

**Annual
Easter Egg Hunt**
For Ages 0-12 years



Saturday, April 12th
10 am – 11 am @ TLC

Sign-up starts by 10, first hunt starts at 10:15.
Please join us for brunch in the Gym.



If you have questions contact Jerilyn at 432-3992.

The Gym will be closed on Friday for the kids to help decorate for the Easter Egg Hunt.



Tribal Council Candidates Forum

Please join us for an open floor Tribal Council Candidates' Forum April 16th.

It is very important to understand each candidate's perspectives on various issues before elections in May.

Tribal Council members each bring their own, unique leadership skills to the table and help guide the tribe in a multitude of important avenues.

It is important to realize that Council Members are elected to carry out specific duties outlined in our by-laws and traditions; they represent our Tribe and its interests in many ways; we need the best possible LEADERS.

Leaders build and support teams to accomplish the goals of the Tribe. They empower the tribe and its employees, to excel, and as well as encourage tribal members to improve themselves. They understand organizational needs; they know that having the best person in the job is crucial to success; and they rely on that person's knowledge and experience to help make sound decisions. Leaders share their vision for the future and are positive about achieving that vision. They motivate people to work together to accomplish a task, without criticizing or blaming anyone during the process. Leaders are compassionate and understand the interrelationship and connectedness of all things.

As a tribal member, please take time before the elections to think about where you want our Tribe to go and then choose leaders you believe will take us there. Cast your vote based on the skills and knowledge that those future leaders possess. Remember, you are electing Council Members that must be responsive to the needs of our Tribe, now and for generations to come.

**The Elections Committee
will be hosting an open floor Candidates' Forum April 16th**

We encourage everyone to attend, ask questions, and to hear from candidates who will be running for this year.



**Annual
General Body
Meeting
May 3, 2014**

Little Creek Events Center
Sign in starts at 8:30 a.m.
Lunch will be served at noon

Elections will be held for:
Tribal Council Chairman
Tribal Council Member #1
Tribal Council Member #2

Per Tribal Council, the General Body Meeting is for TRIBAL MEMBERS & SPOUSES ONLY. Enrollment will be checked at the door.

For more information contact the tribal center at 360-426-9781





SQUAXIN ISLAND TRIBE ELECTIONS



Squaxin Island Constitution

CONSTITUTION AND BYLAWS

of the

SQUAXIN ISLAND TRIBE

of the

SQUAXIN ISLAND INDIAN RESERVATION, WASHINGTON

PREAMBLE

We, the people of the Squaxin Island Indian Tribe of the Squaxin Island Indian Reservation in the State of Washington, in order to establish our tribal organization, to develop our community resources, to administer justice and to promote the economic and social welfare of ourselves and our descendants, do hereby establish this constitution and bylaws.

ARTICLE V -- ELECTIONS

Section 1. The Squaxin Island Tribal Council shall consist of a Chairman, a Vice-Chairman, and a Secretary, a Treasurer, and three members at large, designated as First, Second, and Third Council Members. All shall serve for a three-year term. Those officers and members elected at the annual meeting in January, 1965, shall form the first tribal council under this constitution and bylaws. (Amended 11/20/98)

Sec. 2. Beginning with the 1999 election, the officers and members of the tribal council will be divided into three classes; Class I, Class II, and Class III. Class I will consist of the secretary and treasurer; Class II will consist of the Vice-Chair and third council member; and Class III will consist of the Chairman, council member 1 and council member 2. The term of the initial Class I members will be one year. The term of the initial Class II members will be two years. The term of the initial Class III members will be three years. Following the initial terms, all members of each Class will be elected for a three year term staggered by Class.

The initial terms and quorum requirements will begin at the January 1999 General Election. (Added 11/20/98)

Sec. 3. Nominations for council positions shall be made from the floor and votes are to be cast for their election by secret ballot at the annual meeting in the spring of each year. Procedures to be followed in this election will be in accordance with an electoral code adopted by the general council. There must be at least two candidates for each position and the candidate receiving the highest number of votes shall be elected. (Amended 2/10/00; amended 11/20/98)

Sec. 4. The election will take place after all annual reports and old business have been presented. Newly elected officers will assume their duties immediately and serve until their successors have been duly elected. (Amended 11/20/98)

Sec. 5. Any enrolled member of the tribe eighteen (18) years or older, shall have the right to vote; and provided he has been domiciled within a fifty-mile radius from any point on Squaxin Island for one year immediately preceding the election, he shall be eligible to serve on the tribal council. (Amended 11/20/98)

Sec. 6. All election disputes, including the determination of the qualifications of any voter, if questioned, will be resolved by the general council. (Amended 11/20/98)



Election Committee Members Appointed by Tribal Council

Election Committee Members:

Mitzie Whitener - Chairperson
Diane Deyette - Vice Chair
Sally Brownfield - Secretary
Patti Puhn
Julie Owens
Vicki Engle
Liz Kuntz
Cassidy Gott
Morningstar Green
Tammy Ford

(Some appointments of Committee members are for the record, meaning some have been on the Committee for years - no record of appointment).

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinland.org



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 and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
RAY PETERS: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

2014 Candidate Forum Information Sessions

Wednesday, April 16th at 5:30 p.m.

Community Kitchen

Tribal Members who are running for a Council position at this year's General Body meeting are encouraged to declare their candidacy and to participate in these information sessions. Your tribal member voters want to hear from you!

This year, the forums will be a more informal open-floor format allowing candidates to share their views about important topics and to answer questions from the general body.

Come learn more about your potential future leaders!

If you have any questions about the forums, please call Sally Brownfield or Mitzie Whitener at 360-426-9781.



Committees and Commissions Vacancies

The following committees and commissions have vacancies available.

If you are interested in serving on one of these committees/commissions, or if you would like to be re-appointed, please contact: Cassidy Gott at 360-426-9781, or cgott@squaxin.us by April 9, 2014.

Aquatics Committee:

The Aquatics Committee provides advice and recommendations concerning the management, harvest and perpetuation of sub-tidal shellfish resources.

Childcare Board:

The Childcare Board provides advice and recommendations concerning the Child Development Center.

Elections Committee:

The Elections Committee helps the Executive Staff prepare for and conduct general body meetings, and as requested by Tribal Council also conducts the election portion of the General Body Meeting.

Fish Committee:

The Fish Committee provides advice and recommendations concerning the management, harvest and perpetuation of fish related resources.

Hunting Committee:

The Hunting Committee provides advice and recommendations concerning the management, harvest and perpetuation of hunting and wildlife related resources.

Law & Order Committee:

This committee is established to provide advice and recommendations to Council and the Chief of Police concerning law enforcement policies, procedures and laws that may need revision from time to time.

Shellfish Committee:

The Shellfish Committee provides advice and recommendations concerning the management, harvest and perpetuation of inter-tidal shellfish resources.



AMERIND Risk
MANAGEMENT CORPORATION

Tribes Protecting Tribes

It's time for the Annual AMERIND Risk National Safety Poster Contest! We encourage every Housing Authority or TDHE to sponsor a Poster Contest locally and support their children's efforts. As it was mentioned last year, the theme is Safety! Any type of Safety themed poster will be considered for entry. We still highly encourage/promote Fire Safety posters to be submitted but we also want to promote other safety issues.

The content of this form will provide you with all the information your Housing staff will need in order to conduct your poster contest, including important dates pertaining to the contest.

Should you or your staff need to distribute this form, it will be available to download and print from the AMERIND Risk website, www.AMERINDRisk.org

If you have any questions, please email one of AMERIND Risk's Safety Team members or call us at (800) 352-3496.

Sincerely,

Anthony Herrera
Safety Specialist
AHerrera@AMERINDRisk.org

Thane Crozier
Safety Specialist
TCrozier@AMERINDRisk.org

Alec Grandon
Director of Field Services
AGrandon@AMERINDRisk.org

1st place National Winner in each category will receive \$1,000 cash!

Fire Safety Tips

- Install smoke alarms on each level of your home and outside of sleeping areas and test them monthly.
- Make sure there are two clear exits from each room and that everyone knows these escape routes and has practiced using them.
- Never smoke when drowsy or when you're in bed.
- Use sturdy, non-tip ashtrays and check for smoldering cigarette butts in furniture – especially after parties. Douse butts and ashes with water before discarding them.
- Never leave cooking food unattended. Keep cooking areas clean and clear of combustibles.
- Use all space heaters with care. Keep them at least 36" away from combustibles.
- Have your wood stove, chimney and central-heating system maintained, cleaned regularly and inspected annually.
- Plug only one heat-producing appliance into an electrical outlet. Never override or bypass fuses or circuit breakers. Avoid running extension cords across doorways or under carpets.
- Store matches and lighters up high out of sight, out of reach of little hands / children. Use only child-resistant lighters.
- Never use or store gasoline inside your home. If necessary, keep a small quantity in an approved safety container locked in an outdoor shed.
- Store paints, thinners, and other flammable liquids in their original containers, well away from heat, sparks or flame.
- Keep papers neatly stacked and bundled, or in boxes.
- Identify your house with large address numbers that the fire department can see easily.

Fire Safety Tips courtesy of the National Fire Protection Association – www.nfpa.org



Housing will need poster submissions by Wednesday, May 7th. Please contact Liz Kuntz for an application, lkuntz@squaxin.us or 432-3937.



Thank you Lorna and Richard Gouin

The Squaxin Island Museum Library and Research Center would like to thank Lorna and Richard Gouin for the generous donation of this 1970 Seattle Times article. It is greatly appreciated!



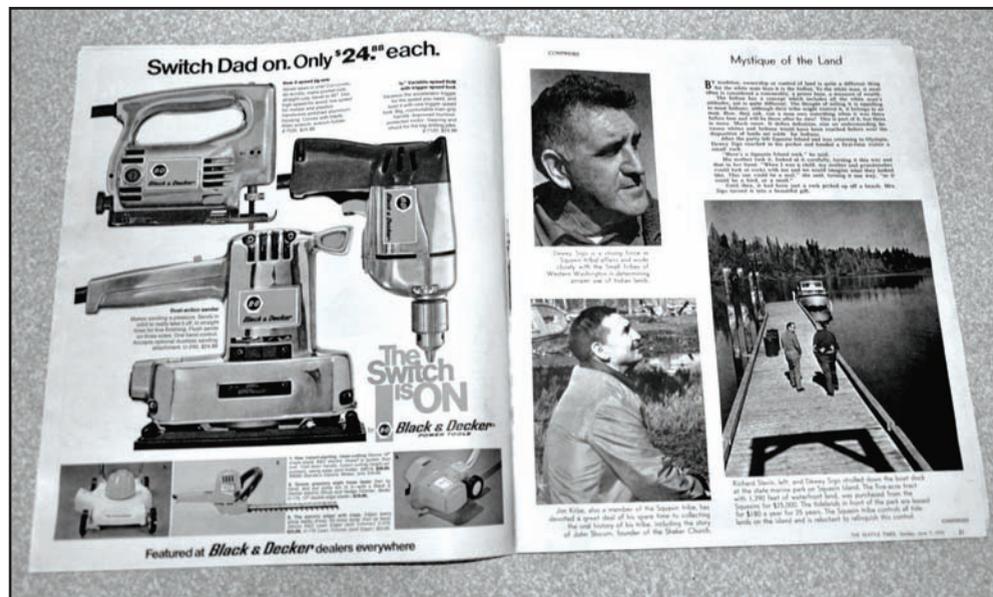
Mrs. Edward Sigo

Since visitors must have passes to go on the island, and it is patrolled regularly by the Indians, it has suffered little damage from visitors. The boat formerly was the only link between the island and mainland.

THE SEATTLE TIMES
Sunday, June 7, 1970

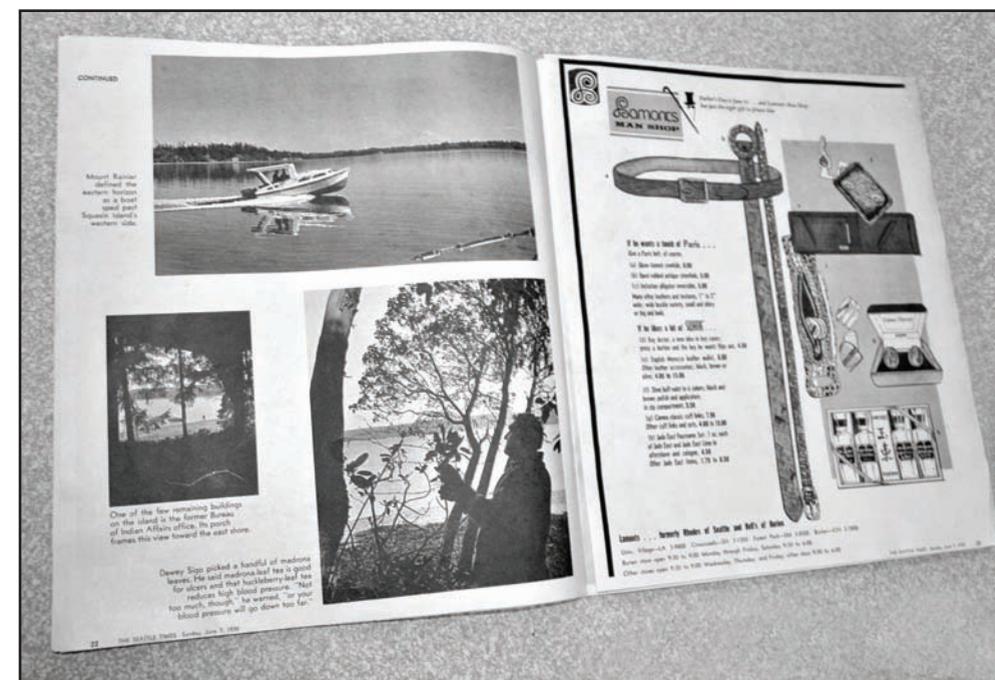
Squaxin Island Tribe "This is Our Home"

The Edward Sigo family lived here for several generations before moving off Squaxin Island to the mainland. The Squaxins lived in what is now Olympia until after the Treaty of Medicine Tree was signed in 1855. Then they were giving Squaxin Island and forced to move there.



Mrs. Edward Sigo sat in the stern of Richard Slavin's boat on the way to the island. It was her first visit there in over two years. Slavin took the Squaxins there to discuss the future of the island and what the State Planning and Community Affairs Agency, of which he is director, can do for the Squaxins.

IMAGINE, if you will, that you haven't been back home in over two years; that home is an island and your homecoming day is bright and warm, and that reflections in the flat sound are occasionally broken by breeze ripples. Mount Rainier and the Olym-



Left, Top Left: Dewey Sigo is a strong force in Squaxin tribal affairs and works closely with the Small Tribes of Western Washington in determining proper use of the Indian Lands.

Left, Bottom Left: Jim Krise, also a member of the Squaxin tribe, has devoted a great deal of his spare time to collecting the oral history of his tribe, including the story of John Slocum, founder of the Shaker Church.

Left, Bottom Right: Richard Slavin, left and Dewey Sigo strolled down the boat dock at the state marine park in Squaxin Island. The five-acre tract with 1,390 feet of waterfront land was purchased from the Squaxin for \$25,000. They tidelands in front of the park are leased for \$180 a year for 25 years. The Squaxin tribe controls all tidelands on the island and is reluctant to relinquish this control.

Above, Top: Mount Rainier defined the eastern horizon as a boat sped past Squaxin Island western side.

Above, Bottom Left: One of the few remaining buildings on the island is the former Bureau of Indian Affairs office. Its porch frames this view toward the east shore.

Above, Bottom Right: Dewey Sigo picked a handful of madrona leaves. He said madrona-leaf tea is good for ulcers and that huckleberry-leaf tea reduces high blood pressure, "Not too much, though," he warned, "or your blood pressure will go down too far."



pics define two horizons, and on the island the outgoing tide is exposing the heavily populated clam beds you worked in as a child and on this day the beds are percolating with thousands of clam squirts. On the same sandy beaches you see deer tracks; others bear no marked and it has been years since a man's tracks appeared on them.

Look! That old house on the southern tip of the island, Annie James Bobb lived there. There's where Grandpa Scelopine lived, and the Sudiths lived over there. The old Shaker Church is gone now; only a few boards are left.

For a mile along the eastern side of Squaxin Island are the clam beds your family worked for 80 or 90 years, digging up 1,000 pounds of clams a week, year after year. You cultivated the beds like land, never digging the same place in the same year, never using a shovel; only clam forks.

Home is a row of aging, weathered house just back of the high-water mark with an old boat hull resting its final rest surrounded by clam and oyster shells, succulent tidal pool plants and stream trickling from spring back of the house.

This is what the Squaxin Indians saw when they returned to Squaxin Island. In the party were Mr. and Mrs. Edward Sigo, their son, Dewey, and a friend, Jim Krise. Mrs. Edward Sigo is chairman of the tribal council. Mr. Sigo is a Suquamish Indian, but no one holds it against him.

Squaxin Island is home to them, but they no longer live there. No one does. They're all gone now to the mainland, most to the Kamilche area, which the Squaxins call "the place we now live." The white man is fond of saying Squaxin Island is the last underdevelopment island in Puget Sound and wants to do something about it. The Squaxins aren't so sure. They like it the way it is and are reluctant to turn it into a subdivision. Or is it underdeveloped? It is much as it was before the addicted-to-change white man came. Is it then, the only developed island in the Sound? It is a matter of definition.

MYSTIQUE OF THE LAND

By tradition, ownership or control of the land is quite a different thing for the white man than it is the Indian. To the white man, it most often is considered a commodity, a power base, a measure of wealth.

The Indian has a concept which includes all the white man's attitudes, yet is quite different: The thought of selling it is appalling to most Indians; although their tribe might control it, it belongs to no man. How, they ask, can a man own something when it was there before him and will be there after he dies? This is part of it, but there is more. Much more. It defies definition else an understanding between whites and Indians would have been reached before over the disposition of the lands set aside for Indians.

After the party left Squaxin Island and was returning to Olympia, Dewey Sigo reached in his pocket and handed a first-time visitor a small rock.

"Here's a Squaxin Island rock," he said

His mother took it, looked at it carefully, turning it this way and that way in her hand. "When I was a child, my mother and grandmother would look at rocks with me and we would imagine what they looked like. This one could look like a "seal" she said, turning it one way "or it could be a bird, or a snail."

Until them it had been just a rock picked up off a beach. Mrs. Sigo turned it into a beautiful gift.

Text by Archie Satterfield
Times photos by Roy Scully

Opt Out?

Klah-Che-Min newsletters are available online at:
<http://squaxinland.org/info/klah-che-min-newsletters>

If you would like to help in our effort to protect the environment by producing less paper and would like to stop receiving printed copies, please contact:

Theresa Henderson
360-432-3945
thenderson@squaxin.us

You can request email notification when the newsletters are posted online.



Congratulations to Allen Cooper who brought the biggest elk in to Home Meat Service this past hunting season.



Safe Substitutes for Hazardous Household Cleaning Products

Many products and chemicals once considered harmless are now linked to health problems due to exposure over long periods. These health effects can be as mild as fatigue and headaches or as serious as cancer. Many hazardous products are often unnecessary and quite expensive. Safer alternatives to many potentially hazardous household products are available at most grocery stores, and one alternative can often be used for several jobs. For example, consider substituting toothpaste to remove water marks or vinegar to clean your window.

Here are some substitutes you could try:

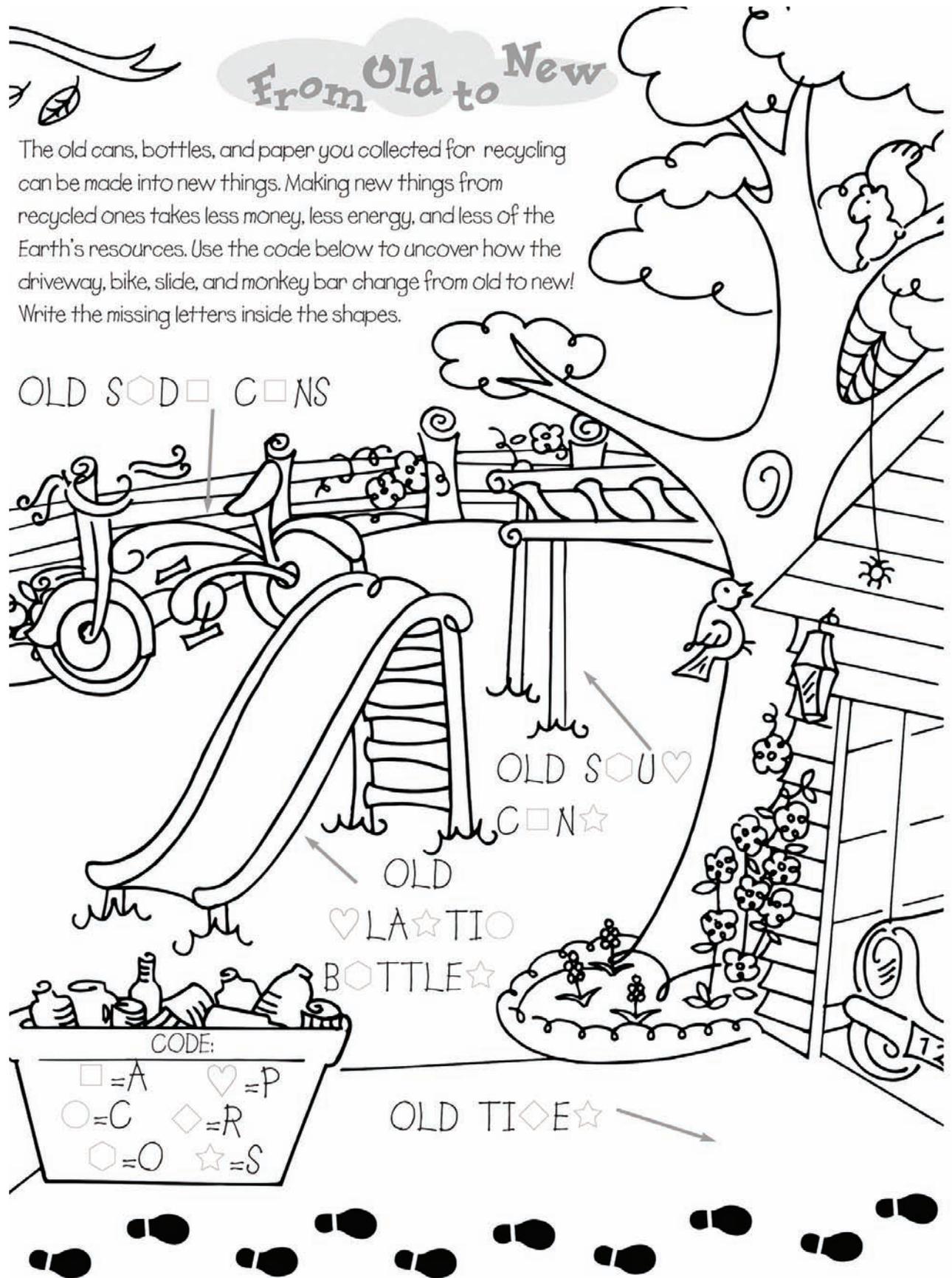
- Air freshener:** Try cinnamon and cloves (simmered)
- Burn mark remover:** Try a grated onion
- Coffee cup stain cleaner:** Try moist salt
- Decal remover:** Soak in white vinegar
- Furniture polish:** Try lemon oil (or juice) and mineral oil
- General household cleaner:** Try baking soda
- Hand cleaner for paint/grease:** Try baby oil
- Insects (on plants) repellent:** Try soap and water
- Oil based paint:** Used water based paint
- Paintbrush softener:** Use hot vinegar
- Refrigerator odor remover:** Use baking soda
- Roach repellent:** Try a roach trap
- Rug cleaner:** Try club soda
- Rust remover:** Try lemon juice, salt, and sunlight
- Shoe polish:** Rub a banana peel on the shoe
- Slug repellent:** Use diatomaceous earth
- Spot remover:** Use club soda OR lemon juice OR salt
- Water mark remover:** Use toothpaste instead
- Window cleaner:** Use vinegar in warm water
- Wine stain remover:** Use salt
- Bathtub and tile cleaner:** Try baking soda or vinegar and water

Drain cleaner: Try a plunger; OR baking soda with hot water; OR vinegar and hot water

Ink spot remover: Try cream of tartar and lemon juice and cold water

Oil stain remover: Rub white chalk into the stain before laundering

Questions or comments about this article can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at skaas@squaxin.us or 432-3907.





ISLAND ENTERPRISES INC
Weaving a strong business foundation for the Squaxin Island Tribe's future.

Island Enterprises, Inc. / Trading Post Scholarship

Island Enterprises and the Trading Post stores are pleased to announce the availability of two scholarships of \$1,250 each for support for tuition, books, lab fees, and/or living expenses associated with attending a four-year college or university undergraduate program or advanced degree program (e.g. master's degree, law degree, medical degree, PhD).

Eligibility for these scholarships is open to enrolled members of the Squaxin Island Tribe and descendants of enrolled members of the Squaxin Island Tribe who are enrolled in a four-year college or university undergraduate program or advanced degree program. Priority will be given to individuals studying in the fields of business or management. Secondary priority will be given to individuals studying in fields directly related to key positions within the Island Enterprises family of companies.

If you are interested, please contact the IEI office at (360) 426-3442 to request an application. IEI will accept applications until May 15, 2014.

Las Palmas Coming to KTP Deli!

We're pleased to announce that Las Palmas, a longtime favorite of many in the Tribal Community and among KTP customers is coming to the KTP deli in mid-April. Las Palmas will prepare and serve breakfast burritos, tacos, burritos, tortas, quesadillas, and tostadas from early in the morning through evening under a unique agreement with KTP. The KTP deli will continue to offer pizza and all of your other current favorite deli items, along with the very popular F'real milkshake and smoothies, and the Coke Freestyle machine, which allows you to create your own unique soda blends. Look for Las Palmas to begin serving toward the end of the first week of April or the following week.



Elders Vegas Vacation



By Stephanie James

Training Opportunities

The Ta-Qwo-Ma Business Center is in the process of creating a year-long schedule of trainings to assist tribal and community members with topics essential for all of us, both aspiring entrepreneurs and individuals who want to better manage their finances and plan for retirement.

Trainings will be held each month at the Ta-Qwo-Ma Business Center, at no cost, and are open to everyone in the community. Topics will include: Financial Literacy, Youth Financial Literacy, Investing, Budgets and Bank Accounts, Retirement, Education Planning and Credit Repair. There will also be business-related classes, including business startups, how to write your own business plan, marketing your business, and accounting basics for business owners.

The first series of classes will begin in May and will focus on the basics of financial literacy. For those who want to begin classes earlier, and live close to the Olympia area, contact Giovanna at Enterprises for Equity at 360-704-3375 ext. 3 or email office@enterpriseforequity.org. The classes are free and will begin April 3 and end on May 3 (Thursdays) from 3:00 - 5:00 p.m.

Specific class dates and times for additional trainings will be posted on the Daily Scoop and in upcoming issues of the Klah-Che-Min. If you have any questions, suggestions, or comments I would love to hear from you. Stop by the business center or call me at 462-0339.

See you soon!

Enterprise for Equity

April 2014

Reach Your Dreams

FINANCIAL EDUCATION CLASSES

With FREE CHILDCARE!!!

Topics Covered:

- Goal-setting/Spending Plan • Banking
- Borrowing Money • Savings & Investing
- Insurance • Credit Reports & Scores
- Home Ownership Basics • Budgeting
- Increased Earnings With Work You Love!



Why take these classes?

- These classes are FREE!
- Learn how to get a Free Credit Report and credit score. And how to understand them.
- Get a handle on your finances to keep more money in your pocket!
- Get paid a \$25 cash stipend after attending all classes on time.

"This class has changed how I view money and spending. While I enjoy spending, I NOW enjoy saving and the benefit of it. It has impacted my daily habits and greatly improved my quality of life."

When: Thursdays 2-5pm: April 3rd—May 1st (5 classes)

Where: Downtown Olympia

Cost: FREE! You MUST register to have a spot in the class.

Registration Required: office@enterpriseforequity.org

(360) 704-3375 ext. #3



RUNNING FOR TRIBAL COUNCIL



Jim Peters

Hello, I'm Jim Peters and would like to begin by saying, thank you for your support. It has been an honor to serve on Tribal Council the past three years. I ask for your continued support as I announce my candidacy for my current position, Council Member 2.

I have worked on Natural Resource issues at all levels and will continue doing so, as this is an important issue to all tribal members. The one thing that ties us together comes back to our connection to the water, salmon, shellfish, wildlife, trees and plants. These resources are our connection to the past, present and future. They are a part of our way of life, culture and spirituality.

The past few years we have seen many tribal members requesting funds for Higher Education. I will continue to support and seek resources that will meet the needs of all programs in the Education Department.

There are many issues facing the Tribe and with the economic condition, we have to think things out and make good sound decisions for today and seven generations in the future.

I will continue to be fair and honest while listening to your concerns and working hard for all tribal members. I look forward to more discussions with everyone at the upcoming Candidate Forums. Hope to see you there!



Rick Peters

Hello,

My name is, Rick Peters, son of Calvin & Ina Peters. My Grandparents, Jameson & Josephine Peters were born on Squaxin Island and later in life relocated to Mud Bay located in Eld Inlet. Here they raised their children and operated, Peters Oyster Company, marketing Pacific and Olympia Oysters. My father, Cal, was a Vice -Chairman of the Tribal Council when, they decided to build a Casino;

I am running for Tribal Chairmanship in the upcoming May elections;

Since graduating from high school in 1973, I've worked for the tribe in many positions-first as a Fisheries Technician working at the tribe's Seafarm with, Bruce and Brian Johnson, Butch McCloud and Jim Frazier;

Then, for 12 years I worked for Canyon Construction and Realty, starting out as a laborer, I worked my way up the ladder to; pipe layer, then to Head Pipe layer and finally operating 580 backhoes, 590 John Deere excavators and, International 125 front loaders and TD-8 Angle dozer;

In 1991, I was hired by the tribe as, Shellfish Manager. During my time as Shellfish Manager, I participated in all 10 Annual Shellfish Sanitation Conference;

Was elected to the Pacific Rim Shellfish Sanitation Conference (the first Tribal member to hold this position);

Was elected by the 17 treaty tribes to represent them

as an Expert Witness in the Shellfish Case (89-3 US v Washington);

I was on the tribal negotiating committee when the State of Washington and the treaty tribes of Washington formulated the Sanitation Decree (the only part of the Shellfish Case settled out of Court. Judge Rafeedie signed the Sanitation Decree into law the first day of the Shellfish Case.

Throughout the 90's, I represented the tribe as Wildlife Policy Representative, meeting with the WDFW and attending public forums regarding tribal hunting policies;

In 2003, I attended The Evergreen State College and in three years graduated with a Bachelor of Arts Degree in Liberal Arts, with an emphasis on Environmental and Native American Studies.

I worked as a Greens Keeper at Salish Cliffs for 5 months, before injuring my back and having to reside myself with an office job at Little Creek Casino Resort as a Finance Clerk.

As you may well be able to understand with the many different job opportunities I've held, I hold my tribe very near and dear to my heart as with all tribal members. I have a personnel interest in our Natural Resources and take their protection very seriously.

If, I'm elected, I promise to be in the office of the Tribal Chair 40 + hours a week fighting the fight for my fellow tribal members.

Realize, my fellow tribal members, your tribe is making upwards of \$10 million dollars a month so, the time to elect Tribal Council members who will take care of their tribe, is NOW!

Thank You for your support,
Sincerely,
Rick K. Peters





RUNNING FOR TRIBAL COUNCIL



Whitney Jones

A lot of you have a lot to say. You have a number of questions and plenty of ideas. I appreciate your continued support of my candidacy for Council so that I can be a channel of information and communication whenever possible.

One thing I've learned from many of you is that while better communication is really needed in our community, what you want even more is dialogue. There has been a small increase in information sharing the last couple of months, but we still need a more back-and-forth, open discussion with elected leadership so that issues can be heard, understood, and moved forward to resolution.

There are a variety of important issues that will always be hot topics for our community... Elder and health care needs, education and youth programs, natural resource concerns, and strategic planning for future growth and economic prosperity are just a few. We need to work to improve those while also sustaining our culture and traditions. I have worked for and worn a lot of hats in our community during the last 15 years and I will bring that experience, insight, and compassion to the Council. You want and need new ideas, fresh perspectives, and candidates who can balance immediate needs with long term vision. It's time to elect people who are ready and able to lead the Tribe into the next stage of our growth and development. Thank you for your support and your vote.

Ray Peters

It has been an honor and a pleasure to serve you these past three years on council. I am seeking re-election to my current position and am asking for your support. I am proud to have been part of a council that has a commitment to communicating allowing for all sides of an issue to be discussed so that we can make decisions based on what is the best for our people as a whole. I have a clear vision that is strong and undying to advance tribal sovereignty for a strong community and our families for today, tomorrow and for seven generations.

The past three years we have worked together to have a comprehensive plan that moves us forward as a tribe. Council meetings are efficient dealing with council business working together with our departments, commissions and committees to assure that we are providing the best services to our people. We can all be proud not only that Squaxin Island Tribe provides jobs for our members and community but the work place is positive and safe. I am committed to tribal advancement.

We have been able to continue to grow in a balanced approach responsibly growing our businesses to create more revenue to provide services to our people. While the world around us has seen cuts in jobs and a down turn in profits we have been able to maintain and grow profits in our businesses.

We stabilized Elders distribution assuring that it will grow and no program gets cut. In fact we have provided additional services to the elders. I support the idea of a culturally appropriate group home that will provide

services to our elders that can no longer live on their own and need additional care. We see a rise in the number of tribal members that are going to college. As a council we have allocated additional funding maintain the current levels of funding for all our students in higher education. As the chair of the contribution committee we started an education endowment called the Seven Inlets foundation that will allow us to cover every tribal member's schooling. This year we will make our first distribution to the education commission to be granted to tribal members that are seeking graduate degrees. I am committed to our tribal member's education.

I am strong in understanding budgets, financing working on the National, state and local governments developing relationships that allow us to advance our comprehensive tribal initiatives. The experience working as the tribes executive director has allowed me to comprehensively understand all of our tribal programs - health, family services, education, law enforcement, natural and cultural resources and understanding the federal programs that can enhance funding for each.

There is much to be done and wish to continue the plan to help us reach our goal of self-determination self-sufficiency. I would be honored to serve you another term and vow to continue to being a strong leader. I am always available to talk please stop by or give me a call 789-6655.

Fireworks stand sign up is now!

The drawing will be held
Thursday, April 10, 2014
at **11:45 a.m.**
in the Administration Building.
19 spots available.

Permit fees this year are \$450
(plus 3% if you pay with credit card)

Permit fees, License fees, fines, penalties and taxes must be paid by Wednesday, April 9th; and current by the time of the drawing

For more information contact the
administration building at 426-9781





RUNNING FOR TRIBAL COUNCIL



Misti Saenz-Garcia

Hello, I am Misti Saenz-Garcia, daughter of Larry McFarlane and Susan Henry (Squaxin Island Tribe), granddaughter of Theresa Nason (Squaxin Island Tribe) and Walter John Henry (of Skokomish Indian Nation).

I humbly come before you to ask for your support in my candidacy for Tribal Council.

I am a lifelong resident, married (22 years) with 4 children. I was raised not to point out facts about myself, as your actions during the 365 days a year show who you are, not who you say you are. Given that some people in our Tribe may not know me, I have decided to provide a brief background. I am a member at St. Edwards Catholic Church parish, and I also enjoy attending services at Shaker church. My children are all adults, and I am currently a grandmother to Massiah and within the next couple weeks, to Josiah.

I worked for our tribe as a youth growing up and continued throughout past 22 years of my adult life.

It is very hard on election day to get up and say what you have to say in 3 minutes or less, especially for people who may not know about how you help out in our tribe. I find it impossible to share a lifetime in less than 3 minutes.

I spent 22 years serving on many of our tribe's committees, commissions, and boards and still continue to enjoy serving.

I believe in recognizing everyone's potential. I strongly believe in preserving our past, protecting our

future, and respecting our present - embracing our culture and building on the wellness of our community.

I carry no bias based on last name; I believe in equality and fairness.

It takes 4 of the 7 Tribal Council members to make a motion pass. No one person can advance without working as a team.

BEHIND EVERY GREAT MAN IS A WOMAN . . . Mother Earth and Mary, Mother of God. I would love to see equal gender representation at the Tribal Council table for our membership. Women and men are equal, but have different ways of thinking and different skills to bring to the Tribal Council table.

Some of our nation's greatest leaders have been knocked down fighting for our tribal nations.

I have learned what I needed to learn by being knocked down, and getting back up and moving forward, advancing the issues.

Yes, I have been knocked down in my lifetime, but I was able to dust myself off and carry on. It was a wake-up call. I used to be fearless; as far back as my pre-school years I can recall being fearless. But after being knocked down, learned to have more self-analysis . . . I had to learn to listen to that even though I didn't always want to.

I'm committed to determination and empowerment in order to provide effective solutions. I'm a voice that cares, with a vision of hope and prosperity for our families.

Once you have been exposed to darkness, there are things that keep your heart from feeling the light. I love being a light and helping everyone know they are worth living, worth loving . . .

I am inspired by being actively involved in our tribe, locally, regionally, and nationally. I was raised with strong women leaders who exposed me to it all and then some. I STAND FOR HOPE FOR OUR FAMILIES, OUR FUTURES, OUR SUSTAINABILITY AND OUR PROSPERITY AS A TRIBAL NATION.

Masi....



Congratulations Michael Peters



Sworn in to the Olympia Police Force Feb 26th!



Vegas Bound



LEARNING CENTER



Youth Education, Recreation and Activities Calendar

Laurel Wolff Teen Advocate: 42-3842

TLC Hours: M-F 7:30am-5:30pm Front Desk: 432-3958 Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rec Rm: 3-6pm Crafty Kitchen: 5-5:45 Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45	2 <i>GSD-ER @ 2:30</i> <i>WHL-ER @ Noon</i> Rec Rm: 1-6pm Culture Activity: 5-5:45pm Gym: I.T.B. TBA Open Swim: 3-6pm	3 <i>WHL-ER @ Noon</i> Rec Rm: 3-6pm Arts-n-Craft: 5-5:45 Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45	4 <i>WHL-ER @ Noon</i> Rec Rm: 1-6pm Fun Day Friday: 5-6pm Gym: 1-6pm Bball: Elem: 4:45-5:45 Open Swim: 5-8pm
7 Spring Break Rec Rm: 9-3pm Gym: 9-3pm Swimming: 10-12 Rugby Clinic: 12:45-2:45	8 Spring Break Rec Rm: 9-3pm Gym: 9-11 Skateland: 11:15am-2:45pm	9 Spring Break Rec Rm: 9-3pm Gym: 9-3pm Swimming: 10-12 Rugby Clinic: 12:45-2:45	10 Spring Break Rec Rm: 9-3pm Gym: 12:15-3pm Lattin's Farm Tour: 9:30-12:15	11 Spring Break Rec Rm: 9-3pm Gym: 9-3pm Swimming: 10-12 Rugby Clinic: 12:45-2:45
14 Rec. Rm: 3-6pm Game Day: 5-5:45pm Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45 Open Swim: 3-6pm	15 Rec Rm: 3-6pm Crafty Kitchen: 5-5:45 Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45	16 <i>GSD-ER @ 2:30</i> Rec Rm: 1-6pm Culture Activity: 5-5:45pm Gym: I.T.B. TBA Open Swim: 3-6pm	17 Rec Rm: 3-6pm Arts-n-Craft: 5-5:45pm Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45	18 <i>SSD-ER 1.5 HRS</i> TRIBAL HOLIDAY CLOSED
21 Rec. Rm: 3-6pm Game Day: 5-5:45pm Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45 Open Swim: 3-6pm	22 Rec Rm: 3-6pm Crafty Kitchen: 5-5:45 Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45	23 <i>GSD-ER @ 2:30</i> Rec Rm: 1-6pm Culture Activity: 5-5:45pm Gym: I.T.B. TBA Open Swim: 3-6pm	24 Rec Rm: 3-6pm Arts-n-Craft: 5-5:45 Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45	25 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Gym: 3-4:45pm Bball: Elem: 4:45-5:45 Open Swim: 5-8pm
28 Rec. Rm: 3-6pm Game Day: 5-5:45pm Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45 Open Swim: 3-6pm	29 Rec Rm: 3-6pm Crafty Kitchen: 5-5:45 Gym: 4:45-6pm Bball: High/Jr: 3:30-4:45	30 <i>GSD-ER @ 2:30</i> <i>WHL-ER @ Noon</i> Rec Rm: 1-6pm Culture Activity: 5-5:45pm Gym: I.T.B. TBA Open Swim: 3-6pm		
TLA: After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 10-2pm M-F 4-4:45pm M-Th 3-6, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SDD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		Key for Basketball I.T.B. = Inter-Tribal B-ball High School = Grades 9-12 Jr. High = Grades 6-8 Elementary = Grades 3-5

Spring break is Coming! See the schedule of activities on Page 17



Education

Peggy Peters

There are many reasons for missing school - illness, doctor appointments and family emergencies among them. Truancy becomes a problem when students are not arriving at school on time and an excessive number of absences occur. TLC would like to remind the community, that the Squaxin Island Tribal Council and the Education Commission value and support the importance of education. The Education Department is responsible for monitoring truancy and the Public Safety Department (through the Tribal Court) is responsible for enforcing the Truancy Code.

It is the policy of the Squaxin Island Tribe of Indians to maximize the attendance of school by minor children the Tribal Community by prohibiting unexcused absences and excessive excused absences from school and by invoking progressive civil penalties against repeatedly truant students and, where appropriate, against their parent(s) or guardian(s).

This Truancy Code applies to the full extent of the sovereign jurisdiction of the Squaxin Island Tribe. This specifically includes, with limitation, all enrolled members of the Squaxin Island Tribe and their descendants wherever domiciled; all persons domiciled on the lands of the Squaxin Island Tribe and to any person who participates in or receives assistance from any program operated by the Squaxin Island tribe or its departments.

Any student who has either five (5) unexcused or excused absences, in any calendar month, or ten (10) unexcused or twenty (20) excused absences accumulated throughout the school year, whichever comes first, shall be considered truant under this Code.

The Tu Ha' Buts Learning Center is available to assist you and your child with any school-related matter.

Homework Support and GED Preparation Classes

Jamie Burris

Want to pass your midterms? The end of the third quarter is fast approaching! Come up to get help finishing your missing assignments and study for any upcoming midterms and tests. Looking to take the new G.E.D. test? The new G.E.D. test is said to be more difficult than the previous test. The new prep materials are finally available from the publisher and should be arriving soon. Come in to start practicing the harder skills incorporated in the new GED test.

I am here to help Tuesdays, Wednesdays and Thursdays from 4:00 – 7:00 p.m. in the TLC classroom. For more information or if you have any questions, please feel free to contact me: Jamie Burris at jbarris@mcclary.wednet.edu.

Higher Education

Mandy Valley

The new Memorandum of Commitment and spring quarter checklist were emailed to higher education students March 3rd and are due March 24th for spring quarter. The Tribe's Higher Ed Program can't send the proper paperwork for tribal scholarship payment to the college until we've received what we need from you. If you need a new Memorandum of Commitment, contact me and I will be happy to send you another one. Also, remember that official grades from winter quarter are due by April 28th. If you have any questions, please call me at (360)432-3882, email me at mvalley@squaxin.us, or stop by the Education Department, Monday through Friday, from 7:30 – 4:00 p.m.

Youth Activity Program

Jerilynn Vail

As you can see from the youth program calendar, the afterschool program continues to have plenty for youth to do in April. Among other things:

It is time for Spring Break again. April 7-11, the youth program will be open 9:00 - 3:00 p.m. with plenty of activities planned to keep youth busy and having fun. If any families have new contact information, please make sure to update it before Spring Break so we have accurate information for our field trips.

The 2014 Easter Egg Hunt is planned for Saturday, April 12th. For more details, check out our flyers or our TLC Facebook page.

Basketball continues in April. Basketball practices and Intertribal League basketball games for youth in junior high and high school are scheduled into May. We will also continue to have basketball practices for elementary-age youth on Fridays from 4:45-5:45.

A couple other announcements:

We would like to welcome our newest staff member, Redwolf Krise, to our after-school program staff. He brings lots of experience working with youth and is a great addition to our youth program. If you get a chance, please drop in and say hello.

There is quite a bit of stuff in the lost and found. If your child is missing something, please stop by to see if any of these items belong to your child.

Teen Center and CHUM Project

Laurel Wolff

The CHUM project is excited to take eight teens to the Northwest Indian Youth Conference March 31-April 4. Stay tuned to hear about the teens' experiences at the conference. We have several Spring Break activities planned for teens, April 7-11, but overall April looks like this:

- April 7: A day trip to Seattle
- April 8: Skateland
- April 9-10: Wednesday and Thursday Garage Band workshop
Media Room
- April 11: Start of the Nisqually basketball tournament.
The tournament schedule hasn't been released yet.
- April 18: The Teen Center will be closed
- April 25: The teen program will head to Olympia to watch the Luminary Procession, a late night magical parade filled with beautiful luminaries. The van leaves at 8:00 p.m. and will return around 11:00 p.m.
- April 26: We return to Olympia to watch the Procession of the Species.
The van leaves at 3:00 p.m. and will return around 6:30.

Other ongoing teen activities include:

- Youth Council meets on Mondays from 5:30-6:30
- Basketball practices are Monday, Tuesday and Thursday from 3:30-4:45
- Basketball games for Jr. High and High School will remain on Wednesdays



Memorial for
David T. Seymour
"Bad News"
Saturday—April 19, 2014
Dinner starting promptly at 1:00pm
at the
Taholah Community Center




Questions/Comments
Margaret Henry 360-490-5024
Terri Capoeman 253-343-3711
Gloria J Hill 360-229-6324

1910 Indian Shaker Church Thanks

The 1910 Indian Shaker Church would like to thank the maintenance crew, Little Creek Casino Resort, KTP, Island Enterprises, Inc., Don Whitener, Tribal Council, the museum, Kevin Dragon, Natural Resources, Dan Neelands and all others who helped with the upkeep of the church and getting us ready for the upcoming events. We appreciate all your hard work very much! God bless each and every one!

- From Minister Rose Davis and Travelling Missionary Mike Davis
and Lydia & Marty



Vegas Bound



Matt Gordon
Construction Trades
7299 New Market Street SW
Tumwater, WA 98501
Direct: 360.750.4457
matt.gordon@newmarketskills.com

Save The Date...

Try-A-Trade At Our Annual Construction Career Fair

May 1, 2014, 8:30 AM - 2:00 PM at New Market Skills Center

For all students within the Pac-Mountain Region who want to explore
Careers in the Construction Industry

HOW YOU CAN HELP: Donations are eagerly accepted, please direct them to www.newmarketfoundation.com

Desk top displays: This is a great opportunity for businesses, or those with projects, to show students options available within the region. All vendors, schools, and those in the industry are welcome to setup a display. Please contact Matt Gordon for specific needs.

Hands on demonstrations: Tradespersons, in the construction industry, are able to build and create the ideas drawn on a blueprint from what they are able to do with their hands. Students need the opportunity to see, as well as feel, what it takes to become part of a team. There are plenty of spaces available for businesses and trades organizations to offer opportunities in their field for students. Contact Matt Gordon for more information.



Equipment operations: This is what the kid in all of us really enjoys. Pavers, back hoes, forklifts, cranes, lifts and more... Heavy equipment gets the trades' people to their work and the materials needed to get the job done. We have space available for any type of equipment the construction industry uses.

Email matt.gordon@newmarketskills.com for specific needs and to confirm your spot!

What we learn to do... We learn by doing

Early Learning

Ah, April, the month of new life. Spring has sprung, bringing new growth, baby animals and the curiosity of children.

What a wonderful time to get out and explore.

As I was walking around outside the tribal buildings recently I saw so many ways to engage a child's curiosity. Children are naturally curious and, by the time they are 3-4 years old, they are asking 'why' about everything. How do you answer these questions that sometimes seem to never stop?

Often with another question: Why do you think? Let's figure that out?

Soon the frogs will be singing in the pond. Watch for pollywogs and how they turn into new little frogs. It's amazing. Trees and flowers are budding and blooming - a good chance to name the colors.

There are so many shapes and colors to find as well as learning direction words, like up, down, over, under around... and sizes, like big, little, tall, short...and how to be quiet in some places and as loud as you want in others and why.

Yes, a great time to get out with the little ones to help them explore and learn about the world around them.



Way to go Selah Thale

Selah Thale (Grand daughter of Charlene Krise), a young Squaxin frog scientist was delighted to share her two-year scientific investigation and study of the eggs-tadpole-frogs she gathered from her outdoor pond. She explained the frogs natural habitat, the transformation from an egg-tadpole into frog, she explained the importance of frogs for the natural environment. The Science Fair presentation by Selah Thale was given at the Griffin School.



The new Natural and Cultural Resources Building Was Blessed on March 5th

Employees will be moving in soon. Watch for details.



WAVES OF PERFECTION CHOCOLATE AND WINE TASTING

Benefit for the Squaxin Island Museum Library and Research Center

Each wine is expertly selected to complement and enhance the nuance of gourmet chocolates.

On site at the
Home of Sacred Belongings

May 24th
3:00 - 6:00 p.m.

TICKETS:

www.squaxinlandmuseum.org
360-432-3841

\$25 Advance | \$30 Door

Mention "Waves" or show your ticket when making hotel reservations at Little Creek Casino Resort and receive a special room rate for the night of May 24th!

Must be 21 or over



**LITTLE CREEK
CASINO • RESORT**

150 SE Kwuh-Deegs-Alt'xw, Shelton, WA 98584

*Squaxin Island Museum
Button Robe Work shop*



Starting April 1 2014 4:00-7:00

Ruth Whitener 432-3841

*Squaxin Island Tribal Graduates
Celebrate our high school, and higher education Graduates
2014*





Native American Circle Gifts Tribe with Powwow Drum

Tribal Chairman David Lopeman represented the Squaxin Island tribe in receiving a powwow drum gifted by the Native American Circle at Cedar Creek Corrections Center on March 5th.

The drum will be kept at the Tribe's Museum Library and Research Center, *Home of Sacred Belongings*.

Native American Circle members sought permission to make the drum, and were delighted when given the green light. "We want to thank all of the staff members, from top to bottom," a circle member stated. "Doing something for others rather than ourselves brings us back to our communities. Now we are doing the right thing - putting other people ahead of ourselves."

Chairman Lopeman reciprocated saying, "On behalf of the Tribe, I thank you for this gift. This will be a big thing when we bring it home to the Tribe. I invite all of you to come and see the museum when you get a chance and play it. It will be there for you."

During introductions, the Chairman noted how many different tribes were represented from all over the country. "There are many cultures, but we are all one people, *all* related. The person next to you is your brother. When we can work and pray together like this, its a great thing."

Native American Circle member Michael Gulla said, "We made it (the drum). We prayed about it. Then we heard that Dave was in need of a drum. We have heard good things about him. That he helps people in trouble. So we knew this was a good thing and meant to be."

Staff in attendance

Douglas O. Cole, Superintendent
JC Isham, Lieutenant
Charlie Washburn, CPM
Vaaia Gaines, CUS
Rocky Watts, Native American Chaplain
Jeffrey Jones, Chaplain
Chad Hostetler, Reception Specialist
Kim Govreau, CPPA



Important to Know

Christine Semanko (*5th from left standing*) and her husband, Scott, have been actively involved in numerous drug and alcohol prevention and recovery projects throughout the community for many years. They volunteer for WA State Department of Corrections (DOC) programs, including those focused on the impacts of incarceration on children, and help with fund-raising through the Hombres MC which hosts an annual toy run and back-to-school drive with all proceeds going to the CHIPP program.

It was through Christine's volunteer work at the Cedar Creek facility that the Native American Circle members reached out to her hoping she could do some footwork to line up their idea of making the drum for the Squaxin Island Tribe.

"We host several events throughout the year with the goal of fostering healthy relationships, and we hope that our community will join with us. Some of these activities include back-to-school, math and science, Father's Day, and Parent Appreciation Day events."

According to Children of Incarcerated Parents Program (CHIPP) spokespersons, strong family ties, including incarcerated men and their children, result in a 60% reduction in recidivism, and a 62% reduction of child/ren following in their father's footsteps. In Washington State, there are an estimated 28,000 children under the age of 18 who have a parent living in DOC facilities. Also, parents do not automatically lose custodial rights just because they are convicted of a crime. Many parents are successfully reunified with their children, and the majority of parents, at release, regain custody.



Other Special Guests

Terry Patten Christine Semanko



Native Circle Thank You!

On behalf of our Native Circle, we would like to thank the people that made it possible for us to come together and have this ceremony, and for giving the circle within these places an opportunity to practice the old ways and bring them into light for the next generation. This is a beautiful thing, and for that, we thank you.

To us it is not the materials presented, but rather the meaning behind them that is the most important. Giving the people in these prisons the opportunity to practice the culture and traditions that show the values and principles coming from these will give the men within these places a position amongst the people in society. Emulating the giveaway in itself is a connection to the traditions and commitments that our people have made for many years, providing for those in need and giving without asking for anything in return.

Again, we thank you for giving to us the opportunity to practice this way of life.



Local Woman's Tea Company Takes Off

ThurstonTalk Editor Eric Wilson-Edge - (Squaxin Island Tribal Member) Iladee King takes a canister from her bag and sets it on the table. The lid opens with a satisfying “pop.” Inside are thousands of rice sized tea leaves. A deep scent of apricots and peaches rises to the top. Mixed in with the leaves are chunks of dried fruit.



“I started out with three hundred dollars and eight pounds of tea,” says King. That was almost seven years ago. King's Company, Dee's Teas, is quickly becoming the worst kept secret in Mason County. Dee's Teas now offers more than 40 blends of teas. You'll find it in local coffee shops, the hospital and Little Creek Casino just to name a few.

King and I meet for tea at the Sweet Shack Bakery and Tea House in downtown Shelton. I sip from a ceramic mug. This particular blend tastes like a cupcake. King made it special for the bakery.

Iladee's journey to tea maven has been circuitous. She's been a housekeeper and an aide to senior citizens. Her decision to start a business began with a health scare. King's pancreas stopped working properly. “I got really sick and had to go to the hospital,” says King. Her doctor ordered a healthier lifestyle which meant cutting out grease and caffeine. “I drink a lot of hot water and I was thinking there's got to be something to put in this hot water.”

Soon after, King started working as a consultant for a company called Let's Do Tea. She did well but found the position limiting. “I knew I could do better,” says King. “I'm doing really good with this company but I'm sending 75 percent of the profits to Texas.”

Iladee started small. She visited 12 places and got her tea to be sold in six. “I always knew it was a good product but I didn't want to bite off more than I could chew,” says King. This meant putting Little Creek on hold. In between time King increased her knowledge. She held a tasting at the local library and even went to the World Tea Expo.

Two years later King got a phone call. Her niece had just stayed the night at Little Creek and wasn't impressed with their tea selection. “She told me, ‘you've got to get your tea in there,’” says King. So, she scheduled a meeting. King met with the manager. “I went in with 15 teas,” says King. “The first two she opened, she smelled those teas and said ‘we'll take those for the rooms.’”

Dee's Teas is largely a one woman operation. Iladee runs the business from her home and gets help from her husband. Little Creek orders roughly 8,000 bags every three months. King doesn't own any fancy machinery so she fills each tea bag by hand. “I wake up at six in the morning and can make 500 tea bags by noon,” says King. “I race myself.”

Iladee is short, on her tippy toes she's probably just over five feet tall. Don't let her height fool you. King is tough. Besides running her own business, King also homeschools her daughter and cares for her mentally disabled sister.

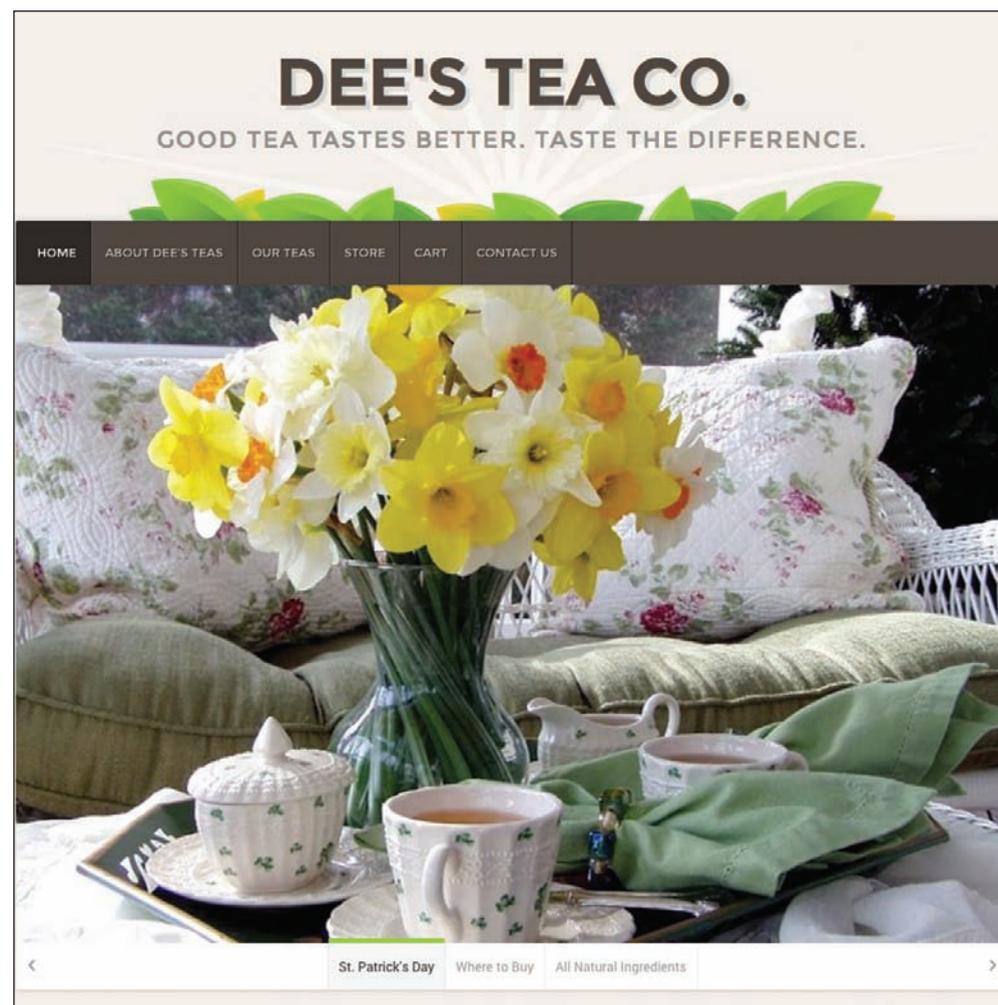
A few years ago King called the Suquamish Clearwater Casino Resort to see if they were interested in her teas. She didn't get a response. She just recently called back. “I called the

CEO and I said, ‘hello my name is Ila King and I own a small company and I'm calling to find out do you or do you not support tribal businesses?’” King got a meeting and soon Dee's Teas will be in rooms at Clearwater.



A group of older women file into the Sweat Spot. They're part of the Red Hat Society. One of the staff greets them and on the way back stops to talk with Iladee. King has a warm personality. The two chat about a tea bag shaped pin the hostess is wearing. Iladee mentions a pair of tea bag earrings she used to own.

The ladies at the next table order their tea – Dee's Tea. It comes in a combination mug and pot. Iladee isn't big on having her picture taken so I ask the group. They huddle together as I click away. Iladee watches from a near distance, happy to see people enjoying something she made.



deesteaco.com



Spring Break 2014

April 7 – 11, 9:00 a.m. to 3:00 p.m.

We will provide AM/PM Snacks & Lunch

Monday: Swimming from 10:00 - 12:00
Rugby Clinic from 12:45 - 2:45

Tuesday: Field Trip to Skateland
Leave at 11:15 a.m. | Return at 2:45 p.m.

Wednesday: Swimming from 10:00 - 12:00
Rugby Clinic from 12:45-2:45

Thursday: Field Trip to Lattin's Farm
Leave at 9:15 a.m. | Return at 12:15 p.m.

Friday: Swimming from 10:00 - 12:00
Rugby Clinic from 12:45-2:45

We have planned fun activities throughout each day. The Gym will be closed Friday to prepare for our Easter Egg Hunt on Saturday, the 12th. If youth would like to bring money for Skateland, they are welcome to do so. If you have questions, please call Jerilynn at 432-3992.

Request for Proposal: Canoe Journey Cook

The Squaxin Island Canoe Family is seeking a Cook to travel with the family for the 2014 Canoe Journey to Bella Bella, BC Qatuwas "People Gathering Together."

This individual would need to commit to the following dates:

- June 20th – July 20th

If you are interested please submit a proposal outlining:

- Your experience cooking for large groups of 30-60 people.
- How you would approach cooking in a camp setting, including outside weather conditions.
- A sample weekly menu of healthy, energizing foods.
- How you would manage a shopping list to maintain food inventory that follows budgetary guidelines.

The deadline for submissions is

- May 7, 2014

Please submit all proposals or request for information to:

- Charlene Krise
ckrise@squaxin.us
360-280-0301



South Sound Inter-Tribal Basketball League

Jr. High (grades 6-8) Schedule

March 12th	March 19th	March 26th	April 2nd	April 9th	April 16th	April 23rd	April 30th	May 7th
Squaxin @ Nisqually	Squaxin VS. Wa He Lut	Squaxin VS. Skokomish	Squaxin @ Suquamish		Squaxin Vs. Nisqually	Squaxin @ Wah He Lut	Squaxin VS. Skokomish	Squaxin Vs. Puyallup
Game @ 6:00	Game @ 6:00	Game @ 3:30	Game @ 6:00	BYE	Game @ 6:00	Game @ 6:00	Game @ 5:00	Game @ 6:00
Van leaves @ 5:00			Van leaves @ 4:15			Van leaves @ 5:00	Van leaves @ 4:30	

High School (grades 9-12) Schedule

March 12th	March 19th	March 26th	April 2nd	April 9th	April 16th	April 23rd	April 30th	May 7th
Squaxin @ Nisqually		Squaxin VS. Skokomish	Squaxin @ Suquamish		Squaxin Vs. Nisqually		Squaxin VS. Skokomish	Squaxin Vs. Puyallup
Game @ 7:00	BYE	Game - 4:30	Game @ 7:00	BYE	Game @ 7:00	BYE	Game @ 6:00	Game @ 7:00
Van leaves @ 5:00			Van leaves @ 4:15				Van leaves @ 4:30	

Please show up half hour before home game and half hour before van leaves for away games.

Practice 3:30 - 4:45 Monday, Tuesday, Thursday

Laurel Wolff 432-3842

lwolff@squaxin.us





LEARNING CENTER



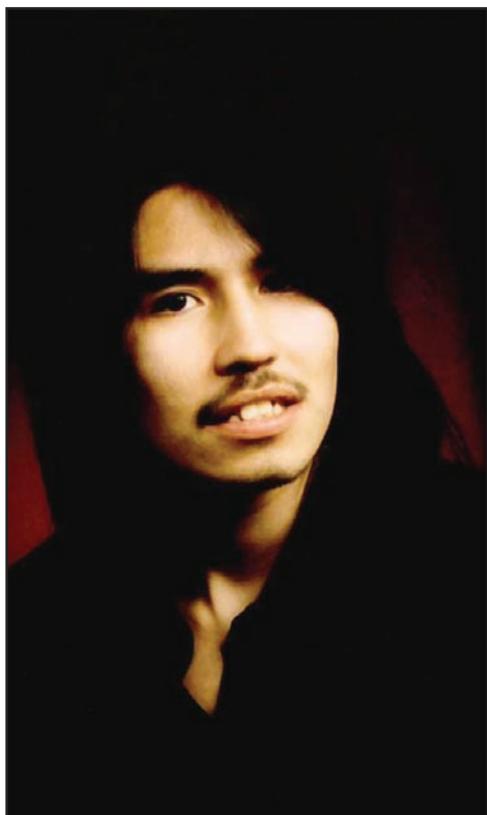
**Teen Center hours 3:00 - 6:00 p.m.
unless otherwise noted.**

Laurel Wolff Teen Advocate: 42-3842

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
Northwest Indian Youth Conference				
Basketball Practice 3:30-4:45	Basketball Practice 3:30-4:45	Basketball game @ Suquamish Van leaves @ 4:15 pm Jr. High - 6:00 High School - 7:00	Basketball Practice 3:30-4:45	
7	8	9	10	11
<i>Spring Break</i>				
Seattle Day Trip Leave at 8:00 am Return around 6:30 pm	Teen Center hours 10 am - 4 pm Skateland Party	Teen Center hours 10 am - 4 pm Garage Band workshop 1:00-3:00	Teen Center hours 10 am - 4 pm Garage Band workshop 1:00-3:00	Teen Center hours 10 am - 4 pm Nisqually Basketball Tourney. 11th-13th Times - TBD
14	15	16	17	18
Basketball Practice 3:30-4:45 YOUTH COUNCIL 5:30- 6:30	Basketball Practice 3:30-4:45	Basketball game Vs. Nisqually Jr. High - 6:00 High School - 7:00	Basketball Practice 3:30-4:45 Garage Band workshop 4:45- 6pm	<i>CLOSED</i> Squaxin Holiday
21	22	23	24	25
Basketball Practice 3:30-4:45 YOUTH COUNCIL 5:30- 6:30	Basketball Practice 3:30-4:45	Basketball game @ Wah He Lut Van leaves @ 5:00pm Jr. High - 6:00 High School - 7:00	Basketball Practice 3:30-4:45 Garage Band workshop 4:45- 6pm	Luminary Procession 8pm-11pm
28	29	30		26
Basketball Practice 3:30-4:45 YOUTH COUNCIL 5:30- 6:30	Basketball Practice 3:30-4:45	Basketball game @ Skokomish Van leaves @ 5:00pm Jr. High - 6:00 High School - 7:00		Saturday Procession of the Species 3pm-6:30pm



Walking On



Stanley Black

Squaxin Island tribal member Stanley Gilbert Black, age 40, a lifetime resident of Taholah, died on Tuesday, January 21, 2014, at his home in Taholah. Stanley was born in Aberdeen on May 10, 1973, to Le-Roy and Rebecca (Napoleon) Black.

He was raised in Taholah and graduated from Taholah High School in 1993. At an early age he showed signs of artistic talent and became an accomplished artist in native design.

Surviving relatives include his four sons, Takweetano Black, Lee Black, Caleb Black, Nohea Roginson-Black; a daughter, Rebecca Black; father, LeRoy Black; a sister, Lolita Black; one brother, Daniel Napoleon of Squaxin and an aunt, Cheryl Shale.

Visitation was at the Coleman Mortuary on Sunday, January 26th from 1:00 p.m. to 4:00 p.m.

A funeral service was held at 11:00 a.m. on Monday, January 27, 2014, at the Coleman Mortuary Chapel. Interment followed at the Taholah Cemetery.



General Body Meeting Raffle

Benefits Elders Program
\$1 each or 6 for \$5
Twin Quilt with Pillow Sham
2 Afghans



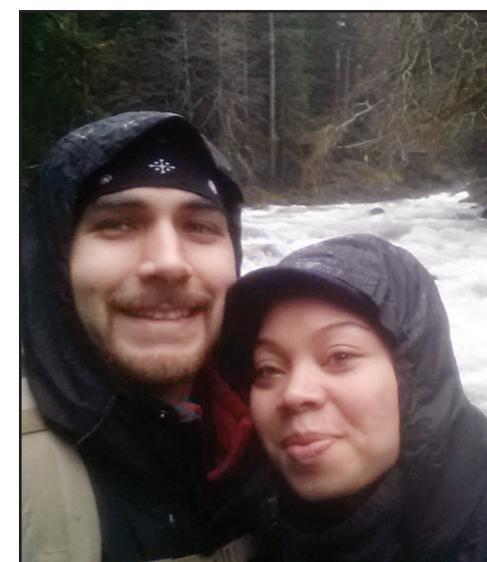
New Employees



Redwolf Krise Youth Activities Manager Assistant

Thank you Squaxin Island for the opportunity to work with our youth. I hope to influence the traditional good of our youth.

Respectfully yours, Redwolf Krise



John Ackerman Peer Recovery Coordinator

Hello! I am part of the Henry/Cooper family. I am the great-grandson of Theresa Nason & Walter Henry Sr., grandson of Verna Henry, son of John and Kathy Ackerman and sibling to Tashina, Isaac and Samantha Ackerman.

I believe this is the place where I am most helpful to my community. Our treatment facility saved my life just over 3 years ago. I have been actively searching for an opportunity to give back in any way possible and I can honestly say that I am honored to be where I am now.

I would like to thank each and every one who has helped and supported me on my journey to this beautiful life that I live to the fullest every day.

More Vegas Fun





Clinic Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after
Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

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

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
Native American and over 18

Mammogram Clinic

April 21

Contact Melissa Grant

(360)432-3926

Patty Suskin (360)432-3929



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

eat right. Academy of Nutrition
and Dietetics

Healthy Eating on the Run: A Month of Tips

You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.
9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.
10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.
11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.



Above Left: Willow, June 2011

Above Right: Willow, March 2014

Willow Henry

Willow Henry has been eating healthy since October, 2013, and has lost 60 pounds and dropped from size 18 to a size 5/7.

"I watch my portion sizes, exercise daily, eat healthy foods, and drink 6 to 9 bottles of water a day depending on how thirsty I get," she said.

"My advice is to always keep yourself hydrated throughout the day and start off with small steps. Don't work yourself too hard in the beginning or you may wear yourself out and not be successful. Work yourself up to more gradually. I started out by drinking water and then added exercise."



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

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

Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227 or
main SPIPA 360 426-3990

Tuesday,
April 8th is
WIC DAY at
SPIPA



13. A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.
14. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or lowfat spreads. And, don't forget the veggies.
15. In place of fries or chips, choose a sidesalad, fruit or baked potato. Or, share a regular order of fries with a friend.
16. Enjoy ethnic foods such as Chinese stirfry, vegetable-stuffed pita or Mexican fajitas. Go easy on the sour cream, cheese and guacamole.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.
19. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.
20. Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.
21. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.
22. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.
24. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
25. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.
26. Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.
27. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours.
28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.
29. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
30. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Dr . Ott shares Heart Health Tips at Diabetes Support

Here is an outline of some of the information:
Submitted by Patty Suskin, Diabetes Coordinator

Two main heart issues:

- Congestive Heart Failure
(when the heart is not able to pump blood normally)
- Heart Attack
(loss of blood supply by narrowing or blockage of artery)

Risk Factors (things that increase your risks)

- Smoking
- High Blood Pressure
- High Cholesterol
- Diabetes Out of Control

Studies have shown these medications to prevent heart problems:

- Statins
- Ace Inhibitors (their name often ends in "pril" eg lisinopril)
- Angiotension receptor blockers (ARBs)
- Aspirin
- Beta blockers (their name often ends in "ol" eg atenolol)

How can you reduce your risk of Heart Problems?

Action	Risk Reduction
Stop Smoking (This is the best thing you can do to help your heart)	30%
Exercise (Find something you enjoy, start small)	20-30%
Eat more fruits & vegetables	20 -30%
Eat nuts	15%
Eat Salmon & other Omega -3 sources	15%
Use Olive Oil instead of lard	5-10%
Eat whole grains, increase fiber	5-10%



Authored by Academy of Nutrition and Dietetics staff registered dietitians.

Source: *Finding Your Way to a Healthier You*, U.S. Department of Health and Human Services, U. S. Department of Agriculture.

©2012 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.



HEALTH CLINIC / FAMILY SERVICES



Elder Lunch Menu

- Tues 1: Soup and Sandwich
- Wed 2: Pork Roast
- Thurs 3: Pot Pies

- Mon 7: Baked Potato Bar
- Tues 8: Soup/Sandwich
- Wed 9: Beef Fajitas
- Thurs 10: Flank Steak

- Mon 14: Pizza
- Tues 15: Soup and Sandwich
- Wed 16: Pork Chops
- Thurs 17: Rosemary Chicken

- Mon 21: French Dips
- Tues 22: Soup and Sandwich
- Wed 23: Halibut and Chips
- Thurs 24: BBQ Hamburgers

- Mon 28: Spaghetti
- Tues 29: Soup and Sandwich
- Wed 30: Ginger Chicken

This Months Craft

At *Building Strong Families Through Culture* classes we will continue to work on the Seahawk medallions and barrettes on April 2nd and 9th. On April 16th, 23rd and 30th, we will be making Pendleton vests and drum bags. We serve food at every event, so if you don't want to do crafts, just come for the food.



FREE BLOOD PRESSURE SCREENING 2014

The First Thursday of each month



Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!

Mammogram Clinic

Monday, April 21, 2014
8:00 a.m. to 4:00 p.m.



To schedule an appointment or if you have any questions regarding your eligibility please contact:
Traci Lopeman at (360) 432-3930.

Every Woman counts, please tell your Sisters, Daughters, Mothers and Friends to have a mammogram done yearly.

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

Check in at the Squaxin Tribal Center



Cancer Support Groups

Comprehensive Cancer Control Program
South Puget Intertribal Planning Agency



Date: April 14th, 2014

Time: 5:00PM

Where: Squaxin Island - Elders Facility

All are welcome. A light meal will be provided. Contact Sarah 360-462-3241 or Traci 360-432-3930 for more information.

Building Strong Families Through Culture

When: October 8, 2013-September 30, 2014

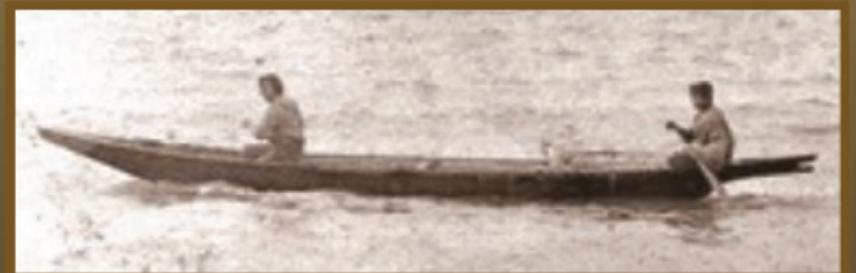
Where: Community Kitchen

When: Wednesdays

Time: 3:00 -5:00 PM

Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by SPIPA-TANF.





Cervical Cancer and HPV: Get the Facts

Article submitted by Traci Lopeman, Women's Wellness Outreach Specialist
Information from: MD Anderson Cancer Center – Focused on Health – January 2014

Did you know?

Cervical cancer was once the leading cause of cancer death in women in the United States. Now, it's one of the most preventable cancers.

Because of the Pap test, Human Papilloma Virus (HPV) test and vaccine, women today have options to dramatically reduce their risks for this disease.

Cervical cancer occurs when the cells in the cervix grow beyond control. The growth can damage nearby tissue and stop a woman's organs from functioning normally.

Protect yourself from HPV

HPV, a sexually transmitted disease, causes most cervical cancers. This virus is present in more than 99% cases. About 75% of men and women who have sex will develop HPV. Most people will never know they have the virus. And a person's immune system usually clears it up before the virus is detected. Only a small number of HPV cases actually lead to cervical cancer.

Your best bet to reduce your risk of HPV is to

Limit your number of sexual partners
Always practice safe sex by always using a condom or other barrier method
Whether you're male or female, get the HPV vaccine before age 26

Learn about the HPV vaccine

The HPV vaccine prevents cervical cancer, precancerous cervical lesions, and genital warts. It may also prevent oral, anal, and penile cancers. The vaccine is approved for males and females age nine to 26. MD Anderson advises that girls and boys receive the vaccine at age 11 to 12. It's important to get the vaccine at a young age because it works best in those who have never had HPV.

Get regular cancers screening exams including:

The Pap test is a cancer screening exam for women. It's usually done when you have no cancer symptoms. Getting regular Pap tests helps your doctor find and treat pre-cancers in your cervix before they turn into cancer. The cervical cancer screening plan below is for those at average risk and applies to most women.

Age 21 to 29

Pap test every three years (Or annually if requested by your clinic or doctor)

Age 30 to 64

Pap test and HPV test every five years
(or annually if required by your health care provider)

Age 65 and older

If you have had no suspicious Pap test or HPV test results in the past ten (10) years (speak with your doctor or clinic whether you should continue screening)

If you're younger than age 30, you don't need an HPV test because your immune system is more likely to clear the virus on its own. (Remember: You should still get the vaccine for cancer prevention). But if your Pap test results are unclear, your doctor may suggest an HPV test to find out if follow-up care is needed.

If you've received the HPV vaccine, you still need regular Pap tests, and, possibly HPV tests. That's because the vaccine doesn't protect your body from all types of HPV.

You may be at increased risk if you have or had a:

History of severe cervical dysplasia (pre-cancer)
Persistent HPV infection before or after age 30
Immune system that does not function properly (such as organ transplant)
Recipients and those taking medications to suppress their immune system
Been infected with Human Immunodeficiency Virus (HIV)
Diethylstilbestrol (DES) exposure before birth

Cancer Fighting Foods

Traci Lopeman, Women's Wellness Outreach Worker
Information from American Cancer Society

Many foods ingredients are known to have cancer-fighting properties. The foods listed below have some of those properties. More information regarding these foods along with practical, simple recipes specifically conceived for their cancer-fighting ingredients can be found on the American Cancer Society website.

This is only a partial list of profiled cancer-fighting foods.

Fruits:

Apples, Apple Cider, Blueberries, Cranberries, Pomegranate, Tomato

Herbs & Spices:

Basil, Garlic, Nutmeg, Onion, Sesame Seeds, Thyme

Vegetables:

Cabbage, Collard Greens, Fennel, Garlic, Kale, Onion, Sweet Potato, Tomato

Oils, Sauces, & Condiments:

Cocoa powder, Olive Oil, Soy Sauce

Seafoods:

Sardines, shrimp, and prawns

Legumes, Nuts, and Beans:

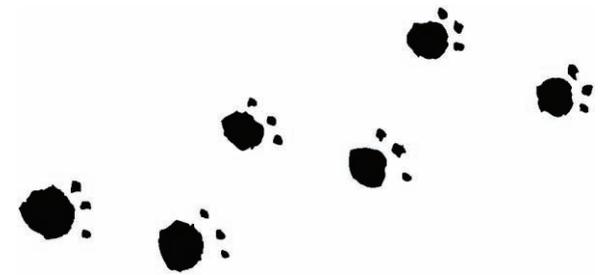
Edamame, Miso, Tofu

Grains, Seeds, & Flours:

Sesame Seeds

Beverages & Soups:

Apple Cider, Cocoa Powder





Cooking Tips for One or Two

By Holly Larson, MS, RD

Submitted by Patty Suskin, Diabetes Coordinator

The first step to dinner-for-one success is to make cooking healthy meals a priority. Planning ahead and arming yourself with a few tips and tricks will put you on a healthy path. A good strategy when cooking for one is to become friends with your freezer. "Instead of scaling down, cook up full recipes: cook once, eat twice. Save time, money and clean up by freezing soups, chili, pasta dishes and extra vegetables," she says. "Pull these 'frozen meals' out when you don't feel like cooking or just need a quick meal."

Scrumptious Strata

Serves 1

INGREDIENTS

- 2 whole eggs
- 1/4 cup reduced-fat (2%) milk
- 1 slice whole-wheat bread, torn into small pieces
- 1/4 cup sharp cheddar cheese, shredded
- 1/4 cup diced onions (frozen is easiest)
- 1/4 cup diced bell peppers (frozen is easiest)
- 1 pinch each of garlic, oregano and crushed red pepper
- Salt and pepper, to taste



Directions

1. Spray an oven-safe glass dish with non-stick cooking spray and preheat oven or toaster oven to 350°F.
2. In a small mixing bowl, beat eggs and milk. Add veggies, cheese and bread and toss to coat.
3. Pour into prepared dish and bake for about 25 minutes, or until top is browned and knife inserted into the center comes out clean.

Cooking Note

This recipe is flexible – feel free to change the vegetables to what you have on hand. It is also easily doubled (or quadrupled) to serve more people.

Here are some more kitchen tips for one:

GRAINS

Cook a batch of whole grains such as brown rice or barley and freeze in individual portions using a muffin pan. Once frozen, the discs can be stored in a zip-top bag.

Have a six-pack of whole-grain English muffins or a whole loaf of bread? Tuck those extras into the freezer for another day; wrap them tightly in plastic wrap to prevent freezer burn.

Visit the bulk bins at your local grocery store. You can buy exactly what you need with no waste and it's often less expensive per pound. In addition to grains, you can score a deal on dried herbs and spices as well as nuts, seeds and dried beans.

VEGGIES AND FRUITS

If you're not able to go food shopping a few days a week (most of us aren't), embrace frozen produce. Frozen produce can be just as nutritious as fresh and it's there when you need it. Just choose options without added sauces and sugar. Since they're already chopped up, frozen fruits and veggies are ready to add to smoothies, soups and stir-fries. And because they're frozen, there is no rush to use them before they spoil.

Bulk bags of fruits and veggies are only a better deal if you eat them before they spoil. Only buy what you can reasonably eat before the produce perishes: take extra grapes or cherries out of the bag and pare down that bunch of bananas to what you'll eat.

Be strategic. Enjoy your most perishable fresh produce like berries and spinach early in the week. Save heartier produce like cabbage, carrots and potatoes for meals later in the week.

PROTEIN: MEAT, POULTRY, EGGS, BEANS

Eggs can make a meal happen in a flash, anytime! They are an excellent source of protein and contain a bounty of nutrients such as vitamin D and choline. You can hard-boil a few on the weekend to have as an easy breakfast, snack or quick salad addition.

Buy a whole package of meat or poultry and wrap individual portions in freezer-safe paper; label each with the date and contents.

A potato masher can easily tame a can of pinto beans into delicious refried beans — a pinch of cumin, garlic and chili powder and you're ready to eat!

What is Colorectal Cancer?

Colorectal cancer is cancer of the colon (large bowel) or rectum (last 6 inches of the bowel). It develops from a certain type of polyp, or small growth that can appear on the lining of the colon and rectum and may become cancerous over time. WITH SCREENING, COLORECTAL CANCER IS PREVENTABLE! Polyps can be found and removed before they become cancer.

- An estimated 140,000 individuals are diagnosed with colorectal cancer annually
- Colorectal cancer affects both men and women
- It is the 3rd leading cause of cancer death in the U.S.

The risk of colorectal cancer increases with age. Other risks include smoking, inactivity, drinking a lot of alcohol, eating a lot of red meat and processed meat. Also, people with a family history of colorectal cancer or polyps or other inflammatory bowel diseases.

To lower the risk of colorectal cancer-TAKE ACTION!

- Get screened at age 50-or before if there is a family history of colon cancer
 - Exercise, even simple walking, 30 minutes 5 days a week
 - Maintain a healthy weight
 - Eat less red meat and cut out processed meat-such as bacon, sausage & hot dogs
 - Eat fruits, vegetables and whole grains
 - Drink alcohol in moderate amounts, if you drink-two drinks a day for a man and one drink a day for a woman
 - Don't use tobacco.
- If you smoke, inquire about Squaxin's smoking cessation classes

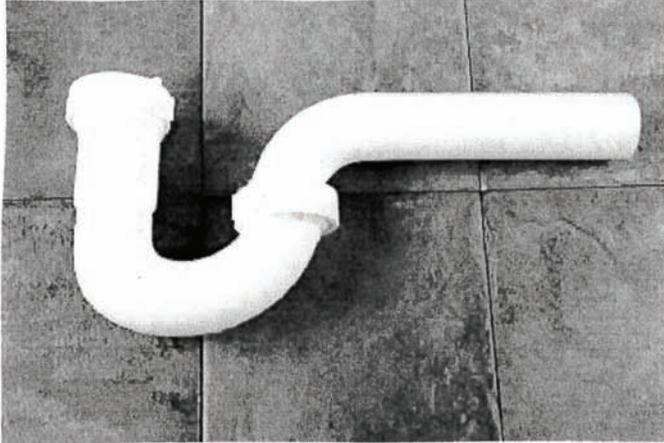
If you are over 50 or have colorectal cancer in your family, please get screened. Talk to the Squaxin Island Tribe, Patient Navigator for the Colon Health Program at the Squaxin Clinic. Screening Saves Lives. Thank you.

Lindy Parker LPN: lparker@squaxin.us or 360-432-3933





How to Repair a Bathroom Sink Drain P-Trap



The curvy pipe under your sink is called the P-trap. It's designed to prevent noxious gases from backing up through the drain by holding water in the bend, sealing the trap. Also, its shape makes it possible to recover dropped items (like wedding rings) that may otherwise be lost in the drain. Hair, accumulated soap and dirt can clog the drain over time, and can be easily removed by removing and cleaning the P-trap. It is relatively simple to remove and replace a leaky or clogged P trap without calling in a plumber, which can prove to be expensive.

Step 1 — Prep the Area

Obviously, make sure the water is off at the taps, but also close the valves under the sink. You don't want someone to turn on the water if you walk away from the job for a moment. Before you start, put on your gloves to protect your hands from any contaminated or Teflon tape decayed material that you might come in contact with during the process. Also, wear a face mask. This will keep you from inhaling any mold spores or other airborne contaminants that might be present in the trap. Place the bucket below the drain before pulling out the P-trap to capture the water and any objects that will spill out when you remove the trap.

Step 2 — Remove the P-Trap

Use a pair of channel-lock pliers to loosen the nuts at the top and bottom of the P-trap. If they're tight, you may have to use some force, but be gentle so you don't crack the tail piece coming from the sink, the trap itself, or the drain stub coming from the wall. After loosening the nuts, unscrew them with your hand. Once the nuts are removed, carefully remove the p-trap, ensuring that the contents do not fall anywhere other than the bucket placed under it.

Step 3 — Empty and Clean the P-Trap

Empty out all the contents of the trap. Expect all kinds of debris such as hair, slime and dirt. This is where the gloves come in handy. If you are looking for an object that could have fallen into the drain, you should be able to spot it when you empty the contents. If you don't find it, you might when you clean out the P-trap with hot water and soap. Use a bottle brush to scrub out the inside. This will get rid of all the extra buildup in the drain and will help prevent further blockages. This should all be more than enough to solve the problem of unclogging the drain, but if the trap is broken or worn, you should replace it.

Step 4 — Buy a New Trap

If the trap was leaky or broken, or if it's an old one made of chrome, you want to replace it with ABS or PVC plastic. Chrome traps may look classy, but they corrode quickly. If it's an old brass one, you probably don't need to replace it. To ensure you buy the correct size P-trap, take the old one with you to the hardware store. A plastic P-trap comes with a complete package, that is, nuts and gaskets included.

Step 5 — Install the P-Trap

Now install the P-trap. It should easily fit into place. Wrap the threaded ends with Teflon tape. When the P-trap is placed in its right position, slide the nut over the gasket and screw it down on the sink's tailpiece. Now on the trap's tailpiece, screw the nut and gasket onto the drain stub. Use the wrench or channel-locks to turn the nuts just past hand tight. Again, not too tight, you don't want to crack anything.

Step 6 — Test It

Once everything has been screwed in place, turn on the water supply. Test the P-trap by running water through it. Check for any leaks and make sure the sink is draining properly.

What you'll need

- Rubber gloves
- Face mask
- Channel-lock pliers
- Bucket
- Soap
- Bottle brush



Cash Out you 401K or Roll It Over?

You're going to work for a new company. As you clean out your desk you think, Should I clean out my 401(K) too? The consulting firm Aon Hewitt reports that 43 percent of employees cash out when they change or lose jobs, but it's not a smart move. Here's why.

You'll pay a hefty fee. If you're under age 59 ½, the Internal Revenue Service considers the payout an early distribution, which means you'll pay a penalty of 10% of the total balance to the federal government, says Jean Setzfand, the vice president of financial security for AARP. (The exception: Those 55 and over can withdraw funds from a 401(K) with their employer penalty-free upon leaving the company.)

Taxes will take another chunk out of your cash stash. Besides the IRS penalty, you'll need to ante up for the federal income, state and local taxes. "Add it all together and you could lose as much as 40% of your retirement money," says Daniel Galli, a certified financial planner in Norwell, Mass. (If you cash out at retirement, you'll still pay taxes, but you will be in a lower tax bracket and you'll benefit from decades of growth and compound interest on your investment.)

So what should you do instead? Maintain your investment. You can roll over your account to a 401k at your new company or move it to an IRA if rollovers aren't permitted. (Ask you HR rep. at your new job to clarify your options) If you're unimpressed by the 401(k) offered by your new employer-say, the plan fees are too high-just leave your assets where they are. Most employers allow you to keep your money in your account when you exit a job, as long as the balance exceeds \$ 5000.



How do I protect children from accidental poisoning?

Here are some steps you can take:

- Store all cleaning products and medicines out of the reach of children.
- Store foods separate from cleaning products, medicines and beauty aids.
- Put child proof locks on cabinets (especially low ones) containing products that may be harmful or poisonous.
- Always leave cleaning products in the original container.
- Be aware of poison look-alikes. Poison look-alikes are products that can easily be mistaken for safe food, drinks or other products. Many times the product or packaging is very similar to a safe product.
- Learn and teach children the meaning of the words DANGER, WARNING, CAUTION and KEEP OUT OF THE REACH OF CHILDREN.
- Never refer to medicine as candy.
- Keep the Poison Control Center number posted or in your cell phone contacts 1-800-222-1222.



Happy Birthday

Seattle Morris 01
 Rene Vigil 01
 Famie Mason 01
 Colby Smith 01
 Duane Cooper 01
 David Peters, Sr. 02
 Daniel Hall 02
 Kaitlyn Sweitzer 02
 Tamika Krise 03
 Deborah Knott 03
 Jacqueline Crenshaw 03
 Janice Leach 04
 Traci Coffey 04
 Elizabeth Fenton 04
 Kathy Brandt 04
 Joseph Harrell 04
 Tyler Hartwell 04
 Matthew Block 05
 Robert James 06
 Chauncey Blueback 06
 Rolando Rocero 07
 Keesha Vigil-Snook 07
 Marie Snyder 07
 Tania Korndorfer 07
 Michael Kruger 07
 Carolyn Hoosier 07
 Nolah Cousins 08

Rodney Krise Jr. 08
 Mi'chelle Mach 08
 Marcella Cooper 08
 Lila Jacobs 09
 Andie Cousins 09
 Juan Araiza 09
 Cheryl Hantel 09
 Alexander Henry- Castellane 09
 William Henderson 09
 Kiana Henry 09
 Joanna Cowling 10
 Antonia James 10
 Kenneth Selvidge, Jr. 10
 James Giles 10
 Talon Beattie 11
 Dorinda Thein 12
 Russell Harper 12
 Darren Ford 12
 Latiesha Gonzales 13
 James Peters 14
 Haelee Hernandez-Smith 14
 Mary Josephine Lewis 14
 Debra Peters 14
 Grace Pugel 15
 Ronald Schaefer 16

Dena Cools 17
 April Leonard 17
 Skylehr Henry 17
 Jeffery Peters 17
 Brooke Henry 18
 Daniel Kuntz 18
 Douglas Johns 18
 Sande Smith III 19
 Elisha Peters-Guizzetti 19
 Trinity Byrd 19
 Vicky Turner 20
 Pamela Peters 20
 Louise Rioux 20
 Jolene Grover 20
 Chasity Villanueva 21
 Tyrone Seymour 21
 Jon Vanderwal 21
 Emily Sigo 21
 Tracy West 21
 Edward Henry I I 21
 Joshua Whitener 21
 Sarah Koshiway 22
 Randy Koshiway 22
 Ronald Bell 23
 Rebecca Keith 23
 Tristian Isaiah Villanueva 23
 Syncere Ho 24
 Cameron Goodwin 24
 Casey Krise 25
 Larain Algea 25
 Dawn Caasi 25
 Cynthia Parrott 25
 Chauncy Blueback 26
 Russel Algea 26
 Standing Raven 27
 Becky Barker 27
 Wesley Whitener 28
 Anthony Johns 28
 William Lopeman 29
 Claudia Gouley 29
 Redwolf Krise 29

What's Happening

		1	2	3	4	5
			Family Court			
6	7	8	9	10	11	12
		Criminal/Civil Court		Council Mtg.		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
		Criminal/Civil Court				
27	28	29	30	AA & ALANON Meetings: Every Thursday at 7:30 p.m. Elders Building		
				Basket Class: Every Wednesday at the MLRC		





Happy 25th Birthday Dustin (4/19) I won :)



From Audelia and the
Steamboat Trading Post Crew



Happy Birthday Billy Frank Jr.

Billy Frank Jr.'s cake at Swinomish party last Friday for his 83rd Birthday party. He has been Chair of NW Indian Fish Commission since its establishment after the Boldt Decision 40 years ago. Charlene, Mandy, Ruthie from the museum and Dr. Dale Croes made the Qwu?gwes site style gill net around the base--Charlene's netting needle nicely added.

SKOOKUM CREEK TOBACCO
FACTORY OUTLET STORE

SPRING IS HERE!
Enjoy our
APRIL "SPECIAL"
ALL COMPLETE HIGH AIR & ULTRA HIGH AIR \$15.00 per carton DISCOUNT

ALL PREMIS "SOFT PACK" ON SALE \$20.00 PER CARTON (While supplies last)

Located at the factory
Hours: M - F 9 AM - 3 PM
MUST SHOW TRIBAL MEMBERSHIP CARD
(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY) NOT INCLUDED IN MONTHLY SPECIALS

Congrats, Bianca & Marcus on the birth of my first grandson, Massiah, born 03-07-14, 7 lbs 3 oz



Love, Mom | Gramma | Misti

Way to Go 2014 Winter Challenge Participants



Way to go (Auntie) Emma Jean Pickernell Valle, Squaxin Island Tribe's eldest member to take the plunge for the 2014 challenge, with sister, Ila Ball, and granddaughter, Audelia Araiza

- From Rhonda and Margaret

The Fab Four™

The Ultimate Tribute



"The Best Beatles Show in The World"
- LA Times

SUNDAY, JUNE 8TH - 4PM

on sale now

\$10 ◎ \$20 ◎ \$25

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

For tickets visit the box office or purchase online at www.little-creek.com
or call 360-432-7300. Must be 21 or older. Call for Skyboxes.

www.thefabfour.com



Friday • April 11th • 6:30pm

Saturday • April 12th • 2:30pm & 6:30pm

Sunday • April 13th • 4:30pm

Early Bird Specials at 4:30 & 6:30 sessions

**Wear Easter colors and
receive a free Level 1 (3-on) with buy-in**

\$79 Special Room Rate for Bingo Participants

Must show Bingo Room Rate Coupon at time of check-in to receive special room rate

Customers can call in advance to book rooms

Must be 21 or older for Bingo Specials

See Keno for more details 1-800-667-7711

LITTLE CREEK
CASINO • RESORT
www.little-creek.com
Call 360-427-3005 for more details

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96

