Native American Veterans Day Celebration

Ann Parker - Veterans and their families gathered to honor our Squaxin Island Veterans Sunday, November 7th, 2010. It was held in the Sa-Heh-Wa-Mish room of the new hotel with Dave Johns as emcee.

Chairman Dave Lopeman smudged the new eagle staff and flags as they were presented by members of the Honor Guard - John Krise, John Briggs, Cecil Cheeka, Kim Keenan, and Don Brownfield. Joe Seymour, Jr. drummed the colors. A prayer was offered by Dave.

Dave Lopeman presented the veterans with beaded eagle feathers. Some of the veterans received feathers previously when Dave received the eagle staff.

Dave Pratt explained the significance of the eagle staff. The top circle is a dream catcher and represents protection. The twelve eagle feathers represent sacrifice. The colors of the staff are black, red, yellow and white and represent the colors of people who served, red being the color of the Native Americans. Red also represents the blood that was spilled. The white spots on the feathers represent chiefs.

Following was a drawing for Medicine Creek grand-baby trees which were donated by Bob Barnes of WSDOT and two box seat tickets to see Wayne Newton.

Groups were gathered according to the war they served and photographed. Then Dave Pratt said a prayer for the buffet dinner that followed. A group of drummers and dancers performed for the celebration. The staff and colors were retired after dinner.

Our thanks to all who helped make this a day to remember. Find more photos on Pages 9-10

A Happy Halloween!

Find more fun Halloween pictures on Pages 10-17
Community

Pool Updates
We are happy to announce that Jackie Whitener, wife of Patrick Whitener, has not only joined our pool crew as Office Manager but has also just passed her Lifeguard Certification course! This includes 1st Aid and CPR. Congratulations Jackie!

Pool Party Fun!
Our October Pool Party was LOTS of fun!
There were people playing Volleyball and shooting hoops in the shallow end while the nerf was thrown back and forth and people dived in the deep end. The food was great and the decorations fabulous (thanks Mimi and Machiah). Missed it? Come to the one in December! The music will be playing and there’s word there will be a microphone! It’s a Potluck! Bring a dish!

Pool Party
Friday, December 10th from 5:00-8:00 p.m.

Water Aerobics are now open to young adults 16 and up who wish to join in. Are you a mom or a dad who wants to participate but has a teen or tween to look after? If they want to work out, then bring them along. All youth 10 - 16 have to be accompanied by an adult. We will be doing a Water Aerobic Ballet in January! Come join in!!

Water Aerobics
Tuesdays & Thursdays from 4:30-5:30/5:30-6:30 p.m.

Morning Lap Swim has a steady group of swimmers. Join them to start your day smiling and with a workout under your belt.

Lap Swim
Mondays, Wednesdays and Fridays from 6:00-8:00 a.m.

Open Swim is the perfect time to come with family or friends. It is the time to do whatever you want (as long as it doesn’t put you or anyone else in danger).

Open Swim
Mondays and Wednesdays from 3:00-6:00 p.m.
Fridays from 5:00-8:00 p.m.
Saturdays from 1:00-4:00 p.m.

Swim Lessons are open to all Squaxin Tribal Members at only $20.00 / month. Have your child increase their swimming skills in a safe, enjoyable and warm pool. If you are an adult who would like lessons, please contact the Pool @ 432-3852.

Swim Lessons
Mondays & Wednesdays from 6:00-8:00 p.m.

* The Squaxin Island Pool will be CLOSED Nov. 25th/26th/27th & 28th for Thanksgiving.

Way to go Wily
Derrick Wily, #60, Defensive Lineman for the Timberline High School Varsity Football Team, has been hitting the opposing offense pretty hard this year. Derrick has six quarterback sacks, fourteen tackles for loss, and fifty-nine solo and assist tackles . . . so far this season. Timberline has entered the playoffs winning their first game against Mountain View High School, and will play Bellevue High School on November 12. Derrick has been a great team member, motivating the defense and putting a lot of effort into his game as well as his studies. Derrick is a Senior this year and will graduate from Timberline in June 2011. Derricks Brother’s and his family want to let him know how proud they are of him. Way to go Derrick - keep up the good work!

We are so proud of you Derick! Keep up the good work. Love, Gary, Lindsay, Christopher and Keerah Brown
A Call for Artists
Would you be interested in donating a design - or even an idea for a design - that could be used on tee shirts for the upcoming Drug & Alcohol Awareness Dinner? It would be greatly appreciated! Please call 360-402-7297. Thank you!

Holiday Safety Tips
The holiday season is just around the corner. It is the time of year when families decorate for the holidays. As we see more decorations indoors and outdoors this time of year. Safety is important at all times but especially when additional lights, and items are put up around the home.

Candles
Candles are fun and add a special touch and smell to homes during the holidays. Even so, candles are one of the main causes of fires in the home. Some tips when using candles during the holidays or anytime are:
- Place candles in sturdy, non-combustible holders.
- Places candles away from decorations and drapes.
- Keep matches and lighters out of the reach of children.
- Do not use candles to decorate Christmas trees.
- Keep Menorahs, Kinaras, and Yule logs away from flammable objects.
- Before leaving the home or going to sleep put out candles and turn off decorative lights.
- Use battery candles for the same affect with no flame to worry about.

Decorative Lights
Decorative lights can be used inside, outside, and on trees. Check all lights and cords before using them this season. Check for worn or grayed cords. Replace lights if they are damaged or worn. Do not overload electrical circuits. Be careful when using several strings of lights and extension cords. Read instructions on light strings and do not connect more strings than indicated. When using extension cords outside, use only those for outside use.

Christmas Trees
Christmas trees are holiday atmosphere in many homes. Whether your family chooses an artificial or real tree, precautions should be taken when decorating. Trees should be placed away from fireplaces, radiators, television sets, and other heat sources. This can dry out real trees prematurely. When decorating your tree consider safety at all times. Use a safe ladder or step stool when putting decorating on the highest part of the tree. If there are little ones in the home consider using unbreakable decorations. Always be sure to turn off all decorations before going to bed or leaving the home.

Additional Tips
Keep these additional tips in mind during the holiday season:
- Limit the visibility of holiday gifts through doors and window. If the front door has a window consider decorating it with tinfoil or wrapping paper.
- Watch where you put wrapped food gifts if you have pets. Chocolates and some foods can be harmful to pets. Wait to put them under the tree until it is time to open gifts.
- Check children’s gifts for hazards of small pieces and long cords before they play with them.
- Refrain from putting wrapping paper in the fireplace. It can cause sparks and produce a chemical buildup in the home.
- Clean spills up immediately to avoid stains and falls.
- Safety in the kitchen is also important. Unattended cooking is another one of the leading causes of home fires in the United States.

Stocking Stuffer Ideas
Some practical but inexpensive stocking stuffers ideas for the tight economic times at hand can be small items but useful. Stocking stuffers don’t all have to be whimsical. It’s thoughtful to add a few practical items, too. Some ideas to consider: hand wipes, hand gel, or a stain stick. In fact, many of your favorite laundry products and personal care products are available in mini sizes — the perfect fit for a suitcase, gym bag, briefcase, glove compartment or dorm room, to name a few. Look for the “travel-size” area in local stores. Small food snacks are always another good item. Pens, pencils, highlighters, and small sticky notes are also useful. Be creative and have a happy holiday.

Basketball Update
Congratulations to our students and basketball coaches who helped bring us a Squaxin/Skokomish basketball victory over Nisqually on Monday, November 8!

JUNIOR HIGH FINAL SCORE
Squaxin/Skokomish  98
Nisqually  19

HIGH SCHOOL FINAL SCORE
Squaxin/Skokomish  44
Nisqually  32

Congratualtions New Youth Council!
Youth Council Elections were held November 3rd, 2010 and results are in!

President:    Jacob Adams (far right)
Vice President:  Jessica Cruz (middle)
Secretary:      Elijah Krise (3rd from right)
Treasurer:     A. J. Krise (not pictured)
Sergeant at Arms:  Elena Capoeman (not pictured)
Alternate:      Mario Rivera (not pictured)
Advisor:       Charlene Abrahamson (far left)
Powwow Royalty: Tamika Krise (2nd from left)
Education Rep: Meghan Brandt (3rd from left)

Sixth Grade Reps are: Mimi BlueBack, Machiah Rivera, Tiana Henry and Malia Henry.
Salish Seafoods 2010 Update

Rod Schuffenhauer - Salish Seafoods ended the year with 22 larvae sets out of a goal of 30. We will be fine with the 22 sets. The larvae was healthy this year, but the hatcheries where we purchase the larvae from had water quality issues which set us behind.

We also planted 479,000 single oyster seed in grow bags for the year. We had hoped for more but, due to the gulf oil spill, single seed was in popular demand this year. We have already put in our requests for the coming year. By doing so, we hope to get a majority of our requested seed early in the spring and the remainder in early fall to try and get a double rotation on our grow bags. This is something we have not been able to do in the past. Salish also is doing a couple of test sights on growing singles in grow bags that float so the oysters are always rolling in the bags with the tidal levels. This is something new in the industry we are trying and we are very excited about.

Salish has a test sight of geoduck planted on Harstine. We hope to get more planted in the spring when seed becomes available.

Salish Seafoods want to thank all the shellfish harvesters who support us. Last year we purchased 54% of all shellfish and fin fish. The clam market is a tough one right now. There are a lot of frozen clams on the market right now that are good quality and are affecting the live market and price. We are working on getting some new markets started here this month.

And a big thank you to all the fisher men and women who support us as well. It’s been a tough year so far. We are all praying for the Chum return to be big. Jeff says, “Hang in there.” He has his fingers crossed. As of the 4th of Nov., Salish Seafoods has purchased 96.9% of the fish caught:

- 61,930 pounds of Chinook
- 24,721 pounds of Coho
- 320,613 pounds of Chum.
- 407,264 pounds TOTAL

On Oct. 21st Salish purchased a total of 69,100 lbs. in 24 hours. Also, for all fishers, Jeff’s contact number is (360) 490-3886. If he doesn’t answer, leave a message and he will return calls.

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Business Center Spotlight

Stephanie Gott - Have you ever watched an individual become so energetic, so into the moment of what is being discussed that it brings out a personal desire to be a part of it all? I have. One of my favorite things to do while working is to watch this month’s Business Center Spotlight (Jennifer Ulrich) talk about business...ALL business! I am dedicating this month’s spotlight to her not only because she deserves the recognition, but because she has opted to “pass the baton” and move on to other adventures, which I am certain she will be successful in whatever she chooses to do. In the following article I have asked Jennifer Whitener Ulrich to talk about some of the things that I thought others would like to know about her.

Your thoughts on Business?

I have always loved business, even as a kid. I sold things I made, put on plays and charged for admission etc. I remember working with Shirley Lopeman to have my first official booth at the powwow. I got my booth free for one day if I worked at the fish pit the next. I sold kelp rattles and dream catchers I had made and sold over $100 (which was big money at 12). I had the privilege of growing up around entrepreneurs (Mary Whitten, my dad, my mom, my grandma, on and on). I was born with the bug. What I love about business is not just the ability to make money, which is obviously not a drawback but its ability to also be a form of creative expression. A business can change the world. It can change a person’s world. Your business can reflect your passions in life. It is a vehicle to create the life you want. It is not the right fit for everyone, but I have always thought our community has a higher percentage of entrepreneurs than the larger community (they say 10% of the general population in the US is suited for owning their own business and the other 90% really do better working for someone else). I think this because of our harvesters, artists, fireworks stands, and other opportunities. In short (or long) I just love the possibilities that business ownership holds!

Your thoughts on the future of the business center?

I am so excited about the future of the center. Since I believe, and have data to support it, that our community has a business focus, I know the Center has the customer base to be successful. My strengths really have revolved around my ability to get projects started (sometimes I joke that I have high functioning ADD - which is probably more true than a joke). I think that hiring a director for the Ta-Qwo-Ma Center at this point in its development is great timing. It is poised to create more opportunities for Tribal members by having someone who is dedicated to its growth and day-to-day operation. I am looking forward to working with Whitney Jones, whose involvement with micro-enterprise development off-reservation brings an understanding of what the Center is trying to achieve. I am really looking forward to the Center expanding its services beyond business planning classes which is the main offering at the Center now. There are huge opportunities to create incubators for harvesters, artists and/or food based businesses. The Center could create programs that would help our youth consider self employment as one of their options. We can be a model for other tribes that are interested in this type of program. As you can tell I really believe in the Center and think there are so many ways to expand and solidify its services.

Your thoughts on supervising?

Ummmm well, supervising. As some of you know, I have owned two businesses of my own (both of which had full time and contract employees) and have had supervisory responsibilities at IEl as well. As any supervisor will tell you, it’s tough. Those people who come by the skill naturally are my idols, because I am not one of them. It is something I plan on working on and refining throughout my life. The thing about it is I really do love people and the potential they hold and a good supervisor can bring the best out of people. The struggle for me honestly is the whole dynamic between wanting to be liked and yet also having boundaries (then throw in the added element we experience here at the tribe quite frequently, being related to everyone!). I have certainly had failures at that, but I learn important lessons every time and am not afraid to keep trying. Thanks, Steph, for this question.

Oh you are welcome Jen! I couldn’t resist that question. Besides, being my supervisor for nearly the last year has certainly proved to be eventful.
**Holiday Spirit at Kamilche Café & Espresso**

Kamilche Café & Espresso's December specials are sure to get you into the Christmas spirit this year! We have many exciting options for seasonal beverages. If you are looking to switch up your latte routine for the holidays, try one of our: Jack Frost, Jingle Bell, Snowflake or Eggnog lattes. If you love the Eggnog latte, try our new Mistletoe or Silver Bells Eggnog latte to keep your palate entertained.

If you want a sugar rush for Christmas, come in and try a: Peppermint, Winter Wonderland, Candy Cane, White Winter, Christmas Cheer, or Santa's Little Helper mocha. The Kamilche Café & Espresso wishes all of our customers a happy holiday season!

**Kamilche Café & Espresso's new store hours:**
- Monday – Friday: 6 a.m. – 6 p.m.
- Saturday: 7 a.m. – 1 p.m.
- Sunday: Closed

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**Little Creek Casino's Holiday Bazaar**

**December 3rd, 4th, 5th**

3rd & 4th from 8 a.m. to 8 p.m.
5th from 8 a.m. to 3 p.m.

Proceeds (vendor fees) go to give Christmas Dinner & Gifts to the children, families in Mason County's Homeless Shelter and Transition Homes.

**NATIVE AMERICAN GOODS**
- Fry bread, bake sale, Jewelry, Wood Works
- Christmas Decorations
- GIFTS, GIFTS, GIFTS, GIFTS! And MORE

In Hotel Lobby Tower One & Boardwalk
- $30 for small spaces
- $25 for tribal members and LCCR employees

**CONTACT:**
- April Olson Phone 432-7037
  april.olson@little-creek.com
- Darlene Krise 427-3027
  Darlene.krise@little-creek.com

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**Charlene Abrahmson's Good luck in your new job party**

Here are some pictures from what I called my “Good luck in your new job party,” because I’m not going away. I appreciate, very much, my time working for the Squaxin Island Tribe and the community’s generosity in understanding my new opportunity. I want everyone to remember: let’s be free of drugs and alcohol, Native people aren’t slaves to anyone or anything, including these substances. My love to all, yes ALL. Thanks, Charlene

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**Due to the upcoming holidays, the Klah-Che-Min deadline will be the 8th of December. Thank you!**
Solid Waste and Recycling Program Manager

Hi, my name is Sheena Kaas, daughter of Larry and Pamela Hillstrom and granddaughter of Misty and Nancy Bloomfield. I am the new Solid Waste and Recycling Program Manager and am excited to be working with the community. Originally from Mason County, I attended Shelton High School and graduated from Washington State University in 2008 with a Bachelor of Science in Environmental Science. While studying at WSU, I conducted undergraduate field research, studying the restoration of tropical forests in Costa Rica and meadow restoration in the Willamette National Forest. My area of interest and focus of study at WSU was on sustainable development in local communities. I am excited to help the Tribe and community work on a more sustainable approach to solid waste management.

Clinical Applications Coordinator/Clinic Site Manager

Hello, most of you know me, but for those who do not, my name is Michael Henderson. I previously worked in the DIS department for close to 7 years, and I loved my job there. I have now taken a different job within the Tribe as the Clinical Applications Coordinator/Site Manager for the Health Clinic. I will be responsible for getting Electronic Health Records set up for the clinic as well as managing the application, keeping it updated and training the staff on how to use it. I am really excited to do something a little different.

Happy Birthday to My Beautiful Daughter Kendra!
Love You Always!
Your Mom

Happy Birthday Donovan
Love, Dad

Chemical Dependency Counselor at Behavioral Health

Hey everyone, most of you know me but for those who may not I am Christine Semanko, also known as Shila BlueBack's mom. I am a long time community member and have been around, oh, about 16 years now. Anyway, I am proud to say that I am the new Chemical Dependency Counselor at outpatient, now known as Behavioral Health. It is an honor to contribute to the Squaxin community, and to give back to the place I have taken so much from during my own active addiction. I am a person who has faith in people and their ability to succeed. Others believed in me until I was able to believe in myself, and now I do the same for others. My purpose in life, thus far, is to help people help themselves. I do this by living the lesson I teach, being non-judgmental and having respect for people, their individuality and confidentiality. I carry with me respect, understanding, and accountability which enables me to help others become empowered. Being of service to my community and giving back means a lot to me. I want to help make our community a healthier, safer place for our children and their children yet to come. I currently have an Associates Degree in Human Services and am enrolled at Evergreen pursuing my Bachelors Degree in something lol. Evergreen is a trip! Well, that's enough out of me. Take care and maybe I'll see you around!

Jacqueline Whitener

Pool Office Manager

Hi, my name is Jacqueline Whitener and I am the new Office Manager at the Squaxin Pool. I am married to Patrick Whitener and we live here on the reservation with our three children, Emily, Kade & Quinton.

Although I’m the Office Manager, I recently completed the American Red Cross Lifeguard Course provided by Discover Aquatics. Additionally, I’m spending time in the pool training to be a swim instructor. I am enjoying my new position and find that each day, I become better acquainted with other members of the Squaxin Island Community.

I hope to see more of you and your families enjoying all the activities we provide at our beautiful pool.
Congratulations
Miguel Jordan

Love, Mom & Dad

(Donated for Food Bank & Ceremonial Use)

Congratulations
Taylor

Love, Misti & Family

Happy Birthday
Babydoll!

Love, everyone! : )

Happy Birthday to
my wonderful husband
I love you and I hope
you have a great day!

Love Always, Your Wife

Happy Birthday to
the Best Mom in the
World!!!

I Love You With All My Heart
Momma!
Love, Rose

Happy Birthday Mom
We Love You and Are
Praying You Come
Home Soon!
Love always, Your Son, Nicholas,
and Daughter-in-Law, Olena!

Love, Misti & Family

Love You Kenedee!

Larry McFarlane Sr. pictured
with his sister, Sis & Pat

Love You Dad!

Mom, you are so special to me,
You let me know you love me
In so many different ways.
You make me feel important
With your beautiful smile
and praise.
You're always there when
I need you, whether its
To comfort me or
Show you care.
I know I'm in your thoughts;
Your love follows me
Everywhere.
Thank you for all you've done
And given me so generously.
I love you, my most
Awesomest mother.
You're a heaven sent
Blessing to me.

Love You, everyone! : )

Love You, Misti & Family

Happy 21st Birthday
Davina
Love, Leo "Bo" Henry

Funny Its Your
Birthday on the 11th
Happy birthday
NO EYED DEAR
S.L.Y
Your Husband
Perfect Attendance

**Shannon Bruff** - We have several students that should be congratulated for perfect attendance. We are very proud of all of our students, and feel that perfect attendance is worthy of . . . OFFICIAL ACKNOWLEDGMENT! If you are a tribal member, descendent, or community member and have perfect attendance in one of the K-12 schools, contact me, Shannon Bruff, at 432-3826.

Way to go Mt. View, you have 10 students with perfect attendance. Olympic Middle School is in a close second with 5 students, and Oakland Bay has 1 student with perfect attendance. Let me know if you are a student with perfect attendance and we will identify your school.

Everyone keep up the great work.

Some of the other schools that were not able to get their data in to me in time for this article are Griffin, McCleary, WaHeLut, Hood Canal, Pioneer, Grapeview, Southside, Bordeaux, Evergreen Elementary, Choice High School, Capitol High School, and Shelton High School. Please call me to update my information.

Way to go Sylvan Students!

We had FIVE Perfect Attendance Winners in October: Grace Brown, Jeffrey Nerney, Jenica Nerney, Kayden Palmer, and Fernie Rodriguez! Those five students will receive a certificate plus 50 bonus tokens!

These EIGHT only missed it by one session: Casey Badillo-Brown, Alex Brown-Garcia, Raymond Castro, Lynzy Petty, Talon Beattie, Kierah Lincoln-Sigo, Shawn Lincoln-Sigo, and Jordan Lopeman-Johns.

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### Squaxin Youth Education, Recreation and Activities Calendar

**TLC office hours** 8:30am-5pm M-F   Front Desk: 432-3958   Meghan Brandt: 432-3992

**Recreation program hours** 3-7pm M-Th; 3-6 F   Co-sponsored by DASA

All activities are drug, alcohol and tobacco free!

#### December 2010: A Time for Reflection

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**Key**

E.R. = early release; SSD = Shelton School District; GSD = Griffin School District
Native American Veterans Day
A Happy Halloween
A HAPPY HALLOWEEN
Rose Brownfield - There were about 40 elders went to Laughlin for a few days. Those who wished saw Grand Canyon, Hoover Dam; drove through Las Vegas, took in concerts for Debbie Reynolds and Gatlin Bros. We had a good time.
A Diabetes Friendly Meal
Everyone Can Enjoy
by the National Diabetes Education Program

Knowing what to serve and eat for dinner can sometimes be a challenge—especially for people with diabetes. While eating healthy foods is important for everyone, it’s essential for people with diabetes. Diabetes is a disease that results in high glucose, or sugar levels in the blood, which can lead to serious complications. For the 21 million people with diabetes in this country, making healthful choices and being physically active is crucial to managing their diabetes.

Whether you are a person with diabetes or a family member or friend, you can prepare a meal that is healthy and tastes great. Look for recipes that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. Experiment with recipes that include fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, and low-fat or nonfat milk and cheese. Other healthy ingredients are foods high in fiber, such as whole grain cereals, breads, crackers, rice, and pasta. To give an example of what to serve as a healthy meal, the National Diabetes Education Program suggests a recipe, along with other foods to complete the meal, that everyone can enjoy—whether you have diabetes or not.

What’s For Dinner?
When planning a meal, start with a salad appetizer. Baby spinach leaves with seasonal fresh vegetables or fruits like sugar snap peas or sliced pears go nicely with a low-fat vinaigrette dressing. For the main course, stick with lean meats or fish. Below you’ll find a recipe for baked salmon. Designed to serve six people, it takes about half an hour to prepare. Nutrition information, including carbohydrate grams, is provided.

Entree: Baked Salmon Dijon*

Ingredients:
1 C fat-free sour cream
2 tsp dried dill
3 Tbsp finely chopped scallions
2 Tbsp Dijon mustard
2 Tbsp lemon juice
1 ½ lb salmon fillet with skin (cut in center)
½ tsp garlic powder
½ tsp black pepper
Fat-free cooking spray as needed

Instructions
Preheat oven to 400 °F. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. Lightly oil baking sheet with cooking spray. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. Bake salmon until just opaque in center, about 20 minutes.

Nutrition Information Per Serving
Calories 196, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 76 mg, Sodium 229 mg, Fiber less than 1 g, Protein 27 g, Carbohydrates 5 g

* Recipe taken from Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute

Church Services
CHURCH on Sundays at the Elders Building
Starting on the 5th of Dec. 11:00 A.M.
There will be a fellowship time after church with coffee and a snack.
All are welcome to come.
Pastors Ron and Kathy Dailey
Phone 432-3781

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

The Kitchen Garden Project Application
2016 Elliott Ave. NW, Olympia, WA, 98502 · 360-751-5532 · www.goodgrub.org

Welcome!
GRub is a non-profit organization in Olympia, Washington that is dedicated to nourishing a strong community by empowering people and growing good food. We believe that fresh, healthy, and culturally appropriate food is a basic human right.
We educate the community with workshops and field trips, and empower underserved teenagers by employing them on our organic food bank farm in our Cultivating Youth program.

Since 1993, GRub’s Kitchen Garden Project has been building free backyard gardens and community gardens in Thurston and Mason counties. As a KGP gardener, you are connecting to over a decade of gardeners and to GRub’s mission. This mission is only possible with the dedication and work of Kitchen Garden Project garden recipients and community gardeners.

If you are receiving this application, you have expressed interest in gardening with us for the 2010-2011 season. We ask that you carefully read all of the information about the Kitchen Garden Project, including the frequently asked questions, and fill out and return the application. The sooner you return the form, the better!

Please return the form to GRub, 2016 Elliott Ave. NW, Olympia, WA 98502

Once GRub has received your completed application, you will officially be a Kitchen Garden Project gardener for 2010-2011.
We will be in touch to set up a site visit in the early fall or winter. Thanks so much for your interest in the program!

Backyard Garden Specifications
The Kitchen Garden Project provides a free garden consisting of three 8x14 beds, soil, seeds, starts, trolleys, workshops, and an optional mentor to each gardener. Gardeners must be low income and must commit to following through with the garden for the entire growing season and on into the next year. They can show their support to GRub by volunteering to build gardens for other families, sharing their knowledge with their community, and attending our seasonal workshops.

KGP Gardener Expectations
Before applying, please be aware of the Kitchen Garden Project’s expectations and make sure you are able to commit to them:

* Each gardener is expected to assist GRub staff and volunteers in building the garden at the garden installation day. Exceptions can be made for those with physical limitations or for those with difficult work schedules.
* Each gardener is expected to attend at least 2 GRub workshops or volunteer for GRub for 4 hours during the first year you receive your garden.
* Each gardener is expected to maintain their garden and keep it weed free, watered and healthy. For a successful food garden you can expect to spend 1-4 hours in the garden per week, depending on the season.

Juana Perry at Housing has applications. 360 432-3863.
Ellis Cove Trail and Priest Point Park
Descend from forest to salt water along the Ellis Cove Trail at Priest Point Park. Towering trees and nesting osprey abound. The tidal shoreline trail crosses watersheds before ending on the Puget Sound shore; gravel beach and mud flats at low tide. Opportunities to see waterfowl and waterviews.

Location
2600 East Bay Drive NE, Olympia, at Priest Point Park. 2.4 mile trail, mixed surfacing including boardwalks and steps. East side of park has shorter trails.

Also find it here
Picnic shelters, Play equipment, Restrooms & more trails.

Directions from I-5
Take Exit 105.
Follow signs towards Port of Olympia.
Turn Left at stoplight onto Plum.
Plum turns into East Bay Drive.
Park entrance is on right hand side about 2 miles out of town.

For more information, call City of Olympia Parks, Arts and Recreation Department. (360) 753-8380

Meal Program
Wednesday, 1: Pepper Steak & Soup
Thursday, 2: Chicken Tacos
Monday, 6: Baked Potato Bar & Chili
Tuesday, 7 : Soup & Sandwich
Wednesday, 8: Swedish Meatballs
Thursday, 9: Salmon
Monday, 13: Chicken Stirfry
Tuesday, 14: Soup & Sandwich
Wednesday, 15: Oyster Stew
Thursday, 16: Spaghetti
Monday, 20: Turkey Dinner
Tuesday, 21: Soup & Sandwich

Closed for Holidays: December 22-31st.
Will reopen Monday, January 3, 2011.

Preventable, Treatable and Beatable
Colorectal cancer is preventable, treatable and most of all, beatable. So what does that mean to you? Let’s take a closer look.

Preventable: The easiest way to prevent colorectal cancer is to be screened regularly. Starting at the age of 50 or younger depending on your family history is the best way to begin. Coming into the clinic and getting your FIT (Fecal Immunochemical Test) makes the process easy. In years past, there was a test that required 3 separate samples, dietary changes and was not very user friendly. The FIT test is a one time sample, no dietary changes and extremely easy to do in the privacy of your own home.

Treatable: If your FIT test does come back positive, you will be referred to a Gastroenterologist. That physician will then do a colonoscopy. During the procedure they will view the entire large colon. If there are polyps, they will be removed. There are many times that there are no polyps. Some polyps are benign (not cancerous) and some are not. The polyps will be sent to a lab to see if they are cancerous. The treatment for colorectal cancer can be as simple as removing the polyps. There are other forms of treatments but the bottom line is that colorectal cancer is treatable when caught early.

Beatable: Once again, early detection and treatment means that you can beat colorectal cancer. This is why it is so important to have your FIT test done. If you are 50 or above or have a family history of colon cancer, please take a few minutes to stop by the clinic and get your FIT test. Start the New Year off making a healthy decision. Colorectal cancer is preventable, treatable and beatable.

If you should have any questions about colorectal cancer or the FIT test, please contact Cheryl at 432-3933 or 427-9006 or stop in to get your test at any time.

Elizabeth Heredia
Women’s Health Outreach Worker
Hello, my name is Elizabeth Heredia. I am very excited about my opportunity to work with our community as the Women’s Health Outreach Worker for the Women’s Wellness programs.

I have probably met a lot of you as Cage Cashier at Little Creek or at KTP as those are the other two places I worked before coming here. I am also the Secretary for our Squaxin Island Elders’ group and have really enjoyed meeting a lot of my fellow elders and participating in the elder activities and trips. I am really proud to be employed by Squaxin Island Tribe as I am new to this side of my heritage and find every day a true learning experience.

Please stop by and say hello. I am housed in the building across from the clinic with Melissa Grant and Patty Suskin. You can reach me at 432-3930 or cell phone 490-9977. I am looking forward to meeting with you. May this upcoming holiday season bless you with health, happiness and all the true wealth of live.

Have Diabetes?
IllS, Patty & the rest of the clinic staff want you to live a long, healthy life.
IllS has a list of tests & exams for you to complete every year so we can find any problems early & take care of them.

Is it time to make an appointment for your “Diabetes Physical” with your health provider?

Call for your appts before the end of 2010!

Health Clinic (360)427-9006
Dental (360) 412-3381
Dental appointments for Tribal members only
You can take charge of your diabetes and live a long, healthy life.
Questions? Contact Patty Suskin, Diabetes Coordinator at (360) 412-3929

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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, or schedule a time for a group

**Mammogram Clinic**
Friday, December 17
9 a.m. to 3 p.m. @ the Health Clinic
Contact Elizabeth Heredia at 432-3930

**Community Health Walk**
Thursday, December 16th
Meet at Elder’s Building at 12:40 for a 20 minute walk around the REZ
Contact Melissa Grant (360)432-3926 or Patty Suskin (360)432-3926

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Health Clinic

**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
Monday, Dec. 13, 9 a.m. to 4 p.m.
Starting in January, WIC days will be on Tuesdays.
Contact Debbie Gardipee-Reyes:
462-3227
Dates subject to change

**USDA FOODS AT SPIPA**
Monday, Dec. 6th 10 a.m. to noon
Contact Shirley or Bonita at 438-4216 or 438-4235
Dates subject to change

**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

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Five Ways Older Adults Can Be More Physically Active

by the National Diabetes Education Program

As you get older, your risk for type 2 diabetes increases. You’re also at higher risk if you have a family history of diabetes. But you’re never too old to lower your diabetes risk. Studies have shown that modest weight loss through healthy eating and increased physical activity is highly effective in preventing or delaying type 2 diabetes in people over age 60.

**Getting Started: How to Get Moving**
Physical activity can improve your strength, flexibility, and balance. Start by setting small, specific goals for yourself, like: “I will walk for 10 minutes, three days this week.” Add a little more activity each day until you reach at least 30 minutes a day, five days a week.
Ask your health care provider which activities are safe for you. Before any physical activity, be sure to warm up for a few minutes to get your body ready. Try shrugging your shoulders, tapping your toes, swinging your arms, or just move in place.

**Five Ways to Be More Physically Active**

There are many types of physical activity you can do at little or no cost, such as walking or doing chair exercises. Find an activity you can enjoy. This will make it easier to stick to your schedule and reach your goals. Try these simple suggestions:

- **Around the House.** Things that you do every day are an opportunity to be more active. Stand up from a chair and sit down again without using your hands or rise up and down on your toes while standing and hold onto a stable chair or countertop. Try putting away the TV remote and get up to change the channel. You can also walk around the house when you talk on the phone or check out a fitness video from your local library and follow along.

- **Around Town.** Becoming more active can also be a great way to meet friends. Try joining a local walking group. Always walk in safe places such as a shopping mall, museum, or a community center, and make sure to wear comfortable shoes.

- **While Running Errands.** Make physical activity part of your regular routine. Park the car farther away from stores or restaurants. If you take the bus or train – and the neighborhood is safe – get off a stop earlier and walk the rest of the way. Go for a brisk walk between errands.

- **With Your Family.** Getting your family involved can make physical activity more fun. Teach the younger people in your life the dances you enjoy. You can even plan a trip to the local pool and go for a swim together. Moving around in the water is a great activity that is gentle on your joints.

- **Get Outside.** When you can, take your physical activity outside. Simple activities such as planting a garden or washing your car are great ways to get more active. You can also go for a walk with friends or family at the local zoo, nature park, or outdoor walking path.

For more tips to help prevent or delay the onset of type 2 diabetes, download or order the free It’s Not Too Late to Prevent Diabetes. Take Your First Step Today tip sheet from the National Diabetes Education Program at www.YourDiabetesInfo.org or 1-888-693-NDEP (6337), TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services’ National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.
## Community

### Happy Birthday

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<tr>
<th>Happy Birthday</th>
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<td>Happy Birthday</td>
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### What's Happening

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<th>Date</th>
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<td>Family Court</td>
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<td>AA Meeting 7:30</td>
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### Happy Late Birthday

**Monique!**
**We Love You Lots! XOXO**
**Love, Mom, Mouse, Sophie, Ana & Anthony**

### Happy Birthday

**Sister Theresa!**
**Hope You Have a Good One!**
**Love, Wicket**
Happy Birthday Cuz!  
(Vinny)  
Love, Misti & Family

Welcome to the world!  My newest grandson!!!  Julian
Happy Birthday Cuz!  
(Shawn)  
Love, Misti & Family

Susan Colleen,  
We’re Proud of You and  
What You Have  
Overcome...  
Keep Up the Good Work  
for You and Your Kids  
and Our Community!  
Happy Birthday, Sis!

Love, Mom & Dad

Happy Birthday  
Bianca  
(November 21)

Love, Misti & Family

Happy 15th Birthday  
Bianca  
(November 21)

Love, Mom & Dad

Happy Birthday  
Sophia Lynn!  
Love You Lots  
Baby Girl!  
Love, Mom, Mouse, MoMo,  
Ana & Anthony

Happy Birthday to My  
Sister, Theresa!  
Love, Misti & Family

Jessica Lucero

Sophia (Tia), You're a  
Big Girl Now (7)

Love, Misti & Family

Love You Pete!

Happy Birthday Misti!  
You're the Best Sister  
Ever!  I Love You With  
All My Heart and Am So  
Grateful to Have You in  
My Life!  
Love, Susan Colleen

The Saenz-Garcia  
Family Loves You Loads!  
Thanks For All  
Your Help & Support!

Thanks to everyone who have shown so much love and sup-  
port! Thank you so much to Lorna Gouin who expressed so  
much love, support, and understanding!!!
- Joanne Decicio

Love, Your Baby Sis, Wicket

Squaxin Island Tribe - Klah-Che-Min Newsletter - December 2010 - Page 23
Merry Christmas and Happy 2011!!!