



Suquamish News dxseQeb syeceb

A monthly publication of the Suquamish Tribe

Volume 12

January 2012

No.1

Potlatch Fund Presents Chairman Leonard Forsman with the Fran James Cultural Preservation Award at Its Annual Gala

The Potlatch Fund recognized Suquamish Tribal Chairman Leonard Forsman at its annual gala with the Fran James Cultural Preservation Award. The award recognizes individuals who provide leadership in cultural preservation to revive and continue our traditional ways. Leonard has been active in the formation of the Suquamish Museum, in conducting archaeological and historic research in Puget Sound, and supporting and planning cultural events, especially Tribal Canoe Journeys. "Receiving this award is a great honor, especially because of the award's namesake Fran James of Lummi, she has been a great inspiration to me. I would also like to thank the Suquamish people for supporting me for so long" said Chairman Forsman. Previous award winners include Jewell James, Janeen Comenote, Charlene Krise, Cheryle Kennedy, and Delbert Miller.



Upcoming Healing of the Canoe Workshops

Submitted by Nigel Lawrence and Dennis Donovan



The Healing of the Canoe plans to implement Holding Up Our Youth in a workshop format with approximately 8 high school youth at a time. There will be a 3 day workshop once a month in January, February and March of 2012, for a total of 9 days of workshops followed by an honoring ceremony. We will start a new series of workshops with another group of students for the months of April, May and June, followed by another honoring ceremony.

The workshops will be held in Port Townsend and will begin after school on a Wednesday and continue through Thursday and Friday. We will need parent permission for your child to miss these school days. We have a letter of support from the school recognizing the workshops as school related so the days missed will not count as absences. The students will be able to apply some of the work they do during the Healing of the Canoe workshop toward their volunteer hours required to graduate.

The Healing of the Canoe project would like to gather data about what the youth have learned from the program, and how it impacts their lives. We are inviting youth to help by completing three 45 minute questionnaires. The first questionnaire will be completed before the program starts, the second at the end of the program, and the last one four months after the program is over. Youth will receive a \$25 gift card for each completed questionnaire. As always, youth can participate in the workshops and choose not to take the surveys.

The Holding up our Youth Curriculum relies heavily on mentors and guest speakers from the community. If you are interesting in being a guest speaker at our workshops, please give us a call at (360) 394-8572.

HOC Recognized Nationally!

The Healing of the Canoe project is listed as one of 12 successful examples of community engagement in the second edition of the book, "Principles of Community Engagement."

An introductory overview of the process says:

"The authors asked representatives from federal health agencies to recommend case examples of the effective use of community engagement that were published in peer-reviewed journals from 1997 to the present. Of the examples submitted, 12 are presented here."

About Gam-Anon

Submitted by Sarah Sense-Wilson

The self-help organization of Gam-Anon is a life saving instrument for the spouse, family or close friends of compulsive gamblers. We come into the group feeling alone, frightened, helpless, desperate and ashamed. We hesitated to share problems and failures, fearing none could understand. The Gam-Anon group is warmly accepting and it offers the new member identification. The message we receive is: "Come join with us, we too were alone, afraid and unable to cope with the problem; we will share with you a new and fulfilling way of life". Gam-Anon's purposes are three-fold: To learn acceptance and understanding of the gambling illness; to use the program and its problem solving suggestions as aids in rebuilding our lives and, upon our own recovery, to give assistance to those who suffer.

In Gam-Anon the member will experience relief from anxiety by accepting the fact of powerlessness over the problem in the family. The heavy load of responsibility for the gambling problem is lifted and the agonizing guilt in regard to failures is gradually alleviated. The energy wasted in attempts to stop loved ones from gambling can be channelled into more useful methods of problem

solving.

The program suggests that we refuse to be responsible for the gambler's behavior, assuming responsibility only for that which is ours. The prevailing idea is, "The gambler will play as long as someone else will pay."

In Gam-Anon we learn the appropriate way of relating to the gambler as an equal rather than as a "parent." This involves the process known as "letting go" or giving up the control. To be an adult is to give warmth and love in an equal role with the gambler.

It is important to recovery that the member see compulsive gambling in its true light, as an emotional illness. At this point, we will understand that obsessive compulsive behavior, acting out and game playing are symptoms of a serious illness. Although we may have been a pawn in game playing, our hurt was a side effect of this illness, not deliberately intended. After years of accumulated hurtful experiences it will be difficult for us to give up anger and resentment. The recovery program of Gam-Anon offers help in working through and in resolving these feelings.

If the gambler and member seek help jointly the recovery process will be enhanced. But even then, there is much for us to learn. We will need to be aware that the gambler's recovery cannot be hurried. It is im-

portant that we encourage the gambler, but we must refrain from pushing. Our expectations of the gamblers should be limited to their ability to respond. Although it proves to be their Waterloo, gambling is their "first love", to give it up will be a tremendous undertaking. They may at times be irritable, unreasonable and difficult to understand. It will be necessary that the gambler expend time and effort in the struggle to stop gambling. This may include many nights away from families as the gamblers attend group meetings according to their needs. Our understanding is required and it should be explained to the children because they, too, will need to understand.

The members who come to Gam-Anon and remain to find help for themselves regardless of the gamblers' refusal to respond, are greatly to be admired. Their role is one of extreme difficulty. The gamblers may resent Gam-Anon attendance and may see it as an attempt to interfere with their lives. Hopefully the gambler will be motivated to seek help, but recovery should not depend upon the gambler. ©April 1979 Gam-Anon International Service Office, Inc.

Gam-Anon® International Service Office, Inc.
PO Box 157
Whitestone, NY 11357
718-352-1671 phone
718-746-2571 fax

NOTICES

For Members who have Medicare

Social Security has sent out your 2012 Benefits letters indicating the change in your premium amount.

Please come see Hazle Pacquette with your 2012 Social Security Benefits letter. The Suquamish Tribe reimburses these premiums if you are enrolled in Medicare part B.

If you are eligible and need help getting enrolled please come see either Hazle or Peggy in Human Services.

Suquamish Housing Program

Submitted by Peg Deam

All interested Suquamish Tribal Members wanting to be in our Suquamish Housing Program please stop by our office and pick up a housing application. For those members already in our Housing Program contact us so we may keep your file updated:

- Change in Income
- Designated Successor
- Family member count
- Waiting List up-date

Bookmobile Visits Suquamish Every Other Monday

Kitsap Regional Library's Bookmobile serves the Suquamish community every other Monday, from 3 p.m. to 4:30 p.m. in the parking lot at Suquamish Village.

The dates for Suquamish Bookmobile service in January are Jan. 2, Jan. 16 and Jan. 30.

You can browse the shelves of the Bookmobile or you can go online before the Bookmobile's visit to search the KRL catalog for a book, place it on hold and have it brought to the Suquamish Bookmobile stop. You can also return anything you've borrowed from any KRL branch library to the Bookmobile.

Other Bookmobile offerings include: books for readers of all ages, audio books and DVDs and current magazines. If you have a question about your library account or wish to obtain a library card, you can talk to KRL staff when the Bookmobile is present.



START 2012 OFF RIGHT!

FAMILY ACTIVITY NIGHT

FAMILY ACTIVITY NIGHT WILL BE ON JANUARY 12TH FROM 5:30-7:30 AT THE COMMUNITY HOUSE!

What:

- FREE dinner!
- Raffles
- Child and family friendly games and activities

We will also be kicking off our Family Wellness Trek! 5 weeks to a healthier family!

KHS Sports Teams and other special guests will be joining the fun!

Sponsored by the Early Learning Center and Suquamish Community Health Program

Public Meeting 1/12/2012 5PM Elder's Dining Room

Sex Offender Registration Required

All Convicted Sex offenders, Indian and non-Indian, must register with the :
Suquamish Probation Office
18490 Suquamish Way NE
Suquamish, WA 98392
360-394-8544

Any Person ever convicted in federal, state, military tribal or foreign court of a sexual offense or conspiracy to commit a sexual offense must register to comply with the Federal Adam Walsh Act, the federal Sex offender Registration and Notification Act (SORNA) and the Suquamish Sex Offender Registration Ordinance. Any convicted sex offender who lives, works, attends school or volunteers within the exterior boundaries of the Port madison reservation must register, in person, with the Suquamish Probation office... even if already registered with state, county or local agencies.

Registration will begin Wednesday, January 18th, 2012

Failure to register will be punishable according to federal and tribal laws.

If you have information that an offender is required to register and has not, please contact the Suquamish Probation Office.

HAPPY NEW YEAR

New Year, New Up-Date

Submitted by Peg Deam, Housing Counselor

Help us keep your file current and on the 'Active' list. For all Suquamish Tribal members who have a housing application in our Suquamish Housing Program files, it is time to complete an up-date form. Perhaps just the short, one page Family Report is all you may need to fill out. For all Suquamish Tribal members who would like to get involved in our Suquamish Housing Program, please stop by our government offices in Suquamish, at the Department of Community Development reception area where we have all the forms available for you.



Letter of Thanks

I would like to say a thank you to the Suquamish Tribal Council; Human Services and all the Suquamish Community for everything they have done to help and support my family through this very hard year of 2011. We could not have made it through without all the love and support and assistance you have given us. Each day is a healing and a blessing to wake up ~ however this process is slow and also hard, all your understanding and just being there, sometimes not speaking, has been so great for us all. Thank you, Marilyn G. Jones and Family.

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- ◆ Our email address is ntvedt@suquamish.nsn.us.
- ◆ Or you can send your letter to: Suquamish Newsletter Editor, PO Box 498, Suquamish, Washington 98392-0498
- ◆ Letters should include the writer's full name address and home telephone and may be edited for purposes of clarity and space.

Suquamish Tribal Council

Chairman, Leonard Forsman

Vice-Chair, Chuck Deam, Sr.

Secretary, Randy George

Treasurer, Angel Hill

Member, Irene Carper

Member, Bardow M. Lewis

Member, Luther Mills Jr.

Editors:

Wayne George, Editor in Chief

Natalia Tvedt, Layout/Design/Distribution

Leonard Forsman, Contributor

EDITORIAL POLICY

The Suquamish Newsletter reserves the right to refuse to print letters to the editor and guest editorial submitted for publication. While the Suquamish Newsletter encourages the submission of editorials and letters, they represent the opinion of the author and not necessarily the Suquamish Tribe. We reserve the right to refuse to print any letter, for any reason.

10 tips
Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 7
June 2011
USDA is an equal opportunity provider and employer.

Nutrition Bingo

Monday, Jan 9, 2012

12:00 pm at Elder's
Lunch

Suquamish Village
Elders
Lunchroom

Have fun playing
Traditional Foods
Bingo

Everyone who plays
wins a prize!

Staff is welcome—
bring your lunch
or purchase lunch
for \$5.00 (Elders free)



Suquamish Tribe
Community Health
Program

YOGA

With Kerry Allen



Free for Tribal members and their
family and employees

Mondays

4:45 to 6:15 pm

In the old Early Learning Center
on Totten Road where Healing of
the Canoe is now located.

Classes will be cancelled if at-
tendance is less than 5 per week

More information available from
Kathy Kinsey, RN

360-394-8535

Herbal Remedies for Winter Health

Tuesday January 10th, 2012
10:00 a.m.-4:30p.m.
At the House of Awakened Culture
7235 NE Parkway, Suquamish, WA. 98392

Presented by:
The Northwest Indian College Cooperative Extension
Traditional Plants and Foods Program
and The Suquamish Tribe Community Health Program

Tentative Schedule:
9:30 Registration - tea and coffee and snack
10:00 Aromatherapy for Coughs, Colds and Immune Health:
Making Steams, Oil Blends and Chest Rubs
Lunch provided
12:00 Herbal Teas - Making Infusions and Decoctions
1:00 Herbal Honeys
2:30 Closing remarks

In this hands-on workshop we will explore herbal remedies and medicine-making techniques for addressing common winter health complaints including colds, coughs, sinus infections, circulation and immune health.

No registration is required.
For more information please contact:
Elise Krohn, NWIC traditional plants educator
360-485-3848 elise@cwis.org or
Barbara Hoffman, RN, BSN, CDE
360-394-8468 bhoffman@suquamish.nsn.us

Free For All Tribal Members

JOIN THE PARTY

NEW!!! Starting Sept 6 NEW!!!

@ Old Tribal Center Gym
15838 Sandy Hook Rd

ZUMBA

TUESDAYS & THURSDAYS @ 5:00 PM 360-271-8708

Instructed By: Priscilla Prewitt zumbaprisilla@gmail.com

Chairman's Report

Submitted by Leonard Forsman

Washington State School Directors Association Annual Meeting

I joined Darlene Zacherle of the Colville Tribes in making a presentation before the WSSDA conference in Bellevue on Tribal/School District Relationships. Outgoing NK School Board President Val Torrens was in attendance. This is part of an ongoing relationship between school board officers and tribal governments as we work to educate them on our shared responsibility to successfully and appropriately educate our tribal students.

Washington Indian Gaming Association – Squaxin Island

The monthly WIGA meeting included discussions of federal and state legislation that could potentially impact tribal gaming. Tribal leaders discussed proposed state legislation that would expand gaming statewide. These proposals would severely impact our successful gaming operations that have provided jobs and economic opportunity to our respective nations and their surrounding communities, reversing a historical trend of poverty and socioeconomic decline on many reservations. We discussed strategies to inform the legislature and the public of the positive impacts of tribal gaming to the Tribes and the state.

Thanksgiving Interfaith Service

I provided a short statement on the importance of ancestors to the Suquamish Tribe during a service held at Rolling Bay Church celebrating Thanksgiving. The theme of the service was on the importance of past generations.

Washington State Board of Geographic Names

The Board of Geographic Names held their meeting in Olympia. This was my first meeting as a board member. One of the first agenda items regarded correcting the name Squamish Harbor in Hood Canal to Suquamish Harbor. This name was incorrectly transcribed in an early map, but not on the original map. Explorer Charles Wilkes named the harbor after a group of Suquamish who camped on the site in 1841.

White House Tribal Nations Meeting

The third annual meeting between President Barack Obama and the tribal leaders was held on December 2, 2011 at the Department of Interior in Washington D.C. The week was packed with events and meetings and culminated in a speech by the President on Friday afternoon.

National Indian Education Association Reception

The NIEA held a reception at the National Education Association headquarters to recognize those who have worked to improve the educational success of our native students. Sen. Jon Tester of Montana attended the reception and discussed his commitment to the cause.

Health and Human Services Self Governance Training Session

HHS and the Indian Health Service held a session assessing the feasibility of Self-Governance Tribes compacting HHS programs that currently serve Indian Country.

NIEA Indian Education Roundtable for Tribal Leaders

NIEA held a roundtable discussion for Tribal Leaders on Capitol Hill. Rep. Joe Baca (D-California) and Sen. Daniel Akaka (D-Hawaii) were two members of Congress to address the group. The importance of passage of the NATIVE CLASS ACT, a bill to enhance opportunities for tribal students, was emphasized.

Northwest/Pacific Region Meetings with Obama Administration Representatives

Northwest and Pacific Tribes met separately with members of the Obama Administration working on Indian issues, including Asst. Secretary for Indian Affairs Larry Echohawk (Pawnee), Department of Interior Solicitor Hilary Tompkins (Navajo), NIGC Chairman Tracie Stevens (Tulalip), Senior Policy Advisor for Indian Affairs Kim Teehee (Cherokee) and the Director of the Office of Tribal Justice Tracy Toulou. Tribal leaders spoke of their needs including federal help in our fight to protect rivers and streams for salmon, improving education opportunities and fighting climate change, and taxation issues.

Northwest Tribes Meeting with Senator Patty Murray

Northwest Tribal leaders attended a meeting with Sen. Murray to discuss issues surrounding the budget, education and natural resources. Sen. Murray was on the super committee on the Debt and expressed her frustration with the Republican's inability to come to consensus on revenue.

White Tribal Nations Meeting

The White House Inter-governmental Affairs Office structured this year's meeting with President Obama a little differently. The breakout meetings were held in the morning and the President spoke in the afternoon. **Secretary of the Interior Ken Salazar** opened the meeting with remarks detailing the accomplishments the Obama Administration has made for Indian Country

during his first term. One of my favorites is the efforts towards restoration of homelands; the Obama Administration has increased land into trust by 736 percent over the Bush Administration.

The next cabinet member to speak was **Shaun Donovan, Secretary of Housing and Urban Development** who outlined the investments they have made in Indian Country, especially through the ARRA (Stimulus) funding. Then **Heather Higginbottom, Deputy Director of the Office of Management and Budget** addressed us regarding the President's budget. The 2013 budget will focus on the "President's values" crime prevention, housing and Indian Health Care. **HHS Secretary Kathleen Sebelius** spoke to the Tribal leadership about the implementation of the Affordable Care Act. She also emphasized her efforts to get states to recognize their duty to honor the Tribes' as full partners in all federally funded health initiatives.

Breakout Session "Promoting Safe and Strong Tribal Communities"

This breakout session was presented by the Department of Justice, the Department of Interior, Office of National Drug Control Policy, the U.S. Border Patrol and the Federal Emergency Management Agency. FEMA made an important announcement that the Administration would be seeking to introduce legislation that would allow Tribes to directly request disaster declarations to the President, rather than go through the state.

Arne Duncan, Secretary of Education

Arne Duncan addressed us before the President arrived regarding the efforts made to improve Indian Education nationwide. They have created a new Senior Indian Affairs Advisor Position in the Department. He noted that if the new ESEA reauthorization bill is passed, Tribal Education Departments will be empowered.

President Barack Obama

The President made his remarks at the end of the day. He praised Secretary Salazar, Assistant Secretary Echohawk, and Solicitor Tompkins for their work improving conditions in Indian Country. He thanked his adopted parents of the Crow Nation, who were in attendance and gave the final blessing. He has great optimism for Indian Country and is committed to leading a federal government that "helps rather than hinders" tribes. The President is proud of his appointment of Native Americans to key positions and im-



portant policy achievements in land into trust, the Cobell settlement, the Tribal Law and Order Act, and streamlining of the land leasing process. He acknowledged the passing of Louise Cobell and praised her commitment to helping Indian Country. The President ended by stating "our work is far from over" and that Indian Tribes "have a President who 'has your back.'"

Charles Lawrence Memorial Pole Celebration

The Lawrence Family and the Suquamish Tribe held a ceremony acknowledging the completion of the Charles Lawrence Memorial Pole in downtown Suquamish.

National Indian Gaming Commission Consultation, Suquamish

The NIGC held their regional consultation and meeting here at the Clearwater Casino Resort. I provided a welcome to the group, that was chaired by NIGC Chair Tracie Stevens of Tulalip, who is a member of the Contraro family.

Suquamish Tribal Employee Luncheon

The Suquamish Tribe held their annual employee luncheon at Kiana Lodge. This is an opportunity for employees to learn about the benefits offered by the Tribe. We also recognized tribal employee years of service, including Wayne George who has 30 years of service.

Meeting at Tulalip Museum

Janet Smoak and I met with staff from the Tulalip Museum to see their facility and also explore partnership opportunities.

Leadership Kitsap

I joined Russ Steele in our annual address to the class at Leadership Kitsap to tell them about the history and economic development accomplishments of the Suquamish Tribe.

Meeting with US Forest Service

Tribal staff met with USFS representatives to discuss ways of improving access to USFS lands for traditional gathering.

Halibut Fishing Mediation

I joined Michelle Hansen for a federal mediation session on Halibut fishing with coastal and Puget Sound tribes.

Government to Government Meeting with US Navy

The Suquamish Tribe continues to meet with the Navy on mitigation of the proposed Explosive Handling Wharf at Bangor Subase.

Elder's Lunch Menu

January 2012

Mon	Tue	Wed	Thu	Fri
2 <i>Closed</i> <i>New Year's Day</i> <i>Holiday</i>	3 Baked Ham Sweet Potatoes Capri Blend Veggies Apple, Celery & Pineapple Salad Wheat Roll Brownie	4 Chicken & Mushroom Sauce over Brown Rice Tossed Salad Fresh Fruit	5 Macaroni-Beef Casserole Brussels Sprouts Tossed Salad Oat Bran Raisin Muffin Fresh Fruit	6 Elk Stew Egg Salad Sandwich Broccoli Salad Spiced Fruit Cup
9 <i>Birthday Celebration</i> Chicken Fajita (chicken, peppers & onions, tortilla, salsa, sour cream) Spanish Rice Tossed Salad Birthday Cake & Ice Cream	10 Beef Stir Fry w/ Asian Blend Veggies Brown Rice Tossed Salad Blueberry Bran Muffin Fresh Fruit	11 Minestrone Soup Tuna Sandwich w/ Lettuce Coleslaw Fresh Fruit	12 Chicken & Dumplings w/ Mixed Vegetables Tossed Salad w/ sunflower seeds Yogurt & Fruit Parfait w/ Granola	13 Indian Tacos w/ meat, beans, lettuce, tomatoes, cheese, salsa, & sour cream Baby Carrots & Cucumber Slices Fresh Fruit
16 <i>Closed</i> <i>Martin Luther King</i> <i>Day Holiday</i>	17 Eight Bean Soup Chef Salad w/ Spinach, HB Eggs, Cheese, & Cranberries Corn Bread Yogurt Parfait w/ Fruit & Granola	18 Chicken Adobo Brown Rice Germany Blend Veg. Tossed Salad Applesauce Muffin Fresh Fruit	19 Meatloaf, Gravy Mashed Potatoes Winter Squash Cucumber-Tomato Salad Wheat Roll Fresh Fruit	20 Salmon Boiled Potatoes Mixed Veggies Tossed Salad Pachado Bread Fudgsicle Bar
23 Macaroni & Cheese Stewed Tomatoes Apple-Carrot Salad Wheat Roll Pumpkin Cookie	24 Geoduck Chowder Tuna Sandwich w/ Lettuce Coleslaw Fresh Fruit	25 Shepherd's Pie (ground turkey, green beans, mashed potatoes) Tossed Salad Oat Bran Raisin Muffin Fresh Fruit	26 Pork Roast Sweet Potatoes Tossed Salad Wheat Roll Applesauce	27 Ham Hocks w/ Beans Brown or White Rice California Blend Veg. Tossed Salad Pachado Bread Cottage Cheese & Peaches
30 Chicken a La King Brown Rice Steamed Spinach Tossed Salad w/ cranberries Fresh Fruit	31 Split Pea Soup w/ Ham Tossed Salad Applesauce Muffin Yogurt Parfait w/ Berries & Granola		<i>Beverages Served Daily:</i> <i>1% milk, or Lactose Free Milk</i> <i>Coffee & Tea</i> <i>Occasional substitutions may be necessary</i>	

Tribal Council Overview

Submitted by Leonard Forsman

Action/Motion	Resolution No.	Vote	Comments
Budget Modifications CY2011-127, 128, 129, 130, 131, 134, 135, and 138.		5-0-0	Approved by consensus Budget Modification 2011-127, Appropriates an additional \$40K of Indirect Cost Pool funds in the Finance Department. 2011-128, Appropriates an additional \$36,300 of Cigarette Taxes to pay for utilities at the Education Building and also reduces Admin Indirect funds by the same amount and then budgets the Indirect funds elsewhere in the Administration Department. 2011-129, Appropriates an additional \$50K of Cigarette Taxes to fund continued exploration of the proposed Tribal Health Project. 2011-130, Appropriates an additional \$38,910 of General Funds in support of the Legal Department. 2011-131, Appropriates an additional \$45K of EPA Grant funds for the Chico Creek Program. 2011-134, Appropriates \$1M from PME to the Tribal Government for land purchase. 2011-135, Appropriates \$17,730 of DOI TPA Self-governance funds to the Human Services budget and return \$17,730 from that budget to the General Fund, and would appropriate \$5,018, saved by correcting for a higher-than-budgeted indirect cost rate, back to the program. 2011-138, Appropriates an additional \$24,024 of grant funds from the Washington State Department of Natural Resources Interagency Agreement No. 12-143 to the Fisheries Department budget to complete the Forest and Fish Report for 1/1/2011-6/30/11.
Sports and Recreation Director Job Description		4-0-0	Approved proposed job description to upgrade current recreational staff position to a management position with greater responsibilities.
Approving Extending Term of Tribe's MOU with State Liquor Control Board		5-0-0	Approved to extend the term of the Tribe and the State Liquor Control Board MOU until November 30, 2012 and longer if the MOU is in negotiation.
Lead Public Defender/Legal Services Attorney	2011-156	4-0-0	Approved a one year contract between the Tribe and Attorney Julie Gaisford to manage the Tribe's public defender and legal aid programs.
SAMSHA-Service to Science Initiative Grant	2011-157	4-0-0	Authorized the Tribe to apply for a SAMSHA "Service to Science Initiative Building Evaluation Capacity for Evidence-Based Interventions" grant program.
Rosebud Sioux Christmas Program Donation		5-0-0	Approved a donation of \$1K out of the Tribal Council budget to the Rosebud Sioux Tribe to help with Christmas distributions to needy families on its reservation.

<Continued on page 8

High School News

December is a short month for students because of winter break but it has also been a busy one at the high schools. Students are more than halfway through the semester so we strongly encourage all parents/guardians to monitor their child's grades, attendance, and discipline on the North Kitsap Skyward website. If you have any questions or are having trouble accessing skyward, please contact us at Blake Conley at bconley@nkschools.org or Charles Deam Jr. cdeam@nkschools.org and we will do everything we can to help you out.

We have continued to meet with students during tutorial times, before school, and during classes. There has been great improvements and efforts by the Suquamish students this year. We even had one of our students, Brandon Dryden, named the 12th grade English student of the month for December at Kingston High School.

Eleven Suquamish students took the PSAT and the results are in. We have delivered the scores to the students and they can review how they scored in reading, writing, and mathematics. Our students scored well and got a preview of how the SAT will be when they take it as seniors. Four students took the SAT and those results are now available at www.collegeboard.edu.

With only a month left in the semester, we are encouraging students to get in any late work or extra credit. We still have our math tutor, Steven Babbit, meeting with Suquamish students who need extra support in math at Kingston High on Monday and Wednesdays after school in the library. Mr. Babbit also works with North Kitsap High School students who need math support during morning tutorial periods on Tuesdays and Thursdays.

If you have questions, concerns or suggestions about your high school student feel free to contact Blake Conley or Charles Deam in the Education Department.

Happy New Year from the Adventures in Homework Club!

Thank you everyone for your support.

See you in 2012!

Erin Hults, Megan Feeney and Terri Seeley



Suquamish Early College High School Update

We hope that everyone had a safe and happy holiday season and wish you all a happy 2012! We would like to remind parents that the end of the first semester is coming soon and to encourage your children to continue to do well in their classes and to attend class regularly. Applications for your Suquamish Early College High School will begin in early spring 2012 and students will be admitted based on the requirements listed in last month's newsletter (minimum 2.5 g.p.a. and regular attendance) and space availability.

We would like to remind Tribal members that the community gym is available for use when school is not in session. You need to pick up and complete a facility use form and drop it off at the Tribal Center (check with Joanna Joe). Facility use forms must be approved before use of the gym is allowed.

Wishing you and your families a very Happy and Prosperous New Year,

Fabian Castilleja

The Mini Lab is Now Open!

The students at the Suquamish transition program and all of the computer students that will attend next year have a new Lab! In the interest of student safety and as a part of the restructuring of the high school the student lab has moved. The new lab is located in the same part of the building as the classrooms. We are also starting the process of building a recording studio/lab as well right next to the student lab. We are getting the classrooms set up with equipment and technology so they are ready for the students next year. The high school teaching staff is planning curriculum and assisting students at the Suquamish high school and at Kingston and North Kitsap High school. We are looking forward to planning in the New Year and looking forward to our re-opening in the fall.

Students who took the PSAT and SAT should have received their scores from Blake or Charles or online. FAFSA forms, financial aid forms need to be filled out as soon as possible. There is an FAFSA workshop on Saturday January 28th at Olympic college. Contact Shawn Adams for more information about this workshop or if you want to attend.

Financial Aid/ College Readiness Night

Is your student a Junior, a Senior, or recently graduated, and interested in attending college? Come down to the education department. You will learn about possible scholarships and grants for your student and walk through the FASFA application process.

January 9, 2012 from 5:00-7:00pm

Dinner Provided

Suquamish Tribe Education Department

15838 Sandy Hook Road

Suquamish, WA 98392

Space is limited, so RSVP soon!

Contact the Tribal Education Department at (360) 394-8566.

MIDDLE SCHOOL NEWS

By Cindy Webster and Shannon Benally

We hope you all had a wonderful holiday. This will be a busy, busy month for our students. They will be taking Math and Reading MAPS testing and the end of the second quarter/first semester is January 31st. We encourage all students that need help with their work spend time with us at the Youth Center.

Parents have expressed several concerns about the English grades. Many students finish their papers and then get only 2/4 points. This is usually because the requirements are not being met (either the paper is not two pages long and/or the paragraphs are not constructed as directed, etc.). It is critical when they finish reading that they enter information in their logs. These logs are a great prompt for their papers. Students are supposed to have their instructions/rubrics in their English notebooks. If there are any questions about this, we also have a copy in the after school program notebook and are ready to help any time.

We would like to give special recognition to the following students who have worked hard on their homework with us many afternoons: Kaci Contraro, Brittney Timmerman, Jacob Ewing, Sequoia Chargualaf, Joel Trousdale, and Shawn Jones.

Our primary goal is to ensure parents are well informed and students are provided with every opportunity to succeed. Please do not hesitate to contact us at any time if you have any questions or concerns for your child.

JANUARY REMINDERS

Kingston Middle School:

Math Tutoring every Tuesday and Wednesday @ 7:00 am

Early Release Wednesday 01/04, 01/11, 01/18 and 01/25 @ 1:50 pm

No School 01/02 New Year's Day Holiday

No School 01/16 Martin Luther King Day

MAPS Testing:

Math: 01/09, 01/10 and 01/12

Reading: 01/19 and 01/20

Make ups: 01/18, 01/23 and 01/24

END OF 2ND QUARTER: 01/31

Poulsbo Middle School:

Early Release Wednesday 01/04, 01/11, 01/18 and 01/25 @ 1:40 pm

Furlough Day Friday 12/16

No School 01/02 New Year's Day Holiday

No School 01/16 Martin Luther King Day

Yearbook Sales begin 01/17

ASB Social 01/20 (2:30 – 4:00 pm)

Yearbook Sales end 01/31

END OF 2ND QUARTER: 01/31

Cindy Webster

360.394.8570 work

360.536.7306 cell

cwebster@suquamish.nsn.us

Shannon Benally

360.394.8617 work

360.265.1568 cell

sbenally@suquamish.nsn.us

YOUTH

January 2012 Prevention/Education Group: Cold Weather Safety

January 11th 2012 Maggie and Denita will cover **Cold Weather Safety**.

We will discuss the outside clothing kids should wear and signs of being too cold.

Inter-Tribal League Finish

Our inner-tribal league season has come to an end. Our elementary and junior high teams have had a great season. We finished our season with two wins against Muckleshoot. Both teams had very competitive games. All the youth worked hard, both on offense and defense, they hustled at all times and played great TEAM ball. We are very proud of all of our youth who participated this season. We are looking forward to our upcoming seasons with the inter-tribal league.



Left: Junior High: Sequoia Chargualaf, Bailey Moss, Jerald DeLaFuente, Ali Chiquiti, Lu-uk McCloud, Shilene George, Shawn Jones, Marcus Mclean, Popeh Chiquiti, Kynoa Sipai, and Alijah Sipai.



Right: Brandy Boure, Kynoa Sipai, Popeh Chiquiti, Marcus Mclean, Tyler Marquez, Mateo Sipai, Joshua Bagley, Nika Chiquiti, Miya Smith.

Prevention/Education Group:

Lung Cancer

Maggie and Denita did our prevention group last month on **Lung Cancer**.

We created a slideshow and presented it to the youth and all who attended received a piece of candy or a candy bar if they answered simple questions.

We focused on lung cancer that related to cigarette smoking and brought in facts and statistics within Washington State and across the nation.

If you would like to share any ideas with Maggie Turrieta or Denita Santos on topics we could cover please call or email us at the numbers listed in the Youth Services Calendar.

High School Boys City League

Our High School boys have started their season with parks and recreation through the Bremerton City league, they are off to a good start. They played their first game with only five players and did an excellent job thru out the game. They played very hard, aggressive defense along with smart offense, it was great team ball. They came home with their first win. I'd like to thank Kevin Fulton, Trentin Moss, Daniel George, Josh Roberts and Evan McCord for playing so hard, you guys did great. We are looking forward to a great season. We will be updating you on our game times. All games are played at Sheridan Park in Bremerton.

If you have any questions please feel free to contact Craig Miller at (360) 394-8574 or Magdalena Turrieta at (360) 394-8634.



Wool Headbands

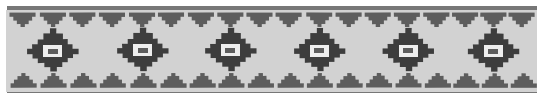
The youth center will be making wool headbands next month for the cultural group.

We will be providing the wool and looms to work with.

If you have any question please contact

Chris Sullivan @ (360)-394-8575.

If you have any suggestions you would like youth to participate in culturally activities please contact or email me.



Seeking Members for Suquamish Youth Council:



Interested in running for Youth Council?

Must be 7th -12th Grade

Suquamish Tribal Members (Individual acceptance forms may be submitted), drug, alcohol and violence free!

Please submit a (1) page paper about yourself and your leadership qualities, your goals, etc. Send to Denita Santos

dsantos@suquamish.nsn.us (360) 394-8618

Mail will be sent out on Election Details soon!!

Youth Services

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed HAPPY NEW YEAR!	2 CLOSED	3 J.R high/Peewee practice 3:30-5pm	4 Lil Guys Practice 4-:530pm	5 J.R high/Peewee practice 3:30-5p.m	6 Lil guys group Duct tape wallets	7 H.S. Basketball Game 1:10pm
8 Swimming	9 Lil Guys Practice 4-5pm	10 J.R high/Peewee practice 3:30-5pm	11 Lil Guys Practice 4-:530pm Cold Weather Safety	12 J.R high/Peewee practice 3:30-5p.m	13 Teen Group	14
15 Swimming	16 closed	17 J.R high/Peewee practice 3:30-5pm	18 Lil Guys Practice 4-:530pm Wool Headbands	19 J.R high/Peewee practice 3:30-5p.m	20 Lil guys group (TBA)	21 H.S. Basketball Game 1:10
22 Swimming	23 Lil Guys Practice 4-5pm	24 J.R high/Peewee practice 3:30-5pm	25 Lil Guys Practice 4-:530pm	26 J.R high/Peewee practice 3:30-5p.m	27 Teen Group	28 H.S. Basketball Game 3:20
29 Swimming	30 Lil Guys Practice 4-5pm	31 J.R high/Peewee practice 3:30-5pm				



**PORT MADISON ENTERPRISES
EMPLOYMENT OPPORTUNITIES**

As of **December 21, 2011** the following employment opportunities exist with Port Madison Enterprises:

# of Openings	Dept/Position	Salary Range (per hour)	Opening Date	Closing Date
1	Accounting*** CFO (FT)	DOE	10/26/11	Until filled
2	Revenue Auditor (PT)	DOE	12/5/11	Until filled
3	Cage*** Cashier (PT)	\$10.50	12/01/11	Until filled
1	Cashier/Main Banker (PT)	DOE	12/21/11	Until filled
1	Food and Beverage Buffet Server (PT)	\$8.55	9/27/11	Until filled
1	Buffet Cashier (PT)	\$9.25	12/12/11	Until filled
1	Bar Supervisor (PT)	\$14.00	10/18/11	Until filled
2	Bar Back (PT)	\$8.90	11/23/11	Until filled
17	Poker Dealer (On-Call)	DOE	12/7/10	Until filled
1	Resort Room Attendant Supervisor (FT)	DOE	7/15/11	Until filled
1	Retail Maintenance Worker (PT)	\$11.75	12/8/11	Until filled
2	Slot*** Supervisor/Cashier (FT)	DOE	7/28/11	Until filled
4	Cashier (FT/PT)	\$10.00	11/28/11	Until filled

37 TOTAL ***Requires Class IIIA (Tribal AND State)

APPLICATION REQUIREMENTS:

Port Madison Enterprises applications and Letters of intent must be completed and on file with Human Resource Dept. All Casino positions require a State and/or Tribal Gaming license; PME pays initial licensing fees for Class II positions. We accept online applications at www.clearwatercasino.com. If you have questions please contact our Recruiter/Tribal Liaison at (360) 598-8717 or the Job line 360-598-1360.

>Tribal Council Overview from Page 5

Automatic Enrollment B. Miller	2011-158	4-0-1	Approved the acknowledgement of automatic enrollment of B. Miller.
Automatic Enrollment J. Lawrence	2011-159	5-0-0	Approved the acknowledgement of automatic enrollment of J. Lawrence.
Relinquishment of Membership by C. Jerry	2011-160	5-0-0	Accepted C. Jerry's relinquishment of her membership in the Suquamish Tribe and all rights associated with that membership.
MHOA Sublease Adams to Adams	2011-161	5-0-0	Authorized a one year sublease of Tribal housing property located at 8831 Spirit Hawk Lane NE, Indianola, Washington.
Fee to Trust	2011-162	5-0-0	Approved a submission of a fee to trust application to the Secretary of Interior to accept conveyance of the Suquamish Village property into trust status.
Self-Governance Tribal Workshop Delegate Nominations	2011-163	5-0-0	Nominated the Suquamish Tribe to participate in the HHS Self-Governance Tribal Federal Workgroup and, if selected by HHS to participate, to appoint Chairman Leonard Forsman, as the primary delegate and Tribal Attorney, Melody Allen as the alternate delegate.
National Congress of American Indians Delegate Nominations	2011-164	5-0-0	Appointed Chairman Leonard Forsman, as the Delegate and Tribal Treasurer Angel Hill as the Alternate Delegate to the National Congress of American Indians and authorizes their attendance at and participation in the 2011 Annual NCAI Convention and Trade Show.
Request to Approve PME CC 2012 Annual Plan and Budget	201-166	5-0-0	Approved proposed Annual Plan and Budget for PME CC.
Request to Approve PME 2012 Annual Plan and Budget	2011-167	5-0-0	Approved proposed Annual Plan and Budget for PME.
Agreement with Kitsap County for Juvenile Detention	2011-170	6-0-0	Authorized the renewal of the Tribe's juvenile detention agreement with Kitsap County.
Contract with Lehrman Cameron Studio for Old Man House Park Improvements		6-0-0	Approved the proposal from Lehrman Cameron Studio to design improvements to the landscaping and interpretive signage at Old Man House Park.
Research Support Agreement University of Washington	2011-168	5-0-0	Approved entrance into a research support agreement with the University of Washington.
Request to Submit Grant Application for Technical Assistance for Head Start and Early Head start Programs	2011-173	5-0-0	Authorized a submission of a grant application in the amount of \$2,500 to receive supplemental training and technical assistance for the Head Start and Early Head Start programs.
Revised MOU with DSHS Related to Shared ICW Responsibilities	2011-169	4-0-0	Approved a revised MOU between the Tribe and the Washington Department of Social and Health Services Children's Administration for sharing responsibility in delivering Indian Child Welfare services to the Tribe.
NCAI Dues/Membership Fees		4-0-0	Approved to pay the Tribe's \$10K 2011-2012 NCAI membership dues.
KEDA Boeing Project Contribution		4-0-0	Approved \$1,500 contribution to Kitsap Economic Development Alliance for its project to attract Boeing contract work to Kitsap County.
Request for Donation to Goldmark for Lands Commissioner Campaign		5-0-0	Approved \$1K to the Peter Goldmark for Lands Commissioner re-election campaign.
Truman Fund Donation		5-0-0	Approved \$1K contribution to the Truman Fund of Washington State.
Roosevelt Fund Donation		5-0-0	Approved \$1K contribution to the Roosevelt Fund of Washington State.
Approving the Trust to Trust Purchase	2011-165	5-0-0	Approved the purchase by Port Madison Enterprises of 2.336 acres adjacent to State Highway 305 from N. Martinez.
2012 Holiday Schedule		4-0-0	Approved revised 2012 holiday schedule.

News from the Traditional Heritage Specialist

Submitted by Marilyn G. Jones

Welcome to the New Year, December was cold, wet and the Holidays went too fast. We are now into 2012 with a new start on a lot of new projects and events. As for me – well it is hitting hard on writing a grant to work with our hunters and record their hunting sites. To look into the history of where, who and what was hunted in the past and the present. We hope to receive this grant to video/audio/tape hunters, using maps and pictures to tell the stories of their hunting experiences. We would also like to include our gathering sites and talk about the importance of our plants and their uses in our lives through history and today. We want to preserve this knowledge for our future generations, and can not do this without assistance from all of you. Please if you have information that can help to preserve plants, hunting sites, or other sites, come and set up appointments with me and we will talk. Nothing will leave this office without permission from you; it is all saved in a Database for the future generations. All sacred sites are marked in red and never shared with anyone except for Tribal Members. Contact Marilyn G. Jones at 360-394-8526 for an appointment.

Thank you to everyone that attended the Dedication on December 3, 2011 of the Memorial Pole in Honor of our father Charles R. Lawrence. Words are not enough to say how much this means to have the community there and to see the love, respect and thoughtfulness of everyone in attendance. From the Ewye-Lawrence-Jones Families, we thank you so much for allowing us the time to do this and formally dedicate the pole in our father's honor. I know if he had been able to be there, he would have been so humbled and overjoyed with the words and love given to him on that day.

To everyone that helped us prepare and make gifts, cook; clean and set up for this wonderful day our hands are raised to you for your hard work and willingness to assist with this work. The joy of giving to people in the community and sharing the history of our father's life is something that we are so happy you were willing to assist us in preparing for. Thank you is not enough for your help, it is all we have to say, "THANK YOU" our hands are up to you for your help!

Movie Night at the Suquamish Museum

15838 Sandy Hook Rd.
Poulsbo, WA 98370,
(360) 395-8496



January 31, 2012

Tuesday 6:00pm

Canoe Way: The Sacred Journey

Free viewing with general admission

Suquamish Tribal members and staff
no admission charge

Suquamish Museum Paver Campaign

The Cultural Resurgence Campaign is in the last phase. The tribe is offering a unique opportunity to leave your personal lasting legacy at the new Suquamish Tribal Museum. The project has a total of 1,500 paver stones. located near the front entrance of the new building.

The cost for Tribal Members is \$75 for a 4" x 8" paver of \$150 for an 8" x 8" paver. Tribal Members will be identified by a feather engraved on the paver. The cost for community member is \$100 for a 4"x 8" and \$200 for an 8" x 8". You will need to complete a separate form for every paver you order.

See right for an example of the 8" x 8" paver.

For any further questions or additional forms contact the Celeste Fawn Loneia at 360-394-8454 or stop by the Suquamish Village Tribal Center: Monday thru Friday– 8:30 A.M.— 4:30 P.M. or email
cloneia@suquamish.nsn.us.



HIGHER EDUCATION

Are you a Running Start Student?

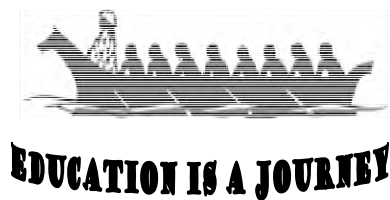
If so please contact:
Jennifer Oreiro @ 360.394.8460 or
joreiro@suquamish.nsn.us



**Spring Quarter 2012
Due Date
February 15, 2012**

Suquamish Higher Education

If you are interested in attending a college or university **spring quarter 2012** please submit an application for funding by:
February 15, 2012.
Applications & due dates are available @ www.suquamish.org
Applications postmarked or received after the deadline will not be considered.



Jennifer Oreiro
Higher Education Manager
PO Box 498
Suquamish, WA 98392
Phone: 360.394.8460

GED Orientation KACE

**Kitsap Adult Center for
Education
Wednesday,
January 18, 2012**

Where: Sandy Hook Rd ~
Science Class Room
Time: 3:00pm

GED Orientation

*** Third Wednesday of the month**

Classes are held Mondays & Wednesdays

3:00pm ~ 5:00pm, Sandy Hook Rd,
Science Class Room

Questions ~ Please contact
Jennifer Oreiro
@ 360.394.8460 or
joreiro@suquamish.nsn.us

Olympic College is Offering the Following Classes

Introduction to Composites Class
Starting January 17, 2012 at the OC
Bremerton Campus

Interested in starting a new career?

For more information contact the
Workforce Development Department at
360-475-7555 or
1-800-259-6718 Ext. 7555
[Www.olympic.edu/
WorkforceDevelopment](http://www.olympic.edu/WorkforceDevelopment)

Basic Studies Math Class
At Olympic College Poulsbo
The class begins Tuesday, January 3,
2012 and is designed for students who
need to build their basic math skills in
preparation to take the GED.

Class meets Tuesday and Thursday
from 5:30PM to 8:00PM. A fee of \$25
per quarter is charged. Please call 360-
475-7550 to schedule an orientation.

January Is National Stalking Awareness Month

Submitted by Teresa Swope

STALKING: KNOW IT. NAME IT. STOP IT.
JANUARY 2012 StalkingAwarenessMonth.org

January is National Stalking Awareness Month, a time to focus on a crime that affects 3.4 million victims a year.¹ This year's theme—"Stalking: Know It. Name It. Stop It."—challenges the nation to fight this dangerous crime by learning more about it.

Stalking is a crime in all 50 states and the District of Columbia, yet many victims and criminal justice professionals underestimate its seriousness and impact. In one of five cases, stalkers use weapons to harm or threaten victims,² and stalking is one of the significant risk factors for femicide (homicide of women) in abusive relationships.³ Victims suffer anxiety, social dysfunction, and severe depression at much higher rates than the general population, and many lose time from work or have to move as a result of their victimization.⁴

Stalking is difficult to recognize, investigate, and prosecute. Unlike other crimes, stalking is not a single, easily identifiable crime but a series of acts, a course of conduct directed at a specific person that would cause that person fear. Stalking may take many forms, such as assaults, threats, vandalism, burglary, or animal abuse, as well as unwanted cards, calls, gifts, or visits. One in four victims reports that the stalker uses technology, such as computers, global positioning system devices, or hidden cameras, to track the victim's daily activities.⁵ Stalkers fit no standard psychological profile, and many stalkers follow their victims from one jurisdiction to another, making it difficult for authorities to investigate and prosecute their crimes.

Communities that understand stalking, however, can support victims and combat the crime.

For additional resources to help promote National Stalking Awareness Month, please visit <http://stalkingawarenessmonth.org> and www.ovw.usdoj.gov.

1 Baum et al., *Stalking Victimization in the United States*, Washington, DC: U.S. Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, 2009, <http://www.ojp.usdoj.gov/bjs/pub/pdf/svus.pdf> (accessed September 29, 2009).

2 Ibid.

3 Jacquelyn C. Campbell et al., "Risk Factors for Femicide in Abusive Relationships: Results from a Multi-site Case Control Study," *American Journal of Public Health* 93 (2003): 7.

4 Ibid.

January is National Human Trafficking Awareness Month

All over the world, indigenous populations are highly vulnerable to trafficking into commercial sex industries. Here in the U.S., the American Indian population is no exception. Unfortunately, sex trafficking among this population is rarely studied. The following is a brief look at sex trafficking of American Indians in the U.S.

One Native woman, let's call her Lisa, told a social service agency her story. At the age of 12, Lisa's mother began selling her to other men on the reservation, to support her mother's crack habit. To cope with the pain of being raped repeatedly at her mother's behest, Lisa turned to drugs as well. By the time she was 14, Lisa used the only way to earn money she knew to support her addiction -- she began recruiting other young American Indian girls into the sex trade. This system of exploitation rippled through Lisa's community, until she was eventually able to get out.

Lisa's story is not unusual. Some advocates claim cultural trauma and a history of exploitation and abuse of American Indians allow traffickers to get a foothold in these communities. Other experts point to a number of risk factors that influence other populations -- high rates of runaway or throwaway youth, normalization of sex for children, drug and alcohol addiction, and social systems failures. All these risk factors are present in some American Indian communities, and in many cases the problems are acute. American Indians also face many of the same barriers members of other traditionally marginalized community face, like lack of educational opportunities and cycles of poverty which can be hard to break.

Addressing the exploitation of Indian Americans can be challenging, especially for those living in areas governed by tribal law. Often, young girls living on reservations are taken outside the reservation and sold for sex in nearby cities; Fighting this form of trafficking takes cooperation between tribal authorities and those from outside the tribal jurisdiction. Some NGOs are working to train both tribal and city-based law enforcement to recognize trafficking across jurisdictions within the U.S., but more work is needed. Additionally, once traffickers are apprehended, it can be difficult to determine which authority should prosecute them. (Amanda Kloer change.org)

What is Trafficking? Human trafficking is modern-day slavery. We thought slavery ended with the Emancipation Proclamation. It's alive and well today with more slaves than at any other point in history. In fact, there are twice as many slaves today as during the entire trans-Atlantic slave trade.

It is the fastest-growing crime in the world, with the perpetrators making \$32 billion a year buying and selling people for their profit and pleasure. The profits are huge and the risk of being prosecuted is slim—the United Nations says 99% of victims are never rescued.

What is domestic minor sex trafficking? Domestic minor sex trafficking is the buying and selling of America's own children. It's our children being forced into sexual slavery. Federal law defines domestic minor sex trafficking as the exchange of a sex act for anything of value. A sex act includes pornography, stripping, oral sex, massage parlors, etc. Anything of value includes a place to stay, a hamburger or higher status in a gang. Many times, the victims are vulnerable children fighting to survive.

While it is true that there are children who are at higher risk for becoming a victim, such as runaways and throwaways, all American children are at risk. Gangs and the Mexican cartels are sending recruiters into Texas schools to find victims. Children are kidnapped. People they know are selling them and threatening their families if they tell. Sometimes their own families sell them.

One little girl finally told her captor just to kill her - she couldn't do it anymore. The pimp refused, telling her he makes too much money off her. If she wouldn't do what he told her to, he would kidnap her 8-year-old little sister and pour battery acid over her face while she watched. The little girl complied, living in a dog cage when she wasn't being sold to man after man.

A lack of awareness in our country, coupled with the explosion of the Internet, makes the job of the pimp and the recruiter extremely easy and the job of law enforcement extremely difficult. The scope of this horrific crime seems impossible, but each person can make a difference by teaching their own children about the traps of traffickers and knowing the red flags to watch for in other children.

What are the red flags?

- Scripted answers.
- Inconsistencies in story.
- Branding or tattoos; especially that reflect ownership or money.

- Bruising, with varied stages of healing with black, purple, blue and yellow shades.
- Cigarette burns, rope burns, scars, cuts or other physical abuse.
- Coming on to several men.
- Appears helpless, shamed, nervous.
- Malnourished.
- Inability or fear to make eye contact.
- Chronic runaway; homeless youth.
- Dating much older, abusive or controlling man.
- Not attending school or has numerous school absences.
- Sudden change in attire, possessions, behavior.
- Travels to other cities frequently.
- Uses terms common to the commercial sex industry.

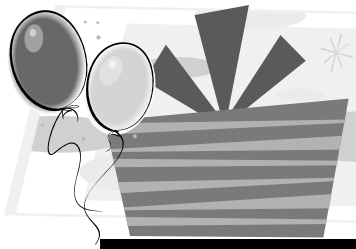
On its own, one of these signs might not indicate trafficking, but 2-3 together are a good indication. The average life expectancy for a child forced into sexual slavery is **7 years**. Don't wait. Call 911 and the National Human Trafficking Hotline, 1.888.373.7888, if you suspect something. It's better to be wrong than not to report it. A life might just depend on it. Please also call Traffick911 and we can get them the help they need for healing, court, etc. (Traffick911.com)

This is, has and will continue to be an issue for our community. Educating ourselves and our families is essential in preventing this nightmare within our families. We must step up and speak out to help those who are helpless. This nightmare exists for thousands of children in America and it discriminates against no one type of person. Rich, middle class or poor this is a reality that can happen in literally any type of neighborhood. With a recent high profile sex abuse scandal at Penn State way to many adults seen and knew things that were happening to children yet not one had the courage to speak out and step up for those children. Please don't sit by and do nothing. Validate and bring a voice to the victims of sexual abuse in all its forms. Please don't hesitate to call me for information, assistance or with questions.

Respectfully,

Cecelia Williams

SA Advocate 360-204-0224



Birthdays



January 1

Brandon Emmett

January 2

Charlie Brown
Charlene Renquist
Isabelle Chiquiti

January 3

Mikayla Madayag
William Alexander
Cha-la-kwa-tud Chiquiti Sr.
Merle Hayes Jr.
William Sigo III
Melvin Colomb

January 4

Jamie Loneia
Mary Adams
Bruce Belmont
Debra Hill II
Jordan Lawrence
Brandon Dryden
James Mabe
Vicky Doyle

January 5

Miya Smith

January 6

Andrea Nellenbach
Kellen Baker

January 7

Mary Lou Salter
Anthony Mabe
Anthony Adams Sr.

January 8

Samantha Salas

January 9

Devan Crow
Brittney Timmerman

January 11

Baily Moss
Troy Mabe
Andrew Pondelick
David Schuler
Bennie Armstrong
Trevor Adams
Crystal Sigo

January 12

Phillip Contraro
Makaha Lawrence
Christopher Puckett
Henry Jackson Jr.
Seth Mabe

January 13

Kwull-kwull-tu Williams
Frederick Sigo
Barbara Santos

January 14

James Lawrence
Geraldine Joe

January 15

Stephanie Power
Shilene George
Angela Clark
Edward Midkiff Sr.
Phoenix George

January 16

Elizabeth Napoleon
Kimberly Kumpf
Cheayvone Lawrence
Michael Cordero

January 17

Calvin Medina
Aaron Purser

January 18

William Jackson
Sutah Purcell

January 19

Jacinda Lawrence
Lorraine Brice
Kourtney Lawrence
Susan Bambino

January 20

Winona Mabe

January 21

Austen Jenkins
Gail Coyne
Marlene Brown
Jacob Sigo
Robert Gemmell

January 22

George Adams
Eric Lindell
Gloria Smith
Frank Chavez
Eric Webster
John Rubeck

January 24

Gary Crowell Jr.
Honorato Rapada V
Linda Immken

January 25

Steven George
Belinda Hommel
Bakolah Williams
Tory Dotson
Thomas Cordero Sr.
Autumn Colomb
Leonard Forsman

January 26

Floyd Dollar
Robert Cordero Jr.

January 27

Joaquin Santos
Jamie Gooby
Harriet Webber
Kristen Mabe
Peter Werbelo III
Tami Jefferson

January 28

Nicholas Leva
Betty Pasco

January 29

Allicia Knapp
Daniel Santos
Thomas Bailey

January 31

Edward Widen

**Happy 58th Birthday
DAD!**



Sent with love from
your 4 kids and 12 1/2
grandkids

Do it big!!!!
(but not to big)

We all love you this much!!!

*Happy
birthday
Dad!*

*Loves always,
Jessica Joaquin
and kiddos*

happy birthday Joaquin!

*love you always and forever Jessica,
Ceyenna and DeSean*

Happy Birthday Jamie!

**Good job
Amanda and
Katelyn!**

Go Bucs!

**Happy Birthday
Bay-Bay!
We Love You
-Cori & Junnee**

HAPPY 2ND BIRTHDAY ROSIE!

Love,
Grandma Kathy and Grandpa Jeff,
Auntie Ashley & Zoey

*I would like to
wish my wife,
Andi,
a happy birthday
on
January 11*

If you would like to publish a message for a loved one in the following months newsletter you may email it to nvted@suquamish.nsn.us

**January Lunch & Learn:
Eating for a Healthy
Immune System**

Thursday, January 19, 2012
Noon to 1 pm in
Tribal Council Chambers



Join us to learn how foods can affect our immune system, and which foods and lifestyle habits can strengthen the body's immune response. We will also be making "Immunita", a special tea blend that participants will be able to bring home. Participants are welcome to bring a lunch. Healthy snacks will be available. This class is free and open to tribal families, tribal employees, and community members.



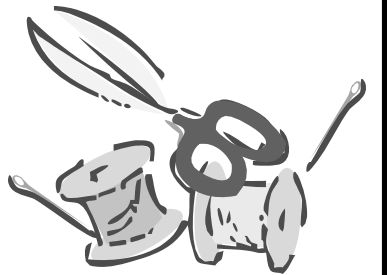
Sponsored by Suquamish Tribe Community Health Programs
"Healthy Living is Our Tradition"
Questions? Contact Fran Miller 394-8476

Suquamish Elementary Spring Auction
Fundraiser Presents
"Shamrock & Roll"
March 17th, 2012
Kiana Lodge
Mark you calendars and look for more information on time, dinner, tickets, auction items and so much more in February's newsletter.



Craft Classes in 2012

Craft Class will be held every *other* month starting in February.
Tentative dates are:
February, April, June, August, October, December
Craft Classes are sponsored by Suquamish Wellness Center and are open to the community. Flyers will be posted with the month with date and time at Wellness and all of the main reception areas around the Tribal Center.
I would like to thank all the community members that have made this program so great. Every project has been successful and it is great fun to see how everyone personalizes their creations!
Azure Boure'
Suquamish Wellness
360-394-8555



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