

KLAH-CHE-MIN

ʔacaciʔalbiḡ ɡʔɪ tə ʔʰəlc̥ yəx̥ ti stultulək̥. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciʔalbiḡ ɡʔɪ tə ʔʰəlc̥ yəx̥ ti stultulək̥.

JANUARY 2004

► *People of the Water* ◀

COMPLIMENTARY

Little Creek Casino Opens the Door to Its New Hotel/Conference Center



Little Creek Casino opens the doors to its beautiful new 100,000-square-foot, five story hotel Friday, December 19.

"We felt there was such a need," said Sam Askew, director of hotel operations. "There isn't a convention center in the immediate South Sound."

Reservations have been brisk, according to Askew, and New Year's Eve is booked solid.

Askew and other hotel officials expect gaming customers will offer the biggest percentage of business, followed by people who attend conferences.

"There is definitely a need for convention space in the state capital," said Doug Boon, general manager. "Meeting space is at a premium."

For conferences, the hotel can accommodate 500 people with five rooms that can be combined into two ballrooms, the largest being 7,200 square feet.

"For a flow-through event, we can handle 300 in the large ballroom and easily accommodate 200 people for a plated dinner," Askew said. "With all of the meeting space in the hotel and casino, we can serve 1,000 people at any given time."

Askew and Boon said they also expect to capture traffic - whether for meetings or social gatherings - that follows the Legislature.

He said the hotel is building marketing relationships with tourist and convention bureaus representing Thurston and Mason counties and the state.

Financing for the \$19 million project came from gaming revenue as well as through Bank of America.

The Quinault Indian Nation operates a hotel and casino at Ocean Shores. The Upper Skagit Tribe operates The Skagit Casino and Hotel near Bellingham.

According to Boon, five other tribes - Puyallup, Muckleshoot, Tulalip, Lummi and Jamestown S'Klallam - have recently considered building hotels adjacent to their casinos.

These and other Washington tribes have also considered developing retail centers on tribal land, he said.

"We're considering other development right now," he said. "We want to broaden the tribe's economic base."

The tribe hopes to increase earnings 5 to 10 percent in 2004, Boon said.

The tribe, Mason

County's largest employer, has 753 workers currently. About 74 percent of them are non-tribal.

"The market study said we could support 150 rooms, but the tribe took a conservative approach Assistant General Manager Michael Peters said. "We could see additional hotel growth later on."

Tribal elders and others involved in

Continued on Page 2.





KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

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Shelton, WA 98584

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members & staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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ANDY WHITENER: *Vice Chairman*

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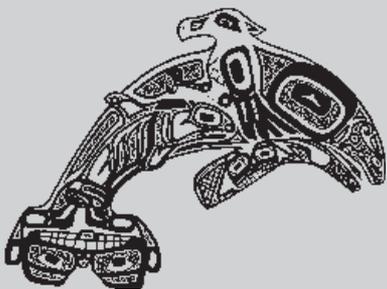
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ROY PEREZ: *Second Council Member*

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LITTLE CREEK CASINO



Did You Know . . .

Meloney's Job Is to Recruit You?!

Tribal member Meloney Hause has been employed at Little Creek Casino for several months as the Squaxin Island Tribe Member Recruitment Specialist. Her primary purpose and goal is to help as many tribal members as possible gain employment at the casino.

"My job is to gather information about members' work experience, education, current and desired work environment and career goals," Meloney said. "I put this all together to help them formulate a plan for employment and career development."

"I also network with Human Resources staff and department directors and managers to identify placement opportunities," she said.

In addition, Meloney administers and interprets educational and occupational assessments to assist tribal members in developing an employment plan that addresses specific training needs for placement or on-the-job training. She also assists and mediates communication between tribal members and casino management to facilitate and enhance the application and interview process.

"I monitor the application process to make sure tribal members receive timely and attentive responses," Meloney said.

"It's a fantastic job," she said. "I

love working for the casino and it makes me feel really good to be able to help other tribal members get good jobs here as well."

Meloney can be reached at 432-7033.

Hotel/Conference Center

Continued from Page 1

the construction project were invited to stay over night at the casino for a special pre-opening event December 13. A Grand Opening ceremony will take place in February.

ROOMS:

92, including deluxe suites, spa rooms and handicapped-accessible rooms

PRICE:

\$89 to \$189, with various grades of complimentary accommodations for high-rolling casino guests

AMENITIES

High-speed Internet connections and IBM and Mac computers, Island Grille Restaurant, Skookum Spirit Lounge, business center, indoor pool and spa, gym, video arcade and conference and banquet rooms

HIGHLIGHT

1,800 objects of Native American art

** More photos on Page 17.*

Tribal Council Resolutions

03-75: Adopts the Fuel and Sales Tax Code

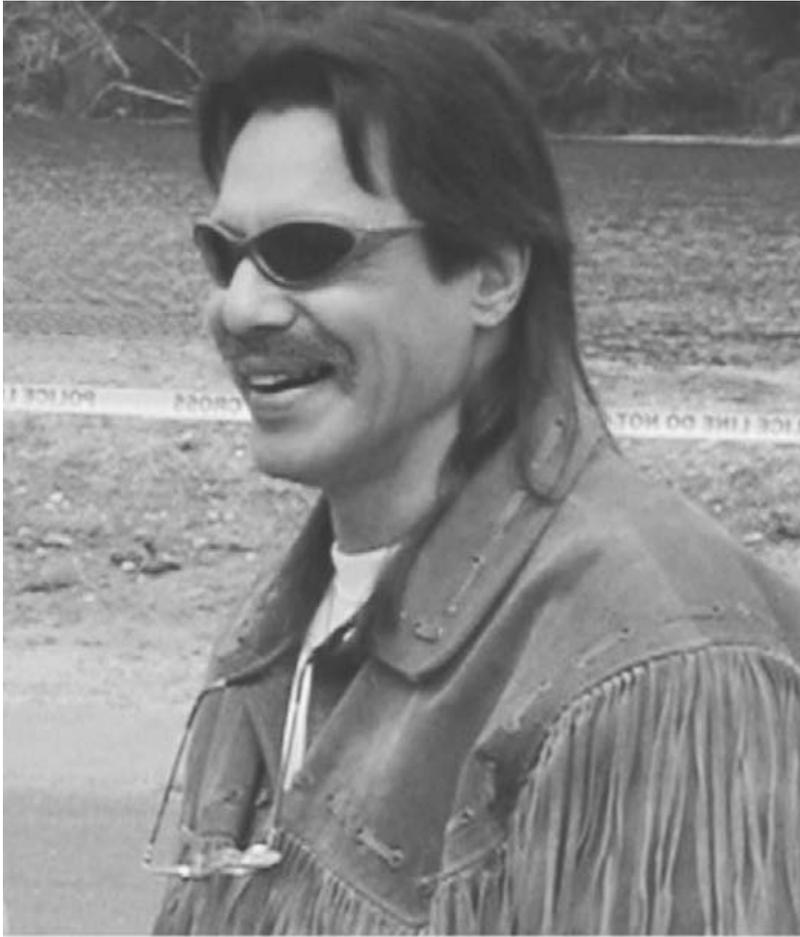
03-76: Adopts amendments to the Squaxin Island Tribe Employee Handbook

03-77: Designates Whitney Jones as the delegate and Paula Henry as the alternate to sit on the Northwest Portland Area Indian Health Board

03-78: Delegates Acting Police Chief Michael Evans to serve as its official delegate and James Peters to serve as the alternate to the Region 3 Homeland Security Council



LITTLE CREEK CASINO



Oct. 14-1952 * Nov. 12-2003

Joseph Lee Whitener, 51, of Shelton died in Hoodspport on Wednesday, November 12.

He was born October 14, 1952 in Shelton to Wesley and L. Madge (Tabor) Whitener.

He served in the U.S. Army and worked as a commercial fisherman in the Squaxin Island tribal waters. He married Nancy (Archer) Whitener in 1975 in Kamilche.

He enjoyed fishing and the water in general, as well as hunting, rock-hound activities and making Native American crafts, including beadwork and woodcarving. He left a walking stick as a work in progress. He like to smoke fish and was known as an expert cutter of fish fillets.

He was preceded in death by his parents and by a brother, Wilson Whitener, in 1998 and a sister, Gloria Austin in 1999.

Surviving him are a son, Max Reynolds of Colorado; a daughter, Melissa Whitener of Kamilche; his companion, April Penn; two brothers, Robert W. Whitener Sr. of Kamilche and Ronald A. Whitener of Silverdale; two sisters, Rhonda Foster of Kamilche and Maxine Clark of Springdale, Arkansas; and grandchildren Kassidy Whitener of Kamilche and Kameron Sager of Michigan.

Brooks Farrell officiated at a funeral service November 19, at the Squaxin Tribal Center, with inurnment at the Shelton Memorial Park.

Arrangements were by McComb Funeral Home in Shelton.

Memorial donations may be made to the Squaxin Tribal Center at 70 SE Squaxin Lane, Shelton WA 98584.

Joe Whitener's family would like to thank everyone for their support and love. The cards and flowers were beautiful. You made a difficult time easier.

A special thank you to the Tribal Council, Admin. Staff, Maintenance, Socorro and Arlene, all the ladies at the Clinic, Northwest Indian Honor Guard, Brooks Farrell, and the Skokomish Shaker Church.

In Memory

When I am gone, release me, let me go.

I have so many things to see and do.

You mustn't tie yourself to me with tears.

Be thankful for our many beautiful years.

I gave to you my love. You can only guess

How much you gave me in happiness.

I thank you for the love you each have shown.

But now it's time I traveled on alone,

So grieve awhile for me, if grieve you must.

Then let your grief be comforted by trust.

It's only for a time that we must part.

So bless all our memories within your heart,

I won't be far away, for life goes on.

So if you need me, call and I will come.

Though you can't see or touch me, I'll be near.

And if you listen with all your heart, you'll hear,

All my love around you, soft and clear.

And then, when you must come this way alone,

I'll greet you with a smile, and say,

"Welcome Home."

NEW YEAR'S EVE POWWOW

WEDNESDAY, DECEMBER 31, 2003

In the Gym

Honorary Drum
Midnight Echo (Junior Drum)

Grand Entry Noon
Dinner Break 5:00
2nd Grand Entry 6:00

Dancers and drummers will be fed.

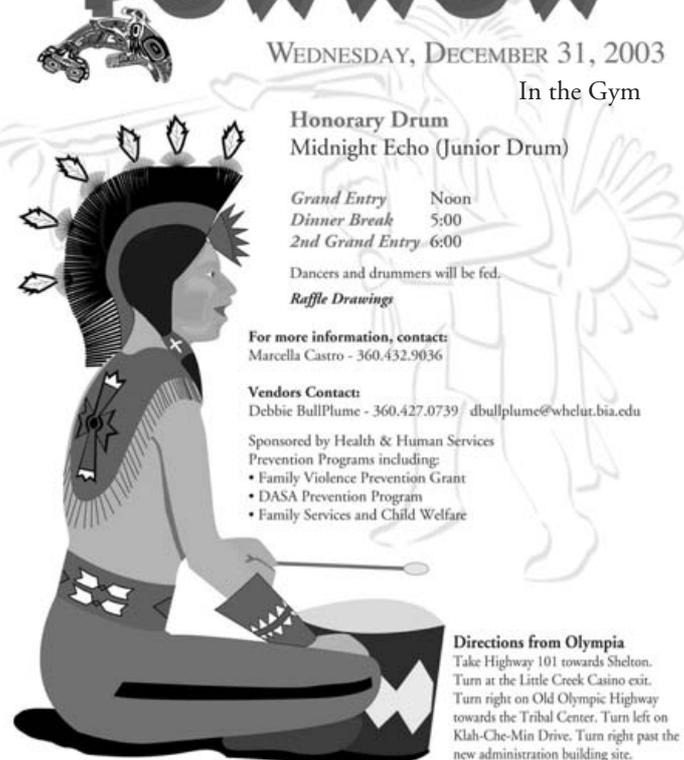
Raffle Drawings

For more information, contact:
Marcella Castro - 360.432.9036

Vendors Contact:
Debbie BullPlume - 360.427.0739 dbullplume@whelut.bia.edu

Sponsored by Health & Human Services
Prevention Programs including:
• Family Violence Prevention Grant
• DASA Prevention Program
• Family Services and Child Welfare

Directions from Olympia
Take Highway 101 towards Shelton.
Turn at the Little Creek Casino exit.
Turn right on Old Olympic Highway
towards the Tribal Center. Turn left on
Klah-Che-Min Drive. Turn right past the
new administration building site.





Tribe Is Working For New Deschutes Hatchery

Imagination and incubation are two parts of a new hatchery facility on the Deschutes River that the Squaxin Island Tribe and the Washington Department of Fish and Wildlife are gathering support for. "We want to make this much more than a hatchery," said Jeff Dickison, Policy Analyst for the Squaxin Island Tribe.

In addition to a state-of-the-art salmon rearing facility, the hatchery will also strive to educate the local community about salmon. "There is a real opportunity here for this facility to be a showpiece in Washington's hatchery system," Jeff said. Because the hatchery will be in the state's capital, the facility's potential community outreach values are being emphasized. "This would be a special place where Washingtonians could go and really learn about salmon," he said.

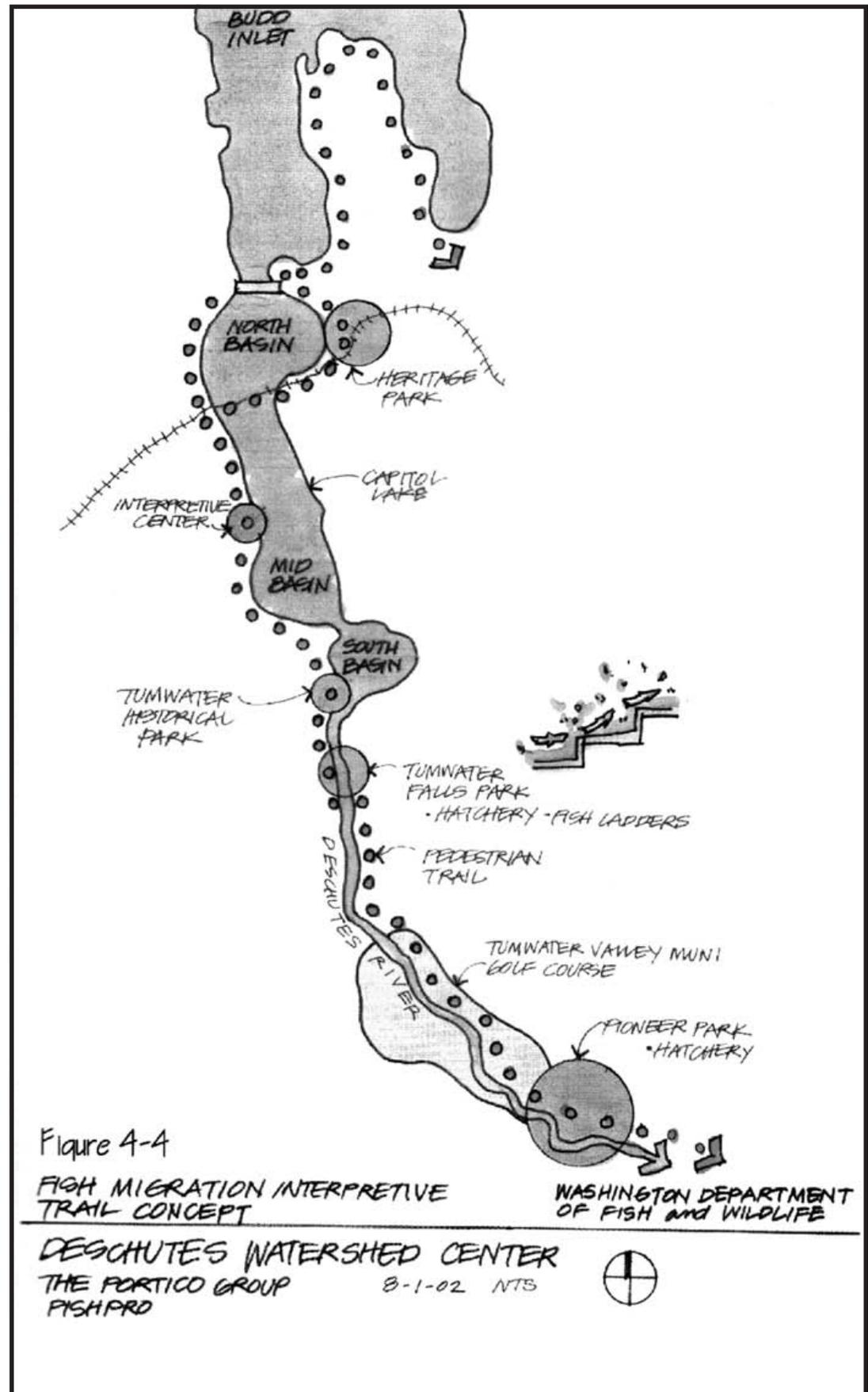
The hatchery would be tied into a series of public trails that would connect the hatchery with the Deschutes estuary, downtown Olympia, the Port peninsula and East Bay. "People would be able to visit the hatchery located right on the river and then walk all the way to the saltwater," Jeff said. "By hiking the interpretive trail people can envision the life history of salmon in the Deschutes watershed."

The new hatchery wouldn't replace the current facility at the waterfall park in Tumwater, but would supplement it. "The current program on the Deschutes is piecemeal," Jeff said. "There isn't enough room to rear the fish that will eventually be released. To have a successful program, everything from spawning to rearing and release, needs to be in the same watershed."

By bringing all aspects of fish rearing home to the Deschutes, fish health and salmon survival increases. "Even though the number of fish raised and released won't increase, the number of healthy Chinook returning every year will," Jeff said.

While the completed hatchery is some years down the road, progress is already being made. Earlier this year, at the

request of the Squaxin Island Tribe, City of Tumwater, and WDFW, the legislature appropriated \$350,000 to study funding options, determine water quality issues and examine how the hatchery might affect other hatchery programs.



Natural Resources Hotline
360-432-3899



Muckleshoot Tribe

Fishing for Online Profit

BARBARA CLEMENTS; The News Tribune - Dwayne Ross Sr. eases his skiff slowly toward the 58-foot purse seiner bobbing against a pier on the Duwamish Waterway.

Ross' boat bumps alongside the larger vessel, 500 pounds of chum salmon acting as ballast in the bow.

His son, Dwayne Jr., lifts the quicksilver cargo one by one and carefully lays the catch in a plastic container to keep the fish fresh in the hold's water, chilled to just above freezing.

Once the hold is full, with about 70,000 pounds of fish, it will be moved to a nearby plant within hours for freezing or processing.

This Seattle waterfront scene is part of the growing mail-order and online market for Puget Sound smoked salmon. The Muckleshoot Tribe runs one of several companies that sell the Northwest specialty to customers across the country.

And this is the time of year when the selling speeds up.

"See that?" asks John Halliday, who runs the 2-year-old Muckleshoot Seafood Products. His question comes out in a puff in the freezing morning air.

He points to crosshatch marks on each fish, carved into the skin by gillnets. The fishing gear is used by Muckleshoot fishermen to harvest various salmon runs, which begin moving into local rivers in July and end this month with chum, also called keta.

"That's become the mark of quality," Halliday says.

In the next couple of years, Halliday hopes these fish will become another financial milestone for the tribe, following up on its successful bingo and amphitheater operations.

To establish the Muckleshoots' niche in the highly competitive salmon and online food market, the tribe will need all the marketing savvy Halliday can offer.

A key deal with Safeway

The operation seems to be off to a good start. Two years ago, when the tribe sold almost exclusively to the Japanese for the sushi and frozen fish market, those net marks cost the tribe dearly in terms of price per pound.

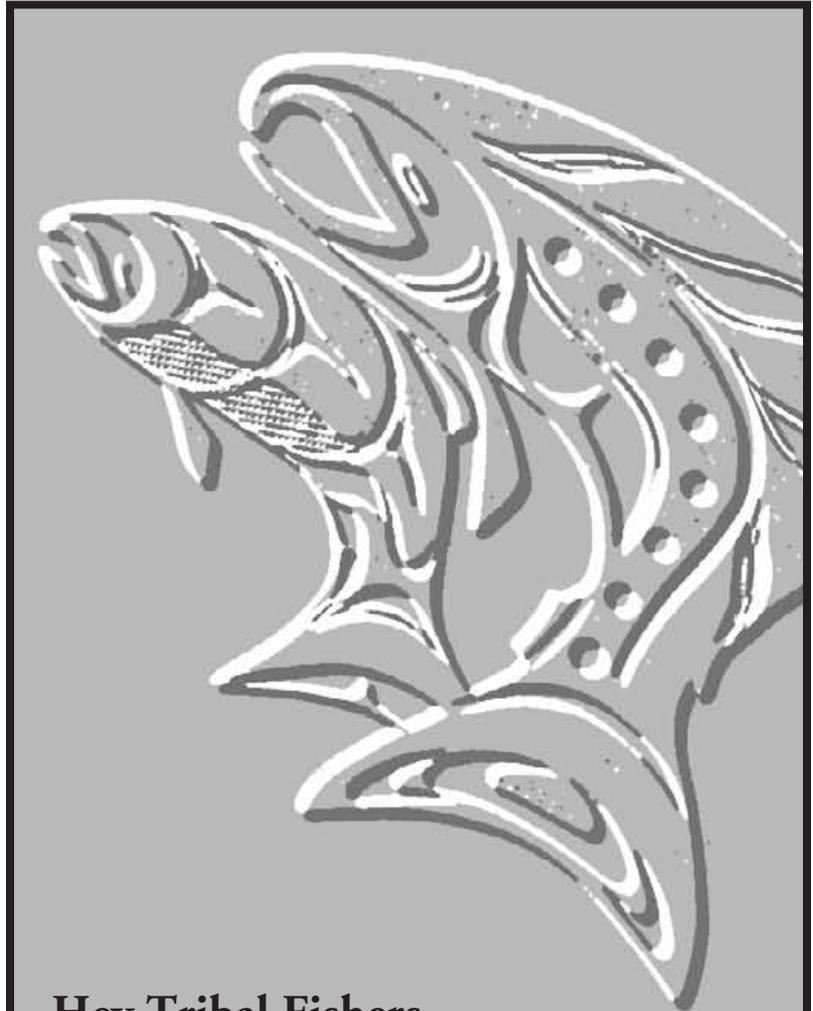
Japanese buyers marked down the fish because the skins were flawed, and the cost of freezing and shipping the fish quickly gobbled up profits.

"That (Japanese frozen) market had the lowest profit margin (for fish) in the retail market," Halliday said.

This year, Halliday decided to turn those net marks into a stamp of quality, and it's paid off well for the tribe's fishing fleet.

Using \$5.5 million to build the warehouse, hire personnel and pay for marketing and packaging, the tribe began selling its own salmon catch in local markets and now on the Internet.

Linking with Odin Food Inc. in Renton, the tribe struck a deal with 115 area Safeway stores to sell coho bearing the tribe's brand, a first for a Northwest tribe. The branded fish hit the market in September and quickly sold out.



Hey Tribal Fishers . . .

***Make Less Money in 2002 Than 2001?
If So, We May Have Good News For You!***

Jeff Dickson - Recently the United States Department of Agriculture certified a petition for Trade Adjustment Assistance for northwest salmon fishers. The program will provide assistance to fishers who were affected by the decline in Pacific salmon prices due to increased imports during the 2002 fishing season. Deadline for application is January 20, 2004.

To be eligible a fisher must document that they received less fishing income in 2002 than 2001. Once they qualify they could receive cash payments based on their landings of Chinook and Coho salmon during 2002. For those people who do not have fishing records from those years, the Natural Resources Department can help you with the documentation for your landings. Call Julie or Jeff at Natural Resources.

Copies of the application forms and answers to your questions can be obtained by calling the Farm Service Agency in Puyallup. They can be reached on the local phone exchange at 352-9150. There may be an informational meeting set up in early January to provide Tribal members with assistance in applying for this program, but it has not been scheduled at this time. Keep in touch with Natural Resources for further developments.



Fishing for Online Profit

Continued from Page 7

Halliday also began smoking the fish this year and marketing the product on Amazon's new gourmet food Web site. The response has been good, Halliday said.

"Consumers get a product that's been double-smoked, the way the tribe does it, so it tastes like smoked salmon, not tuna," Halliday said.

Tribal fishermen, who run a fleet of about 40 boats, were instructed how to handle the fish as they are caught.

First, the gills are cut, to bleed out the fish on the boat. Then the catch is immediately put on ice until the fishermen reach a holding vessel, such as the Chirikof.

The fish are not simply tossed into the hold of the larger ship, but gently placed, one by one, into a small bin which lowers the catch into the hold, tribe officials said.

This way, the meat is relatively unblemished when it reaches Safeway stores or is trucked to the Marysville facility where it is smoked, Halliday said.

When tribal fishermen agreed to handle the fish in this way, they were assured double the market price, Halliday said.

Both the processing and the smoking is being done by contract, for now. Until volumes increase, it doesn't make much sense for the tribe to build a large processing plant that would have to stand idle for most of the year, he said.

But plans are in the works for a 13,000-square-foot processing plant, which is expected to create another 20 to 30 jobs for the tribe next year. Groundbreaking for the new smoking plant is set for December, with operations to begin in June.

Current operations have created employment for about 10 staff jobs and a fleet of 40 fishermen under the Muckleshoot Seafood Products enterprise.

\$1 million in sales

Just how much of a niche the tribe has managed to carve out of the Northwest salmon market is unclear - even to the tribe.

Halliday said processors are generally secretive about their numbers. And it seems no one state agency keeps track of smoked salmon sales.

But in going online, Halliday and the tribe are tapping into a huge Web-based food market that has seen sales surge 40 percent over last year's totals of \$3.7 billion, according to Forrester Research, a firm that tracks online commerce.

Gross revenue in the online food market is expected to reach \$17.4 billion by 2008, the research company said.

The tribe's sales, both online and off, seem to be parallel to that trend.

Last year, the tribe had \$500,000 in gross sales of smoked and fresh fish. This year, tribal sales are expected to top out at \$1 million.

About \$300,000 worth of smoked fish is stored in a Kent warehouse, awaiting shipment from the online market. If all goes well, that warehouse should be empty by the first or second week in December.

In entering the smoked salmon retail market, Halliday said the tribe is simply continuing a Northwest tradition that goes back thousands of years.

"I think smoked salmon is the oldest product of trade in the Pacific Northwest," he said. "The tribes traditionally preserved the fish for food over the winter.

"We're just continuing and reviving what we've been doing since the beginning of time."

Barbara Clements: 253-597-8652
barbara.clements@mail.tribnet.com

Seafood Marketing Task Team to be Formed

Island Enterprise Inc. is interested in putting together a seafood marketing task team. The group would look at the problems and opportunities tribal fishers face in marketing seafood products. The salmon markets have been especially hard hit in recent years. The group would first look at work others have done and then propose actions that could be taken by the tribe or Island Enterprises Inc. to help tribal fishers. The group would also look at shellfish for opportunities to maximize sales. If you are interested in being part of this team, please contact Joan Koenig at 432-0228 and let her know. The first meeting will be held in January.

Hundreds Turn Out To Help John and Gloria Krise's Foster Son, Luke Moses *Marrow might assist boy with leukemia*

Sharon Michael, The Olympian - Luke Moses is a very sick boy.

He has a type of leukemia usually found in middle-aged people, and he can't take the life-saving drugs he's on now for more than a year.

The 11-year-old is also a very lucky kid.

He has a foster mom and dad who are doing everything they can to save him, and more than 200 people turned out Dec. 13 to be tested to see whether they're compatible bone marrow donors. If a match is found, Luke will have a potentially life-saving bone marrow transplant.

"I feel good because people are trying to help me," Luke said. "I thanked them for coming."

"If they can't help my boy, maybe they can help somebody else," said John Krise, Luke's foster dad.





Hundreds Turn Out To Help John and Gloria Krise's Foster Son, Luke Moses *Marrow might assist boy with leukemia, (Continued from previous page)*

People who register must be willing to donate to anyone who is a match, said Kim Allen, manager of Puget Sound Blood Center's bone marrow donor program. Potential donors give a blood sample which is tested and typed and, when donors are needed, the recipient's human leukocyte antigen (HLA) type is entered into the National Marrow Donor Program to see whether a compatible donor can be identified.

Julie LeClair, her sister and a friend came from the Skokomish reservation to register. They hoped to be a match for Luke, but said they would be willing to donate to anyone who needed a bone marrow transplant. "We were just talking on the way in here that we would really be honored if we were able to help this little guy," said LeClair, 36, a case manager for a tribal skills building program.

The search for a compatible bone marrow donor began more than a month ago, but is more difficult because Luke is American Indian and Latino. Luke is more likely to find a match among donors from those groups, but people of color make up a small percentage of the 5 million people throughout the world who are in donor banks.

The Krises decided to up Luke's odds by recruiting more bone marrow donors, and specifically more Native American, Latino and mixed-race donors. The couple papered grocery stores, casinos and public buildings from Seattle to Portland with the announcement of the bone marrow donor drive. It took place Saturday at the old National Guard Armory in downtown Shelton.

Becki Ahrens, who heard about Luke's need on the nightly news, said she prayed to be the one who is a match for Luke. Ahrens is Shoshone-Bannock on her mother's side and Siletz on her father's side.

"I don't believe in coincidences," said Ahrens, 41, who drove from Chehalis. "The moment I saw it on television, I knew I was meant to be here."

Carlos Lopez, one of the first potential donors to arrive Saturday, was disappointed to learn he couldn't donate because he takes

medication to control his diabetes. Lopez, 48, had driven from Olympia to sign up as a donor.

"I want to help," he said. "This morning I prayed. I said I wish I could be a match for the kid."

Luke has chronic myelogenous leukemia, a disease -- rarely found in children -- in which the bone marrow makes too many white blood cells. He was on chemotherapy and now is part of a study on Gleevec, a drug showing promise for inhibiting the growth of certain types of cancer.

It was Gloria Krise, Luke's foster mother, who pushed for a diagnosis when doctor after doctor told her there was nothing wrong with Luke.

"He was dying before my eyes," Krise said. "He was losing weight, he bruised easily and he lost his appetite."

Finally, at Krise's insistence, physicians at Children's Hospital in Seattle agreed to do blood tests. After the tests, the family headed home, expecting to get results in about two weeks. They got as far as Des Moines when Gloria's cell phone rang and she was told to turn around and bring Luke back to the hospital.

"They said it was a matter of life and death," she said.

John and Gloria Krise said Luke worries about what will happen if they can't find a donor before he has to quit the drug study.

"He knows there's a chance he might pass on, and he's scared," Gloria Krise said.

"He questions me about it quite often," John Krise added.

Luke said he is worried about the future, "but not a lot." He just wants to get back to school and catch up on his homework.

The Krises have had Luke with them for nearly five years, and now they also have his four younger siblings. Luke's brothers and sisters have been tested, and none were found to have leukemia.

"I don't know what it would be like without them," John Krise said. "I've been doing homework for a long time."

The registry search for Luke will take another month, and it's possible there already is a match for his HLA-type in the computer, she said. But Hispanic, Asian and black donors are desperately needed to give people of color an equal opportunity to find a donor, Allen said



About 90 percent of Caucasians will find a full HLA-type match, compared to about 60 percent of blacks. The match rate for Indians, Hispanics and Asians falls somewhere between 60 percent and 90 percent, she said.

How to become a donor

If you live in Western Washington or Alaska and would like to join the registry, contact the Puget Sound Blood Center at bonemarrow@psbc.org or 800-292-2831, ext. 1897, to be directed to the next National Marrow Donor Program Bone Marrow Registration drive.

As an alternative, you can request a donor packet to preregister by mail. The bone marrow coordinator will then schedule your small sample draw at one of nine Puget Sound Blood Center donation centers or on a whole blood donation drive.

If you match someone needing marrow, you'll be given more information about the procedure and asked if you still want to donate. If you agree, the procedure will be done in a hospital under anesthesia. Marrow is extracted from the back of the pelvic bone using a special needle and syringe, and you might be required to stay overnight.

People of color are needed, both as bone marrow and blood donors. About 74 percent of the 5 million bone marrow donors registered worldwide are Caucasian; the remaining 26 percent includes all other racial groups. "It's a bit more complicated with a multi-race recipient," she said. "Luke may match another full-blooded native or a full-blooded Latino."



Scholarship Corner

Clyde Kohn Rossman Scholarship

Washington State Society Daughters of the American Revolution; Application must be postmarked no later than January 15, 2004. (1) Candidates may be from all Tribal Agencies in the State of Washington. (2) The candidate must be a graduating high school Native American student who will be entering either a vocational or academic school of higher education. (3) Either male or female students may apply and selection will be made upon need and academic standing. (4) The winning students shall be invited to the Daughters of the American Revolution Station Conference, in March, where a Certificate of Award will be presented. (5) scholarship money is not sent to the student, but mailed to the school or college to apply toward tuition upon proof of enrollment.

Truman D. Picard Scholarship Program

Interested students must provide the following information by 5:00 p.m. January 30, 2004: A) Letter of application demonstrating (1) an interest in Natural Resources, (2) a commitment to education, community culture, (3) academic merit and (4) financial need. The Education Committee reviews and ranks each application. All four points should be addressed in the letter. The letter may be up to two pages in length. B) Must provide a resume. C) Must provide three letters of reference. D) Validated enrollment in a federally recognized Tribe or Native Alaska Cooperation, as established by the U.S. Government. E) 2004 Graduating High School Seniors: Please provide documented proof of application to an institution of higher education to study in the area of Natural Resources along with school grades. F) College Students: If you are currently enrolled in a higher education program please provide documented proof of study in the area of Natural Resources, along with school grades.

Gates Millennium Scholarships

Scholarships are awarded to students who: A) Are American Indian/Alaska Native, African American, Asian/Pacific Islander American, and Hispanic American. B) Will enter a nationally accredited college or university as full-time freshmen in the fall of 2004. C) Will graduate from high school with a cumulative 3.3 GPA on a 4.0 scale at the time of application. D) Meet the federal Pell Grant eligibility criteria (financial need). E) Demonstrate leadership abilities through participating in community services, extracurricular, or other activities. Deadline to apply is January 16, 2004.

The College of Education at the University of Oregon

The college has received a grant from the Department of Education in Washington D.C. They will be able to fund ten (10) students through the Native American Teachers Program for the 2004-05 school year. If you know of any Native American students who have already earned a Bachelor's degree who might

be interested in the teaching scholarship, please have them contact me. Deadline is January 2004, for both the teaching program and the scholarship program.

Construction Electrician Apprenticeship

Must be 18 and a high school graduate

ESA Foundation

Degree in Special Education-Deadline 02/01/04

Discover Card

JUNIORS: One million dollars in scholarships
Deadline 01/09/04

Washington State Trial Lawyers

\$2,500
Deadline 03/15/04

U.S. Bank Scholarship

usbank.com/studentbanking
Deadline 02/28/04

Eastern Washington University

Scholarship packet
Deadline 02/01/04

Equine Industry

\$2,500 to \$10,000
Deadline 02/01/04

Johnson & Wales University

\$3,500 to \$7,500
Deadline 01/30/04

Wells Fargo

100 @ \$1,000 wells Fargo.com/collegesteps

Ewing C. Scholarship

\$2,500
Deadline 02/14/04

Embry-Riddle Aeronautical University, Arizona

Deadline 01/15/04

University of Portland

\$12,000-\$8,000-\$7,000 yr.
Deadline 01/01/04

University of Idaho

Deadline 02/15/04



LEARNING CENTER



Washington State PTA

\$2,000 & \$1,000 – Deadline 02/14/04

American Legion Scholarships

\$138,000 Nation Wide

Imagine/Commitment to Agriculture

100 @ \$1,500 – Deadline 02/15/04

WASA/PEMCO

3 @ \$4,000.

Deadline 03/15/04

Evergreen State Scholarships

www.evergreen.deu/scholarships

Deadline 02/02/04

UW NASA Space Grant

\$1000./\$5,000.

Deadline 01/16/04

St. Martin's Merit Scholarships

www.stmartin.edu

There are currently several Pre-College workshop opportunities available, but time is running out. Please come to the Tu Ha' Buts Learning Center for more information and program descriptions, or call Lisa at 432-3882.

There will be tutors available for homework help Monday through Thursday between 3:00 p.m. and 5:00 p.m. Please call Lisa Evans or Kim Cooper if you would like to participate in this program.

Learning Center Staff Hours:

Kim Cooper, Director

8:30 – 5:00 432-3904

Mark Snyder, Youth Coordinator

9:30 – 6:00 432-3872

Walt Archer, Education Liaison

7:30 – 4:00 432-3826

Lisa Evans, Administrative Asst.

8:30 – 5:00 432-3882

Mandy Valley, Volunteer Tutor

4:00 – 6:00 432-3882

Tribal Member Kathy J. Block Receives IHS Director's Award

Squaxin Island Tribal Member, Kathy J. Block, was awarded the Indian Health Service Director's Award for leadership in the implementation of the Small Ambulatory Program. Senior Contracting Officer, Kathy J. Block, was nominated by the Office of Public Health for demonstrating outstanding efforts in the award of high priority health care facility contracts for the IHS Small Ambulatory Program. Kathy developed a streamlined contract that would benefit all tribes across the country to build health care facilities. Kathy demonstrated proficient negotiation abilities and successfully negotiated the award of seventeen 638 Subpart J construction contracts in a timely and efficient manner. This contribution will benefit the health of thousands of American Indian and Alaska Natives in 7 different IHS areas. The awards ceremony was held in Rockville, MD on November 6, 2003. Kathy has worked for the Indian Health Service for 32 years; the first 26 years were in the Portland office and for the last 6 she has worked out of the IHS, Division of Engineering Services in Seattle, WA. Kathy is the daughter of Ruth and the late Emory Peters and has two grown children, Matthew and Christy and one grand-daughter, Sierra.



L-R: Admiral Gary Hartz, Acting Director of the Office of Public Health, Kathy Block and Charles W. Grim, D.D.S., Director of Indian Health Service.



COMMUNITY



Jerry Jones, master carver, fisherman, member of the Tulalip Canoe Family and the Tulalip Museum Committee, boat builder, husband, father and grandfather, passed away on Sunday, November 16th.

Jerry provided technical support and friendship to the Squaxin Island Tribe to help carve the first cedar dugout canoe in more than a century.

He will be remembered for his humor, for the many hours he spent teaching young people about Puget Sound Native arts and traditions and for his beautiful canoes that will be treasured for generations to come.

Jerry had said, "All of my life I've been a carver. As a young boy, I had a no carving tools, but my grandmother had butcher knives and paring knives. I'd sharpen them to carve with. I know I was already carving by the time I was eight years old. There were no teachers around at that time, so I was self-taught.

"My grandmother was Cecelia. I don't know her Indian name, but her maiden name was Jackson, and she was full-blooded Snoqualmie. Her father, or my great-grandfather, was a canoe carver. We had a canoe that my grandmother and her mother and father owned. It was the very last sea-going canoe on this reservation.

"I was a welder and mechanic for the tribe for about 12 years, and then I was asked if I would take on a project of carving a single family canoe. I said I wanted to do it, but I didn't know how. Bill Holm was my teacher and dear friend."

"Since that first canoe, I have helped Lummi start a canoe project, and I've helped George Krise down at Squaxin Island on his canoe project. It's a great honor to be able to do these things - to help bring canoes back to Tulalip and other reservations."

Jerry said that he named that first canoe *A Gift From Our Ancestors* because he believed that his gift for carving came from his ancestors.

Jerry received a great deal of satisfaction from seeing his canoes filled with young people gliding across the water. More than anything, he said, he enjoyed "seeing our young people smiling and being happy about being Indian, and being able to walk in the footsteps of their grandparents. On the trip to Vancouver Island, we stopped at 15 different nations, and I thought, a hundred years ago our canoes stopped at all of those places, on the exact same beaches."

During the Indigenous Games in Canada, he said, "Judy Gobin's daughter stood up at Ahausit, with thousands of people there, and she's talking Lushootseed. She told them who we were and what canoe we were and about us wanting to come there - and all in Lushootseed. It was so great! I'm telling you, it made my heart feel good to see that!"

"Long ago, I told my grandfather that I wanted to learn to talk our language, but he told me, 'You know, you don't need that now. You're going to have to live out there in the white man's world.' Now, I've found out that I do need that and want that. And we can have it both ways. We can keep the old way and still live the modern way."

"In the old Indian way, the more you give away, the richer you are. So, I have none of my carvings. I've given them all away. I've given some to young people - paddles and things - as rewards.

"The old carvers, they were really the master carvers. I have every modern tool in the world available to me, and I can't equal their workmanship. But I love my canoes, and I'm sure my grandfather is happy that we are bringing the old canoes back."

"I hope they will last 200 years, maybe a little more, so that two centuries from now Tulalips will be able to put them in the water and travel exactly like the old Indian did back in 2003. And they will be able to look back and see that the Tulalip Tribes took the time to preserve this way of life for the future generations of our tribe.

"Like other carvers, I felt that my canoes are truly my children and I don't like to see them mistreated, and I worry about who is going to take care of them when I am gone."

MISSING!!

Pool cue and case, last seen in a gold Saturn parked in the HHS parking lot. If found, please call 432-3935.

Language Classes

Mondays and Tuesdays

Special Classes

Wednesday

11:00 - Noon, Learning Center

12:30 - 3:30, NWITC

4:30 - 6:00, Mary Johns Room

Thursday

11:00 - Noon, Planning Department

3:00 - 5:00, Beginning Class, MLRC

Friday

Morning, Special Sessions

Noon- 2:00, Drop in Tutoring,

Mary Johns Room

For more information

or to set up a special session,

Call Barbara (cicalali) Whitener

H-426-0041

C-490-2720

email: cicalali@hotmail.com



New Employees



Vicky York
Data Entry Clerk

Hello! I am the daughter of Misty and Nancy Bloomfield. I have lived in Mason County for most of my life and currently live in the Skokomish Valley. I have five children and seven grandchildren. I enjoy most outdoors activities like boating, swimming, and hiking. Indoor hobbies include basket weaving, sewing, and painting.

After six years of college it is with a sigh of relief that I have accepted the data entry position at the clinic. Recently I completed a Master of Arts at The Evergreen State College in education. I have previous experience in office work as a clerk typist in the Office of the President at Oxnard College in Oxnard, CA and at the Naval Construction Battalion Center in Port Huene, CA. My ten year position at Shelton School District also required record keeping duties.

Currently I serve the community in several areas. I am the Squaxin Island Education Commission chair person. I am the chair of the Shelton Indian Education Button Robe Project. I help implement the youth's summer activities as the Summer Recreation Program Coordinator.



Kendra Glover
Pharmacy Technician

Hello! I would like to introduce myself. My name is Kendra Glover. I am working at the Kamilche Pharmacy and look forward to filling your prescriptions and being of help in any way I can.

Prior to this I worked at Neil's Pharmacy for 17 years, so some of you already know me and for these who don't, I look forward to getting to know you. I am happy to be a part of your community.



Beverly Hawks
Housekeeping Manager

Hello! I'm Bev Hawks. For those of you who don't know me, I've been given the opportunity to participate in opening the hotel as the Housekeeping Manager. I'm sooo excited, and once more, would like to thank Sam (Askew) for this position. I feel about the same way as I did when we opened the casino - it's thrilling!

I know myself and my wonderful, energetic staff will keep the hotel as beautiful as it is now, along the same standards guests at the casino are accustomed to.

Those of you who are interested in work, please keep your phone numbers current. I could have hired more people, but some of your phones were disconnected.

Stop by and check us out - the hotel is beautiful! Hoyt!

Elders Housing Available

Do you know a Squaxin Island Tribal member, 55 years or older, looking for a safe and secure environment with close tribal facilities? If so, please contact the Office of Housing at 432-3864 for an application.

Based on the information you provide in the housing application you will be assigned to the Priority Housing Waiting List by the initial date of application for an elder duplex unit or an elder house. A final review of your qualifications and eligibility must be conducted prior to actual assignment of a house.

?

SPIPA
Native
Women's
Wellness
Program

Logo Contest!

*Help us create a logo for the
Native Women's Wellness Program.
First prize is \$150!*

Design should be simple enough to reproduce well. Suggestions:

- Northwest Native style
- Women/women's wellness theme
- Generation-to-generation theme

Deadline is Friday, February 6th at 4:00 p.m.
Send all submissions (with your contact information) to South Puget Intertribal Planning Agency
Attn: Native Women's Wellness Program
2970 S.E. Old Olympic Highway, Shelton, WA 98584



HEALTH & HUMAN SERVICES



Nutrition Myths

Myth

The best way to lose weight is to cut out or extremely lower your intake of carbohydrates.

Fact

Lowering your carbohydrates can cause rapid weight loss. But it is unhealthy to cut them completely out. It is also unrealistic to think that you can cut them out indefinitely.

Myth

Skipping meals is an easy way to lose weight fast.

Fact:

Definitely not! Skipping meals can lower will power to stick with your health plan. It can also lead to over-consumption at your next meal.

Myth

Pasta, potatoes and other starchy foods are fattening.

Fact

These foods are rich sources of carbohydrates and are not innately fattening. Carbohydrates contain only 4 calories per gram, while fats contain 9 calories per gram. These foods become fattening by the things that you add to them like, butter, sour cream, gravy or cheese.

Myth

Protein builds muscles.

Fact

Training and exercise build muscles. If extra calories are consumed from protein, carbohydrates or fat, the excess is stored as fat, not muscle.

Myth

Fast food is always bad for you.

Fact

While most fast food is high in fat and cholesterol, there are more and more healthy choices available. Order a grilled chicken sandwich instead of a fried sandwich, or a side salad instead of fries. Willpower can make it a healthy choice.

Myth

You can determine if you lost weight by stepping on a scale.

Fact

Muscle weighs more than fat. You may be the same weight or gain weight and actually have less body fat. The more important thing is the amount of body fat versus lean body tissue.

MEAL PROGRAM MENU

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

Food Group	Monday	Wednesday	Thursday
<i>Sandwiches available on request instead of the entrée listed Want seconds? - Just ask! Free to seniors 55 and older \$3 for all others</i>	Sandwich Bar w/ Tuna 5 Carrot Raisin Salad Tomato & Split Pea Soup	Baked Salmon 7 Steamed Broccoli Baby Red Potatoes	Chalupa 8 Corn Pinto Beans
Meat Vegetable Grains/Bread	Breakfast for Lunch, Ham 12 Salad Bar French Toast	Pork Roast 14 Carrots Orzo Pilaf	Elk Meatloaf 15 Steamed Peas Mashed Potatoes
Meat Vegetable Grains/Bread	Teriyaki Chicken 19 Stirfry Vegetables Brown Rice	Creamed Seafood on Bisquit 21 Brussel Sprouts Bisquit/Puff Pastry	Sandwich Bar Day 22 Broccoli Salad Chicken Noodle Soup/Rolls
Meat Vegetable Grains/Bread	Baked Snapper 26 Zucchini Couscous	Breakfast for Dinner, Bacon 28 Salad Bar Waffles	Spaghetti 29 Mixed Vegetables French Bread



Myth

I can just go on a diet whenever I need to lose weight.

Fact

Dieting for a short time does not always result in sustained weight loss. "Yo-yo dieting," or repeatedly losing and gaining weight, can be dangerous. The best way to lose weight and maintain weight loss is to adopt an overall healthy lifestyle.

- Source: *The Fitness Expert Nutrition Guide*,
by Fitness Expert Inc.



Upcoming Events

Enjoying your "Walk" to the Olympic Peninsula Tribes? Keep on increasing those steps! Call a friend, bring an umbrella, and enjoy better health!

How to Beat the Winter Blues Practical Every Day Tips

Facilitators:

Brenda Dorsey & Heidi Chambers

Wednesday, January 14, 2004

11:00 a.m. - 1:00 p.m.

Clinic Conference Room

Lunch Provided

To RSVP or for more info, Contact Patty Suskin, Diabetes Coordinator at 432-3929 or Brenda Dorsey at 427-9006.

Walk the REZ Bloomfield or T'Peeksin Loop

Monday, January 26

Monday, February 23

A great way to start your week!

1.2 or 2.8 mile walk

Meet at the Health Clinic at 10:30 a.m.

Back in time for Elders/Senior Lunch

Go at your own pace!

Bring a friend and bundle up & umbrella up for any weather!

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

Eating on the Run Healthy Tips for Busy People

Facilitator:

Sheila Smith, Certified Nutritionist

Wednesday, January 25

Noon to 1:00 p.m.

Elder's Building

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

Also coming in January or February

Yoga - 6 week session

Coming in March

Carbohydrates, How Much Is Healthy?

Every Thursday meet at the Elders Center at 12:40 for a brief walk.

Eating Well - ANYTIME!!

Making healthful food choices is much easier than you thought possible. There's no need to follow a complicated diet, to count every calorie or to avoid your favorite foods. Even better, it's easy to eat healthfully ANYTIME of day - ANYWHERE you decide to eat.

WHY make healthier food choices every day?

- ENJOY great taste and good health in every bite you take.
- BOOST your brainpower for learning, working and playing.
- ENERGIZE your body and mind for all the things you want to do.
- ENHANCE your health from head to toe, on the inside and the outside.
- PROTECT your whole body - heart, bones, muscles, eyes, skin and more!

WHAT foods are the healthiest choices?

For high-energy health, choose minimally processed, whole foods. These are the best sources of the 70+ nutrients your body needs every day. Whole foods are cheaper than supplements - and the nutrients in them are usually better absorbed. Your best bets are:

- **Fruits & vegetables** (fresh, frozen, canned and dried) - 5 to 9 servings a day
- **Whole grains** (breads, cereals, rice, pasta and snacks) - 6 to 11 servings a day
- **Low-fat dairy foods** (1% or less milk, yogurt and cheese) - 2 to 3 servings a day
- **Legumes & plant proteins** (beans, peas, nuts and seeds) - 1 to 2 servings a day
- **Lean animal proteins** (Meat, poultry, fish and eggs) - 2 to 3 servings a day

HOW can I make these foods part of my day?

With a few simple guidelines, you can enjoy power foods from morning 'til night. Look for tasty choices everywhere - at home, in restaurants and at the supermarket.

- **Eat early:** Start every day with a protein, a whole grain and a piece of fruit.
- **Snack regularly:** Include a protein food for maximum satisfaction and lasting energy.
- **Select bright colors:** Pick colorful fruits and vegetables to fill half your plate.
- **Go for lean:** Choose lean meats and skinless poultry to minimize your saturated fat.
- **Choose crunchy:** Go for grains, nuts, seeds and veggies to pump up your fiber.





Outdoor Activity of the Month

COME JOIN US! Around the REZ and Bloomfield Loop

December has been a busy month, so why not stay close to home & enjoy a walk around the Bloomfield Loop (Klah-Che-Min Drive, around Bloomfield Road & Olympic Highway)? The Squaxin Island REZ is a great place to walk!

THE ROUTE: A nice loop around the REZ. From the Squaxin Island Health Center, walk on Klah-Che-Min past new housing, left onto Bloomfield Loop, and right onto Olympic Highway past the SPIPA building and back to Klah-Che-Min Drive.

WHERE: Squaxin Island Reservation, Shelton

SIZE: 2.8 mile loop

TIME: Speed walkers about 45 minutes, most others, about an hour or so, depending on your strolling speed.

Join us on Monday, January 26th and Monday, February 23rd at the clinic at 10:30 am. We'll be back in time for Elder's Lunch. If you are a beginner, an alternative walk around T'Peeksin Loop is available the same days & times.

If you have a favorite nature area for walking to share in future Klah-Che-Min issues, to RSVP for walks or for information about community walking activities, call Patty Suskin, Diabetes Coordinator at the Clinic at 432-3929.

Walk to the Olympic Peninsula Tribes *Wellness One Step at a Time*

TRIBE TRIVIA

The challenging holiday weeks are behind us. How are you doing with your walk around the Olympic Peninsula? There is still time to catch up with the others on the home stretch. By walking a total of 30 minutes each day you can improve your health & enjoy "traveling" to the tribes in the Olympic Peninsula. Here is a little trivia of the tribes we are passing.

Hoh **(Weeks 10 & 11 through Jan. 3, 2004)**

The Hoh River Indians are considered a band of the Quileutes but are recognized as a separate tribe. The Hoh Reservation has approximately one mile of beach front running east from the mouth of the Hoh River, and south to Ruby Beach. The Hoh Reservation was logged in 1954 and it will be 40-60 years before the second growth will be of commercial value.

Quinault **(Weeks 11 & 12 through Jan. 10, 2004)**

Salmon and steelhead fishing were the major economic activities of the Quinault people. In addition, the rich supply of timber played an important part in their lifestyle. They lived a rich existence with hunting, fishing, and ample supplies of timber for building and firewood.

Shoalwater Bay **(Weeks 12 & 13 through Jan. 17, 2004)**

Some Shoalwater people entitled to allotments on the reservation were allotted instead on the Quinault Reservation. By 1879 the Shoalwater Bay people spoke the Lower Chehalis dialect. The tribe rejected the Indian Reorganization Act in 1934 but adopted a constitution and became formally organized on May 22, 1971.

Holiday Expenses Got You Strapped?

Food vouchers are available at through Marcella Castro at 432-3931.

Chehalis **(Week 15 through Jan. 24, 2004)**

3,753.63 acres of the reservation were given for homestead entry by the executive order signed by President Grover Cleveland on October 1, 1866 and 471 acres were set aside for schools. The number of the Chehalis people was 149 in 1906 and then, in 1984, the number was 382. Today, in 2003, there are over 650 Chehalis Tribal members.

You are almost home! Keep walking and being more active! Questions? Contact Patty Suskin, Diabetes Coordinator at (360)432-3929 or psuskin@squaxin.nsn.us



*Join hands, walk in harmony,
keep the peace*



Inter-Tribal Warrior Society

Indian veterans and active-duty military,
your families and friends

We would be honored for you
to join our group.

For more information, contact
Sonny Bargala (Secretary)
toll-free at (866) 685-4400
Bob Sison (Chaplain) at (360) 456-8961
or at Squaxin, contact
Will Penn or Lynn Scroggins
at (360) 426-9781



Real Guidelines for Real People: *New Year's Resolutions That WORK*

It's the resolution season again. The time when people across the land vow to lose weight and get in shape.

How to change a habit

Changing habits is hard – that's why they are called habits. The longer that you have been doing something, and the more frequently you do it, the harder it may be to change. Experts say that it takes at least 21 days to replace an old habit with a new one.

Fortunately, there are things you can do to make your efforts more successful. Here's a checklist for you to use with your January resolutions -- or at any other time of year.

Pick one habit at a time.

Choose something easy and something you are willing to do – like eating one more serving of vegetables or one more piece of fruit every day.

Start slow and stay steady.

Choose a goal you can meet and a pace that you can keep – like walking around the block once (or twice).

Keep a record of your progress.

Choose a convenient place to write down how you are doing – like notes on a calendar.

Look for help in the right places.

Choose someone supportive to help you stay with your plan – like a good friend who also wants to make a change.

Reward yourself (without food).

Choose several easy ways to give yourself pats on the back – like saving up for a massage or spending time with a friend.

* Source: *Eat Right Montana*, submitted by *Patty Suskin*, Diabetes Coordinator



Congratulations Women's Health Raffle Winners



Misti Saenz-Garcia (R) with Rose Algea



Sally Scout-Moore

Mammogram Day

January 15, 2004

**Call Rose Algea
at 432-3930
to make an appointment**



Who Is It?



Top picture: Bob Whitener, Bob Whitener and Pete Krugers; other two photos: Bob Whitener

**Happy Belated 11th Birthday
Koreena Ann
Love,
Mom**

**Happy Belated 11th Birthday
Jaimie
Love,
Sister**

**Happy Birthday Chris Furtado
Love,
Dee**

**Happy Birthday Old Woman
(Ha! Ha!) Aunt Ruthie
Love,
Rose, Kendra, Krystal and Hailey**

**Happy Birthday
Shila & Tristen
Love,
Aunt Rose**

**Happy Birthday Lenny
and Santana
Love,
Dee**

**Happy Birthday Mom (Leah)
Love,
Terri and the Girls**

**Happy Birthday Margaret
Love,
The Capoeman Family**

**Have a Great Birthday
Auntie Leah Cruz
Love, Dee**

Way to Go Jessica Parker

Redmond High Girls Earn Another 4A Kingco Title

Redmond Reporter, By Andy Nystrom - As the race wore on, K.C. Gaudette tried valiantly to catch her two younger teammates. But the fleet-footed runners with the light brown and brunette pony-tails maintained their pace and left the senior behind.

Gaudette was amazed when watching sophomore Carle McCoy and freshman Jessica Parker rumble along the 3.1-mile Lincoln Park course with confidence and intensity. She was impressed at how they grew as competitors this season - and especially how they turned it on when it counted the most.

With the help of McCoy and Parker's 10th- and 11th-place finishes, the Redmond girls shot past the competition to win their second consecutive 4A Kingco girls cross-country title on Oct. 31. Seniors Dena Robinson (7th), Ali Misenaar (14th) and Guadette (17th) completed the Mustang's team of five that advanced to the state meet in November.

Redmond coach Denis Villeneuve said, "I saw them (McCoy and Parker) run in junior high and knew they were outstanding runners. They really stepped in and helped us out. Without

them, we wouldn't have won."

"They did what they needed to do and knew who they had to be around," the coach said about running near each other in order to score better at the finish. "I told them earlier, that if we win it's as a team, and if we didn't it's as a team."

Gaudette agreed that it was all about teamwork for the Mustangs this season. This group was so special that she and Misenaar decorated pink T-shirts for all the runners with "RHS 2003 Girls" Emblazoned on them.

"It's a unity thing - something to get us pumped up for Kingco," said Gaudette. "Last year we were the underdogs, and this year everyone wanted to take our spot. We didn't want to give it up."

"To have an undefeated (regular) season and then win Kingco - it's unbelievable, incredible."



Photo: Jessica Parker Crosses the finish line at the girls 4A Kingco cross-country championships last month at Lincoln Park in West Seattle. Parker finished 11th overall and helped the Mustangs earn their second consecutive title.



LCC HOTEL





COMMUNITY



The Night Before Christmas

Submitted by Debbie Obi - "Twas the night before Christmas, when all through the tipi, not a creature was stirring, not even a cici. The moccasins were laid by the campfire with care, in hope that Waziya soon would be there. The Wakanyeja were nestled all snug in their skins while visions of wajapi and fry bread drooled down their chins; and Mama in her shawl, and I in my braids, had just settled our brains for dreams to be made, when out on the prairie there arose such a clatter, I sprang from my deerskin to see what was the matter. Away to the door I flew like a deer, tore open the flap through the night to peer.

The moon on the breast of the new fallen snow gave a luster of midday to objects below. When what to my wondering eyes did I see below, but a miniature drag and 8 tiny buffalo. With a little old driver, so lively and quick, I knew in a moment it must be Saint Nick. More rapid than eagles his courses they

came, and he whooped and he howled and he called them by name.

Now Wanji, now Yamni, now Taptan and Nunpa, on Sakpe on Sakowan, on Sagalogan and Lopa. The top of the ridge, to the top of the hide, now dash away, dash away, dash away, now let us ride.

As dry leaves that before the wild hawk fly when they meet with an obstacle, mount to the sky. So up to the tipi tops the courses they flew, with a drag full of games and Waziya too.

And then in a twinkling, I heard on the ground, the prancing a-pawing on each little mound. As I drew in my head, and now was turning around, over the campfire Waziya leaped with a bound. He was dressed all in fur from his head to his foot, and his buckskin was all tarnished with dirt and soot; a bundle of games he had flung on his back, and he looked like a peddler just opening his pack.

His eyes - how they twinkled! His dimples how merry! His cheeks were like roses, his nose like a choke cherry! His droll little mouth was drawn up like a bow, and the braid on his head was as white as the snow; and the smoke it encircled his head like a wreath; He had a broad little face and a little round belly that shook when he laughed, like a bowl full of berries. He was chubby and fat, a right jolly old elf, and I laughed when I saw him in spite of myself; a wink of his eye and a twist of his head, soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work, and filled all the moccasins; then turned with a jerk. And laying his finger aside of his nose, and giving a nod, up the tent pole he rose. He sprang to his drag, to his team gave a jingle and away they all flew, soaring up like an eagle. But I heard him exclaim as he drove out of sight, Merry Christmas to all and to all a good night."

YOUTH CULTURAL ACTIVITIES CALENDAR

				1	2	3
				Closed	Closed	Closed
4	5	6	7	8	9	10
Closed	Closed	Closed	Language Class 4:30 - 6:00 Drum Group 6 - 8	Youth Council 4:00 - 4:30 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Drum Group 2:00 - 3:00
11	12	13	14	15	16	17
Language Games 2:00 - 4:00	Closed	Closed	Language Class 4:30 - 6:00 Drum Group 6 - 8	Youth Council 4:00 - 4:30 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Drum Group 2:00 - 3:00
18	19	20	21	22	23	24
Language Games 2:00 - 4:00	Closed	Closed	Language Class 4:30 - 6:00 Drum Group 6 - 8	Youth Council 4:00 - 4:30 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Drum Group 2:00 - 3:00
25	26	27	28	29	30	31
Language Games 2:00 - 4:00	Closed	Closed	Language Class 4:30 - 6:00 Drum Group 6 - 8	Youth Council 4:00 - 4:30 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Drum Group 2:00 - 3:00



HAPPY BIRTHDAY



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

WHAT'S HAPPENING

Dempsey Bob, regalia maker and woodcarver, and Nora Naranjo-Morse, writer, film maker and installation artist best known for her work with clay, will giving presentations on their Native art January 9, 2003 from 1:00 p.m. - 3:00 p.m. at the MLRC.				1	2	3
4	5	6	7	8	9	10
		Court Church 7:30	Drum practice 6:00 p.m. in the Gym	Tribal Council Scrapbooking @ 1:00	AA Meeting 7:30	Art Presentations at the MLRC from 1:00 - 3:00
11	12	13	14	15	16	17
		Church 7:30	How to Beat the Winter Blues 11:00 at the clinic Drum practice 6:00 p.m. in the Gym	Mammogram Day Scrapbooking @ 1:00	Housing Commission 9:00 in the Annex AA Meeting 7:30	
18	19	20	21	22	23	24
		Court Church 7:30	Drum practice 6:00 p.m. in the Gym	Tribal Council Scrapbooking @ 1:00	AA Meeting 7:30	
25	26	27	28	29	30	31
Healthy Tips for Busy People Elders Bldg @ Noon	Walk Around the Rez Meet @ clinic @ 10:30	Church 7:30	Drum practice 6:00 p.m. in the Gym	Scrapbooking @ 1:00	AA Meeting 7:30	

JANUARY YOUTH ACTIVITIES CALENDAR

				1	2	3
				Closed for New Year's	Baton 3:30 - 7:00	Closed
4	5	6	7	8	9	10
Closed	Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	Homework Help 3:00 - 5:00 Baton 4:30 - 5:30	Baton 3:30 - 7:00	Closed
11	12	13	14	15	16	17
Closed	Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00 Gym Cleaner 6:00	Homework Help 3:00 - 5:00 B'Ball Practice 3:00 - 6:00	Homework Help 3:00 - 5:00 Baton 4:30 - 5:30	Baton 3:30 - 7:00	Closed
18	19	20	21	22	23	24
Closed	Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	Homework Help 3:00 - 5:00 B'Ball Practice 3:00 - 6:00	Homework Help 3:00 - 5:00 B'Ball Practice 3:00 - 6:00	Homework Help 3:00 - 5:00 Baton 4:30 - 5:30	Baton 3:30 - 7:00	Closed
25	26	27	28	29	30	31
Closed	Homework Help 3:00 - 5:00 Open Gym	Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00 Gym Cleaner 6:00	Homework Help 3:00 - 5:00 B'Ball Practice 3:00 - 6:00	Homework Help 3:00 - 5:00 Baton 4:30 - 5:30	Baton 3:30 - 7:00	Closed

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