Calling Tribal Entrepreneurs

Charlene Krise - Squaxin Island Tribe will be hosting one of the largest gatherings of Native American Tribal people in Washington State during the 2012 Squaxin Island Tribe Canoe Journeys Hosting. The visiting tribes come from far away places and will be staying at Squaxin for about 4-6 days. Each previous hosting Tribe of the Canoe Journey has tried to calculate how many people they had to host; it has fluctuated between 2,000 and 10,000 people (tribal and tourist). Squaxin will be providing breakfast, lunch and dinner, but many visiting Tribes and tourists will gladly venture out and dine on quick food (indigenous) and purchase products or keep sakes from vendors.

This is a good time for Squaxin Island Tribal members to look at “Squaxin Tribal Members Marketing Skills” by broadening their entrepreneurship. Squaxin Tribal members have been into small businesses including seafood, catering, cleaning, fireworks, native artwork sales and the list goes on and on. The hosting of the 2012 Canoe Journey is a good opportunity for Tribal members to earn additional income or launch products or services.

This year Swinomish Tribe is hosting, so its a good year to study the market during the Canoe Journey and find out what type of a “unique” product can be provided or sold during the hosting of 2012 Canoe Journey at Squaxin Island Tribe.
Honoring Our Veterans at Christmas

Electronic Elections?
Don has set up a demonstration on electronic elections with the company True Ballot. They will be here on Wednesday, February 23rd at 10:00 a.m. in Council Chambers. Please feel free to come see this demo. Mark your calendars!

Squaxin Island Tribe Elders
The Elders would like to thank Little Creek Casino Resort and its staff for the outstanding service and great food at our Christmas party. It was great and, every time we come to Little Creek, every thing is outstanding. (Your wait staff is the best) Thank you very much!

Burn Barrels are Illegal
The Washington Clean Air Act states that only natural vegetation may be burned. Do not burn: garbage, dead animals, asphalt, petroleum products, rubber products, plastics, paper (other than what is necessary to start the fire), cardboard, treated or painted lumber, commercially processed wood, construction debris, metal or any substance that releases toxic emissions, dense smoke or obnoxious fumes and odors when burned. The Fire Marshal is authorized to prohibit all outdoor burning in the event of extreme fire danger or air pollution episodes, and to enforce the Mason County Fire Code.

The person in charge of any outdoor burning operation will be liable for the cost of suppression if the fire gets out of control or if it becomes necessary to extinguish the fire as a result of an enforcement action.

Burn only during periods of calm light winds. Burning during periods when winds may scatter loose, flammable or combustible, material is considered an extreme fire hazard.

Composting, chipping, and hauling to recycling locations are alternatives to outdoor burning. These alternatives are strongly suggested.

For more information contact the Mason County Recycling Coordinator, at (360) 427-9670 extension 771 Office Hours: 8:30 - 4:30 M-F

Tribal Council Resolutions

10-110: Reappoints Ron Whitener as Commissioner of Business Affairs and Wendy Bowman as Commissioner.
10-111: Directs that all operations and maintenance practices at Salish Cliffs Golf Course be conducted with a commitment to environmental stewardship and sustainable practices consistent with salmon-safe standards within the daily maintenance and management activities.
10-112: Approves the tentative settlement between Miller Land and Timber LLC, the Tribe and the Department of Ecology in which Miller will pump into Woodland and Fox Creeks substantially more mitigation water drawn from a deep aquifer, and the Tribe can inspect the pumping system as long as it operates
10-113: Approves membership in the the Tribal Solid Waste Advisory Network
10-114: Approves the Squaxin Island Transits Project description within the Human Services Public Transportation Coordination Plan and commits to a 50% match
10-115: Approves a change to the Rent Collection Policy
10-116: Directs a removal from tribal enrollment based on recommendations from the Enrollment Committee and pending further proof via DNA testing
**Holiday Drive Hammered, Get Nailed Campaign Results**

The results are in from the recent Drive Hammered, Get Nailed enforcement campaign conducted from November 25, 2010 through January 2, 2011.

In Mason County, 27 motorists were stopped and arrested for driving under the influence (DUI), and statewide, law enforcement officers arrested 3,577 drivers for DUI.

In Mason County, the Shelton Police Department, the Mason County Sheriff’s Office and the Washington State Patrol, participated in the extra emphasis patrols, with the support of the Mason County DUI/Traffic Safety Task Force. The extra patrols were funded by a grant from the Washington Traffic Safety Commission.

During 2009, impaired drivers killed more than half of the 491 people who died on Washington’s roadways. The 264 impaired driver-involved deaths last year represent a decrease of nine fatalities compared to the previous five-year average.


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**Call for Native Artists**

The Office of Minority Health Resource Center is in the process of developing American Indian/Alaska Native Youth related digital educational materials. Along with our partners, Kat Communications, and the IHS HIV Program, we are seeking American Indian and Alaska Native artists that can portray regional and cultural areas. We are accepting ALL styles and themes of American Indian/Alaska Native Art. Traditional, contemporary, alternative process, digital, mix processes, and experimental works are welcome. All art must be original and appropriate for conversion to a digital format. Please send us a one paragraph biography, and details about the type of art work you create to artists@katcommunications.com.

Deadline: February 18, 2011. Once chosen to work on the project, artists will be compensated. Additional Questions? Contact artists@katcommunications.com or Evonne Bennett-Barnes at ebennett@minorityhealth.hhs.gov.

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**Kamilche Café & Espresso Is Open**

By Brittany Bitar - Kamilche Café & Espresso has opened in its new location. This has been an exciting time for all of the baristas. We can’t wait to serve our customers at our beautiful new espresso stand. The café has added more options to the espresso menu. One of the tasty additions is an assortment of all natural, 100% crushed fruit smoothies. We are currently offering delicious breakfast sandwiches, pastries and other great snacks. The café will be serving clam chowder as well as a soup of the day. The lunch menu will be expanded to include sandwiches and salads later in the month. Stop in and check out our new location as well as our new menu items, see you soon!
Toby Joseph Brownfield, 33, passed away from injuries sustained in a single car accident on Steamboat Island Road on December 8, 2010. He was born in Olympia, WA on April 30, 1977 to Mike and Sally (Selvidge) Brownfield. Toby resided in Kamilche most of his life and was an enrolled member of the Squaxin Island Tribe.

As a youngster, Toby had a joy for life. He was a Cub Scout, played Little League baseball, took Honors in science fairs and was the County Hoop Shoot Champ, along with his cousin, Amy Brown, when he was 10.

Along with his love of family and friends, he was passionate about riding, building and fixing motorcycles. After graduating from Shelton High School in 1995, Toby went on to graduate from Motorcycle Mechanics Institute in Phoenix, Arizona. Toby worked several years at Cycle Mart in Olympia and most recently at Olympia Motor Sports as well as working on and building motorcycles in his own shop. When he wasn’t working on motorcycles, he was helping a friend, fishing or camping on Squaxin Island.

Every year he looked forward to helping the Squaxin Elders at OysterFest. He’d done that since he was five years old. Toby enjoyed strong traditional influences by grandparents and uncles who monitored him as he learned hunting, fishing and other tribal ways. His Grandpa Kenny taught him the art of smoking some of the best smoked salmon around.

Toby spent his last week with his uncle Kenny in Republic, WA, hunting and having a good time.

He was preceded in death by his father, Mike Brownfield, grandparents Sally (Brown) and Kenny Selvidge, Pearl (Clark) and Keith Satterthwaite and Paul Martin Brownfield. Toby is survived by his mother, Sally Brownfield, and his brother, Jess Brownfield, both of Kamilche. Services were at the Squaxin Island Gym. He was laid to rest next to his father at Shelton Memorial Park.

**Friends and Relatives**

We would like to thank all of those who showed their love and support in the loss of our son and brother, Toby Joseph Brownfield. Your many prayers and condolences have brought us comfort during this difficult time. We would especially like to thank Dave Lopeman for his strength in providing our family and community support and guidance in times like this, the cooks who jump in to provide fro the meal, Mary Williams for making all that great fry bread, Jenna for putting together the picture display, Sadie, Bev, Lisa and Jeremiah for getting the slide who put together, law enforcement, legal, maintenance, the pall bearers, all those who came by the house . . . There have been so many. You know who you are, I am still in a fog. To all those who attended the service or were with us in spirit our hands go up to you as we bid our beloved Toby, ‘huy’ until we meet again.

- Sally ’Sis’ Brownfield, Mother
- Jess Brownfield, Brother
**Walking On . . .**

**Calvin "Cal" Peters**

Cal was born March 19, 1927, and passed away peacefully in his home January 19, 2011, surrounded by his wife, Ina, who shared his life for over 60 years, his seven children: Steven of Shelton, Richard of Olympia, David, Mark and Roger all of Tacoma and his two daughters, Susan MacKenzie and Karen Farr of Tacoma, and adopted son, Daniel Morgan of Seattle. He is also survived by his brother William Peters of Olympia, sister-in-law Elsie Charron of Tacoma, twenty-two grandchildren and thirteen great-grandchildren and numerous nieces and nephews.

He loved his family unconditionally and was loved in return.

Cal was an enrolled member of the Squaxin Island Tribe and was proud of his Native American heritage. He will be remembered as an advocate of Native American Treaty Rights, serving on the Squaxin Island Tribal Council and various committees, as well as State and National Native American rights organizations.

A memorial is scheduled to celebrate his life at the Squaxin Island Entertainment Center in Kamilche at 11:00 a.m., February 15, 2011.

In lieu of flowers you may make donations in Cal’s name to the Squaxin Island Elders, 10 SE Squaxin Lane, Shelton.
Carbon Monoxide Poisoning and Winter Fire Hazard

When it comes to winter, precautions need to be taken to avoid carbon monoxide poisoning and winter fire hazards. Carbon monoxide often is called the silent killer because it is an invisible, odorless, colorless gas created when fuels, such as kerosene, gasoline, wood, coal, natural gas, propane, oil, and methane, etc., burn incompletely.

Carbon monoxide can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages.

Common symptoms of carbon monoxide poisoning may include headache, nausea, and drowsiness. Extremely high levels of poisoning can be fatal, causing death within minutes. Be especially alert during heavy ice and snow conditions in the heating season and extremely cold weather.

To avoid carbon monoxide poisoning, take these precautions:

- Make sure all fuel-burning vented equipment, such as vents for the dryer, furnace, stove, and fireplace - is vented to the outside to avoid carbon monoxide poisoning. Make sure the vent for the exhaust is kept clear and unobstructed by snow or ice.
- Also be sure the gas meter is clear. If the meter or an appliance vent is covered in snow, remove the snow carefully with the hand, a brush, or broom. Do not remove it by kicking or with a shovel. Be careful not to shovel, plow or blow snow up against the meter or a vent pipe.
- Install and maintain carbon monoxide alarms.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a qualified professional.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Never run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked with snow, ice, or other materials.
- Only use barbecue grills, which can produce carbon monoxide, outside. Never use them in the home, garage, porch, or near building openings.
- Follow the use and care instructions when using portable generators during power outages. Safe use is critical, so fumes do not enter the home.
- Remember to keep battery powered lights indoors and in all vehicles.

To avoid potential fire hazards follow these precautions:

- Turn heaters off when you go to bed or leave the room.
- Use and purchase portable space heaters with an automatic shut off so if they’re tipped over they will shut off.
- Place space heater on solid, flat surface.
- Plug power cords directly into outlets and never into an extension cord.
- Inspect for cracked, damaged or broken plugs, and loose connections and replace.
- Have a three-foot “kid-free zone” around open fires and space heaters.
- Supervise children when a fireplace, fire pit, or other space heater is being used.
- Use a sturdy, metal screen to prevent contact burns, which are most common.
- All heaters need space. Keep things that can burn, such as paper, bedding or furniture, at least three feet away from heating equipment.
- Use heating equipment that has the label of a recognized testing laboratory.
- Never use the oven for heating.

Many safety professionals warn against using any type of portable space heaters indoors due to fire risks and potential fire hazards. Fuel burning space heaters give off carbon monoxide and other air pollutants. If you must use one in a temporary situation, do not leave it on when no one is in the room or while sleeping. For more information, go to www.nfpa.org.
New Year’s Resolutions to Improve Personal Finances

Many people dread making New Year’s resolutions because they’re afraid they’ll fall short. However, one minor setback doesn’t mean having to write off the rest of the year. Success can be attained by starting out with small steps.

Improving personal finances is a popular New Year’s resolution. Here are a few ideas from Jason Alderman, Personal Finance Expert and Director of Visa’s Practical Money Skills for Life program:

• Most dieters know that the key to success is to monitor every morsel you eat. You can use the same strategy when designing a livable budget.

• For one month write down every cent you spend: rent, food, gas, clothes, cable, insurance, 401(k) contributions, entertainment – everything.

• Start paying down debts. List all outstanding balances and their corresponding interest rates. Then, each month pay the minimum amount due on each account except pay as much as possible on the highest-rate account or loan.

• Start building an emergency fund. Start slowly with a few dollars each month. For example, set aside $1 a day for a month. Then double that amount to $2 for the next month. Double that again a month later and keep that pattern up.

• Look to the future. Buying a home, paying for college and retirement are all big-ticket items that require sound budgeting and credit management skills.

Free Tax Preparation Site
(Basic Returns)
The Squaxin Island Tribe – Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2010 tax year Administration Building – 1st Floor
February 8 – April 14, 2011
The site will be open to the public and operating two evenings a week Tuesday and Thursday evenings 4:30 p.m. – 7:30 p.m.
By Appointment only

Make Tax Time Cash Time
Don’t pay high or unnecessary fees to a commercial taxpayer! Use your local free tax prep site.

Think of all the money you will save!!!
Call Lisa @ 432-3871 to schedule an appointment.

Documents to Bring to your Tax Appointment
If you plan to use a preparer to help you file a return and claim the EITC, you should bring certain documents to prove your income, deductions/credits, dependents, etc. These documents include:

• Valid driver’s license or photo identification (self & spouse, if applicable)
• Social Security cards for all persons listed on the return
• Dates of birth for all persons listed on the return
• All income statements: Forms W-2 and 1099, Social Security, Unemployment, or other benefits statements, records of income and expenses from a business you own and any documents showing taxes withheld
• Dependent child care information: payee’s name, address and SSN or tax ID number
• Proof of account at financial institution for direct debit or deposit (i.e. cancelled/voided check or bank statement)
• Prior year tax return (if available)
• Any other pertinent documents or papers

Your Return Preparer, whether paid or volunteer, is required to ask you multiple questions to determine your correct income, expenses, deductions, and credits. Your Return Preparer has your best interests in mind and wants to help you avoid penalties, interest, or additional taxes that could result from later IRS contacts.

You are responsible for what is on your tax return. Being ready, with the right documents to prepare your return, will save you time and reduce the chance of mistakes.
Internship Opportunities Spring and Summer 2011
The Indian Land Tenure Foundation is looking to hire up to three current undergraduate or graduate students as interns: one for the spring semester and two for summer of 2011. The spring internship is a part-time position of approximately 5-10 hours a week and the summer internships are full-time positions over the course of 10-12 weeks.

All three internships are research-based and emphasize collecting, compiling and analyzing information about Indian land ownership in the U.S. These are excellent opportunities for any students who have a background in Native American history and issues or who have a strong desire to learn. Visit our website to find out more:

Way to go Sylvan Students
Shannon Bruff - December attendance can be spotty, but it was great this year! We had SIX Perfect Attendance Winners in December: Casey Badillo-Brown, Grace Brown, Jeffrey Nerney, Jenica Nerney, Fern Rodriguez, and Laura Snyder. Those six students will receive a certificate plus 50 bonus tokens!

Grace Brown has now had three months of Perfect Attendance in a row, so she will also get to select a $25 gift card!

These five only missed monthly Perfect Attendance by one session: Jackson Cruz, Kierah Lincoln-Sigo, Shawn Lincoln-Sigo, Kayden Palmer and Emily Whitener.

Squaxin Youth Education, Recreation and Activities Calendar
TLC hours M-F 8:30am-5pm Front Desk: 432-3958
Gym/Rec. hours M-Th 3-7pm; F 3-6
All activities are drug, alcohol and tobacco free. Co-sponsored by DASA

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Special Thanks from Suzy, the Bus Driver
Hi everyone, this is Suzy, the bus driver. I wanted to take the time to say a big thank you. Now I bet you are wondering what for? Well, I want to thank all of you for the wonderful effort everyone put in when the buses went on Emergency Routes. I cannot believe how smooth everything went for us on the routes.

I want to thank Rene and Tracy from tribal police. Rene kept everything running smooth at KTP. Tracy drove all over looking for kids. I wish to thank Tammy, from Tribal Transit, for making the pickup times and bus routes work.

I have to thank my parents. Wow! You really pulled together to get all the kids to and from the bus stop.

The Tribal Council deserves to be thanked as well. If you hadn’t asked the question, “how can we help with emergency bus routes?” to begin with, things would not have gone so great.

Thank you just doesn’t seem like a big enough or good enough word to cover all the help and good work. Everyone pulled together and worked like a well oiled machine. I want you to know how much I appreciate everyone. If we all keep working together, we can get it done.

- Suzy Felton, Bus 120

Scholarships
American Indian Endowed Scholarship:
The Higher Education Coordinating Board (HECB) is now accepting applications for the 2011/12 American Indian Endowed Scholarship (AIES) awards. The application is available at the HECB web site at: www.hecb.wa.gov/paying/waaidprgm/aies.asp. A hard copy must also be printed, signed and mailed to HECB.

The American Indian College Fund:
For information and application please visit their website at: www.indian-affairs.org/scholarships/aaia_scholarships.htm

Indian Health Services Scholarship:
For more information and application please visit their website at: www.scholarship.ihs.gov

American Indian Services Scholarship:
For more information and application please visit their website at: www.americanindianservices.org/students.

Native American Veterans Memorial Initiative Launched
WASHINGTON, D.C. -- Seminole Tribe of Florida Chairman Mitchell Cypress is calling on tribal leaders, all military veterans and individuals around the globe, to join him in supporting the Native American Veterans Memorial Initiative. The recently announced Initiative will honor Native Americans who have served in all branches of the Armed Forces of the United States of America, including Native Americans who have served in World War I, World War II, the Korean War, the Vietnam War, the Gulf War and the current conflicts in Iraq and Afghanistan.

A Vietnam-era veteran of the U.S. Army, Chairman Cypress is seeking the support and involvement of all veterans in order to make the strongest possible case for recognition of Native American veterans. Chairman Cypress said, "This effort will include lobbying and public relations programs to impact key individuals, including U.S. Senators and Representatives, their staffs, officials within the Obama Administration, and members of the National Capital Planning Commission, the governmental entity that oversees the design and placement of memorials in Washington, D.C."

"As Native Americans, we have served in every branch of the military, and we would like the same honor and acknowledgment as our other military brothers," Chairman Cypress exclaimed.

Chairman Cypress noted he would like to see a fourth soldier, a Native American, added to the three soldier likenesses that are part of the Vietnam Veterans Memorial on the National Mall. "We were there during the conflicts, fighting for our country as Native Americans," said Chairman Cypress. "When we look at the beautiful statue that depicts true and brave warriors, we wonder why we were not included. We were there, too."

A Web site has been established for the Native American Veterans Memorial Initiative at thenavmi.com. All interested supporters of those that have sacrificed for our freedom, can sign up by submitting their e-mail addresses on the Web site’s home page.

Please join forces with us and help with this initiative to get the fourth statue added for all Americans that have fought and are fighting for our nation’s freedom. We need your help!

MEDIA CONTACT:
Gary Bitne
954/849-9201
Christmas Party

Photos by Julie Martinez
Christmas Party

Photos by Julie Martinez
Christmas Party

Photos by Julie Martinez
Celebrating 70 Years of Marriage

Harry + Bertha

Happy 70th Anniversary Harry & Bertha!

01.05.2011 19:13
Squaxin Hosts Lacey Chamber

On Thursday, January 13th, the Squaxin Island Museum hosted the Lacey Chamber. The first such "After Hours" in the past 4 years, the 5:01 Surge was a great success! Nearly 30 Lacey Chamber members attended.

Ruth gave an excellent tour and Mandy was available for questions and discussion of the dig site. Both hosted this group to rave reviews from Lacey Chamber Members. (Leslie Johnson, Tourism director, was home sick, unfortunately).

We gave prizes out to the chamber members including, a museum gift basket, coffee basket from the new espresso stand, (2) boxes of cigars from Skookum Creek Tobacco, box seat concert tickets from Charlene Krise and Leslie Johnson.

Many thanks to the Tribal businesses that helped make this a huge success.

We wanted to promote the museum -- of course! As well as continue getting the word out on Sa’Heh’Wa’Mish Days. The week before, Leslie handed out pow wow posters to the Lacey Chamber at their monthly meeting.

also hosted a customer service training at the museum on January 11th. The free training was available community wide, with major attendance from the Shelton-Mason Chamber of Commerce and Olympia | Lacey | Tumwater Visitor Convention Bureau.
Renovations Complete
Little Creek Casino Resort has undergone fabulous new renovations.

The casino floor has a whole new look with beautiful salmon murals and gorgeous chandeliers inspired by Squaxin Island artist and LCCR Creative Coordinator Jennifer Johns.

The tribe’s “People of the Water” theme is abundant throughout the casino with the salmon, water and canoe lighting. A forest at night is simulated with the dazzling new look for the front of Starlight Lounge.

The Casino has also added several new slot games to complete the upgrade.

Before

After
Tribal Member Bingo Night
Rose Brownfield - About 34 of Elders enjoyed dinner at Old Country Buffet Tacoma Dec 16. After dinner we went through Spanaway park to see Christmas lights.
A Gifted Weaver Shares Her Skills

Tribal Member Patti Puhn weaves baskets, vests, capes and more

Most tribal members know her name. She has served on the Tribal Council and has been employed as the Human Resources Director for five years. But there is much more to this talented lady. In just over two years, she has become a very gifted weaver of traditional Coast Salish basketry and apparel.

"I learned some very basic basketry skills several years ago from my grandmother who was a very accomplished weaver," Patti said. "I feel her presence when I weave."

"But I really caught the passion after attending the Basket Weavers Conference in October, 2008."

Since then Patti has taken weaving classes from Master Weavers Yvonne Peterson, Gail Whiteeagle, Harvest Moon, Donna Choke, June Ward, Laurel Parker and, of course, Rhonda Foster and Charlene Krise. All of these master weavers have encouraged me and taught me a lot," Patti said.

"I hope to sit down with Master Weaver Malynn Foster," Patti said. "Her work is amazing."

Patti began by weaving baskets, and then created a few dozen ornaments and more than a dozen hats - some traditional, a couple baseball caps and four fedora style.

Patti reads every book she can find on basketry and Native design, but also studies pieces individually to figure out how they were made. "Then I document everything I learn, see or do," she said.

Her works consist of sweet grass, cattails, raffia and bear grass, but cedar is clearly her favorite.

In response to a call from the Museum Library and Research Center for art to be donated for the art auction, Patti felt inspired to weave a larger item. She wove a vest (modeled by brothers Andy Whitener and Glen Parker) that was purchased by the Tribal Council and will be kept at the Tribal Center for ceremonial usage.

Just recently, Patti completed a cedar cape (modeled by Willow Henry).

"I saw a cape on display at Tulalip when my husband took me there for my birthday over the Christmas holiday, and decided I wanted to make one," she said. "And I’m just finishing up a hat that matches it." She has applied to have the cape displayed in South Puget Sound Community College’s cultural art show in April.

Patti has sold a few pieces when asked and was a vendor in the MLRC’s Christmas bazaar this year. "Mostly I’ve gifted and donated my pieces," she said. My son, Joe, and his wife, Melissa, take photos of my work and we make greeting cards which I sell." They have made and distributed more than 3,500 in just the past two years!

"Although a few folks have asked me to weave particular items, I haven’t chosen to do commission work because I really want to be free to weave as I’m inspired," she said.

Patti’s work can be viewed at the MLRC and in a display at Little Creek Casino Resort Hotel.

She was also invited to show her work and perform a demonstration for the Washington State Department of Fish & Wildlife at the rotunda in Olympia last year.

In addition to all that, she has taught a number of weaving classes.

"My husband and I gather and prepare most of the materials I use for weaving," Patti said. "Sometimes other family members join us. Its great fun and goes a lot faster."

Patti spent several days experimenting with different dyes and color combinations and has developed several reds which she includes in most of her weaving, especially the cedar.

"Before I start a project, I think about it for several days and spend a fair amount of time praying for guidance, inspiration, strength and assistance to figure the project out," she said. "Then on a large project, I spend at least a day preparing all the materials. There is a lot of math and science involved."

"I am so grateful for my husband, Dave’s, support because, once I get started on a project, it’s all I want to do for days on end... The vest took about 100 hours to complete and, fortunately, we had a three day weekend. He doesn’t even complain about the huge mess I make in our home...I couldn’t do it without his support."

"I am pondering the possibility of weaving a skirt next," Patti said.
Outdoor Activity of the Month

Enjoy Winter Recreation Activities at Mount Rainier National Park
Submitted by Patty Suskin, Diabetes Coordinator

Show Your Tribal Membership Card for Free Admission to the Park

Snowplay - Sledding and Sliding
The snowplay area is immediately north of the upper parking lot at Paradise. Sliding and sledding in the park is permitted ONLY in this designated area. Snowplay runs are supervised by Park Rangers on weekends and holidays from through March 27. Visitors may use the sled runs when the area is not staffed, but the runs are not groomed during the week. For current snowplay status, contact the Longmire Museum at 360-569-2211 ext. 3314 (9:00 a.m. – 4:30 p.m. daily). Because of the high potential for personal injury and frequency of accidents, no other park areas are open to sliding activities. Serious injuries have occurred when people mistakenly slid over waterfalls, into trees, down slopes that were too steep, broke through thin snow into stream gorges, or slammed into other people. Skiing and snowboarding are permitted in other areas, outside of the snowplay area. For your enjoyment and safety, these few guidelines apply:

• Use only inner tubes, plastic sleds, saucers, or other soft sliding devices. No wooden toboggans, runner sleds with metal edges, or other hard devices are permitted.
• Compressed air is available at the rock restroom tunnel across the plaza from the new Jackson Visitor Center when snowplay rangers are present.
• Be sure the run is clear before starting your slide. Collisions may cause serious injury.
• Dress warmly and in layers with a wicking fabric such as wool or polypropylene next to the skin and a waterproof outer layer. Wear hats, gloves, and snow-sealed boots. Do not wear lightweight blue jeans and t-shirts. They get wet easily and will not keep you warm.
• Rest, re-warm, and snack frequently to help keep you comfortable and alert. Take a warm-up break at the Jackson Visitor Center before feet, hands, noses, or ears feel numb. Food service is available from 11 a.m. to 4:45 p.m. when the visitor center is open.
• The snowplay area is usually closed by 4:30 p.m. nightly.
• Check 1610 on your car radio while in the park, for updates on current road conditions.

Snowshoe Walks Led by Rangers on Weekends
Join a Park Ranger to learn the art of snowshoeing in the winter wonderland of Paradise and learn about the ecology of the area. Through March 27 the walks will be conducted on weekends and holidays only. The walks are offered at 12:30 p.m. and 2:30 p.m. on a first-come, first-served basis. Sign up at the Henry M. Jackson Visitor Center information desk at Paradise beginning one hour before the start time. ........

Organized groups of 13-25 people may reserve a snowshoe walk in advance. Group snowshoe walks begin at 10:30 a.m. For more information or to make a group reservation, call (360) 569-2211, ext. 3314.

Snowshoe walks cover approximately 1.5 miles and last up to 2 hours. Snowshoes are provided, or visitors may use their own. A donation of $4 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. Remember to wear sturdy boots and dress in layers.

Facility Hours
The Longmire Museum (360-569-2211, extension 3314) is open from 9:00 a.m. through 4:30 p.m. The Henry M. Jackson Visitor Center (360-569-2211, extension 6036) is open from 10:00 a.m. through 5:00 p.m. on weekends and holidays through March 27.

Visitors are reminded that roads in the park may be closed at any time due to hazardous conditions. When driving on park roads, please use caution as the roads are icy, narrow, and steep. Carry chains at all times and pay attention to changing conditions. General park information is available at www.nps.gov/mora or by calling 360-569-2211.

Family Fun in the Snow at White Pass
March 5 & 6th, 2011
The 25th Annual White Pass Winter Carnival is set for March 5 & 6, 2011. This family oriented event features our huge snow castle, professional snow sculptors from around the US and Canada, live music, fireworks, Torchlight Parade, Kids’ Carnival, and snow sports competitions for kids and adults.

For more information: and complete schedule:
http://skiwhitepass.com/ or call 509 672 3101
New Year's Resolutions

2011 is here and if you are like most of us, you’ve made a few resolutions. And if you’re like most of us, many of your good intentions will be given up on by March 1st.

Goals like losing a few pounds or cleaning all the closets in your house are achievable if you have a plan.

What did you resolve to do this year? Do you want to lose weight? Think about how much you want to lose – 10 pounds? 20 pounds? More? Take it slowly, say you want to lose 25 pounds; give yourself a realistic time frame [by Memorial Day]; and then cut that goal into smaller segments: lose 5 pounds by February 1st. Lose another 5 pounds [10 pounds total] by March 1st and 15 pounds total by April 1st. Another step towards sticking to your goal is to find a friend or family member who has a similar goal, and support each other. If you both decide to start exercising, do it together. You’ll keep each other accountable, and can help motivate each other.

If for some reason you don’t achieve a goal, don’t give up, reassess your plan and go on. You’ll have more luck if you use a variety of strategies to achieve your goals. Remember to keep each step simple. Set reasonable, attainable goals. Keep working on it, bit by bit every day.

- Cindy Beck, ND. CPT, Diabetes Prevention Program

Toddlers Need to Be Active, Too!

Submitted by Patty Suskin, Diabetes Coordinator- According to the National Association for Sport and Physical Education, preschool-aged children need between 30 and 60 minutes of planned exercise daily. And, even more importantly, young children should not be inactive for more than one hour at a time. That eliminates long hours spent watching television or playing computer games.

Sports Skills

Exposing children to various sports skills is very important, as these skills are necessary for success in almost all future physical activity and provide children with the confidence to participate in a wide variety of fitness activities. Hitting for distance or kicking a ball into the goal should not be expected. Children aren’t yet able to be accurate with these new skills. What’s more important is that they have fun with the activity; if they do, they’ll want to repeat it.

Aerobic Exercise

For children to develop a healthy heart & body, they need to move continuously for at least 20 minutes or more at a time while using the large muscle groups in the legs. This type of cardiovascular exercise will help them reduce risk factors for heart disease such as high blood pressure, high blood cholesterol, and high resting heart rate.

If you think “aerobics” sounds a little too serious, recall that most of the games you played during childhood was aerobic exercise (eg, Hokey Pokey, Chicken Dance, Pop Goes the Weasel). The idea is to add a song or silliness to nonstop movement with some type of gross motor skill (eg, tip-toe, march, gallop, hop, skip, run). Children can string together several of these to have continuous movement for more than 20 minutes.

By the time children leave preschool, they should be able to do the following:

• Sit up from back on floor.
• Hop 25 ft in 10 hops.
• Skip 40 ft.
• Bounce and catch a ball 20 times without a miss.
• Balance on one foot for 10 seconds.

Enjoy being active with your toddlers & help them get a started toward strong bodies for life!
Yoga at Skookum Hall
Join us for Yoga at Skookum Hall
3480 SE Lynch Road, Shelton
Most Monday from 5:00 - 6:15 p.m.
See www.skookumhall.com for schedule
Cost is $10 per session
Drop-ins welcome
The instructor is Melode Brewer, who has been teaching yoga for many years in Shelton. Her teaching is influenced by the Krishnamacharya lineage. Adults of any age and ability will benefit from her sessions. For your comfort, dress for movement, layers recommended. Bring a blanket and a yoga mat. We have a few extras.

New Employees

Cheryl Mahlberg
Contract Services Coordinator
Hi, my name is Cheryl Mahlberg. You may have seen me at the clinic doing nursing and also as Patient Navigator for the Colon Health Program. I have recently taken a new position as Contract Services Coordinator. I have been blessed to serve this tribe for the last year and a half and look forward to continuing that service.

Glenda Loomis, RN
Greetings to Squaxin Island tribal members, colleagues and friends. I am Glenda Loomis, RN, the new Colon Health Program Patient Navigator. My most recent job was working with the Skokomish Tribe as their Clinic Nurse. I am a Minnesota Native, trained as a nurse with the Mayo Clinic, and I also have experience in emergency, pediatrics and long-term care. I am married and have two daughters, one son and three grandchildren. Leisure activities include sewing and riding my 2004 Heritage Softtail Harley Davidson motorcycle. I look forward to serving the “People of the Water.”

Meal Program
Tues., 1: Soup & Sandwich
Wed., 2: Pork Roast
Thurs., 3: Pizza
Mon., 7: French Dip
Tues., 8: Soup & Sandwich
Wed., 9: Chicken Tacos
Thurs., 10: Baked Salmon
Mon., 14: Baked Potato Bar & Chili
Tues. 15: Soup & Sandwich
Wed., 16: Shrimp Fried Rice
Thurs., 17: Spaghetti & Soup
Mon., 21: Tuna Melt & Soup
Tues., 22: Soup & Sandwich
Wed., 23: Shepard’s Pie
Thursday, 24: Stuffed Bell Peppers

Monday, 28: Lasagna
Menu subject to change

Need Food? Check these out...

WIC @ SPIPA
Provides healthy foods and nutrition information for you and your child up to age 5
Please bring your child, medical coupons or paystub & identification
Tuesday, February 8th
9:00 - 4:00
Contact Debbie Gardipee-Reyes: 462-3227
Dates subject to change

USDA FOODS AT SPIPA
Contact Shirley or Bonita at 438-4216 or 438-4235
Monday, February 7
10:00 a.m. - Noon

FOOD BANK
At Health Promotions Building
If you need access to the food bank at any time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for fresh produce or bread, let me know.
Contact Melissa Grant: (360)432-3926
Happy Birthday

What's Happening

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<td>Family Court</td>
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**Happy Valentines Day to Keesha and all her beautiful Native Sisters**

Shaker Prayers and Services
Rose and Mike Davis are available for Shaker prayers and services
Please call 877-9480

*Love Mom Alexsii*
Happy Valentines Day to my wonderful husband, Nicholas Francis!

Happy Valentines Day Lane!!!
Love Lxc

Community

Happy Valentines Day
to my wonderful husband,
Nicholas Francis!

Community

Walking On

Happy Valentines Day Lane!!!
Love Lxc

Together in Heaven

My dearest friends and family, there are things I’d like to say;
First of all, I’ll let you know I arrived here safe today.
I am sending word from Heaven where I’ll dwell with God above;
There are no tears and sorrow; there is only peace and love.
I had to leave you as my time on earth was through.
Loved ones waited for me just as I’ll wait for you.
I missed them and I am happy to be with them again.
I want you all to know I’m here with family and friends.
God gave me many tasks he wishes me to do.
High up on the list is watching over all of you.
Don’t think I don’t hear you because I am out of sight;
Remember I am with you every morning, noon and night.
When your load gets heavy, don’t cry too many tears;
I will always be near you to guide you through each day.
Remember when you need me, I’ll just be a thought away.
Our love will build a highway and our memories a lane.
I’ll walk right down from Heaven and be with you again.
Remember when you miss me and I am on your mind
Although you will not see me, I’m just a step behind.
When your life on earth is over and soul is finally free
Believe me when I tell you, you’ll be coming home with me.

We love you! Love Baby and me!

Happy birthday to my friend, Jean!
We hope its a wonderful one!

We love you! :)

Glory Johns

Glory Johns, the wife of Wilson Johns, passed away at home on January 12th. Her long fight with cancer is finally over and she is at peace. She was the mother of Alicia Robinett, Eileen Sutton, Pete Kiser, Moriah Brown and Angela Krc, and grandmother of 21 grandchildren and one great-grandchild. She is greatly missed and will always be in our hearts.

Glory liked gardening, beading, woodcarving, participating in the annual Canoe Journeys and drawing. She also loved to travel and being by the water. She really enjoyed doing cultural activities with the Tribe, especially the spiritual events, such as sweat lodges and the Sun Dance.

Special thanks to everyone that helped out for Glory’s services. The family is very grateful!

The funeral service was held at the Squaxin Island Tribal Gymnasium on Tuesday, January 18th, with internment following at Kamilche Cemetery.

Happy birthday to my friend, Jean!
We hope its a wonderful one!

Glory Johns

May 16, 1956 - January 12, 2011
BINGO AT THE CREEK
Over $20,000 in Cash and Prizes!

Friday, February 11th at 6:30pm
Saturday, February 12th at 2:30pm & 6:30pm

2:30pm Session Blackout Prize • $599
6:30pm Session Blackout Prize • $1,199
Early Bird Specials • 6:30pm Sessions

WEAR RED
Receive a free level 1 with buy-in!

LITTLE CREEK CASINO RESORT
www.little-creek.com
Restrictions apply. Must be 18 or over to play.

Rick Springfield
With Special Guest...
LOU GRAMM OF FOREIGNER
February 25th at 7pm
$65/$60/$50

For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300
Must be 21 or older. For Skyboxes call 360-432-7300

PEOPLE OF THE WATER
10 S.E. Squaxin Lane
Shelton, WA 98584