Tribe steps up efforts to restore fish and wildlife habitat in Shelton Harbor

The Squaxin Island Tribe will develop a plan to restore fish and wildlife habitat in the Shelton Harbor portion of Oakland Bay, the southwestern most terminus of Puget Sound. Over the next year, the tribe will work with harbor landowners to formulate a list of mutually agreeable actions to improve estuary conditions there.

“Simpson Timber Company has been active in the early planning efforts and their partnership is critical,” said John Konovsky, environmental program manager for the Squaxin Island Tribe.

“If we want to protect Oakland Bay, we need to restore and protect fish and wildlife habitat too,” said Dave McEntee, Simpson vice president.

The relationship between the tribe and Simpson is hoped to expand to include other landowners around the harbor. “While Simpson owns a majority of the shoreline and tidelands, this partnership is incomplete without taking as much of the harbor into consideration as possible,” McEntee said.

The habitat improvements will boost coho production in Goldsborough Creek – the main tributary to Shelton Harbor – and will help protect shellfish harvest in Oakland Bay.

One possibility is to create more gradual slopes along portions of the shoreline to allow salt marsh plants to grow. “Creating salt marsh will restore a habitat type currently missing in the harbor that provides refuge as juvenile coho transition from fresh to salt water,” Konovsky said. “It might look similar to the head of the bay at Capitol Land Trust’s recently conserved Twin Rivers Ranch.” (http://go.nwifc.org/twinriver)

The tribe, Simpson and other partners worked together to remove a dam on Goldsborough Creek in 2001, significantly increasing natural coho production. “Goldsborough is the only system in all of Puget Sound that has produced more, not less, coho in the last few years,” Konovsky said.

“All other creeks and rivers have experienced a severe decline, especially in South Sound.”

“Lumber operations in Shelton have evolved over the years, and that has changed the way the harbor is used,” McEntee said. “That change has opened up a number of opportunities to improve conditions for fish and wildlife. Finding creative ways to capitalize on these habitat opportunities will allow the environment to thrive while Simpson continues as a very successful business operation.”

The tribe's stepped up habitat efforts coincide with a just issued Department of Ecology report about sediment contamination in Oakland Bay. “While the pollution doesn’t present a human health risk, some clean-up may be required and that’s the time to improve habitat as well,” Konovsky said.

“By combining any funds destined for clean-up with money EPA and others are providing for restoration, we may be able to advance improvements to fish and wildlife habitat in Shelton Harbor far beyond expectations,” said Andy Whitener, natural resources director for the Squaxin Island Tribe. “Shelton Harbor will always be a working harbor, but with this kind of cooperation we can move toward a healthy Puget Sound by 2020,” Whitener said. “Without this kind of innovation, we don’t stand a chance.”

Continued on Page 2
Community

Squaxin Island Residents:

Inclement Weather Impact to Transit and Garbage Services

The safety and well-being of our employees, vendors, clients and community members are of the utmost importance to Squaxin Island Tribe. It has been predicted this winter will surpass the snowfall that we experienced two years ago. If the Thanksgiving week is any indication of what we can expect, we are in for a sleigh ride. I would like to take this opportunity to inform you of how to obtain information about Squaxin Transit Services during adverse weather conditions, along with what you can expect when disruption of garbage service also occurs.

Transit: During adverse weather conditions, Squaxin Island Transit will at a minimum follow the lead from Mason Transit Authority regarding levels of service. Due to the rural area that we cover we may run an alternate schedule or shut down service when Mason County Transportation is running minimum routes. While every weather event is different, Squaxin Transit will follow these general guidelines:

• If Mason Transit shuts down Route 6 (Shelton/Olympia), Squaxin Transit will not operate.
• If Shelton School District is operating on a late start or is closed due to weather, Squaxin Transit will operate on a snow route (no service on Kamilche Pts. or Bloomfield Roads, no Elma/McCleary run). Buses will run between the Reservation and the Transit Hub only.
• If Griffin School is on regular schedule when Shelton Schools are late or closed, off-reservation parents can take their children to the Transit Hub for the morning Steamboat Island run.
• If Squaxin Transit has to close down service during the day, we will record a message on the Squaxin Transit phone number, 432-3970, and notify MTA, Griffin School and Squaxin Island Child Development Center.
• To confirm whether Squaxin Transit Services is running please call the Squaxin Transit phone number at 432-3970. Squaxin Transit drivers will update the message as necessary if changes to the level of service are needed to ensure driver and rider safety.
• To find out information on Mason Transit you can listen to KMAS radio station or check the Mason Transit’s website at www.masontransit.org and click on “Rider Alert” for updates that may affect their service.

Garbage Pick-Up: Under normal circumstances residential garbage totes are picked up each Monday. During adverse weather or road conditions Mason County Garbage (MCG) may miss scheduled pick-ups. Under this situation they will pick-up the following week. Routinely MCG doesn’t pick-up excess garbage. However, when they are unable to do their route, due to adverse weather or road conditions, they will pick-up over-filled receptacles or contained bags placed next to totes as long as the amount of extra material does not exceed the amount that would have reasonably been expected to accumulate due to the missed pick-up(s).

I hope this helps minimize the disruption that you may experience during adverse weather conditions. If you have any questions, please don’t hesitate to give me a call at 432-3951.

Sincerely,

Pamela Hillstrom
Program Services Manager
4th Annual Drug/Alcohol Awareness Dinner
Continued from Page 1

By the year 2010. Through the leadership of White Bison, the Wellbriety Movement has taken a prominent role in the recovery of many Native Americans and their communities. In 2002, White Bison, Inc. published the Red Road to Wellbriety: In the Native American Way. This traditionally-based and spiritually-oriented resource is just one of the many recovery support resources developed for the Firestarters and for the Wellbriety Movement. In 2008, White Bison, Inc. also published a new book for youth about life teachings entitled Understanding the Purpose to Life: 12 Teachings for Native Youth written by Don Coyhis. All of the programs, trainings, and resources developed by White Bison are based upon principles, values and laws found in the Teachings of the Native American Elders and the principles and values of the 12 Step program. For the past few years, Don has been called upon to provide technical assistance by national policy organizations such as the White House Office of Drug Control Policy, Substance Abuse and Mental Health Services Administration and national recovery organizations such as the National Association for Children of Alcoholics to develop prevention campaign materials and prevention and recovery programs for Native American communities. He was also the 2009 Purpose Prize Award winner.

Who are they?

ANSWER:

left to right: Kurt Poste, Lena Krise, Two Hawks Krise, Astrid Poste, Tyrone Krise, Erika Poste.

Whitney Jones will be new Director of Business Development Center

A "Farewell from the Tribal Center" party was held Friday, Dec. 10th for Whitney Jones, former Deputy Executive Director for the Tribe, who will be taking on a new position as the Director of the Business Development Center. Whitney was gifted with a blanket woven by Susan Pavel.

Drive Hammered, Get Nailed

Time to Give Thanks as Law Enforcement Canvas Mason County Roadways from November 25, 2010 to January 2, 2011

Mason County, WA – Thanksgiving takes on a special meaning this year as the holiday Drive Hammered, Get Nailed campaign officially begins that day. Between November 25, 2010 and January 2, 2011, local law enforcement will conduct extra DUI patrols throughout Mason County to rid the roads of impaired drivers during the holiday season.

“In Washington, impaired driving is still the most frequent contributing factor in deadly collisions. During this time of year with holiday parties and celebrations, we urge everyone to plan ahead and choose a safe ride home,” said Lowell Porter, Director of the Washington Traffic Safety Commission.

The average blood alcohol level of people arrested in Washington for DUI is about .14. That’s almost twice the legal limit of .08.

Especially at this time of year, law enforcement officers statewide advise all holiday party-goers to designate a sober driver, take a taxi or choose not to drink alcohol because if you drive hammered, you will get nailed!

In 2009 there were 41,006 people charged with DUI in Washington. Here’s the breakdown for the past four years:

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of People Charged</th>
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</thead>
<tbody>
<tr>
<td>2006</td>
<td>42,029</td>
</tr>
<tr>
<td>2007</td>
<td>41,569</td>
</tr>
<tr>
<td>2008</td>
<td>39,455</td>
</tr>
<tr>
<td>2009</td>
<td>41,006</td>
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</tbody>
</table>

This Drive Hammered, Get Nailed campaign is a joint effort between the WA Traffic Safety Commission, law enforcement statewide and Mason County DUI/Traffic Safety Task Force. Squaxin Island is also participating.

According to the National Highway Traffic Safety Administration (NHTSA), an average of 30 people are killed every day on our nation’s roadways as a result of alcohol-impaired crashes. However, there is good news. During 2009, there were 10,839 alcohol-impaired driving deaths nationwide, a decrease of more than 7% from 2008.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov
New Location
For The New Year

Brittny Bitar - The Kamilche Café and Espresso construction project has been evolving quickly this past month. This is an exciting time for all of the café staff. The baristas can’t wait for the new location to be up and running. We are planning a mid-January grand opening. The wait will be over soon! Feel free to check out the progression of the new stand, located at 21 SE Simmons Rd, Suite 3. The pictures below showcase the development of the project. Happy New Year everyone!

Business Spotlight

By Stephanie Gott

HAPPY NEW YEAR! May this New Year bring lots of Love, Peace, Happiness and Hope to all!

I personally am very excited about what the New Year will bring; People I will meet or get to know better, places I will go, things I will learn. I love the possibilities that a New Year brings. And something tells me that I will learn a lot and get to know a diverse group of individuals just by writing my monthly article… I love it!

So my first business spotlight of 2011 is about a business that most of us (who own a computer) will probably need at one point or another. Native Micros is a computer business that specializes in hardware, software and data recovery. The Business is owned by Squaxin Island Tribal Members Davey Whitener, who handles the "technical" part of the business and Penni Giles, who takes care of the "administrative" part. I had an opportunity to sit down with one of its owners, Davey so that he could bring me (and essentially, the readers) up to speed on what Native Micros is all about.

SG: So for those that don’t know you, can you tell me a little bit about yourself?

DW: I grew up in Kamilche. My parents are Dave Sr and Elaine Moore. I have worked in many different areas within the Tribe over the years. I worked as the Tribe’s IT Technician, and in Law Enforcement… quite some time ago, as well as other departments. I am also a diver (geoduck) and fisherman. In the early 90’s, I started playing around with computers. I would take them apart and rebuild them, it’s something I enjoyed doing and eventually I became certified to work on them.

SG: Do you have employees?

DW: No. If the need for additional assistance is required, for example, I’m not a network administrator, so I would sub contract that type of work out or provide a referral. Otherwise this line of work is something that can be handled by a single technician.

SG: That’s good to know. For the future of your business? (Where do you see it 5 years?)

DW: It would be nice to work with 8A (Native Business Development) and really expand on that.

SG: How should a potential client go about contacting you?

DW: The business phone number is: 360-480-6705 and email is: nativemicro1@gmail.com. These are the best ways to contact us.

SG: Can you offer any advice to aspiring entrepreneurs who may be considering starting their own business?

DW: Learn how to manage your business properly. Things like taxes, accounting, making certain the business has structure is important. Because there is a whole other side to owning a business other than the services it provides.

SG: I take it that this is where Penni becomes involved?

DW: Yes. She takes care of the business.

SG: Just curious, but what if I wanted to hire you to fix a computer issue. How much would that cost me?

DW: I charge $60.00 an hour.

SG: Thanks for talking with me about your business. I probably don’t have to tell you that you WILL hear from me at some point. I am a self-proclaimed Idiot when it comes to technology and all its advances. I mean I still love my Sega…..

DW: (he laughs….)

Olena Cooper - I’m sure you have seen a lot of construction going on over by the KTP Express, but don’t hesitate to stop in for your non-ethanol fuel. Ask Billy Hagman (enrolled Squaxin tribal member and lead) what’s going on. Billy has worked for KTP for 3 years and is still going! Keep checking in to see if we have any special deals going for the New Year! Thanks everyone! Have a safe New Years! 2011, here we come!!
Thanks, to all who came and enjoyed our community holiday night with Good Ole St. Nick. We hope you all enjoyed it like all of us. A special thank you goes out to the Child Development Center! The kids made decorations to spice up our store! Thank you, Salish Seafoods, for cooking up some deep fried oysters and a thank you also goes out to the baristas from KTP Express Espresso for serving up some nice and warm spiced carmel cider and salted carmel hot chocolate! We are thankful for all of your support!
Cultural Teachings & Classes at the Museum
We were very fortunate to have Valerie Parsons and Jay Saros from the Ojibwe–White Earth Reservation at the museum to teach classes and to offer spiritual teachings.

A note from Valerie…
Hello,
I wanted to give you a brief run down of how the classes went. Even though, I am sure folks have already told you some. The classes went great. My best student was Herb. He was always there and finished his project before anyone else. I brought extra kits for the ones who might have missed a class or project. We did a 9-3 class at the elder center. They did several projects. They even got a chance to participate in wild rice cleaning. They also got to take some home with them.

The youth regalia classes I am sorry to say was too short of time. As you probably know, regalia making can take months to finish. I am hoping that the adults that were there will encourage the kids to finish their items. I am concerned that, without motivation, the kids will put away their projects and not finish them. I donated several shawls to the younger ones but did not have any big enough for the older girls. So they had to start from scratch. Two girls wanted to learn beadwork, and so I taught them a simple technique that will make their project go smoothly. They all seemed to enjoy themselves.

Finally, I want to say thank you for allowing us to share our knowledge with the people. We made many new friends and had a wonderful time there.

Sincerely,
Valerie Parson

Sarah Shufelt
Archaeologist
Hi, my name is Sarah Shufelt. I am the new Archaeologist with the Cultural Resource Department, and am glad to be back working with Squaxin Island Tribe. I worked here about ten years ago, as a Cultural Resource Monitor during the development of the Childcare Center, Little Creek Casino parking garage, and numerous other projects. I have lived in the Olympia area most of my life except for a year away in Australia, where I completed a Master’s Degree program in Underwater Archaeology. I am passionate about cultural resource preservation. I also enjoy spending time with my six month old son, diving, soaking in hot springs, reading, motorcycle riding and working with incarcerated juveniles. I look forward to getting to know you, please stop by our Department and say hello!
Cook Basket Collection Videos
The MLRC now has available videos of individual baskets from the Cook Basket collection. These videos give a close up look at each basket in this large collection. The videos are a good resource for examining and determining the different types of weave and materials that were used when creating baskets. If you are interested in viewing any of the videos, stop by the museum during regular business hours.

If you have any questions about the Cook collection or how to properly store baskets, please contact the MLRC Curator Mandy McCullough (360) 432-3843.
Happy 2011

Squaxin Youth Education, Recreation and Activities Calendar

TLC hours M-F 8:30am-5pm
Gym/Rec. hours M-Th 3-7pm; F 3-6
Co-sponsored by DASA.  All activities are drug, alcohol and tobacco free.

Front Desk: 432-3958
Youth Activities Manager: 432-3992

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<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tr>
<td></td>
<td>After school snacks M-F 4-5pm</td>
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<td>Key</td>
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<td></td>
<td>Computer Lab M-Th 3-6, F 3-5pm</td>
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<td>Homework Help &amp; GED Prep. in TLC classroom</td>
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<td>Suquamish @ Squaxin</td>
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<td>Open Swim 3-6</td>
<td>Lushootseed Activity</td>
<td>Griffin E.R. Youth Council @ 5:30</td>
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<td>1.5 hr SSD E.R.</td>
<td>Open Year's Day</td>
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<td>9</td>
<td>Squaxin @ Chehalis</td>
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<td>12</td>
<td>13</td>
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<td>Open Swim 3-6</td>
<td>Lushootseed Activity</td>
<td>Griffin E.R. Youth Council @ 5:30</td>
<td></td>
<td>Nutritionist 4-5:30</td>
<td>Open Swim 5-8</td>
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<td>16</td>
<td>Possible Inter-tribal Tourney @ Nisqually</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
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<td>17 Rev. Dr. MLK Jr. Day No School</td>
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<td>Griffin E.R. Youth Council @ 5:30</td>
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<td>1.5 hr. SSD E.R.</td>
<td>Open Swim 5-8</td>
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<td>18 Lushootseed Activity</td>
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<td>Open Swim 3-6</td>
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<td>23</td>
<td>24 Lushootseed Activity</td>
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<td>Open Swim 3-6</td>
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<td>Griffin E.R. Youth Council @ 5:30</td>
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<td>Nutritionist 4-5:30</td>
<td>Open Swim 5-8</td>
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<td>Open Swim 3-6</td>
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Notes from the Planning Department
By Margaret Foley

**Environmental:** The Department has begun implementation of two grant-funded environmental sustainability projects. Sheena Kaas was hired as project manager for the Environmental Protection Agency-funded Solid Waste Management Plan project. Sheena will work with multiple tribal departments to develop a plan that reflects the Tribe’s commitment to environmental stewardship. Planning team members have begun to implement the Environmental Regulatory Enhancement Grant, funded by the Administration for Native Americans. This project is another multi-departmental effort, with Penni Giles as project manager. Its focus is to develop environmentally sound policies for planning and development of capital projects, aided by enhanced GIS capabilities.

**Cultural:** Planning worked with the Museum, Library and Research Center to develop a project and submit an application to the Institute of Museum and Library Services for $25,000 to promote and support youth engagement in Museum programs, and provided support for the MLRC’s launching of a Department of Justice grant that helps fund planning for the 2012 Canoe Journey hosting. Planner Bridget Ray met with representatives of the Paul G. Allen Foundation on behalf of the MLRC.

**Social Services:** Planning continues to facilitate meetings of the Elders Work Group and to assist the TLC, Clinic, Treatment Center and Family Services with strategic planning. Planner Elizabeth Egan and Family Services Director Lorraine Van Brunt attended an IHS-sponsored conference on tribal Elder Care, and Elizabeth continues to serve as SPIPA liaison. Recently submitted SPIPA grants include a 3-year renewal of the Administration on Aging’s Senior Nutrition Program and Caregiver Support Program; the annual renewal of the Susan G. Komen Foundation funding to support Women’s Wellness Program; and SPIPA was recently awarded one-year planning funds through the Tribal Maternal and Infant Health demonstration grant.

**Transportation:** Planning worked with Natural Resources to prepare and submit an application to the Corps of Engineers for the permit needed for the Arcadia Boat Ramp project; received a favorable review by Federal Highways of the Klah-Che-Min Improvements project; and submitted approximately 15 additional miles to the BIA Indian Reservation Roads Program to increase Squaxin’s funding. Transportation Planner Margaret Foley participated in development of WSDOT’s Olympic Peninsula Regional Human Services and Public Transit Co-ordination Plan. That plan forms the basis for the Tribe’s biennial application for funding for Squaxin Transit, submitted in December.

**Other:** The Department continues to assist Tribal departments with strategic planning, and to develop and build relationships with private and public funders for a variety of tribal projects and programs. Planner Tracy Parker met with USDA representatives to discuss potential partnerships to benefit Salish Seafoods and to fund a new Natural and Cultural Resources facility.

Make a New Year’s Resolution to:
- Include all family members in doing household tasks.
- Check the house for repairs – make a list and complete a task each month.
- Keep the home orderly and organized by putting things back in there place after use.
- Start recycling household items if you don’t already.
- Use energy saving techniques and purchase energy saving appliances.
- Have a Happy and Safe New Year.

Animal Awareness Bulletin
*Protect your pet from the winter chill*
As our environment transforms around us and the land grows increasingly whiter, remember that not all of our family members are able to let themselves inside to escape from the cold.

Animals die every winter because negligent owners forget to care for their wintertime needs. Squaxin Tribal Code requires owners provide and adequate supply of feed and water for their pets, as well as shelter from the wind and other severe conditions to include rain.

As a reminder, dogs, cats, and other companion animals that live inside homes may not tolerate outdoor winter temperatures for very long periods. Outdoor dogs and barn cats that live outside need dry, clean, enclosed spaces such as dog or cat houses that retain body heat.

Solid Waste and Recycling Program
Did you know you can recycle your holiday lights and artificial trees? Wilson Recycling in Shelton accepts holiday light strings and artificial trees. Their address is 2278 E. Brockdale Rd. For more information call (360) 462-4444 or visit www.wilsonrecycling.com.

Did you know you can also recycle the following?
**Electronics:** Wilson Recycling also accepts TVs, computers, monitors, and laptops free of charge. Goodwill Olympia Retail Store (along with other Goodwill Retail Stores in Lacey) also accepts electronics for free. The Olympia Retail Store is located at 400 Cooper Point Road SW. For more information call (360) 956-0669.

**EyeGlasses:** Lions Club will take your used eyeglasses and redistribute them to developing countries. To donate your eyeglasses, mail them to Northwest Lions Eyeglass Recycling Center, 9013 Mullen Rd, SE Olympia, WA 98513. For more information, visit lionswlerc.org.

**Athletic Shoes:** Nike Re-Use a Shoe recycles worn out athletic shoes and turns them into athletic surfaces. To donate your old shoes, mail them to Nike Grind Processing, 3552 Avenue of Commerce, Memphis, TN 38125. You can also drop off your old shoes at NIKETOWN, 1500 6th Ave Seattle, WA 98101 (206-447-6453) or Nike Clearance Store, 140 W High St., Centralia, WA 98531 (360-736-7434).

**Tools, Building Materials, Furniture, and Appliances:** Mason County ReStore will take usable building materials, furniture, and appliances free of charge and sell them to raise funds for building projects. Mason County ReStore is located at 205 West Cota St. in Shelton. For more information call (360) 426-2198.

Feedback and questions about this article can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at 432-3907 or skaas@squaxin.us.
Klabsch Lane Apartments
There was an Open House and Blessing Ceremony on November 18th for the newly built Klabsch Lane Apartments. A BBQ was provided by Native Land Development for the many community members in attendance.

The Tribe obtained $1,522,598 in American Recovery and Reinvestment Act (ARRA) grant awards for the construction of the two-six unit “Build Green” apartments adding a new housing option for tribal members.

The 1,000 square-foot apartments with two bedrooms, utility, bath, dining, kitchen, and living area will be managed by the Office of Housing and will accommodate family sizes of one to three persons.

Designed by J.A. Morris and constructed by Native Land Development a native owned firm, twelve families took occupancy just in time for Thanksgiving.

The Office of Housing would like to welcome the new tenants of the Klabsch Lane Apartments!

Free Tax Site
The Office of Housing is planning to offer a FREE TAX SITE again this year. We are still in need of one volunteer who would be available to offer their time preparing basic tax returns, 1-2 nights per week February 15-April 15. Please contact Lisa Peters at 432-3871 if you are interested in this opportunity.

Teach Your Children Well
As the most influential teacher in a child’s life, parents can help their children by:

**Teaching personal responsibility.**
- TEACH CHILDREN
  1. to do it right” even when their friends/peers do not;
  2. to know taking an unpopular position is OK;
  3. to take responsibility for their behavior rather than blaming others.

Emphasize the ripple effect/erosion principle. Help children to know what may be inappropriate behavior. It is likely to be perpetuated.

**Spending time with them.**
Spend quality time with children. Turn off the TV!

All parents are busy today. However, this does not give any parent the permission to overlook their most important task—parenting children. Children deserve more than the things parents can give them. They deserve their parents!
Breastfeeding:
A Tool to Reduce SIDS
(Sudden Infant Death Syndrome)
Babies who are breastfed less likely to die from SIDS.

Submitted by Patty Suskin, Registered Dietitian, condensed from IHS Provider Women’s Health News 2010 written by Sue Murphy Suzan. Murphy@ihs.gov at Phoenix Indian Medical Center

Sudden Infant death, SIDS is the leading cause of death in babies between one month and one year of age.

SIDS is nearly three times more common among American Indian/Alaska Native infants when compared to the general population. Parents are encouraged to use the “back to sleep” sleeping position on a firm sleeping surface for their baby, to not smoke around their baby, to eliminate soft items (toys, pillows, thick blankets, etc) from their baby’s environment, and to not allow their baby to fall asleep on recliners, sofas, or couches.

Did you know? Choosing to breastfeed can also make a difference. Recent studies show that exclusive and partial breastfeeding reduced SIDS risk by 50% at all ages. Overall, families who breastfeed can know they are doing the best they can to prevent SIDS.

Babies were born to be breastfed. While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby.

Living Smart Quiz
Some ideas for improving your Health in the New Year
Are you living smart? Complete this American Cancer Society quiz and find out how you rate.
Circle Yes or No next to each question, then keep reading to see how you can keep living smart.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>I eat at least five servings of vegetables and fruits every day.</td>
<td></td>
</tr>
<tr>
<td>I eat at least three servings of whole-grain bread, rice, pasta and cereal every day.</td>
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<tr>
<td>I drink reduced-fat or fat-free milk and yogurt, and I seldom eat high-fat cheeses.</td>
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<tr>
<td>I rarely eat processed and red meat like bacon, hot dogs, sausage, steak, ground beef, pork or lamb.</td>
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<tr>
<td>I take it easy on high-calorie baked goods such as pies, cakes, cookies, sweet rolls and doughnuts.</td>
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<tr>
<td>I rarely add butter, margarine, oil, sour cream or mayonnaise to foods when I’m cooking or at the table.</td>
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<tr>
<td>I rarely (less than twice a week) eat fried food.</td>
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<tr>
<td>I try to maintain a healthy weight.</td>
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<tr>
<td>I get at least 30 minutes of moderate to vigorous physical activity on five or more days a week.</td>
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<td>I usually take the stairs instead of waiting for an elevator.</td>
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<tr>
<td>I try to spend most of my free time being active instead of watching tv or sitting at the computer.</td>
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<tr>
<td>I never, or only occasionally, drink alcohol</td>
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</table>

How Do You Rate?

0-4 “Yes” Answers: Uh oh. Alert, alert! Yikes, your eating habits are probably too high in fat and too short in vegetables, fruits and grains. Maybe take a look at your eating habits and find ways to make some changes.

5-8 ‘Yes” Answers: Not bad! You’re halfway there! You still have a ways to go, though. Check your ‘No’ answers to figure out which areas of your eating need to be improved, or whether you should exercise more.

9-12 “yes” Answers: Hey, good for you! You’re living smart! Keep up the healthy habits and keep on looking for ways to improve.

Making food choices that are high in fiber & nutritious and getting plenty of exercise can reduce cancer risk. In fact, approximately one of three cancer deaths in the United States could be avoided through a good eating habits and physical activity.

Eat a variety of healthy foods, with an emphasis on plant sources.

Eat at least five servings of a variety of vegetables and fruits each day.

Choose whole-grain breads, cereals, rice and pasta instead of refined grains and sugars.

Contact Patty Suskin, Registered Dietitian at the Health Promotions Building (360)) 432-3929 if you are Native American and would like some individualized support & ideas for being healthier.
The right amount of sleep is good for weight loss
Cutting back on sleep may compromise your weight-loss goals. Researchers put overweight volunteers on a calorie-restricted diet, them measured their weight loss over two 14-day periods, once after 8 ½ hours a night of sleep and again after only 5 ½ hours. While participants lost the same amount of weight regardless of rest time, those who were well rested lost more body fat (as opposed to lean body weight) than the sleep deprived. Tired participants reported being hungrier, and researchers learned that sleep-deprived bodies produced more of the hunger hormone ghrelin, which may make it harder to stick to a diet. Ideally, adults should all get 7 to 9 hours of sleep a night.

Source: Annals of Internal Medicine, Oct. 5, 2010

Try this...
DRINK TWO glasses of water before you eat. In a study of 48 middle-aged men and women, researchers assigned half to a low-fat, low-calorie diet. The other group stuck to the same eating plan but also drank two 8-ounce glasses of water before each meal. Those who took water before meals lost more weight than their peers.

Source: American Chemical Society annual meeting, August 2010.

Walking boosts brain function
Walking boosted brain function in a study of formerly sedentary individuals who had gotten almost no exercise in the previous six months. During the study, they walked for 40 minutes three times a week for a year. Over that time, regions of their brains that previously had little to do with one another began to interact. Since connectivity is a hallmark of young healthy brains, the results suggest that exercise may help turn back the brain's clock.

Source: Frontiers in Aging Neuroscience, August 2010.

Prone to headaches?
Prone to Headaches? You may want to hit the gym. A German study found that inactive teens had four times the odds of getting migraines as avid exercisers. The survey results also suggest that cutting down on alcohol and coffee drinks could help the headache prone.

Source: Headache, June 7, 2010

Nov. was Diabetes Awareness Month!
Submitted by Patty Suskin
Pictured are L to R: at table: Dr. Karen Anderson, MD, Bob Whitener, Alene Whitener, Ann Parker. Standing L to R: Rose Davis, Mike Davis, Herb Johns, Margie Witcraft, George Witcraft, Glen Parker.

Thank you to Dr. Karen Anderson, MD, our new clinic medical director, for leading the diabetes support group discussion about “Blood Pressure- The Silent Killer”. Dr. Anderson stressed the importance of controlling blood pressure to avoid heart attacks, strokes, & kidney problems. She stated that both physical activity & weight loss are very helpful to keep blood pressure in a healthy range. (130/80 or below). In addition, eating less salty foods can be helpful. Examples of some salty foods to limit or avoid include: canned soups & top ramen, pickles, olives, hot dogs, and boxed meals. For more information on hidden sources of salt, contact Patty Suskin, Registered Dietitian, at the Health Promotions Building. If you have not had your blood pressure checked recently, please make an appointment at the clinic (360) 427-9006 or call the fire station near Island Enterprises at (360)426-7222.

Foot Exam Morning with Dr. Kochhar (Foot Doctor)
Friday, January 14th, 2011
9 am—noon
Priority for people with Diabetes
Others will be seen if space is available.

Contact Patty Suskin,
Diabetes Coordinator for an appt.
360 432-3929
Upcoming Events

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

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

Want a garden in your yard?
Are you low income?
Contact Juana Perry @ 432-3863
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes
Community members welcome
Mondays and Thursdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label
Reading Workshops
Contact Patty to schedule
a family & friends session

Health Promotions Programs
We have exercise videos
in the building across from clinic
Work out alone, with us
or schedule a time for a group

Our Nationally Recognized
Lifestyle Balance Program
If you are ready to lose weight,
we can provide support.
If you are Native American and over 18,
see if you qualify to participate.

Mammogram Clinic
Thursday, January 20th
9 a.m. to 3 p.m. @ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

Community Health Walk
Thursday, January 20th
Meet at Elder’s Building at 12:40
for a 20 minute walk around the REZ
Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

Meal Program

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Mon.</td>
<td>Teriyaki Chicken</td>
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<tr>
<td>Tues.</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed.</td>
<td>Breakfast for Dinner</td>
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<td>Thurs.</td>
<td>Beef Stew</td>
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<td>Mon.</td>
<td>Shrimp &amp; Broccoli Stirfry</td>
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<td>Tues.</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed.</td>
<td>Pork chops</td>
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<td>Thurs.</td>
<td>Chili</td>
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<tr>
<td>Mon.</td>
<td>Spaghetti &amp; Soup</td>
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<tr>
<td>Tues.</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed.</td>
<td>Fish &amp; Chips</td>
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<tr>
<td>Thurs.</td>
<td>Chicken Fajitas</td>
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<tr>
<td>Mon.</td>
<td>Cornflake Chicken</td>
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<td>Tues.</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed.</td>
<td>Beef Roast</td>
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<tr>
<td>Thurs.</td>
<td>Crab Cakes &amp; Soup</td>
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<td>Mon.</td>
<td>Meatloaf</td>
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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, January 11
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, January 10
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

WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227

Tuesday, January 11th is
WIC DAY at SPIPA

January Mammogram Clinic
January 20, 2011
9:00 am to 3:00 pm
At the Squaxin Island Health clinic

- Free Snacks
- Incentives
- Breast care information
- Drawings for Door Prizes-including a Pendleton Blanket

Every Woman counts, tell your sisters, daughters, mothers, and friends to have a mammogram done yearly*. If you have any questions regarding your eligibility please contact:
Elizabeth Heredia, Women’s Health Outreach Worker for the Squaxin Island Tribe
at (360)432-3930 or (360) 490-9977

* Beginning at age 40 Women should have a mammogram done yearly. CBE should be done on a yearly basis by your medical provider. You should do monthly Breast Exams on a regular schedule.

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Happy Birthday

What's Happening

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<tr>
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<tr>
<td></td>
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<td>Family Court</td>
<td>AA Meeting 7:30</td>
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Drug & Alcohol Awareness Dinner

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Community

Happy 18th Birthday Kayla!

Happy 11th Birthday (1/27)
To our nephew Thomas” Nate” Jackson
We love & miss you!!
Love, Gramma Donna,
your aunties, your cousins
& all your family
from Squaxin

Bestest 18th birthday wishes
Miguel
with loads of love.....

Happy Birthday Astrid

Happy 13th Birthday (1/22)
Shawnell Lynn
Daddy’s Baby Girl
Hope all your wishes
come true!!
We love you very much!!

Love Grams, Gramps,
Auntie Misti, Uncle Miguel,
Auntie Wicket,
Auntie Theresa,
Auntie Connie
and all your cousins

Bestest birthday wishes to
Shawnell Mcfarlane

Love Dad, Raven,
Sissy & Seth

Happy New Year everyone
Loads of love!
Misti Dawn & family

Hey Sis,
Remember this Expo 86
ride to Canada?

Love, Misti

Love Mom, Dad,
Justin, Bianca and Brit

Wicket, see you’ve always
been my baby :-)
SOCK Fund-Raiser

SOCK is partnering with a group of grassroots organizations in town to promote and sell a 2011 calendar that SOCK made. A different grassroots organization is featured on each month. Plus, the back pages have a comprehensive resource list including contact information for most of the non-profit organizations in Mason County.

There is a web address below so people can buy the calendar online. Also, if you’d like me to drop off any calendars in person to sell in your office, I’d be happy to do so.

Anyone who buys a calendar has a chance to win $500 that will go to the non-profit of their choice!

The calendar is $10 and the money goes towards SOCK.

Here is a link to buy the calendar online:

www.tinyurl.com/sockcalendar

Thank you very much!

Emily Hammargren
Program Assistant, SOCK
Save Our County’s Kids
PO Box 1013
Shelton, WA 98584
360-462-SOCK(7625)
www.sock.org
Join us on Facebook!

Snow Much Fun