Braese
Sydney Marie Tuso
Tory Lee Hagmann

3
Nohea S. K. Robinson-Black

4
Aaron M. Raven Peters
Elias Dade Coley
Halia Marie Cooper-Lewis
Mary Elena Cruz

5
Christopher Wade Stewart
Lametta Mae LaClair
Two Hawks Krise Young

6
Lincoln L. Villanueva
Moses Elijah Kruger
Samantha Elizabeth Ackerman
Sherry Lynn Haskett

7
Charlene Holly Blueback
Kaleb Darrell Krise
Melissa R D Whitener
Zachery G. Clark

8
Francis Arnold Cooper, Jr.
Melanie Evelyn Sequak
Meloney R. Hause
Patti Lee Riley
Shila Mae Blueback

9
Deanna Mary Hawks
Emmalee Georgena James
Janita Lee Raham
Jazmin Victoria James

10
Isaac J. Ackerman
Samantha S. Armas
Stephanie Michele Peters
Tiffany A. Valderas

11
Anthony Joe Armas
Cassidy J. Gott
Lolyta Jean Johns
Natasha P. Gamber-Chokos
Patricia Johnna Green
Seilyah Emily Louise Smith

13
Connie Renee Whitener
Marvin Eugene Campbell, Jr.

14
Sheena Marie Lewis Glover

15
Ashton Ryder Coble
Jesse Raymond James
Kayla Marie Scelopin Peters
Theresa Maiselle Bridges

16
Imalee Rose Tom
Shelby V. Riley

17
Barbara E. Cleveland
Charlotte Sky Bradley
Leanora Christine Krise
Tristan Isaiah Coley
Whitney Amber Jones

18
David Norman Dorland
John A. Ackerman
Lorna Lee Gouin

19
Emily Ruth Whitener

20
David Micheal Bear Lewis
Jadha Ann James
Leonard William Hawks, III
Santana Lee Mesplie-Sanchez

21
Jacob W. Campbell
Traci Lynn Lopeman

22
Kahsai Tiefel Gamber
Percy James Welcome
Shawnell Lynn McFarlane

23
Keona Anahoi Rocero
Linda Kay Jones

24
Miguel Jordan Saenz-Garcia
Mini Marie Gamber

25
Adonis Micheal Bradley
Jace L. Merriman
Margaret Catherine Henry
Percina Erin Bradley

26
Dakodah Delaney Vigil
Jayda Evelyn Leigh Hawks
Myeisha Marie Pearl Little Sun
Robert Charles Lacefield

27
Alohna J. Clark
Amanda R. Salgado
Cheryl Rae Melton
Emily Ann Baxter
Guy Tatum Cain

28
Eva Alexandra Rodriguez
Rebeckah Jeanette Ford

29
Sharleina E. Henry

30
Buck Gene Clark, Jr.

31
Alicia Ilene Obi
Brandon Lee Stewart
Nikolai A. Cooper

What's Happening

AA & ALANON Every Wednesday 7:30 p.m. in the Elders Bldg				1 <i>Salish Sea Plunge</i>	2
3	4	5	6 Family Court <i>Drum Group</i>	7	8
10	11	12 Criminal/Civil Court	13 <i>Drum Group</i>	14 <i>Council Mtg.</i>	15
17	18	19	20 <i>Drum Group</i>	21	22
24/31 <i>Drug and Alcohol Awareness Dinner</i>	25	26 Criminal/Civil Court	27 <i>Drum Group</i>	28 <i>Council Mtg.</i>	29
					30





**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**







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IT!**

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stay at a healthy weight
and prevent diabetes.
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1 to 2 hours each day.

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Treatment and Prevention
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