World War II Veterans - Cal Peters, Harry Fletcher & Bill Peters - Honored For Service to Our Country

A special Veterans Day celebration took place in the Tribal Council Chambers on November 6th to honor Cal Peters, Harry Fletcher and Bill Peters for their service to our country during World War II.

Tribal member veteran Glen Parker, who led development of the Squaxin Island Tribe’s Veterans Memorial Project, served as the emcee for the event. He presented a slide show of the project along with a photo album containing pictures of all tribal member veterans. He also shared the now-framed eagle feathers, donated by Tribal Chairman David Lopeman, that were used during all blessing and smudging ceremonies.

The Squaxin Island Color Guard then presented the flags. “This is protocol,” Glen said. “We’re still learning how to do all of this Honor Guard stuff properly, and we can stand tall because we’re trying to get it right. John Krise has a lot of knowledge and we’re learning from him.”

According to Glen, Tribal Council ordered a staff to lead Color Guard processions. “That is really good news, and we thank Tribal Council for that gift.” Protocol then calls for the U.S. flag to come next, followed by the tribal flag, which is of equal standing to the state flag, which comes fourth.

After the presentation of the flags, the World War II veterans were invited to share memories about their service.

Bill Peters, the most highly-decorated Squaxin Island tribal veteran, Air Force Staff Sergeant and Aircraft Tail Gunner, shared stories from his incredible 32 bombing missions over Europe in 1944. During the D-Day bombings, Bill flew three missions over France. He and the others who made it back, were given a special “Lucky Bastard” award. Bill was shot on one foot and was barely missed on two other occasions.

Bill’s younger brother, Cal Peters, also served during the war, but because Bill was on active duty in Europe and their middle brother, Raymond, was killed by a Kamikaze pilot in Okinawa, Japan, just a week before the nuclear bomb was dropped on Hiroshima, he was forced to stay at home and serve by providing transport for military officers.

“It’s hard to follow after Bill,” Harry chuckled. “I didn’t win the war, but I served in the Army one year, one month and one day.” Harry went through extensive training to prepare him for battle, before going on missions to drop troops in Korea and Okinawa.

Cal Peters expressed his great appreciation for the special honoring celebration. “Thanks for honoring us even though we feel like we don’t deserve it,” he said. Both Cal and Glen shared statistics indicating that Native Americans serve this country in greater per capita than any other ethnic group.

“All of our veterans have served our country well, and we are very proud of them,” Glen said.

NOTE: See Bill’s full story on Page 3 and more photos from the event on Page 8

We salute you and all of our veterans!
Council Corner

Per Capita Distribution
December 3rd
Starting at 8:30

Resolutions
09-92: Intends to appeal Mason County Health Department’s finding of water quality adequacy for DB Industries on Johns Creek

09-93: Requests the Tribe’s ARRA TIP be amended to include construction of maintenance and improvements to Klah-Che-Min Drive

09-94: Approves Change Two to the Housing Eligibility, Admission and Occupancy Policy

09-95: Enacts terms and conditions of documents related to changing the Squaxin Island gaming enterprise trust and management services of the 401(k) Profit Sharing Plan from Transamerica Retirement Services to Fidelity Management Trust Company

09-96: Approves the Judicial Services Agreement with Northwest Intertribal Court System (NICS)

Language Classes
Mondays @ 5:30 p.m. to 7:30 p.m. in the museum classroom

Special Thanks
The Squaxin Island Family Services would like to thank Gwen Gua and SPIPA for getting the funds to clean up our building. We’ve painted and had new floors put in. Our building is looking a lot nicer.

We would like to take this time to also “thank” the Squaxin Island Maintenance Dept. for coming over to help with the moving furniture in and out of our offices, and for cleaning up around the outside of our building.

We would also want to take time to thank the Squaxin Island Janitorial Team for all the hard work they have done in our Dept.

- From the Squaxin Island Family Service Department

Mark Your Calendars!

EMPLOYEE CHRISTMAS BRUNCH
DECEMBER 23RD
10:00 a.m. @ LCCR
We Honor Our Veterans

Staff Sergeant William Peters

Bill Peters served in the U.S. Eighth Bomber Command, stationed in England during World War II.

He was enlisted into the Army Air Force Services at Fort, Lewis, WA, and trained for service duty as a B-24 Airplane Mechanic.

He eventually served as an Aircraft Tail Gunner in the 371st Army Air Force. He provided dual machine gun anti-aircraft cover for 32 bombing missions in 1944. These included 3 missions over Belgium, 10 missions over France, 18 missions over Germany and 1 one Secret Mission into France.

The first mission was flown on May 10th over Brussels, Belgium. Bill and the others were sleeping when a voice came over the intercom. "Crew 26, it's time to go. You are going to fly until you can't walk any more." They were given breakfast in the briefing room before being sent off for the "North Sea." About mid-way across the ocean, they were told, "Man your guns over the mainland."

On his second mission, over Berlin, 1,000 men and 200 airplanes were lost. "There was fighting galore," Bill said. "I don't even know if we hit any of the enemy planes."

According to Bill, the bombs are orange when they explode - unless they hit their target, then they are black.

On his 21st birthday, Bill helped bomb Munich, Germany for three days in a row in a bomber named Trudy. "There is a picture of the entire crew in the Tribal Record Book. "We were joking around about the good beer in Germany," Bill said. "We took glasses with us and figured if we hit a brewery, we could hold our glasses out and get a free drink. We tried three times, but no beer." In addition, the Red Cross gave Bill a carton of cigarettes for his birthday.

During the D-Day bombings, Bill flew on three separate missions over France "looking for Germans to bomb." Bill, and all who made it back safely, were given a special "Lucky Bastard" award.

During Bill's fourth mission, "flack was coming up at us. Little pieces of metal. One of those pieces made a big hole in the plane above my head. I looked at that and thought, 'Jimini Crickets!'" The navigator was hit. The engine was on fire and the pilot dove us down. He straightened us out, got the fire out and guided us to the coast of the North Sea."

On June 25th, Bill flew a secret mission into France at a mere 1,500 feet. "We didn't even need an oxygen mask," he said.

During the bombing missions, Bill was hit in the toe, and was barely missed on two more occasions. Bill is the most highly-decorated tribal veteran.

Medals awarded to Bill include Good Conduct, European Service, Distinguished Flying Cross, and the Army Air Medal. The Army Air medal was awarded with Three Oak Clusters. He also received a Special Citation from Brigadier General A.W. Kissner for "extraordinary achievement while serving as a courageous combat Tail Gunner who repelled numerous hostile fighter attacks by his excellent marksmanship."

Bill received Honorable Discharge on October 6, 1945.

Special Thanks

I would like to thank the Legal Department for the chili cook-off; it was great! The tastes were so different and all were great. The people and feeling of friendship went well with the chili and corn bread and muffins. Thank you for offering cold drinks and coffee to drink. It was great and I thank you, as I am sure the whole community does. The Seniors will put the money to good use.

- Sharon Johns

Teaching Basic Quilting and Basic Sewing Repairs

Sundays 3 - 7 p.m. at Dorinda's house
350 T'Peeksin Lane
790-9307
Hemming, zippers and minor tears
Repairs and quilting - no making new clothes
Elders Activities
Lunches are $3.00 per person for anyone under 55. This includes tribal employees and community members. The money goes back to the Elders Food Program, so please support your Elders and pay this minimal charge for your meal.

Also, please note that "to go" food should be taken only after 12:25 pm, unless other arrangements have been made, so that there is enough food for everyone at the meal. To go meals also have the $ 3.00 charge for non-Elders. Thank you very much for coming to Lunch we look forward to seeing you.

We would like to go to a play and see the Christmas lights the first part of December. If you are interested, please Call Colleen at 360-432-3936. If I’m not in, please leave a message. I am looking for a good play and, when you call, I will have one picked out - or maybe you have some suggestions . . .

Friday, December 4th Christmas BAZZAR / GARAGE SALE and BAKE SALE. ALL YOU CAN EAT SPAGHETTI FEED (NO TO GO) please. $5.00 per person. We need DONATIONS, DONATIONS and DONATIONS, PLEASE. Clothes, Crafts, Cookies, Cakes, home made Candy.
11:00 a.m. until 7:00 p.m.

Starting January 12th, 2010 at 1:00, we will start the Wii GAMES on our New Big Screen T.V. Come in and watch and play. We will all learn together! We will have the newspaper each day, board games, cards, puzzles, and crafts. Lets get ready for our NEXT Host Luncheon in OCTOBER, 2011.

LUNCH ON TUESDAYS (SOUP AND SANDWICH) COME ON IN!!!!!!!

Elders Meeting - December 3rd at 1:00 p.m.

Leavenworth - Call now if you want to go (December 11th 2009). Bus leaves at 7 a.m. from the Elders building. Sack lunch on the way up and buffet on the way back. Dress Warm!!!!!!!! WE WILL CHARTER A BUS. Hopefully other tribes will go with us and share the cost.

Christmas Party at the Casino
December 10, 2009 at 6:00 p.m.
Gifts exchanged $5 to $10.00) If you pay more, don’t expect more.
- COLLEEN WOODARD
Squaxin Island Elders Activity Coordinator

Local Food Banks Receive Generous Donation from LCCR
Just in time for the holidays, many struggling families will find assistance at the food banks in our community. This fall Little Creek Casino Resort brought back the Fall Into Fun hotel package and offered guests a luxury stay at a discounted price. All it took was a single donation of a non-perishable food item. This year’s program collected over two tons of food for families in need.

Local recipients include Salvation Army, Bread and Roses, Squaxin Island Tribe, and United Methodist Church. Jeannie McConnell, Business administrator for Salvation Army indicated that the kitchen was running low on many items. “Items like canned vegetables and protein are always in need, this year the demand is even greater” said McConnell. Many collection sites are gathering Thanksgiving baskets to distribute this week. The United Methodist Church shared that they have seen an increase in people over the last few months, many new faces looking for assistance. “For me it opened my eyes to the need that was there, I didn’t realize the need was so huge.” Said Kim Burrow, Hotel Director. “It feels good to think that there will be one less hungry mouth on Thanksgiving.”

To help its own family, Little Creek Casino Resort will also be giving each one of its 750 employees a free Thanksgiving turkey early next week. Many generous employees will donate their turkeys to the food bank, last year over one hundred Turkeys were donated.
Hello from the Wellness Center Pool

To those people that are interested in water aerobics, the pool will be adding an additional class! The class will be starting Dec. 1st, 4:30-5:30 p.m. on Tuesday and Thursdays.

We are hoping this will give those of you who get off of work at 4:00 p.m. an opportunity to work off the daily stress!

For those of you that are enjoying the 6:00-7:00 p.m. class … Keep up the good work!

Also we are looking forward to adding some new activities at the pool by the end of the year. For example; water volleyball, basketball, birthday parties… So please give us some feedback on what would bring you and your family to the Wellness Center Pool.

To those of you who that are interested in our Monday, Wednesday, Friday lap swim; we have lanes available for lap swim, stroke development, water walking, and self-guided aerobic exercise. These hours are from M-W-F 6:00-8:00 a.m.

We encourage you to participate in our “Holiday Challenge,” to maintain your body weight through the holiday season!

For more information, please contact the pool @ (360) 432-3852.

We are looking forward to seeing all of you soon.
GED Classes
Jamie Jhanson - GED Classes continue to be held Mondays, Tuesdays and Wednesdays from 5:00 – 7:00 p.m. in the classroom at the Learning Center.

Getting your GED will help increase your chances of obtaining a job or job promotion. If you would like to be able to better provide for you and your family, a GED is a great way to begin that journey.

Earning your GED requires passing five tests: math, reading, writing, science, social studies. I am here to help prepare you for these tests. I have practice tests, packets for practice and activities to help you learning any concepts you might need help with. I can even help you get signed up for the orientation class and tests at Olympic College.

Most of the time there is only one or two people attending the class. This allows the classroom to be quiet and instruction to be individualized.

Feel free to drop in during the GED class. You are more than welcome to drop in to see what the classes are like and if they are a good fit for you.

You can get a hold of me by calling 292-3301 or emailing me at jjhanson@mccleary.wednet.edu. I am at the TLC Mondays, Tuesdays and Wednesdays from 5:00 – 7:00.

Homework Help
Jamie Jhanson - Send your child up to the classroom at the Learning Center Mondays, Tuesdays and Wednesdays for help with their homework. I am here to help with any homework your child may have. Your child can come up to the classroom for a quiet place to read or do homework.

I can even provide tutoring services if your child needs extra support in a particular subject. Please feel free to contact me if your child needs tutoring. I would enjoy working with you and your child to help provide your child the support he or she needs to be successful in school.

I am here to help make this year a successful school year for your child!

You can get a hold of me by calling 292-3301 or emailing me at jjhanson@mccleary.wednet.edu. I am at the TLC Mondays, Tuesdays and Wednesdays from 4:00 – 7:00.

Halloween Bash 2009
If you were one of the nearly 200 people in the Gym on the evening of October 30th, 2009 you probably saw some interesting activities - a Count Dracula cake walk, Frankenstein's face painting or maybe some spooky musical chairs. You may have also seen the creepy backdrop for taking pictures - perhaps some of you have a skeleton posing with you? If you followed your nose, you would have ended up at the buffet dinner for delicious lasagna and salad! There was no end to the excitement, especially when Michael Jackson's “Thriller” came on and the Native Sisters performed their dance! If you got the courage up, you may have even gone to the haunted house! Without fail, you surely had the chance to grab some candy and visit with friends and family. No matter what activities you participated in, I'm sure you had a spooktacular night.

The evening’s events were planned with cooperation from many tribal departments and volunteers. The ‘Tu Ha’ Buts Learning Center is pleased so many members of our community were able to come to the Halloween Bash this year. We had a lot of positive feedback. We truly appreciate the help we received from all the fabulous volunteers and tribal departments for making this evening a success! Thank you!

Halloween Haunted House
Kim Heller - This year’s haunted house was a cooperative effort between the Squaxin Island Tribal Police Department and a group of students from Shelton High School. The students volunteered to work on the haunted house as their community service project which is a graduation requirement. Each student donated 20 hours of work on making the haunted house a special event for the tribal community. Many of the students also brought their friends that graciously helped build the haunted house and/or were characters in the haunted house. Every student demonstrated awesome creativity, motivation and the ability to work together as a team.
**Veterans Day Guest Speaker**

Meghan Brandt, November 11 - Between swimming at the pool and going into town to see a movie, students gathered in the gym to hear Glen Parker, a Korean War Veteran and enrolled member of Squaxin Island Tribe. He spoke to the gathered youth about the origins and intent of Veterans Day.

“Veterans Day is a day for honoring those who have committed themselves to the protection of our country,” Glen told them.

The students listened to him with respect when he spoke about his time in the service, as well as the Tribe’s involvement in the service. There are 86 Squaxin Island veterans. Mr. Parker passed around pictures of World War I, World War II, Korean War, Vietnam War and Iraq War Squaxin veterans. After his talk, many students had questions ranging from, “What was the Korean War?” to “Why did you decide to become a veteran?” It was good to see so many curious minds being taught by one of our elders. Several students even went up to ask questions during their lunch.

We appreciate our veterans, past and present, who have and continue to give to our community.
We Honor Our Veterans
**Learning Center**

**Christmas Party**

Please join us for the

**Annual Youth Prevention**

Dinner Sponsored by:
- Squaxin Island Law Enforcement
- DASTA Drug & Alcohol Prevention
- Tu Ha’ Buts Learning Center

Gifts and Activities Sponsored by:
- Squaxin Island Tribal Council
- Little Creek Casino
- Island Enterprises

**Date: 12/18/09**

**SQUAXIN ISLAND GYM**

- COMMUNITY DINNER @ 5:00PM-6:00PM
- GAMES WITH “FUN FOR ALL” 6:00PM-8:00PM
- A VISIT FROM THE NORTH POLE

This is a drug, alcohol and tobacco free family activity.

For more information, please contact Bill Kallappa at 463-6361 or 432-3992.

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Sylvan

Sylvan is at the learning center four days a week. If you are looking for individualized learning plans that build the skills, habits and attitudes students need to succeed and wish to get enrolled in Sylvan call Shannon Bruff at the Tu Ha Buts Learning Center. 432-3826

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**Introducing the Washington AllPrep Academy**

At Tu Ha Buts’ Learning Center

An alternative model of education delivering powerful learning through an online curriculum and a personalized one-on-one teaching/mentorship experience.

Contact Shannon Bruff
432-3826

- Focus is on the family.
- Prioritize relationships with students.
- Individualized curriculum.
- Work at your own pace and at your skill level.
- Flexible schedule. “Based on your time!”
- One-on-One tutoring/ mentoring for every learner.
- Serving students K-12

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An alternative school program partnering with the community to better serve young learners: offering choice, flexibility and cultural awareness.
Halloween Fun
NWITC Receives IHS Grant For Meth & Suicide Relapse and Prevention Project
Northwest Indian Treatment Center began implementation of its new Meth & Suicide Relapse and Prevention Project October 1st, through a 2-year grant funded by Indian Health Services with a possibility for renewal.

According to newly hired Resource Specialists Stephanie Tompkins and Cris Franklin, they will be assisting clients - for four months post-treatment - with access to services that will help them maintain sobriety. Contacts with individual NWITC alumni will be made three times per week.

"We are not Counselors," Stephanie said. "We are just adding another layer of support. We don’t want anyone to feel like they are being dumped off at the end of their treatment program and forgotten about. We are here to assist with resources, but we will also help people set goals and find the resources they need to accomplish those goals. After four months, our clients should have the skills needed to continue on their own."

At Northwest Indian Treatment Center, at least 85% of clients have abused meth-amphetamines. After completing the treatment program at NWITC, patients often return to situations where they are at risk of using again; 25% of individuals relapse within six months of leaving treatment. Due to the high incidence of relapse, this more concentrated effort is being made to develop and improve individualized and culture/location-specific recovery support services for NWITC alumni.

"June (O’Brien, NWITC Director) has been dreaming about a program like this for years," Cris said. "She worked diligently with the Planning Department to make this happen."

"We will be offering this support to clients by developing a network of service providers and community mentors in a client’s home communities," Cris said.

This will be done through the implementation of the alumni aftercare project that incorporates case management and a recovery support system of care by providing crisis support, intervention and skill-building using phone coaching and in-person counseling.

"An important aspect of this culturally competent program is approaching each individual as a whole unit, as well as establishing a communication network among diverse counterparts such as yourself," Stephanie said. "We look forward to your participation in this project and the relationship that will be strengthened as we strive for our common goal of supporting our patients."

A resource guide will be developed through the program that will provide a complete listing of services available to NWITC alumni. These resources will include housing, school, food, clothing and transportation.

"Almost anything they might need or be looking for," Cris said. "Our job is to connect them with the help they need. We will help them surmount the obstacles they might face."

For more information, feel free to call Stephanie Tompkins or Cris Franklin at the Treatment Center, 360-482-2674.

Hello, my name is Stephanie Tompkins. I am a Squaxin Island tribal member and recently moved back from Oregon to work for the NWITC. I went to school at Portland Community College for Chemical Dependency Counseling. I am licensed in Oregon and am working on licensing in Washington. I worked at NARA (Native American Rehabilitation Association) for over 4 years as a Counselor. I am happy to be home and working on this new grant that will help our people maintain sobriety.
Volunteers Needed!!!!!!
The Squaxin Island Tribe Free Tax Preparation Site is looking for volunteers to assist with tax preparation on Tuesday or Thursday evenings beginning February 2010 – April, 2010. If you are interested in volunteering please call Lisa Peters at 432-2871.

Holiday Safety Tips
Fires caused by candles and Christmas trees equate to several million dollars in property loss and damage each year.

The holiday season is near. Throughout the year, especially now, safety should be a major consideration. Many times fun and excitement can be interrupted by an accident or fire. Statistics show every 60 seconds a house burns, and every 24 hours 10 people die in residential fires. Fires caused by candles and Christmas trees equate to several million dollars in property loss and damage each year.

Safety tips for the holiday season:
• Use only non-combustible or flame-resistant materials to trim trees.
• Be cautious when burning candles. Keep them away from decorations or other combustible materials. Don’t leave children unattended in a room with lit candles. Consider using battery operated candles.
• Keep matches and lighters out of the reach of children.
• Use only lights tested for safety by a recognized testing laboratory, which indicates conformance with safety standards.
• Check strings of lights, new or old, for broken or cracked sockets, frayed or bare wires, loose connections and throw out damaged sets.
• Be sure to use lights labeled for outdoor use for outdoor decorations.
• Don’t connect more than three sets of lights to an extension cord.
• Turn off all lights when you go to bed. The lights could short out and start a fire.
• Don’t run cords under rugs or carpet. Wires could overheat and surrounding materials could catch fire.
• Do not overload out-lets. Use surge protectors, if multiple outlets are needed.
• When purchasing an artificial tree, look for the label “Fire Resistant.”
• Make sure the tree stand is sturdy so the tree won’t tip over.
• Place trees away from fireplaces, stoves and radiators.
• Keep live trees watered to preserve freshness.
• Burn only wood, never paper or pine boughs. Pieces can float out of the chimney and ignite a fire.
• Dispose of ashes and embers properly. Leave ashes and embers in the appliance for several hours to let them cool. When cool, remove with a metal scoop and place in a metal container with a lid, not a cardboard box or with other trash. Store outside, away from the house, until proper disposal.
• Check your smoke alarm and have a fire escape plan for your family.
• If you leave during the holidays, have a neighbor or friend check your house and take in the papers and mail. Set lights on a timer, so it looks like someone is home.

How to Handle Food if Power Goes Off
If your power has gone off, how should you handle food in your refrigerator and freezer? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of food borne illness.

• Meat, poultry, fish and eggs should be refrigerated at or below 40 degrees Fahrenheit and frozen food at or below 0 degrees Fahrenheit. This may be difficult when the power is out. Here are some tips to help you keep your food safe and/or determine if it is still safe:
  • Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about four hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
  • Digital, dial or instant-read food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will always indicate the temperature in the refrigerator and freezer no matter how long the power has been out. The refrigerator temperature should be 40 degrees Fahrenheit or below; the freezer, 0 degrees Fahrenheit or lower.
  • If a thermometer has not been kept in the freezer, check each package of food to determine the safety. Remember, you can’t rely on appearance or odor. If the food still contains ice crystals or is 40 degrees Fahrenheit or below, it is safe to refreeze. Refrigerated food should be as long as power is out no more than four hours. Keep the door closed as much as possible. Discard any perishable food (such as meat, poultry, fish, eggs and leftovers) that have been above 40 degrees Fahrenheit for two hours.

• Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a pro-longed period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for two days. Plan ahead and know where dry ice and block ice can be purchased.
• Do not put the food from the refrigerator and freezer out in the snow. Frozen food can thaw if it is exposed to the sun’s rays even when the temperature is very cold. Refrigerated food may become too warm and foodborne bacteria could grow. The outside temperature could vary hour by hour and the temperature outside will not protect refrigerated and frozen food. Additionally, perishable items could be exposed to unsanitary conditions or to animals. Animals may harbor bacteria or disease; never consume food that has come in contact with an animal.
• Consider what you can do ahead of time to store your food safely in an emergency. Coolers are a great help for keeping food cold if the power will be out for more than four hours—have a couple on hand along with frozen gel packs. When your freezer is not full, keep items close together—this helps the food stay cold longer.

Be prepared for an emergency by having items on hand that don’t require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water and canned goods should be part of a planned emergency food supply. Make sure you have ready-to-use baby formula for infants and pet food. Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency.

Ralph and Karen Munro Vaccinate Against Polio in East Africa

Former Secretary of State Ralph Munro and his wife, Karen, recently returned from East Africa where they vaccinated 100’s and 100’s of children in a drive to totally eradicate polio from the face of the earth.

The Munro’s own the property where the Mud Bay archaeological site is located and has generously allowed excavations in partnership with the Tribe and South Puget Sound Community College. He is also a Squaxin Island Museum Library and Research Center (MLRC) Board member.

According to Ralph, the trip was successful, with positive results. Polio is almost entirely gone in Africa except for Northern Nigeria, he says. "Unfortunately it spreads from there and re-infecteds the areas that have already been cleansed. This year we were assigned an area by the World Health Service that is near the Somalia border. There is fear that polio cases will appear in Ethiopia in people who have come across the border."

"Many of the neighborhoods where we went from house to house were Muslim. The people welcomed us warmly and were very appreciative. Ethiopia is one country where Muslims and Christians live side by side in harmony. Their children go to school together, play in the streets with each other and get along well. It is refreshing."

"Once again we had Rotary Club members and families with us from the states of Washington, Hawaii, New Hampshire, Montana and California. In addition there were Canadian Rotarians from British Columbia and Alberta."

"Thank you to each and every person who has contributed to this effort. Nearly every Rotarian and Rotary family member in the world has helped out financially to make this huge campaign happen. Also a special thanks to the Bill and Melinda Gates Foundation, the United Nations Children’s Fund, the Center for Disease Control, the World Health Organization, the Canadian Wheelchair Foundation, and others who have been instrumental in this effort."

"It is just a blessing that we have such good medical care here in America. Many of the huts and homes we enter to vaccinate children have no evidence of Western civilization at all. Only the shirts on the kids and a plastic bucket or two are familiar. Nothing else. No books, no radio or TV, no electric lights."

"We will continue this campaign until polio is GONE!"

Squaxin Island Tribal Council member and MLRC Director Charlene Krise said, "Ralph has shown so much dedication to Squaxin Island Tribe, Cultural Resources Department and the Museum Library Research Center for many years. He has been one of the steadfast Board members and has always been encouraging our tribe; he is one of the strongest humanitarians I know."
Squaxin Island Museum Basketry Classes Two Times a Week!

Tuesday s from 1:00 to 4:00
Wednesday s from 3:00 to 6:00

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Museum Library and Research Center

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LONGHOUSE MEDIA IN PARTNERSHIP WITH THE SQUAXIN ISLAND TRIBE PRESENTS:

SUPERFLY FILM SCREENING

WEDNESDAY, DEC 9TH, 2009
7:00 PM | SQUAXIN ISLAND MUSEUM

PLEASE JOIN US FOR A COMMUNITY SCREENING OF THE YOUTH FILM PRODUCED ON THE SQUAXIN ISLAND RESERVATION DURING SUPERFLY 2009. SQUAXIN YOUTH FILMMAKERS WILL BE IN ATTENDANCE AND A Q&A WILL FOLLOW THE SCREENING!

WHAT IS SUPERFLY?
LONGHOUSE MEDIA'S 4TH ANNUAL "SUPERFLY FILMMAKING EXPERIENCE," WAS HELD JUNE 4TH-6TH, 2009 ON THE BEAUTIFUL SQUAXIN ISLAND RESERVATION. SUPERFLY, IN PARTNERSHIP WITH THE SEATTLE INTERNATIONAL FILM FESTIVAL, BRINGS TOGETHER 90 YOUTH AND 20 MENTORS FROM ACROSS THE COUNTRY TO PARTICIPATE IN A 38-HOUR FILMMAKING CHALLENGE. A YOUTH FROM THE SQUAXIN ISLAND TRIBAL COMMUNITY PARTICIPATED IN THIS YEAR'S EVENT. COME CELEBRATE THE ACHIEVEMENTS OF OUR YOUTH IN FILMMAKING!

QUESTIONS? CONTACT ANNE AT 253-779-8394
WWW.LONGHOUSEMEDIA.ORG

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FREE MOVIE SCREENING!
EVERYONE IS INVITED TO A MOVIE SCREENING
THAT Features SQUAXIN ISLAND YOUTH MOVIE STARS

DECEMBER 9th at 7pm

at the SQUAXIN ISLAND MUSEUM

PLEASE COME SHOW YOUR SUPPORT
FOR THESE MOVIE STARS & THEIR WORK
ALETA POSTE
GREG LEHMAN
JESSICA CRUZ
MARIO RIVERA
WESLEY WHITENER

EACH OF THESE MOVIE STARS WORKED
FROM SCRIPT TO POST PRODUCTION
COMPLETING 5 SHORT MOVIES AS PART OF
THE SUPERFLY EXPERIENCE YOUTH CONFERENCE
THIS PAST SUMMER FILMING EVERY SCENE HERE
AROUND THE COMMUNITY & THE ISLAND
Halloween Fun

Halloweens Past from Sally Brownfield
Was A Happy Halloween
Riley Timothy Lewis, Jr.
SKWENOPS

Squaxin Island Tribal member Riley Lewis, Jr. passed away on October 16th at 8:35 a.m. after a three-month battle with bone marrow cancer.

Riley was born September 3, 1954, and graduated from Waipahu High School in Hawaii in 1972. He earned his Associates degree in Aquaculture from Lummi College in 1980. He transferred to Western Washington University where he graduated with the Highest Honors (3.82 GPA) in 1982, gaining his Bachelors degree in Aquaculture and Fisheries with a minor in Federal Indian Law.

He worked as a Fisheries Biologist for the Quinault Nation from 1981-1991, as an Archaeologist for Sto:lo Nation in British Columbia from 1997-2005 and Fisheries Biologist at Shxwha:y Village until the time of his passing.

He enjoyed going to Smokehouse ceremonies, drumming and volunteering at numerous events. His specialty was helping babies make paint and other ceremonial items.

Riley was preceded in death by his son, Aaron Casimire in 1996. He was also preceded in death by his parents, Alfred Lewis and Eileen Gladstone Bello; three brothers, Greg Lewis, Timothy Longshore and Elton Bello; sister Gail Longshore; and uncle, Leonard Gladstone.

He is survived by friend, Antoinette Smith; children, Riley, Greg, John, Alfred, River, Shaun and Amos Lewis; brothers, Wayne Lewis, Elpidio and Patrick Bellow and Chuck, Thomas and Edward Longshore; sisters, Sadie Lorentz, Julie Lewis and Francis Longshore; and aunts, Anne Narte, Wilfreda Paul, Mable Lewis, Margaret Hinksman. He is also survived by numerous grandchildren, nieces and nephews.

Prayer services were held at the Nooksak Community Building at 9:00 a.m. and at Shxwha:y Smokehouse in Chilliwack, B.C. at 7:00 p.m. A funeral mass was held on Saturday, October 24 at 10:00 a.m. Celebrant was Eddie Lea. Burial followed at Shxwha:y Cemetery.
New Employee

Lorane Gamber

Hi! I’m happy to be working with the janitorial crew. I hope you all have a very merry Christmas and a great 2010!

Shelton Player

Wins $100,000 in 1st NW Poker Tournament

They came from as far as Florida, Alaska and California, but in the end it was the local hometown favorite besting a field of 200, taking home the first-place prize of $100,000 in the first Northwest Poker Tournament last weekend at Little Creek Casino Resort.

Bill Wilson of Shelton, WA, complete with a cheering section, defeated Tim Weekley of Spokane, WA, heads up to finish the nine-hour tournament. Weekley was rewarded the second-place prize of $45,000 for his day’s work. The $100,000 to first place was the largest ever awarded in Northwest poker history.

With a prize fund totaling $445,500 (also the largest prize pool for a single poker event for the Northwest), all 200 entrants were guaranteed at least a $500 payout. Remaining final table finishers and their winnings were: 3. Richard Edwards, Olympia, WA, $25,000; 4. Mary Camille Emerson, Anaheim, CA, $18,000; 5. Jacob Hunt, Longview, WA, $12,000; 6. Fitzgerald McClellan, Tacoma, WA, $10,000; 7. Andrea Laggart, Bremerton, WA, $8,000; 8. Martin Crabtree, Aberdeen, WA, $6,000; 9. Darren Dietrich, Lake Chelan, WA, $5,000, and 10. KZOK Seattle’s own Downtown Joe Bryant, Bellevue, WA, $4,000. Eleventh through 25th place earned $2,500, 26th-50th $2,000, 51st-75th $1,500, 76th-100th $1,000, 101st-149th $750 and 150th-200th $500.

Bryant was joined by poker Professional Poker Players Phil “The Unabomber” Laak and Antonio “The Magician” Esfandiari plus Major League Baseball player Jay Buhner who all provided “commentary” and entertainment until the final hand. Laak, Esfandiari and Buhner were eliminated earlier in the tournament, but gave Bryant “advice” until the end.

All final table players except Wilson qualified for the tournament through a second chance drawing offered by the Washington Lottery’s popular game Tournament Poker Scratch. Non-winning tickets were entered into a second chance drawing awarding 170 seats to this event. Wilson earned his seat through a free-roll tournament at Little Creek Casino for its top live game players who had a minimum of 200 hours.

Fourth-place finisher and Californian Emerson had never played live poker prior to the tournament. She was notified by the lottery that she had won the drawing after buying a Scratch ticket when visiting Washington last summer. She read books and started learning the game by playing on her computer. The result – an $18,000 payday!

Wilson plays at Little Creek “almost every day” and learned the game when he was about 16 playing in neighborhood quarter games. He honed his skills in the service and loves the game. When asked if he had any plans for his winnings, he said, “I’m getting Momma a new car.” “Momma” is Wilson’s wife, Vicky, who was part of the vocal group of locals who cheered him to victory. He enjoys watching poker on TV and said he felt like he already knew the celebrities, Phil Laak and Antonio Esfandiari.

The Northwest Poker Tournament was played Saturday, Nov. 14th at Little Creek Casino Resort, 91 W State Route 108, Shelton, WA (800) 667-7711.

Happy Holidays!!!

Lyle Mitchell Corbine

Hired as CEO / General Manager of LCCR

After a national search, the Squaxin Island Tribal Council has selected Lyle Mitchell Corbine to take on the role of CEO/General Manager of the Little Creek Casino Resort (LCCR) in Shelton.

Most recently from Garrison, Minnesota, Mitch’s 30 years of business experience include over fourteen years in casino management at the executive level serving as CEO, Senior Vice President of Gaming and General Manager. Mitch held leadership positions with the Mille Lacs Band of Ojibwe Indians in Onamia, Minnesota creating record gaming revenues from the Mille Lacs two casinos and enterprises as well as increasing the number of tribal members in management positions by 60%.

An enrolled member of the Bad River Band of Ojibwe Indians, Mitch also has a strong background in finance, and has spent most of his career in Indian Country because he is committed to being part of tribal economic advancement.

“In the course of this search, we reviewed over 106 candidates, and met some highly qualified casino execs from all over the country,” said Tribal Chairman David Lopeman. “As a Council, we believe that Mitch is the best person to move LCCR forward at this time. I am very pleased that Mitch was the unanimous choice of the Council.”

Mitch will take over from Interim GM, Joe Calabrese, who provided leadership to the Tribe for the last several months.

The new CEO assumed his duties on November 22, 2009.
Spooky Fun
Halloween
Health Clinic

Need Food? Check These Out . . .
WIC (WOMEN, INFANTS, & CHILDREN) AT SPIPA
Provides healthy foods & nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub, & identification
Monday, December 7, 9 am to 4 pm
Contact Debbie Gardipee-Reyes at 462-3227
Dates subject to change

COMMODITIES AT SPIPA
Monday, December 7, 10 to noon
Contact Shirley or Bonita at 438-4216 or 438-4235
Dates subject to change

SQUAXIN ISLAND TRIBE 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 when we receive fresh produce or bread, let me know.
Contact Melissa Grant (360)432-3926

Clinic Holiday Closures
Closed Thursday, Christmas Eve, and Friday, Christmas Day.
Closed Thursday, New Year’s Eve, and Friday, New Year’s Day.

Car seat inspection and installation help now available
Would you like information on:
- How to properly install your child’s car seat in your vehicle?
- When it’s time to change your baby from rear facing to forward facing?
- What type of car seat your child should be in?
Contact Janita Johnson, Certified Child Passenger Safety Technician, For an appointment 360-432-3972

Barney Broccoli challenges you to fill in the blanks...
Hey, this is Barney Broccoli and I’ve written a cool song about all the nutrients in broccoli. Check out my 5 A Day song called “Broccoli” and see if you can fill in the missing lyrics. If you need help, go to the dole4aday.com website and listen to my song. There are many other Jimmin’s 5 A Day songs too, it’s so much fun to sing and dance to cool songs!
Squaxin Island Tribe Food Bank
At Health Promotions Building
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Answers to Barney Broccoli:
- fiber  vegetable
- vitamin C  spring
- beta  bunch
- green  super
- cooked  sing
- trees  Broccoli
- A Day  crunchy
- potassium
10 Eating Tips for a Healthy Holiday Season
Created by UCLA Health 2002 with modifications by Patty Suskin, Registered Dietitian - Food is an important part of many holidays, celebrations, family and cultural traditions. In fact, special occasions often center around food. As a result, many people gain weight between Thanksgiving and the New Year. What’s to blame? Perhaps it’s all the tempting treats available during the holiday season or the pressure from family, friends, and co-workers to overeat. Maybe it’s the increased emotional eating (whether it be from holiday stress or holiday joy) or the extreme laxity with eating and physical activity regimens in anticipation for the strict “new diet and exercise plan” you’re going to start January 1st. Regardless of the reasons, it is not necessary to avoid holiday festivities in an attempt to maintain your weight. Consider these 10 tips for fully enjoying the holiday season without gaining weight!

1. Focus on weight maintenance vs. weight loss during the holidays. If you are currently overweight and want to lose weight, this is not the time to do it. Maintenance of your present weight is a big enough challenge during the holiday season. Don’t set yourself up for failure by making unrealistic goals for yourself.

2. Plan on NOT dieting after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays (“after all, if I’m never going let myself eat this again after Jan. 1st, I might as well eat as much as possible now!”) Besides, restrictive diets don’t work in the long run. They increase your loss of lean body mass vs. fat, slow down your metabolism, increase anxiety, depression, food preoccupation, and binge eating, and make weight re-gain more likely.

3. Be physically active every day. Often, busy holiday schedules (or lack of structured schedules) bump us off our exercise routines. Physical activity, especially aerobic activities (like brisk walking, and swimming) can help relieve stress, regulate appetite, and burn up extra calories from holiday eating. Have you swum in the new pool yet? Pool hours available at 432-3852.

4. Eat a light snack before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods. Before party snack ideas: a piece of fruit, a small carton of yogurt, or a string cheese.

5. Make a plan. Think about where you will be, who you will be with, what foods will be available, what foods are really special to you (that you really want to eat) vs. those that you could probably do without, what are your personal triggers to overeat and how can you minimize them. Once you’ve thought about all of these things, make a plan of action. It’s much easier to deal with a difficult social eating situation if you’ve already planned for it.

6. Take steps to avoid recreational eating. While some foods are more calorie-dense than others, no food will make you gain weight unless you eat too much of it. At parties and holiday dinners, we tend to eat (or keep eating) beyond our body’s physical hunger simply because food is there and eating is a “social thing.” To avoid recreational eating, consciously make one plate of the foods you really want. Eat it slowly—enjoying and savoring every tasty bite. Then, when you’re done, pop a mint or stick of gum in your mouth, get a tall glass of water and sip on it throughout the night, or position yourself away from the buffet table or food trays to keep yourself from overeating.

7. Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes that are amazingly tasty. Try using applesauce in place of oil in your favorite holiday breads; use egg substitutes in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines & the internet are full of reduced calorie and reduced fat holiday recipes. Give them a try, and share your cooking creations with friends and family. Ask for more ideas at Health Promotions.


9. Enjoy good friends and family. Although food can be a big part of the season, it doesn’t have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate and to give thanks. Focus more on these other holiday pleasures, in addition to the tastes of holiday foods. The important thing to remember is balance and moderation. It’s OK to eat too much once in a while. Just relax, enjoy the holidays, and remember what the season is all about.

10. Maintain perspective: Overeating one day won’t make or break your eating plan. And it certainly won’t make you gain weight! It takes days of overeating to gain weight. If you over-indulge at a holiday meal, put it behind you. Return to your usual eating plan the next day without guilt.

Happy Holidays!

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Happy Holidays!

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Scalloped Cauliflower
Ingredients
1 large head of cauliflower or 2 bags frozen cauliflower thawed out
1 teaspoon salt
1 teaspoon pepper
1/2 cup grated Parmesan cheese
1/4 cup butter
1 cup shredded cheese
1/3 cup milk
Preheat oven to 350 degrees. Lay cauliflower in one layer in a casserole dish, sprinkle with salt, pepper and Parmesan, then sprinkle diced onions over cauliflower. Using 1/2 stick of butter slice into small squares and drop onto cauliflower, top with 1/2 cup shredded cheese and repeat for another layer.
Bake at 350 for 30-40 minutes. Makes 10 servings, Low carbohydrate side dish, 4 net carbohydrates per serving.
Squaxin Island Tribe Tobacco Cessation Program

The Tobacco cessation program is now offering Nicotine Replacement for people that are ready to stop smoking. After seeing a clinic provider to be prescribed the Nicotine Replacement aids, patients may receive them for three months. The provider and patient will discuss which product or method will work best for them. The products covered by this program are the Nicoderm CQ patch, Nicorette Gum, Wellbutrin and Chantix.

For more information Call Janita Johnson, Tobacco Prevention Coordinator
360-432-3972

Quitting Tips

GETTING READY TO QUIT

• Set a date for quitting. If possible, have a friend quit smoking with you.
• Notice when and why you smoke. Try to find the things in your daily life that you often do while smoking (such as drinking your morning cup of coffee or driving a car).
• Change your smoking routines: Keep your cigarettes in a different place. Smoke with your other hand. Don’t do anything else when smoking. Think about how you feel when you smoke.
• Smoke only in certain places, such as outdoors.
• When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking; you might chew gum or drink a glass of water.
• Buy one pack of cigarettes at a time. Switch to a brand of cigarettes you don’t like.

ON THE DAY YOU QUIT

• Get rid of all your cigarettes. Put away your ashtrays.
• Change your morning routine. When you eat breakfast, don’t sit in the same place at the kitchen table. Stay busy.
• When you get the urge to smoke, do something else instead. Carry other things to put in your mouth, such as gum, hard candy, or a toothpick.
• Reward yourself at the end of the day for quitting. See a movie or go out and enjoy your favorite meal.

STAYING QUIT

• Don’t worry if you are sleepier or more short-tempered than usual; these feelings will pass.
• Try to exercise; take walks or ride a bike.
• Consider the positive things about quitting, such as how much you like yourself as a non-smoker, health benefits for you and your family, and the example you set for others around you. A positive attitude will help you through the tough times.
• When you feel tense, try to keep busy, think about ways to solve the problem, tell yourself that smoking won’t make it any better, and go do something else.
• Eat regular meals. Feeling hungry is sometimes mistaken for the desire to smoke.
• Start a money jar with the money you save by not buying cigarettes.
• Let others know that you have quit smoking – most people will support you. Many of
We are now hopeful that our H1N1 vaccines, in both spray and shots, will be sufficient for an uninterrupted supply. If you want the vaccine, call the clinic and we will let you know if we have it available for your particular situation. We hope to vaccinate everyone wanting the vaccine by the end of the year! Call 427-9006.

Interested in our Nationally Recognized Lifestyle Balance Program?
If you are ready to lose weight and be healthier, we can provide the support. If you are Native American and over 18, see if you qualify to participate.

Community Health Walk
Thursday, December 17th
Meet at Elder’s Building at 12:40 for a 20 minute walk around the REZ. If you cannot make it to our walk, report your 20 minutes of fitness to Melissa to be in the drawing for a gas card! First place: $25 gas card & small gift; 2nd place: $25 gas card; 3rd place: small Nike item.

All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention! The tribe with the most walkers each month wins the walking stick. We won it in October … can we get it back in December?

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

Meal Menu

Weds. Dec 2: Grilled Oysters, Fish
Thurs., Dec 3: Soup & Sandwich
Mon., Dec 7: Meatloaf
Weds., Dec 9: Chicken Fried Steak
Thurs., Dec 10: Chalupa

Monday, Dec 14: Fish Tacos (new recipe)
Weds., Dec 16: Hamburger casserole
Thurs., Dec 17: BBQ Chicken & Soup
Mon., Dec 21: Baked Ham

Meal program will be closed from Wednesday, Dec. 23 through end of the year. Meals will begin again on Monday, January 4, 2010.
### Happy Birthday

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<td>Tyler Burrow</td>
<td>29</td>
</tr>
<tr>
<td>Carol Hagmann</td>
<td>30</td>
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</tbody>
</table>

### What's Happening

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>6</td>
<td>AA Meeting 7:30</td>
</tr>
<tr>
<td>7</td>
<td>Criminal/Civil Court</td>
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<tr>
<td>8</td>
<td>Superfly Screening</td>
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<tr>
<td>9</td>
<td>Council Mtg. AA Meeting 7:30</td>
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<td>10</td>
<td>MLRC gift making, TESC Longhouse Bazaar</td>
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<td>11</td>
<td>Youth Christmas Party</td>
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<tr>
<td>12</td>
<td>MLRC gift making, TESC Longhouse Bazaar</td>
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<tr>
<td>13</td>
<td>MLRC gift making</td>
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<td>14</td>
<td>Employee Christmas Brunch</td>
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<tr>
<td>15</td>
<td>AA Meeting 7:30</td>
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<tr>
<td>16</td>
<td>Youth Basketball Tourney Tribal Center Closed</td>
</tr>
<tr>
<td>17</td>
<td>Merry Christmas Tribal Center and Clinic Closed</td>
</tr>
<tr>
<td>18</td>
<td>Salish Sea Plunge Tribal Center and Clinic Closed</td>
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<tr>
<td>19</td>
<td>Jan. 1</td>
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<tr>
<td>20</td>
<td>Employee Christmas Brunch</td>
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<tr>
<td>21</td>
<td>Tribal Center and Clinic Closed</td>
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<td>22</td>
<td>Tribal Center and Clinic Closed</td>
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<td>23</td>
<td>Tribal Center and Clinic Closed</td>
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<tr>
<td>31</td>
<td>Tribal Center and Clinic Closed</td>
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</tbody>
</table>

**Provided by Janita Johnson, Prevention & Wellness Advocate**

**360 432-3972**

**Squaxin Bible Study**

Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court

Pastors Ron and Kathy Dailey
Community

Happy Birthday Nicholas!!!

Love, Nicole, Baby and the Family
Congrats on Your New Buck!!!

To Our Friends
at Coyote Ridge . . .
May peace be with you wherever life leads you.
May the Great Spirit guide your steps and bless you in this Holiday Season.

Always in our prayers,
Jackie & Harold

Happy Birthday Mom!!!

(Charlene Cooper)
Love, Nicole, Baby and the Family

Merry Christmas to my wonderful children this holiday season.
Mat and Rose - I love you and miss you and pray your year is good
Kip and Chuck - Love and Prayers all this year.
J. C. & Greg - Mathew - Ethan - I wish you the best and I love you lots
Dodie & Joel - Ayshia - Running Bear - and my new grandson
Love you bunches
Jamie & Dennis - Jason and Jeremiah - Pray your year is good and happy, Love you

I pray for the spirit of safety and protection, and love, health, joy to be in your everyday life for the year of 2010!

Love Forever and a day, MOM
Happy Holidays

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