

Klah-Che-Min

ʔacacihtalbiᵂ gʔl̥ tə x̣ẉəl̥c̣ yəx̣ẉ ti stultuləḳẉ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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JANUARY 2005

COMPLIMENTARY

Tribal Members Discuss Education, Enrollment, Other Issues at General Body Meeting

Tribal Council Announces New "Stay In School" Incentive Plan

Squaxin Island Tribal members gathered at the new Administration building/Tribal Center Saturday, December 4, for a bi-annual General Body meeting.

The two main topics of discussion were education and enrollment. Availability of health services and attendance at Tribal Council meetings was also discussed.

After the meeting, everyone was invited to participate in a chili cook-off at the gymnasium. Joe Peters was the winner of cook-off; his recipe can be found on Page 16.

The meeting opened with a song by the *si-yaya* Drum group, a blessing and prayer by Shaker Minister Rose Algea and a greeting by Tribal Chairman David Lopeman. Tu Ha' Buts Learning Center Director Kim Cooper was then given the task of presenting a report on education.

She invited everyone to come visit the newly remodeled youth building (previously the Tribal Center), and gave an overview of the new Truancy Code.

David Lopeman announced the Tribal Council's new "Stay In School Incentive Plan." According to David, this year each graduate will receive \$1,000 and a chance to win one of three cars paid for by donations from Little Creek Casino and Island Enterprises, Inc. and tribal government. If there are more than three graduates, the names of winners will be drawn from a hat.

"I wish we could do more," he said. "I wish there was enough money to buy one for every graduate, but this is a start."

The floor was then open for questions and discussion.

Some tribal members said they think the incentive plan is a good idea and might help some students stay in school, and others were adamantly opposed.

Chazmin Peters said she applauds the Tribal Council's willingness to address the drop-out problem, but doesn't feel giving graduates new cars is an appropriate reward. "This doesn't give any incentive for continuing on to further their education in college," she said.

Tribal Council member Vince Henry said he thinks the incentive program is a great idea. "I wish I had an incentive program when I was going to school. It might have encouraged me to work harder."

Tribal Council member Paula Henry also stood by the Council's decision, saying, "A lot of families don't have much to offer. Some parents don't even have cars. And some don't have the education either, so its difficult for them to encourage and help their children."

Vicki York said she feels the Shelton School District should be held more accountable. "Don't try to tell our families what to teach their kids. Listen to them and implement what they want."



Executive Director Ray Peters delivers a raffle prize

Kim Cooper asked people for input regarding how to deal with students missing school in order to exercise their treaty right to fish and clam dig.

Several people said they feel there should be avenues for students to do both, stay in school and exercise their rights.

Chauncey and Angel Blueback both stated concerns about racism and violence in school, not only in public schools, but tribal schools as well.

Tom Blueback said he feels the biggest obstacle facing students is alcohol and drugs. "It prevents them from going to school," he said. "Somebody has to be willing to enforce the laws and the Truancy Code."

Ruth Whitener said, "It needs to start in the home. I had one student who came to parent/teacher conferences by herself."

Continued on Page 2.

SQUAXIN ISLAND TRIBE

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KLAH-CHE-MIN 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 & staff.

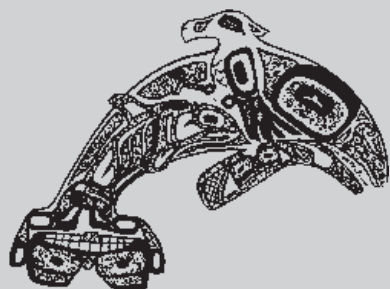
Submissions Deadline:
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COMMUNITY



Sallee Elam said she feels culture is very important, but that it can't be everything. "What good is it to know how to hunt and fish if you can't write your own name?" she said. "Culture has its time and its place, but we live in the white man's world. Making money can't be more important than education."

Tribal Council member Charlene Krise said, "It takes every one of us. You have to be willing to stop and ask the kids how they are doing and why they aren't in school. Reach out and offer them a ride if you can."

Ronnie Whitener asked, "What about building our own school? We could structure breaks around fishing season and schedules around clam digs."

Charlene Krise said, "We are working on improving technology so that students can do more of their work online and can access more information."

Executive Director Ray Peters mentioned the tutoring program and said it will help by involving parents and teachers.

Vicki Kruger said she believes the Tribe needs to be supported in the enforcement of the Truancy Code. "Sometimes the Tribe has to act as the parent to make sure the kids get to school."

Connie Whitener said she thinks a home schooling tutoring program would be helpful.

LaMetta LaClair explained work that's done at Hood Canal School where students are allowed to do extra work such as writing reports when they miss school to participate in treaty related activities.

Kim Cooper said absences are excused as long as the parent calls to let the school know what is going on. She also said Walt Archer makes an effort to go to the schools and pick up the kids' work for them.

Sis Brownfield expressed concern that there seems to be no Squaxin Island representation at education meetings. "No one shows up," she said.

She also mentioned the Jump Start program available to tribal members and said people can contact her or Dawn Stevens at the high school for more information.

Will Penn asked how many truancy cases there are, and was told there are eight pending. He expressed his concern that there needs to be more parent involvement.

Ruth Lopeman said she feels living on the

reservation calls for drastic measures and that she is in full support of the Council's decision to give cars to graduates.

Steve Sigo said he believes it's very important to "start when they are young. There has to be enough time to spend with your kids. It's not about cars and money. It's about keeping them occupied and showing them that they are loved."

He also said he feels its very important for kids to have a place to go when their parents aren't around.

Loretta Case said she feels a lot of the problem facing youth is racism. "When you're with Indian kids, you're too white and when you're with non-Indian kids, you're an Indian."

She also said she feels the schools need to do a better job of communicating with parents when students are absent. "Sometimes parents don't even know when their kids are missing school."

Kathy Block said she is "adamantly opposed to providing cars. The money would be better spent on services," she said. "You need to find the root of the problem and work on fixing that. Some kids have attention deficit and can't fit into the mainstream school system. Some kids have drug and alcohol problems."

She said she wished the Tribe would offer transportation services.

"Society does have prejudices, so we need to teach the kids how to deal with it."

Sis Brownfield (a teacher for many years) said she thinks the incentive plan will work for some students, but not for all of them. "For those who it does work for, great!"

The floor was then open for other discussion, and Vicki Kruger said she would like to ask for the resignation of Tribal Council member Roy Perez and for allowing enrollment of all descendants of the 1965 roll as long as the line of enrollment has not been broken.

Meloney Hause said "My dad was allowed a flu shot because he is married to a tribal member, and the nurse even came out to the car. Thanks for being that kind of community. But my mother is 7/8 Indian and she has to wait five years to exercise rights. Now you want to talk about descendency? I feel both sides of this issue. My nephew can't be enrolled. It does seem like it should have to do with participation. Thanks for considering these issues."

Paula Henry suggested forming a committee to start discussing the enrollment issue.

Christina Lopeman said, "Have you ever called for a P.O. (Contract Health Services Purchase Order number) and been told no? I asked for funds to help with housing



and was told there is not enough funds and now we're speaking about descendants? We don't have enough funds right now."

Georgina James said she agrees that it is a loss not to be able to enroll descendants, "But think about it like a homeless man. If you don't have any change, how do you help others?"

Jim Peters said he feels that being a Squaxin Island tribal member is not about how much blood you have or how you look, but rather about family and how you live your life. He said there should be some mechanism to include descendants.

Ruth Lopeman said she feels the blood quantum requirement should stay the way it is.

Mitzie Whitener said her son is not enrolled because they can't prove his blood quantum. "I'm not sure what I think," she said. "But I do think we should think about the seven generations to come. My son participates in tribal activities. It's part of his life. His family is Native American. Do I tell him he is not a part of that? That he can learn about it, but never be a part of it? I think it's a loss that many of our nieces and nephews can't be enrolled. But we get to choose."

Will Penn said the issue won't effect him until after his grandchildren, but that he's afraid the Tribe will self-eliminate. "It is a concern for a lot of people," he said. "Our kids can't go out and participate as family in what we do. This is wrong."

Tribal Council member Andy Whitener said, "We all know descendants who fall just a hair short of being enrolled. I feel for them. But it's a struggle to provide services for everyone now. It's always going to be hard for us."

Will Penn said, "As Indian people, we were born struggling."

There was then much discussion about Roy Perez's position on Tribal Council and whether Tribal Council should appoint somebody else to fill his position.

The general consensus was that Roy should be asked to resign which would allow Tribal Council to fill the position without any conflict with the procedure set out by the Tribal Constitution.

Ronnie Whitener also expressed a need to

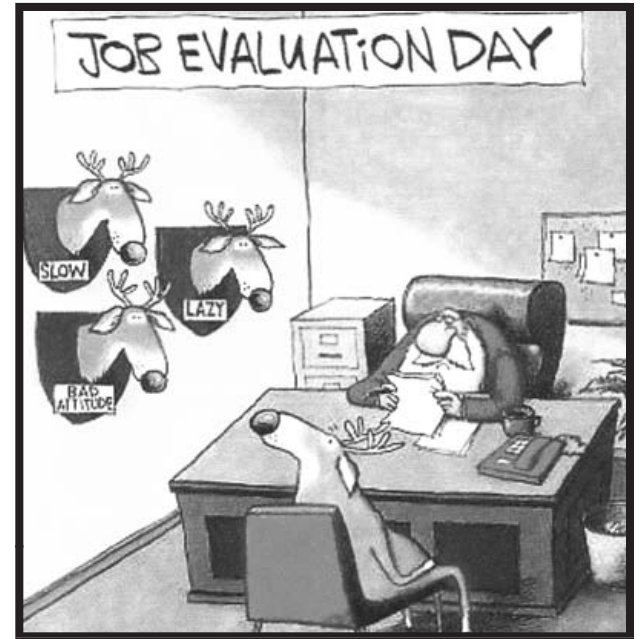
change policy so that this doesn't happen again. "This shouldn't take a vote of the General Body. This isn't about recall, it's about abandonment."

Don Brownfield asked about health insurance for tribal members like employees, so the Tribe does not rely fully on federal funding.

He was told this has been looked at and that it is cost-prohibitive, but that it is still being discussed.

Ron Dailey asked about a cemetery and a church.

He was told that there is a committee working on the cemetery issue and that they are looking at a possible site on tribal lands past the new housing development before you reach Bloomfield Road. Soil samples need to be done on the site to make sure it's feasible.



Veterans Wanted!!!

A Veterans Committee has been formed to assist the Tribe in building a veterans memorial with flag poles. The meetings are held every two weeks at 10:00 a.m. before the Elders' lunch. The Planning Department would like input from veterans to finish the memorial and address other veterans-oriented projects. The next meeting is scheduled for January 10. Updates will be provided in future articles. For more information, contact Glen Parker 426-1755 or Lynn Scroggins at 432-3952.

Who Are These Handsome Protectors of Freedom?



Glen Parker



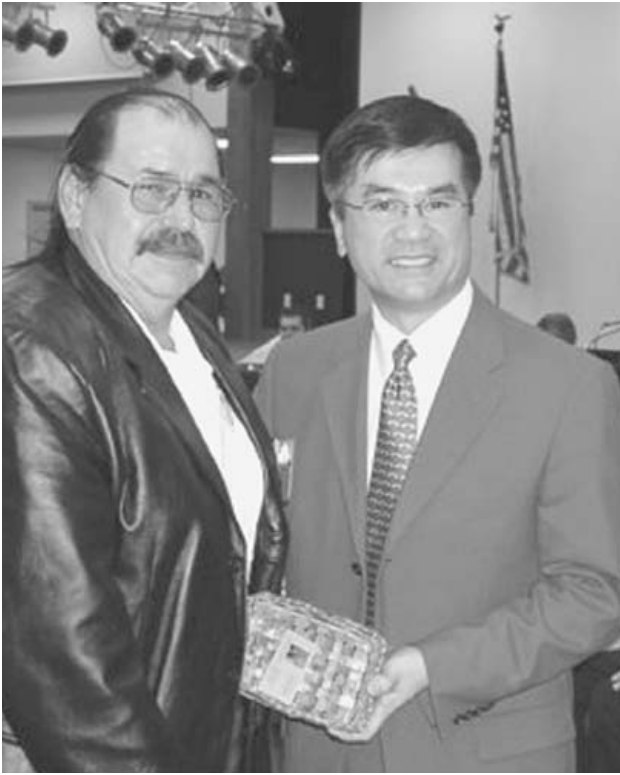
Dewey Sigo



GOVERNMENT-TO-GOVERNMENT



Tribes Bid Farewell to Governor During Annual "Centennial Accord Meeting" Held at Little Creek Casino *Squaxin Island Hosts Final Meeting with Governor Locke and his Staff*



Squaxin Island Tribal Chairman David Lopeman presents Governor Locke with a basket made by Debbie Obi

Leaders of the Native American Tribes located within the boundaries of Washington State met with Governor Gary Locke and his key staff members for the annual "Centennial Accord Meeting" on Thursday, December 9, at Little Creek Casino.

The Centennial Accord is an agreement between the tribes and the state, signed in 1989, that promises "to better achieve mutual goals through an improved relationship between their sovereign governments."

The accord states, "Each Party to this ACCORD respects the sovereignty of the other. The respective sovereignty of the state and each federally recognized tribe provide paramount authority for that party to exist and to govern. The parties share in their relationship particular respect for the values and culture represented by tribal governments. Further, the parties share a desire for a complete accord between the State of Washington and the federally recognized tribes in Washington reflecting a full government-to-government relationship and will work with all elements of state

and tribal governments to achieve such an accord.

"While this ACCORD addresses the relationship between the parties, its ultimate purpose is to improve the services delivered to people served by the parties. Immediately and periodically, the parties shall establish goals for improved services and identify the obstacles to the achievement of those goals. At an annual meeting, the parties will develop joint strategies and specific agreements to outline tasks, overcome obstacles and achieve specific goals.

Note: The full text of the Centennial Accord can be found on the Governor's Office of Indian Affairs, Washington State at <http://www.goia.wa.gov/Government-to-Government/Data/CentennialAccord.htm>.



Institutionalizing the Government-to-Government Relationship in Preparation for the New Millennium

In 1999 a Tribal and State Leaders' Summit was held with the goal of establishing an even stronger foundation for tribal/state relations by committing to the following:

- Strengthening the commitment to government-to-government relationships and working to increase the understanding of tribes' legal and political status as governments;
- Continuing cooperation in the future by developing enduring channels of communication and institutionalizing government-to-government processes that will promote timely and effective resolution of issues of mutual concern;
- Developing a consultation process, protocols and action plans that will move the parties forward on the Centennial Accord's promise that, "The parties will continue to strive for complete institutionalization of the government-to-government relationship by seeking an accord among all the tribes and all elements of state government;"
- Enhancing communication and coordination through the Governor's commitment to strengthen his Office of Indian Affairs and the member tribes' commitment to strengthen the Association of Washington Tribes;
- Encouraging the Washington Legislature to establish a structure to address issues of mutual concern to the state and tribes;
- Educating the citizens of Washington State, particularly the youth who are future leaders, about tribal history, culture, treaty rights, contemporary tribal and state government institutions and relations and the contribution of Indian Nations to the State of Washington;





GOVERNMENT-TO-GOVERNMENT



- Working in collaboration to engender mutual understanding and respect and to fight discrimination and racial prejudice; and,
- Striving to coordinate and cooperate as the parties seek to enhance economic and infrastructure opportunities, protect natural resources and provide the educational opportunities and social and community services that meet the needs of all citizens.

The annual Centennial Accord meeting opened with a prayer song by the *siyaya* Drum group, welcome speeches by Association of Washington Tribes President Brian Cladoosby, Squaxin Island Tribal Chairman David Lopeman, Governor's Chief of Staff Tom Fitzsimmons and Governor's Office of Indian Affairs Executive Director Kyle Lucas. This was followed by the Presentation of Colors conducted by the Intertribal Warriors Society whose members include American Indian veterans who served in WWII, Korea and Vietnam.

Next on the agenda was "Future-Oriented Panel Discussion with the Governor and his Cabinet." Speakers included tribal chairpersons, leaders of tribal organizations and directors of departments within Washington State government.

Key topics of discussion included concern for water quality and quantity, public education about tribal sovereignty and treaty rights, funding for health services and the Lower Elwha Klallam Tribe whose ancient village site, the largest tribal village ever found in the state, was destroyed by the Hood Canal Bridge graving dock project. A representative of the Lower Elwha Tribe thanked the Governor for personally visiting the site.

"People are still talking about it," she said. "But we really don't want this to happen to other people. This needs to be looked at. These are all our people. It's not political. It's not about archaeology. It's about doing what is culturally the right thing to do."

Regarding water use issues Linda Hoffman, Director of the State Department of Ecology cited four examples where tribes have been the leaders in water clean-up projects across the state.

"The next two issues are going to be water quality and quantity," she said. "An intertribal forum should be developed, not to replace tribal governments, but to enhance them, so that tribal water rights are protected."

The Governor responded by citing a project on the Columbia River where the users are working cooperatively to put water back into the river. "In this way, there will be more water for all users so there won't be any fighting one against the other," he said.

The Governor expressed a need to educate judges, stating, "You can pass state and federal laws, but you have to understand them in order to implement them."

He went on to express his appreciation for the tribal economic development study that showcases the tribes' contributions to the economy in Washington State and for "A Travel Guide to Indian Country, Washington State 2004" which was developed, published and distributed by The Affiliated Tribes of Northwest Indians (ATNI) and recently received a special "Governor's Award."

"It is tremendous, absolutely amazing," he said.

He also stated his appreciation for the tribes' commitment to providing services for members through profits from casino operations.

"Even though I am not a fan of gambling myself," he said.

There was a short discussion regarding to opportunity to expand economic development projects related to tourism in preparation for the upcoming 2010 Olympics to be held in Vancouver, B.C.

Each department within Washington State government was required to present a Centennial Accord Implementation Plan at the meeting indicating specific examples.

For example, the Washington Department of Fish and Wildlife cited issuance of recreational fishing licenses for tribal members and enhanced consultation processes for salmon management. The document also indicated a number of ways tribes and/or tribal members can access services and information.

Representatives from every tribe thanked the Governor for his eight years of service and for his commitment to the Centennial Accord.

"Are we better off than we were eight years ago?" one tribal representative asked. "In many ways, yes, but there is still much more to be done."



Correction

Native American Actors Sought

CAST & CREW wanted for a film entitled RAIN IN THE MOUNTAINS. The film is about a Native American trying to teach his son the ways of their ancestors. It will be shot in Western Washington from July to August of 2005. Anyone interested in acting or helping should contact director Joel Metlen at:

(347) 645-7611

or email:

Foxhallfilms@aol.com

or visit:

<http://www.foxhallfilms.com>

Joel, writer of the award-winning script, is part Iroquois, was raised in Olympia, WA, and is a graduate of the film department at New York University.

Casting sessions will take place in Olympia in mid-January.



L-R: Governor's Chief of Staff Tom Fitzsimmons, Association of Washington Tribes President Brian Cladoosby and Governor Locke



Chief Leschi Exonerated for History Books *Specially convened court rules against 1857 conviction*

John Dodge, The Olympian - Chief Leschi, the last and revered leader of the Nisqually Tribe, got his good name back Friday, December 10.

A "Historical Court of Justice" exonerated Leschi in the murder of Col. A.B. Moses during the Washington Territory Indian Wars of 1855-57.

The seven-member tribunal, convened by state Supreme Court Chief Justice Gerry Alexander, ruled that Chief Leschi was a war combatant and should not have been charged, convicted and executed in 1858 for the murder of Moses.



Billy Frank Jr., a Nisqually tribal elder, pumps his fist as the "Historical Court of Justice" overturns the murder conviction of Chief Leschi, a Nisqually leader who was hanged in 1858 for the killing of Col. A.B. Moses. At right is Chief Leschi descendant Cynthia Iyall, who helped petition the court to hear the case. For more photos from the trial, visit www.theolympian.com/photogallery.

The ruling came after four hours of emotion-laden testimony from historians, legal experts and tribal members who provided persuasive evidence from state archives, spotty court records and written accounts that portrayed Leschi as a peaceful man who was pushed to war following the signing of the Medicine Creek Treaty of 1854, then victimized by suspect legal proceedings.

The court convened in the Washington State Historical Museum auditorium before a packed house and overflow crowd of more than 350 people -- many of them Northwest American Indians, including about 60 Nisqually tribal members.

"My people have carried the burden of his murder for 150 years," Nisqually Tribal Chairman Dorian Sanchez said. "We've been moving forward, but this will help to heal some wounds."

The tribunal didn't address the disputed issue of whether or not Leschi shot Moses. They simply concluded that a state of war existed between the territory and several Indian tribes on Oct. 31, 1855, the day of Moses' death.

"Leschi should not have been tried for murder," Alexander said of the unanimous ruling of the seven judges. "He is exonerated for murder."

The pronouncement, which has historical weight, but no legal consequence, brought forth a burst of cheers and tears from the crowd.

"This is so great -- it makes you just about cry," said Billy Frank Jr., a Nisqually tribal elder and chairman of the Northwest Indian Fisheries Commission.

He often drew inspiration from the memory and exploits of Chief Leschi as a young man embroiled in battles with state game wardens over tribal treaty fishing rights on the Nisqually River, Frank said.

The years-long battle to clear Chief Leschi's name isn't over yet, said Cynthia Iyall, a Leschi descendant and member of the Committee to Exonerate Chief Leschi. Next on tap will be efforts to rewrite the history books to portray the Nisqually leader's life accurately.

A parade of witnesses established the historical record as best they could.

Capt. Eugene Ham, an attorney and member of the U.S. Army Judge Advocate Corps, testified that several Army officials in 1856 -- when Leschi was charged with murder -- were opposed to the two ensuing trials and execution.

"The Army was at war with the Indian tribes," Ham said. "And Chief Leschi was promised protection if he laid down his arms."

The first trial occurred on Nov. 16, 1856, just three days after Washington Territorial Gov. Isaac Stevens took Leschi into custody.

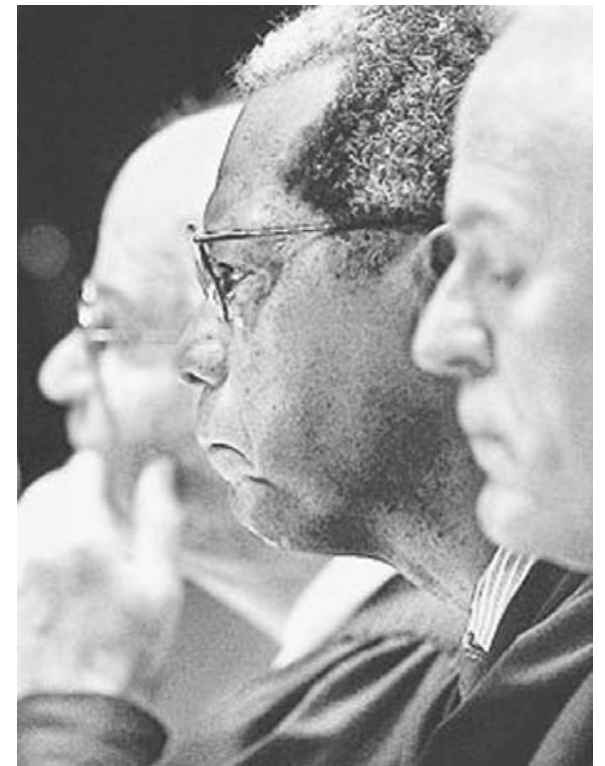
The jury, provided instructions from the judge that Leschi was a war combatant, voted 10-2 in favor of conviction, a hung jury that triggered a

second trial.

At the second trial in March 1857, the key prosecution witness was Antonio B. Rabbeson, who also happened to be foreman of the jury, noted Alexandra Harmon, as associate professor of Indian Studies at the University of Washington.

Rabbeson said Leschi was present and fired the shot that killed Moses as Indians ambushed seven troops near what is now Sumner while returning to Fort Steilacoom from Yakima.

A survey map of Leschi's encampment and the ambush site, which showed that Leschi couldn't have been present at the time of the shooting, was not admitted into evidence, nor were the instructions from the first trial regarding war combatants.



Historical Court members (from left) Chief Justice Gerry Alexander, Court of Appeals Chief Judge Ronald Cox and Superior Court Judge Daniel Berschauer listen to testimony Friday. Senior Prosecuting Attorney Mary Robnett was quick to point out that Chief Leschi faced a different mentality in the 1850s court system, where all participants were white and male.



A defense witness who was one of the other militiamen present at the clash, didn't see Leschi there, Harmon said. "Leschi didn't testify at the trial," the professor said. "It's unclear if Leschi was even present on the prairie that day."

Leschi was found guilty and sentenced to hang.

Kent Richards, an emeritus professor of history at Central Washington University and author of a biography of Gov. Stevens, said Leschi was the one held accountable by authorities for the Indian uprisings during a series of treaty signings.

"Leschi broke the treaty, and warring Indians killed innocent women and children," Richards said.

"Leschi was a peaceful man, but he went to war and it's not hard to see the reason why," said University of Colorado law professor Charles Wilkinson, a national expert on treaty rights.

Leschi was fighting for the land that was home to his people, Frank said.

"They wanted to move us from our Nisqually watershed," Frank said. "We have never been hostile unless we are forced to be hostile."

In the proceedings, the Nisqually Tribe and Leschi descendants were petitioners in the case. Defending the original territorial court decisions were Pierce County senior deputy prosecutors Carl Hultman and Mary Robnett.

Hultman, who took on the role somewhat reluctantly, questioned whether there was sufficient evidence to overturn the case.

"The Territorial Supreme Court reviewed the case and upheld the conviction," he said. "How can we rule any way else?"

"There was obscene pressure to hang this man," countered Pierce County Executive John Ladenburg in closing arguments on behalf of the petitioners. "Both sides knew Leschi was a prisoner of war immune from state murder charges. The case should have never gone to court."

The judges had a rare opportunity to heal old wounds and restore Leschi's rightful place in history, Ladenburg said.

"Restore him to his good name," Ladenburg said in a speech filled with passion. At the end of the day, that's what the judges did.



Leschi's life

Jan. 30, 1808: Leschi is born in a Nisqually Tribe village on the Mashel River in the Nisqually River basin. Tall, heavily built and strong, Leschi is known for his benevolent character and intelligence.

December 1854: Washington Territorial Gov. Isaac Stevens assigns Leschi the title of Nisqually tribal sub-chief for purposes of treaty negotiations. Leschi's half-brother, Quiemuth is designated chief.

Dec. 26, 1854: The Medicine Creek Treaty between the United States and the Nisqually, Puyallup and Squaxin Island tribes is forged at a site near McAllister Creek. The treaty relocates the Nisqually Tribe to 1,280 acres away from the river and their traditional prairie lands, paving the way for conflict.

October 1855: Leschi meets with territorial officials to seek a better reservation site. Tensions escalate and Leschi and Quiemuth flee into the hills with their families.

Oct. 27-31, 1855: Several skirmishes between Indians and troops break out, including one on Connell Prairie near what is now Sumner. Militiaman A.B. Moses is shot to death. This is the killing for which the territorial court tries Leschi.

April 2, 1856: Gov. Stevens declares martial law in the territory. Four months later, Stevens changes the location of the Nisqually Reservation and ends the war. In return for his promise of peace, Leschi is granted amnesty.

Nov. 13, 1856: Leschi is taken into custody and turned over to Stevens. Three days later, he is tried for the murder of A.B. Moses, which results in a hung jury.

Nov. 17, 1856: Quiemuth surrenders but is knifed and shot to death while sleeping in the governor's mansion.

March 18, 1857: Leschi was tried again for the murder of Moses and this time is found guilty.

Feb. 19, 1858: His appeal denied by the territorial Supreme Court, Leschi is hanged in a large amphitheater in Steilacoom. The hanging drew a large crowd from miles around.





Breaking the Dieting Cycle - Instead of “Dieting” – Choose a Healthier Lifestyle FOR LIFE

Source: American Dietetic Association, with modifications from Patty Suskin

The message is clear - diets don't work for most people. They may cause temporary weight loss, but most people will rebound and gain the weight lost, plus more. Restrictive diets force people to focus on the end result – a number on the scale, instead of paying attention to the real issues that put on the weight to begin with. If you stop doing something that fails (i.e. diets) which lowers your self-esteem, and start focusing on the things that can bring real success, you'll feel better about yourself. When you feel better about yourself, eating healthier and being more active naturally follow. Taking better care of yourself will feel so good it will become your way of life. So PLEASE stop starving yourself or feeling guilty about eating. Instead, target the problem behaviors and work on ways to change destructive behavior into constructive actions.

COMMON PROBLEM BEHAVIORS

1. Not taking time for yourself
2. Getting over-hungry
3. Eating with distractions
4. Categorizing foods into “good” and “bad”

Constructive Behavior Changes

1. **Take time for yourself.** You simply can't afford not to take 10-15 minute blocks of time at least three times a day to fuel your body. Would you even attempt to drive a long distance on only a quarter of a tank of gas? How would you expect optimal energy and performance on barely enough fuel? Pack a food bag with high-quality foods, non-perishable if no refrigeration is available. Examples include vegetables and fruits, dried fruit, whole grain cracker, peanut butter or other sandwiches or low-fat cheese and yogurt.

2. **Do not get over-hungry.** This is the greatest problem most people face. Eating frequent small meals and listening to your body's hunger signals can prevent you from overeating. After 5 hours, be sure to re-fuel your body with something. Many people need to eat more often than every 5 hours. When you fuel yourself with what your body needs, your weight will likely reach a more desirable range. The more regularly you feed your body, the less the thoughts, desires and fixations of food will occur.

3. **Eat without Distraction.** If you eat your meals or snacks while driving the car, at the computer or in front of the TV, eating becomes the secondary activity. Pretty soon, you're reaching for the second half of the sandwich without realizing you've already eaten it. Practice being more mindful while you eat. Turn away from the computer screen, turn off the TV, park the car and eat your food, tasting every bite and letting your brain connect with the fact that you're eating, not doing something else. This can be difficult, but if you work at it you will enjoy the pleasure of eating, instead of eating with amnesia.

4. **Legalize all foods.** There are no BAD foods. If you have the craving for chocolate, don't pass up lunch to eat the chocolate bar with the idea that

it replaces your lunch. Instead, eat your lunch until you feel comfortably satisfied, then have some chocolate. Perhaps then you'll be happy with a junior size bar of chocolate. Eat the chocolate slowly, savoring every morsel-Make it a real tasting experience. By eating whatever the “bad” food is in this fashion, you are less likely to overeat it. More importantly, it will help stop the craving for that food and you won't end up bingeing or feeling out of control. You won't have to promise yourself not to eat chocolate again, or say. “Oh, well, I'll start my diet tomorrow.”

The strategies listed above work, but they take time, patience and effort.

Start with realistic, attainable goals with which you can see progress. Taking the time for yourself, having the right foods available to fuel the body and allowing yourself treats eaten in a mindful manner will ultimately keep your body properly fueled, end food cravings, and normalize your eating, And once you learn this, why would you ever need or want to diet again? **Think new habits for life, not diet.**

Diabetes Support Group Update

Did you know you can live a long healthy life with Diabetes? **The key to a long, healthy, life with Diabetes is keeping your blood sugar in a healthy range.**

On Monday, December 6, eight people attended the Diabetes Support Group! Thank you to those who attended, taking the time to take care of yourself & your diabetes!

Our main topic was carbohydrates - what they are, carbohydrates as brain fuel, how much carbohydrates your body needs, and how they affect the blood sugar. Fiber was also discussed, as fiber is an important part of healthy eating in addition to helping reduce the rise in blood sugar. Good sources of fiber include: beans, whole grains (oatmeal & other whole grain cereals, high fiber breads, brown rice, --check the fiber on your food labels), vegetables, and fruits.

January's Support Group date has been changed.

Our only meeting in January will be a supermarket tour on Monday, January 10th, 2005 from 1:00 to 3:00 or 3:30 p.m. We will leave from the Elder's building to Fred Meyer in Shelton & learn more about how to read food labels to make healthier food choices. Come join us! Community members also invited.

To RSVP or for more info, contact Patty Suskin, Diabetes Coordinator at (360)432-3929.



HEALTH & HUMAN SERVICES



Little Changes Can Make a Big Difference

Source: American Dietetic Association - It is neither necessary nor recommended to severely restrict food intake or exercise obsessively. It's often the little things we do or not do in a day that can ultimately impact our health. For example, walking up one extra flight of stairs a day results in the loss of a half-pound of fat in a year, on average. Eating one less donut per week can produce approximately three pounds of weight loss annually.

The chart below will help you appreciate the caloric consequences of making little changes. If you are patient and make changes gradually and consistently, you can become fitter and leaner!

CONSEQUENCES OF LITTLE CHANGES

Little Changes

- Substitute evening snack of ice cream or candy w/fruit
- Replace one fatty food with one carbohydrate-rich food
- Eat one less donut per week
- Reduce intake of regular salad dressing by 5 tbsp/week
- Climb one extra flight of stairs
- Manually operate your TV
- Park 100 extra yards away from your work entrance
- Raise up and stretch 5 times a day
- Walk one minute after each meal
- Walk 8 extra minutes a day
- Walk 12 extra minutes a day
- Walk 15 extra minutes a day

	Daily Caloric Impact	Annual Caloric Impact	Annual Weight Loss (lbs)
• Substitute evening snack of ice cream or candy w/fruit	140	51,100	14.6
• Replace one fatty food with one carbohydrate-rich food	100	36,500	10.4
• Eat one less donut per week	29	10,429	3.0
• Reduce intake of regular salad dressing by 5 tbsp/week	43	15,643	4.5
• Climb one extra flight of stairs	5	1,825	0.5
• Manually operate your TV	6	2,190	0.
• Park 100 extra yards away from your work entrance	5	1,825	0.5
• Raise up and stretch 5 times a day	8	2,920	0.8
• Walk one minute after each meal	5	5,475	1.5
• Walk 8 extra minutes a day	40	14,600	4.0
• Walk 12 extra minutes a day	60	21,900	6.25
• Walk 15 extra minutes a day	80	29,200	8.3

Note: Daily calories burned will vary from person-to-person and food items also vary by type so the above numbers represent averages only. Yearly caloric impact is based on 365 days. As you now may realize, little changes can add up to big results over time. Below, write down five of these little changes that you can incorporate into your "personal action plan." You will find positive results.

MY LITTLE CHANGES

	Daily Caloric Impact	Annual Caloric Impact	Annual Weight Loss (lbs)
--	----------------------	-----------------------	--------------------------

- _____
- _____
- _____
- _____
- _____

Making lifestyle changes is hard work. Ask family and friends for their support, or better yet, ask them to join you. In addition, take advantage of the resources here. Patty Suskin, Diabetes Coordinator, is also a Registered Dietitian with 26 years of experience coaching people on improving their health. Call (360)432-3929 for an appointment or stop by the clinic lower level.



HEALTH & HUMAN SERVICES



Christmas Gifts Needed for Squaxin Children

There are still a few Squaxin Island children needing sponsors for Christmas gifts. If anyone you are able to sponsor a child this year, please contact Misti Saenz-Garcia at 432-3884. Time is running out, so call as soon as possible. Thank you!

Congratulations Raffle Winners



*Elaine Moore,
Womens Health
Winner*

*Not pictured
Lucille Arlene Quilt
Mammogram
Winner*

Clinic Evening Hours

The Squaxin Island Health Clinic now offers extended hours. A walk-in clinic is now open every **Monday and Wednesday** evening from 5:00 p.m. to 7:00 p.m. for Tribal members only. There is no need to call and make an appointment; just walk in and you will be seen on a first come, first serve basis.

Got Bread?

Got Milk?

Got Bananas?

Got a Meal!

Submitted by Patty Suskin, Diabetes Coordinator - Here is a quick, easy recipe to make for breakfast, lunch, dinner, or a snack!

While it is soaking or cooking, snack on some veggies - hot or cold - to get your vegetable servings in! Vegetables are great with a little grated cheese on top!

BANANA-CINNAMON FRENCH TOAST
Can be prepared in 45 minutes or less, but requires additional unattended time.

- 1 large very ripe banana (about 8 ounces)
- 2 eggs
- 1/2 cup milk
- 1/2 teaspoon ground cinnamon
- 4 slices whole wheat bread
- 3 tablespoons butter
- Maple syrup

Blend first 4 ingredients in processor or blender until smooth. Transfer to 13x9-inch pan. Place bread in milk mixture and soak until all liquid is absorbed, turning bread occasionally, about 20 minutes.

Melt butter in heavy large skillet over medium heat. Add bread and cook until golden brown, about 3 minutes per side. Serve; pass syrup separately.

Serves 2.
Bon Appétit

MEAL PROGRAM MENU

Food Group	Monday	Wednesday	Thursday
Meat/Meat Alternate Vegetable Grains/Bread	3 Chowder, Grilled Cheese Spinach Salad Wheat Bread	5 Breakfast, Eggs & Ham Veggie Tray Pancakes	6 Elk Meatloaf Vegetable Mashed Potatoes
Meat/Meat Alternate Vegetable Grains/Bread	10 Hamburgers Broccoli Salad Wheat Buns	12 Baked Salmon Carrots Red Potatoes	13 Chalupa Mixed Vegetables Brown Rice, Pintos
Meat/Meat Alternate Vegetable Grains/Bread	17 Baked Lemon Chicken Zucchini & Tomatoes Orzo Pilaf	19 Grilled Ham Sandwich Bean Soup w/ Ham Carrot-Raisin Salad	20 Turkey Dinner Green Beans Dressing, Sweet Potatoes
Meat/Meat Alternate Vegetable Grains/Bread	24 Beef Stroganoff Broccoli & Cauliflower Noodles	26 Chicken Pot Pie Vegetables in Pie Biscuit	27 Enchiladas Corn Pinto Beans
Meat/Meat Alternate Vegetable Grains/Bread	31 Tuna Noodle Casserole Peas Wheat Rolls		

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.



Outdoor Activity of the Month

Burfoot Park is a great place for quiet winter stroll

Bundle up and explore pebble beaches, tree-lined trails and search for wildlife

WHAT

Burfoot Park beach trail

WHERE

Six miles from downtown Olympia on Boston Harbor Road

TO DO

Burfoot Park is the perfect place for a quick winter hike. The trail from the lower parking lot to the beach on Budd Inlet is short, but hikers travel through stands of big cedar, Douglas fir and maple trees to a 1,100-foot pebble beach with great views.

TO SEE

Deer poked around near the parking lot during a Sunday afternoon hike. The trail, which is carpeted with leaves in the late fall and early winter, is a quiet contrast to the bustle of holiday shopping in urban South Sound. The beach has many shells and is a great place to see water birds. Try to make the hike during low tide, as a high tide can put much of the pebble beach under salt water.

HIKE DETAILS

The trail to the beach has several boardwalks and 61 sometimes slippery steps. The steps can get slippery during the fall and winter, and the trail is steep in stretches. Careful hikers will enjoy the walk through fern-studded trees to the beach. This trail is a good outing for people who want to grab an hour or two of solitude and beauty. People who use wheelchairs or walkers should not try this steep trail.

WILDLIFE

Deer are everywhere in this 50-acre park. The beach is a bird-watcher's paradise. Goldeneye and bufflehead ducks dive for food, and mergansers slip under the water with quick, liquid grace. Once you get to the beach, look for the different types of clam shells. There also are mussel and oyster shells.

"Think Snow!"



SAFETY

Stay on the trails, as the park has nasty patches of poison oak. Use the rails on the stairs and make sure kids stay close.

EQUIPMENT

Rain gear, good hiking shoes, walking sticks, water, snacks, camera and binoculars. A good bird-watching guide will come in handy.

DIRECTIONS

From downtown Olympia, take Fourth Avenue north to Plum Street. Turn left onto Plum, which becomes East Bay Road and then Boston Harbor Road. Pass Priest Point Park. Turn left into Burfoot Park about six miles from downtown.

PARKING

There is plenty of parking at the site.

HOURS

The park closes -- and the gates are locked -- at dusk.

RULES

No camping, alcohol or firearms.

INFORMATION

Call Thurston County Parks and Recreation at 360-786-5595 or visit www.co.thurston.wa.us/parks.

Upcoming Events

BRIEF WALK

Every Thursday at 12:40
Meet at the Elder's Building

MAMMOGRAM DAY

January 27th and February 24th
Call Rose Algea for your appointment
(360)432-3930

DIABETES SUPPORT GROUP

Change in meeting for January :
One meeting only,
Monday, January 10th
Supermarket Tour (see Below)

SUPERMARKET TOUR

Open to the Community
Monday, January 10th
1:00 to 3:00 p.m.
Meet at the Elder's Building
Learn how to read labels & evaluate foods for good health
Bring your Questions

HIV COMMUNITY DINNER

in January
Contact Donna Penn, HIV Coordinator at
432-3881

Questions or to RSVP for these activities, contact
Patty Suskin,
Diabetes Coordinator at
(360) 432-3929





DSHS Public Assistance Applications

Anyone interested in receiving help with DSHS Public Assistance applications or interviews can contact Misti Saenz-Garcia at the clinic, (360) 432-9006, Monday through Friday from 8:00 - Noon.

The hotline to apply for children's medical only or childcare benefits is 1-877-980-9180. This number is also available to check the status of your applications.

Kathy Hatch, the DSHS Liaison, is at the Squaxin Island clinic on Monday s and Wednesday s from 10:00 a.m. - 2:00 p.m.

Five Tribes Awarded Special IHS Grant

Patty Suskin - On Tuesday, November 30, representatives from local tribes met to discuss details of the IHS Special Diabetes Program for Indians Competitive Grant Program at Lucky Eagle Casino. *The Chehalis Tribe is the lead for this very exciting grant which will focus on diabetes prevention and lifestyle changes such as nutrition & physical activity.* Fiscal Year 2005 is the planning year for this grant for Native Americans. IHS has many specific guidelines for us to set in place for this grant to be successful. For more details, contact Patty Suskin, Diabetes Coordinator, at (360) 432-3929.



Left to Right: Connie Whitener, Squaxin Island Assistant Health Director; Diana Pickernell, Chehalis Tribal Planning Assistant; Linda Porter, Shoalwater Bay Nutritionist/Diabetes Coordinator; Mary Scherer, Chehalis Diabetes Coordinator; Cathy Visser, Skokomish Health Planner; Anne Becker, Chehalis ARNP/CNM; Beth Burden, Chehalis CHS Team Manager and Patty Suskin, Squaxin Island Diabetes Coordinator, meeting about the IHS Special Diabetes Program for Indians Competitive Grant Program.



Emergency Room Guidelines

An emergency may be defined as “a threat to the loss of life and/or limb.” Because the Emergency Room is the most expensive way of obtaining medical care and Contract Health Services does have limited funding, it is important that you use the Squaxin Island Health Clinic whenever possible.

If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Westcare Clinic (357-9392) in Olympia have extended business hours.

Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m.

Westcare Clinic is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 5:00 p.m. Either of these offices can advise you on how to handle a medical problem.

Below are some situations in which you might need to go to a clinic or emergency room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC

- Ear ache
- Cough
- Ingrown finger/toenail
- Bronchitis
- Minor cuts & burns
- Headache
- Colds

EMERGENCY ROOM

- Amputation
- Heart attack
- Profuse bleeding
- Coughing & vomiting blood
- Sexual assault
- Acute asthma attack

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital. The Tribe has a 15% discount with these facilities.



Parents - The Anti-Drug

Submitted by Misti Saenz-Garcia - The most important thing to remember when it comes to talking about difficult subjects like drinking and drugs is that it's not a five-minute "talk" - it's about building an ongoing dialogue. As your children grow up, they will need more and more information, so start early and build on the conversation as your teen matures.

Start An Ongoing Conversation

No loving relationship can exist without communication. Teens believe they have valuable things to say and, when a parent listens genuinely, it helps self-esteem and confidence. Virtually all parents in America (98 percent) say they've talked with their children about drugs; however, only 27 percent of teens (roughly one in four) say they're learning a lot at home about the risks of drugs, according to a national study by the Partnership for a Drug-Free America (PDFA).

There aren't enough hours in the day. Sometimes it's frustrating how few chances there are to have conversations about drugs with our children. In our busy culture, with families juggling the multiple demands of work, school, after-school activities, and religious and social commitments, it can be a challenge for parents and children to be in the same place at the same time.

Yet the better you communicate, the more at ease your teen will feel about discussing drugs and other sensitive issues with you.

Here are some tips:

Be absolutely clear with your kids that you don't want them using drugs. Ever. Anywhere. Don't leave room for interpretation. And talk often about the dangers and results of drug and alcohol abuse. Once or twice a year won't do it. Set rules!

Be a better listener. Ask questions - and encourage them. Paraphrase what your teen says to you. Ask for their input about family decisions. Showing your willingness to listen will make your teen feel more comfortable about opening up to you.

Give honest answers. Don't make up what you don't know; offer to find out. If asked whether you've ever taken drugs, let them know what's important: That you don't want them using drugs.

Use TV reports, anti-drug commercials, or school discussions about drugs to help you introduce the subject in a natural, unforced way.

Don't react in a way that will cut off further discussion. If your teen makes statements that challenge or shock you, turn them into a calm discussion of why your teen thinks people use drugs, or whether the effect is worth the risk.

Role-play with your teen and practice ways to refuse drugs in different situations. Acknowledge how tough these moments can be.

Breathe Easy

with a Healthful Holiday

Avoid dangerous - and illegal - practice of burning holiday waste

The holidays bring joy and happiness as families and friend gather together to celebrate the season. As fun and enjoyable as the get-togethers can be, however, there is a downside - trash!

When groups gather for food and drink, garbage can pile up. Parties produce sacks full of dirty paper plates, discarded decorations, gift-wrapping, and more. All too frequently, that waste overflows the household's normal allotment of garbage cans and homeowners choose to burn the excess trash.

"That's a bad solution for everyone," says Dan Nelson, spokesman for Olympic Region Clean Air Agency. "Burning trash of any kind produces very toxic air pollution, as well as creating fire hazards. For these reasons, all trash burning is illegal in the State of Washington."

Smoke from the burning of household waste contains dangerous chemicals that can cause health problems. According to the Environmental Protection Agency (EPA), trash burning is one of the nation's largest known sources of dioxins - highly toxic compounds linked to several health problems, including cancer and reproductive disorders.

Because of the chemicals used in the manufacturing process, even the burning of plain paper releases these toxic compounds into the air. What's more, in addition to the toxic compounds, trash burning creates particulate matter (PM) air pollution. That is, fine and very fine particles that can be absorbed deep into the lungs, creating immediate - as well as long-term - health problems.

Health problems that have been linked to exposure to air pollution that result from trash burning include respiratory illness (including aggravation of pre-existing cases of asthma and emphysema), kidney and liver damage, nervous system disruptions and reproductive and developmental disorders. Because of their small size and growing bodies, children are especially at risk. Pound for pound, they are exposed to greater pollutant concentrations than adults.

Rather than burning household waste, ORCAA reminds residents to recycle as much of the material in the waste as possible, and then dispose of the remainder through their regular trash service.

Excess holiday waste can be taken directly to waste disposal stations, or it may be bagged and disposed of the following week when the household's waste stream is back at a normal level.

Helping to keep our air clean and healthful is a great reason to avoid trash burning, but it's also worth remembering that trash burning IS illegal, and could result in fines. Washington State law (WAC 173-425-050) prohibits the burning of all forms of trash, including (but not limited to): paper or newspaper (except what is necessary to start a fire), cardboard, household garbage, treated, painted or stained wood, plywood, construction debris, paints, tires and other rubber products, plastics, asphalt and building materials, chemicals, petroleum products and metal.

Additionally, burn barrels of any kind are illegal throughout Washington.

HAPPY 2005!



Happy Birthday

Aaron Evans	1/1	Cassidy Gott	1/11	Guy Cain	1/23
Jessica Solano	1/1	Patricia Green	1/11	Linda Jones	1/23
Nancy Moore	1/1	Darlene Krise	1/12	Dawn Sasticum	1/23
Patrick Braese	1/2	Marvin Campbell	1/13	Miguel Saenz-Garcia	1/24
Tory Hagmann	1/2	Connie Plumb	1/13	Jace Merriman	1/25
Mary Garrett	1/4	Sheena Glover	1/14	Margaret Seymour-Henry	1/25
Aaron Peters	1/4	Carrie Smith	1/14	Robert Lacefield	1/26
Two Hawks Krise Young	1/5	Kayla Peters	1/15	Dakota Hodge	1/26
Holly Henderson	1/5	Shelby Riley	1/16	Emily Baxter	1/27
Christopher Stewert	1/5	Whitney Jones	1/17	Guy Cain	1/27
David Whitener, Sr.	1/6	Leanora Cruz	1/17	Amanda Larios	1/27
Sherry Whitener Haskett	1/6	Barbara Cleveland	1/17	Cheryl Melton	1/27
Lincoln Villanueva	1/6	Tristen Coley	1/17	Rebeckah Ford	1/28
Charlene Blueback	1/7	John Ackerman	1/18	Sharleina Henry	1/29
Kaleb O'Bryan	1/7	David Dorland	1/18	John Parker	1/30
Melissa Whitener	1/7	Lorna Gouin	1/18	Nikolai Cooper	1/31
Shila Blueback	1/8	Ruth Whitener	1/19	Alicia Obi	1/31
Francis Cooper, Jr.	1/8	Santana Sanchez	1/20	Brandon Stewert	1/31
Meloney Hause	1/8	Leonard Hawks III	1/20		
Janita Meyer	1/9	David Michael Bear Lewis	1/20		
Paula LaFlame	1/9	Jacob Campbell	1/21		
Deanna Hawks	1/9	Traci Lopeman	1/21		
Isaac Ackerman	1/10	Shawnell Lynn McFarlane	1/22		
Stephanie Peters	1/10	Kahsai Tiefel Gamber	1/22		
Tiffany Valderas	1/10	Percy James Welcome	1/22		
Natasha Gamber-Chakos	1/11				



New Employee



Tyrone Seymour
Natural Resources Technician I

Hi, my name is Tyrone Seymour and I now work at the Squaxin Island Fisheries. I spend most of my time walking creeks and counting fish. I also do a lot of other kinds of work too. Hope to see you soon.

What's Happening						
						1 Bible Book Club 10:30 Mary Johns Room Food/Transportation
2	3	4 Church 7:30	5 Drum practice 6:00 p.m., MLRC	6 Brief Walk After Lunch	7 AA Meeting 7:30	8 Bible Book Club 10:30 Mary Johns Room Food/Transportation
9	10 Diabetes Support Group Supermarket Tour 12:45 Elder's Bldg	11 Court Church 7:30	12 Drum practice 6:00 p.m., MLRC	13 <i>Tribal Council</i> Brief Walk After Lunch	14 AA Meeting 7:30	15 Bible Book Club 10:30 Mary Johns Room Food/Transportation
16	17	18 Church 7:30	19 Drum practice 6:00 p.m., MLRC	20 Brief Walk After Lunch	21 AA Meeting 7:30	22 Bible Book Club 10:30 Mary Johns Room Food/Transportation
23/30	24/31	25 Court Church 7:30	26 Drum practice 6:00 p.m., MLRC	27 <i>Tribal Council</i> Mammogram Day Brief Walk After Lunch	28 AA Meeting 7:30	29 Bible Book Club 10:30 Mary Johns Room Food/Transportation



Quinault Tribal Member Shares Knowledge of Economics



My name is Jim Stanley and I am a business banker for US Bank. I make a living lending up to \$1.5 million dollars on commercial real estate and working along side business owners to lend them what they need to operate profitably. I am also Quinault Indian and had the experience of growing up on and off reservation. My father, Dave Stanley, managed the Taholah Mercantile then moved us to Olympia in 1984. In 1996, I graduated with honors from Timberline High School. I achieved top ten in my class and was awarded the Presidential Scholar Award for being the best student/athlete in the school. After high school I moved on to Western Washington University where I majored in Business and received a bachelor's degree in Marketing. While going through school I developed my passion for business and started my own handyman and landscaping company. I built my business for 2 years into a thriving success where I made a lot of money.

My intention is to write about business fundamentals and my personal experiences working with small businesses to help other Native Americans be successful in business.

Nearing graduation in 2001, I used my entrepreneurial experience to compete against 3 months of interviews and received an internship with the Seattle Seahawks in their corporate marketing office. There I worked within a sales team that competed for millions of dollars in advertising and trade contracts. Now I root for the Seahawks every weekend and sell money for a living.

I like winning and I like helping businesses make money. This is a very exciting time for Native Americans. I want to be a part of "it."

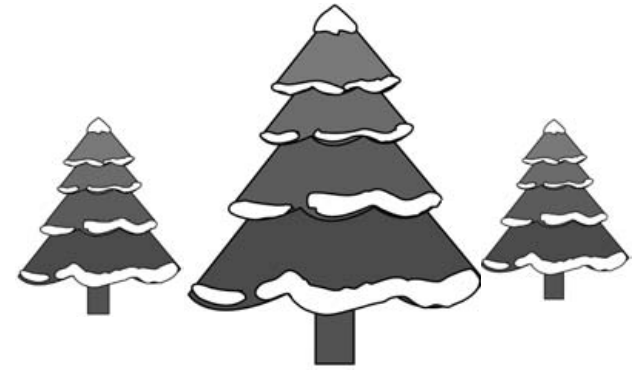
One of the most valuable lessons I learned at Western Washington University was the definition of economics taught to me by Mary Anne Henderson. Usually the word "economics" makes people's eyes gloss over like the windows of a car left out over night but I hope you will follow along anyway. Every test and midterm began with the same question: "What is the definition of economics?" My answer: Why is that so important? Just kidding professor. I would later realize its importance when working for a living. The definition of Economics is the study of the allocation of scarce resources between competing and alternating buyers. What it really means: First, "Economics is the study of" just means to figure it out. Second, "the allocation of scarce resources" just means how to match limited supply with demand. And third, "between competing and alternating buyers" means between competitors and buyers that are always changing. The whole interpretation: To figure out how to match limited supply with demand between competitors and buyers that are always changing.

If you are not lost in my translation, then you are ready for the exciting part. You can be successful if you, yes you, figure out how to get people to buy your products or services and continue to sell while others try to take your business away from you ... ever heard of the Forbes 400? Every product or service the customer gets from you adds dollars to your pocket. I encourage everyone to realize that if you are going to get the job you want, or run your own business and make a good living, you have to develop your set of skills that will put yourself in place to fill a need. There is something else that goes along with being successful at competing for dollars. Don't ever expect someone or something to make you successful. You are responsible for making yourself successful.

If you have comments or any other items to discuss please email me at:

businessbankerjim@yahoo.com.

I want to thank you and your newspaper editor for your support in getting me on this page. I look forward to writing you again.



Ask Planning

Lynn Scroggins -

Q: When will the cable be hooked up to the homes on the Reservation?

A: Very soon, depending on coordination. According to the Squaxin Department of Information Services, the cable is physically hooked up to the homes, but there is no power, some special equipment still needs to be installed, and the whole system needs to be tested. Hood Canal Communications is aiming to begin service within the month. The ones who registered at the recent Housing Fair will be the first ones to receive service. To register for service (first-come-first-serve), contact Hood Canal Communications at (360) 898-2481.

Q: Will there be sidewalks on Old Olympic Highway from Highway 101 to Klah-Che-Min Drive?

A: No. There wasn't enough room for sidewalks or off-road trails along that stretch of road. Also, a separate sidewalk or a trail would need to be wheelchair accessible and that would have cost more than the road! Instead, Mason County (in coordination with Squaxin) built marked shoulders with safety barriers wide enough to comfortably accommodate walkers or bicyclers. A long-range goal of the Planning Department is to work with local transportation and community partners to explore options for an on- and off-road trail network linking community, commercial, and transportation centers around the entire Reservation.

If you have a question for Planning, call (360) 426-9781 and ask for Vicki, Tracy, Nia, Lynn or Brian.

Congratulations Joe Peters General Body Mtg Chili Cook-Off Winner

JOE'S RECIPE:

- 3 ½ pounds boneless elk round roast cut into ½-inch cubes
(Can substitute with other elk steaks or beef)
- ¼ cup olive oil
- 3 medium bell peppers, diced
- 2 medium onions, chopped
- 4 garlic cloves, minced
- Two 28-ounce cans tomatoes
- 12-ounce can tomato paste
- 1/3 cup chili powder
- ¼ cup sugar
- 2 teaspoons salt
- 2 teaspoons dried oregano
- ¾ teaspoons cracked black pepper
- 2 cups water
- Shredded Pepper Jack Cheese for garnish

Pat elk meat dry with paper towels. In 8-quart Dutch oven, heat oil over medium-high heat. Add elk meat, one-third at a time; cook until browned. Transfer elk meat to bowl as it browns.

Add bell peppers, onions and garlic to drippings in Dutch oven; cook over medium-high heat, stirring occasionally, about 10 minutes.

Return elk meat to Dutch oven; stir in tomatoes with their juice, tomato paste, chili powder, sugar, salt, oregano and black pepper, breaking up tomatoes with back of spoon.

Stir in water, heat to boiling over high heat. Reduce heat to low; cover and simmer, stirring occasionally, 1 ½ hours, or until elk meat is tender. I prefer to let it simmer 2 to 3 hours.

To serve, spoon into bowls and garnish with Pepper Jack cheese or even sliced green onion.

Makes 12 servings.

To All My Friends and Relatives From Hank Gobin, Manager, Cultural Resources Department, The Tulalip Tribes of Washington

This is a "thank you with a lot of heartfelt feelings."

Briefly, on October 1-3, 2004 I was attending the Annual NNABA (Basketry) Conference which was held at Squaxin Island's casino and museum.

On October 3, 2004 I was rushed to the hospital in Shelton when I began experiencing chest pains. At the Shelton hospital it was decided within hours to transport me to Olympia where there would be heart specialists and technology that I needed immediately.

On the morning of October 5, 2004 I underwent a four-hour surgery for triple by-pass heart surgery.

There were so many wonderful people that helped in an instant when the emergency began. First of all, Cindy Andy who belongs to the Indian Shaker Faith, began prayers immediately until the ambulance got there.

All the employees at the Squaxin Island casino and museum all offered their help and support immediately. Then Carmen Shone, from Upper Skagit Tribe and Bernadine Phillips of Omak Tribe got our van from Shelton to Olympia. Carmen and Bernadine were kind enough to stay until Inez's Sister, Kristy Bill, and her fiancée', Phillip Solomon, got there to be with us.

On October 4, 2004 the moment we found out about how serious the operation (procedure) would be, we immediately put a call out to Delbert Miller who is known to our people as a spiritual healer. On behalf of the family we all thank you, Delbert, for answering the call on such short notice.

There are so many good friends and relatives that are appreciated and thanked for the amount of time spent in Shelton and/or Olympia. I must thank wholeheartedly, my sister and brother in-law, Anna Mae and Verle Hatch; Inez's sister, Kristy Bill, and her fiancée', Phillip Solomon; and my niece and her husband, Vicki and Steve Jablonski, who spent hours and days with us at St. Peter's Hospital in Lacey until I came back home to Everett.

If we left somebody out, please accept our apology. Thank you, Hank Gobin, The Tulalip Tribes.

Northwest Indian College

Lila Vigil - The Northwest Indian College is offering college level classes at three local sites beginning winter quarter, January 4, 2005. The sites are Skokomish Nation, Squaxin Island and the Five Tribes Career Center located in downtown Shelton. The classes will lead to a two-year degree in four different areas of study.

January will see the Lushootseed language taught at the Squaxin Island Learning Center for three credits in the Native American Studies Program. Basket making will be taught at Skokomish and will also be worth three credits. The Five Tribes Career Center will be host to a co-taught English 100 and Basic Computer & Keyboarding 100 class for a combined eight credits.

Persons interested in starting their college careers should not hesitate to call Lila Vigil at 426-2433 or their tribal education departments, Bill Heelan at Skokomish, 426-4232 or Walt Archer at Squaxin Island, 426-9781. Students who elect to take classes that will lead to a degree need to see their education counselors quickly to fill out the FAFSA form (financial aide). This is the most important first step. Persons who do not need credits may enroll in classes such as the language and basketry class for continuing education classes for no credits.

Senior Citizens (55 years old and older) may take college credit classes and will be able to obtain a tuition waiver. College credits will be applied if they want them or they can take classes on a continuing education basis.

Interested persons should call Lila for more information and to fill out registration and enrollment forms. Registration and enrollment forms will be available at each of the three sites. Call today!

HOLIDAY TIP#37



NEVER CATCH SNOWFLAKES
WITH YOUR TONGUE
UNTIL ALL THE BIRDS
HAVE GONE SOUTH
FOR THE WINTER.

The Squaxin Island Tribe Wishes You a Happy 2005!