



T Squaxin Island
TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

**SQUAXIN ISLAND
TRIBAL COUNCIL:**

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Updates from Council Members

Whitney Jones - Does it ever seem like the shortest month of the year feels like one of the longest? February was observed with funeral services for two of our Tribal members, so it was a particularly heavy month. That, combined with the rain and cold, has made for a hazy gray start to 2016, but spring renewal will be upon us soon too.

The long-short month has presented some challenges, so I'm going to keep it brief this month and I will have more to share with you in April. I am committed to continuing to provide information and communications to you through a variety of methods including these monthly updates, and I try to be careful about not commenting on anything in a way that would give the impression I am speaking on behalf of the entire Council. In an effort to be clear that I represent only my own thoughts, and to promote additional participation, should others wish to submit, we have revised this section of the Klah-Che-Min Newsletter a bit for the future. As always, I welcome your feedback and suggestions.

There are quite a few community activities the Tribe is hosting over the next few months, many of them are highlighted in this issue and will be posted on the Tribe's Facebook page to remind you as well. Please check them out and join in where you can. And happy Easter to you all.

**Prescription Drug
Take Back Boxes**

Clean Out Your Medicine Cabinet
Dispose of unused or expired prescription medications

Located At:

**Mason County
Sheriff's Office**

322 North 3rd Street in Shelton, WA 98584

and

**North Mason Regional
Fire Authority**

460 Northeast Old Belfair Highway in Belfair, WA 98528

Free Collection!

For More Information
Call Mason County
Public Health & Human Services
360-427-9670 ext. 400



MARCH 26 | OPEN 9PM SESSION 11PM
EARLY BIRDS 10:30PM

BINGO

DAUBIN IN THE DARK

OVER
\$7,500
IN PAYOUTS

\$400 payouts for 4-ons | \$500 payouts for 6-ons

\$1,199 black out
with a \$500 lead up
Buy-in is \$50

Cocktail SPECIALS

LITTLE CREEK CASINO-RESORT.
LITTLECREEK.com | 1-800-333-3333

See Keno or call (360) 427-3305 for more details
\$79 room rates during bingo sessions!
Ages 21 and over only.

Live DJ Spinning at 10pm



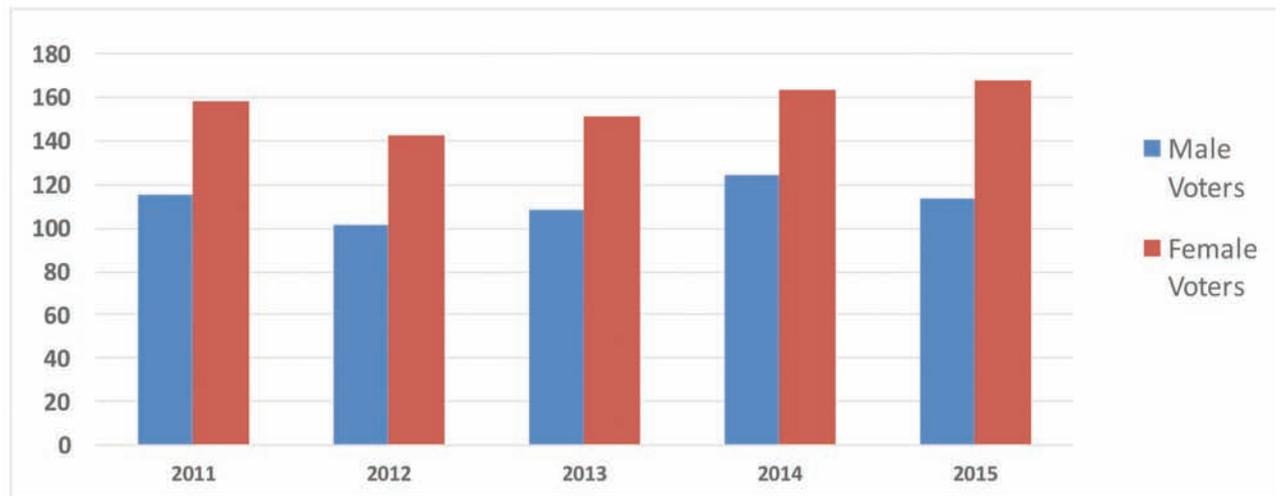
Your **VOTE** is Your **VOICE**



Who Turns Out to Vote?

Voter turnout is the percentage of eligible voters who cast a ballot in our election.

	2011	2012	2013	2014	2015
Male Voters	115	101	108	124	114
Female Voters	158	142	151	163	168



Let's start thinking now for the elections that take place at the MAY General Body meeting!

The electronic voting system is strictly confidential. Although important data can be processed for compiling reports, names, addresses are NEVER included or accessible.

Why is it important to vote?

Play to win! Election outcomes are determined by those who participate. Elected officials make important decisions that affect our community, and they often respond more favorably to the opinions of those who vote. Voting does not guarantee that your ideas and opinions will prevail, but choosing to vote does offer you a say in our tribal democracy.

How can a young person get involved in the voting process?

Come to the annual General Body meeting in May with your photo ID. All tribal members, 18 years and older, have the right to vote. For those who wish to go beyond voting, the Elections Committee is always on the lookout for volunteers. The Executive Secretary will assist on getting you started.

How do you know who to vote for?

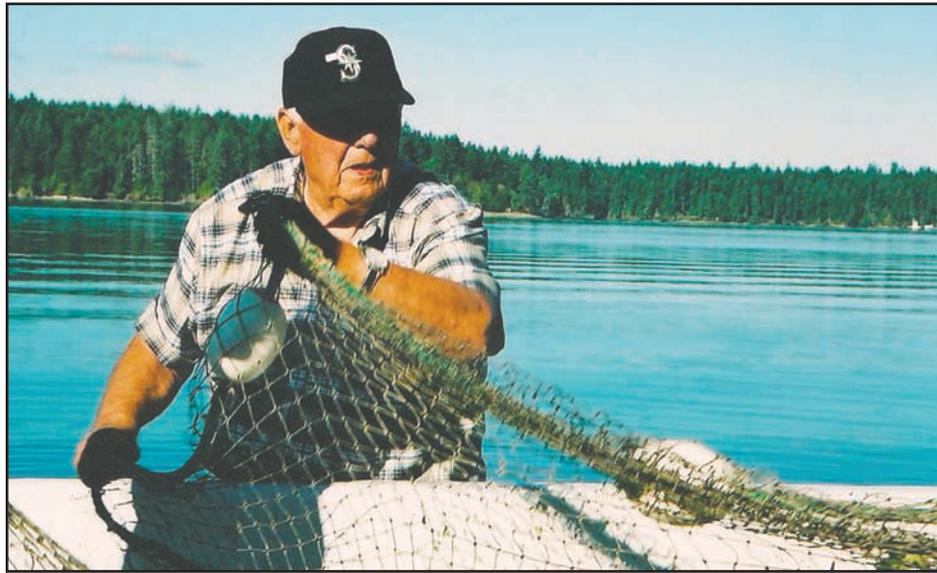
Attending Squaxin Island tribal candidate forums is a great way to ask questions and hear what the candidates stand for. The schedule and locations will be in the Klah-Che-Min in February, March and April.

Elections seldom provide perfect choices (officials who agree with you on all issues). The first step is to prioritize your concerns and possible solutions. For example, ask yourself, "Should we be spending more money on education or community development?" There are no "right" answers to which everyone agrees. Therefore, the informed voter must understand all candidates' positions on issues important to him/her in order to make the best decision/vote. Informed voters also look at personal characteristics of candidates to help determine how they will perform in office. Are they hardworking? Honest? Moral? Skillful? We are entrusting them with decisions that affect our futures.

Sorting out information about candidates from their speeches, campaign ads, and web sites can be a challenge for tribal members in a democracy. Candidates have often served in previous positions, making it possible to assess their policy preferences and capabilities. Talking with friends and relatives about politics helps define one's own outlooks and understand the available options.



Walking On



William Peters

William Peters was a God fearing man, proud to be a Squaxin Island Tribal Member, and a fisherman at heart. He was Squaxin and Quinault. He was from the Bagley Clan and the Peters Clan. Grandpa left us when he was 92 years young.

Bill was born in 1923, and was the eldest son of Jamison and Josephine Peters. He actually lived on Squaxin Island for several years with his grandfather, Bill Bagley, when he was four or five years old. When he started school, he lived at and attended the St. George Indian School for Boys near Seattle.

Bill attended the 5th through the 8th grades at Griffin School while living with his parents on family property on Mud Bay in Olympia, near Perry Creek. He worked with his father after school every day culling oysters. In the 9th grade, he left Olympia High School to help his father with the oyster business full-time. They worked seven days a week, all day, every day. He helped with the family business until he joined the Air Force shortly after Pearl Harbor was attacked at the beginning of World War II.

Bill served in the 40th Bomber Group of the US Army Air Force as an Aircraft Tail Gunner, and saw combat action in the European Theatre in 1944. His group was stationed in England and his assignment was to provide Dual Machine Gun Anti-Aircraft cover for 32 distinct bombing missions over Europe. That duty included 3 missions over Belgium, 10 missions over France, 18 missions over Germany, and 1 special secret mission into France which involved combat personnel. Bill served our country proudly, was decorated 4 times, and received a Special Citation from Brigadier General A.W. Kissner for "extraordinary achievement while serving as a courageous combat Tail Gunner who repelled numerous hostile fighter attacks by his excellent marksmanship."

After the war, Bill returned to the Northwest and married the girl he promised to come home to before going to war, his wife Louise. They had 9 children, 20 grandchildren, 32 great-grandchildren, and 3 great-great-grandchildren so far. Bill and the family moved to Anchorage, Alaska in 1958, where he proudly built his own home for the family to live in. He worked for the Anchorage School District for many years and in his free time particularly enjoyed hunting, fishing and crabbing with his family and friends. When he retired from the school district he became a partner owner in a local Taste Freez restaurant and served the best burger and ice cream cone around.

Bill and the family returned to the Olympia area in the late 70's and he worked for the Squaxin Island Tribe as a caretaker for the original Squaxin Island Longhouse that was in use on the Island back then. It was there that he had his several run-ins with the stick Indians – but he lived to tell the tale – and loved to do so. He was proud that 5 of his children, 15 of his grandchildren, and 2 of his great-grandchildren have also worked for the Squaxin Island Tribe.

Bill was an avid fisherman his entire life and he owned both a bow-picker and a beach seine boat. He has fished with 15 different family members, teaching many of them the ropes and some tried and true fisherman secrets over the years. He didn't stop fishing until he was 80 years old and he never missed a day on the water during his last 20 years of fishing. Bill has caught as many as 900 fish in a day and as few as 1; and he never had a day that he caught nothing. Amazingly, in all that time, he fell into the water only once, and grandpa claimed that he didn't even get wet.





Walking On



Shelby West

Shelby W. West was born March 25th, 1960 in Shelton to Ruby Whitener and Roy West. He grew up in Kamilche, the eldest of three boys. He lived his entire life in this area, never moving more than an hour away from the place he was born.

He walked to the other side February 15th.

Shelby was preceded in death by his father, Roy. He is survived by his mother, Ruby, his brothers Tracy and Mark, his two children, Stephanie and Michael, his two grandchildren, Emma and Lucas, his dog Tino, and his partner of 18 years, Sam.

Shelby had many adventures. He lived to work. He started working with his dad at age 12, even driving log truck. Things were a bit different back then and child labor laws were less strict. From that early start, Shelby built much of his identity around his employment. He was proud of his efforts, of being able to do what few could - waking up before dawn, even in the summer, to get to a logging site by day break, long days of hard labor, being able to fix anything mechanical, and excelling in numerous industries. Over the years he worked in logging, fisheries, and spent the last six years of his career working at Skookum Creek Tobacco. Few would go back to work after receiving a terminal diagnosis, but Shelby wasn't most people. He appreciated the friendships and purpose he found at work that helped keep him going in that final year.

That's not to say that Shelby was all work and no play. During his off time, if he wasn't tinkering on something, he was probably doing something sports related. Every Sunday he would flip back and forth between NASCAR and the Seahawks on TV. He was quite the accomplished fast pitch player. He played for roughly 15 years on a variety of teams with his brother, Tracy. Shelby was a pitcher with a wicked fast ball. They traveled all over to attend various tournaments, driving as far as Modesto, California and even winning nationals in Denver, Colorado.

Shelby also bowled for a number of years on a team with his dad, Mark, and Sam. He enjoyed hunting, riding dirt bikes, and the odd round of golf. A sport was far more fun when he got to teach it to one of his two kids, Stephanie or Michael.

He was fiercely proud of his family, especially of his kids. You could see it in the way his face lit up whenever he started telling a story about their childhood - the time the family went to see The Phantom of the Opera in Seattle, or about Michael's fearless dirt bike rides, or bragging about being a grandfather.

Family ties run deep here. And if you ever heard Shelby tell a story, you know

he was aware of it. The first minute or two of almost every story he told he explained how this person was related to him, or where they used to work together, or who used to date them. The best thing about Shelby's stories were how many of them there were - he treasured his time with all of you.

IEI Employee Spotlight Marcella Cooper, Elevation

Interview by Katrina Parker,
Ta-Qwo-Ma Business Center Manager

Katrina: How did you first learn about Elevation?

Marcella: My Cousin Misti told me about Elevation and printed out a job application right there on the spot. I'm really happy to be a part of this new Tribal venture.

Katrina: What is your role at Elevation?

Marcella: I'm a Bud Tender

Katrina: What is a Bud Tender?

Marcella: We explain the different benefits of the strains and their uses. We educate the customers on the products that we carry.

Katrina: What are 3 words you would use to describe Elevation?

Marcella:

1. Happy – because everyone that comes in here is happy
2. Friendship – because you see your friends and/or make new ones
3. Family – because it feels like my co-workers and I are a family

Katrina: How do you balance your work life at elevation and family life?

Marcella: My kids are all grown-up now so I do a lot of cooking in the crockpot and my son Mario cooks on Saturday's because they like to have spaghetti every Saturday! My kids are really good with helping me with chores too.

Katrina: If Hollywood made a movie about your life, who would you like to see cast as you?

Marcella: Well....everyone says I look like Phoebe Cates – so for sure her since we look alike!

Katrina: If you could interview one person (dead or alive) who would it be?

Marcella: I would want to interview my Great-Grandmother Irene Dan Teo.

Katrina: Tell us 3 things that most people don't know about you?

Marcella:

1. I value Family
2. I value recovery
3. I like to listen to Gansta Rap and dance in the car to it – probably not too many people know I like that kind of music.





I Destroy Homes

Tear families apart -

Take your children, and that's just a start.

I'm more costly than diamonds, more costly than gold -

The sorrow I bring is a sight to behold .

And if you need me, remember. I'm easily found -

I live all around you, in schools and in town.

I live with the rich, I live with the poor -

I live down the street, and maybe next door.

My power is awesome: try me you'll see -

But if you do, you may never break free.

Just try me once and I might let you go -

But try me twice, and I'll own your soul.

When I possess you, you'll steal and you'll lie -

You'll do what you have to just to get high -

The crimes you'll commit for my narcotic charms -

Will be worth the pleasure you'll feel in my arms.

You'll lie to your mother, you'll steal from your dad -

when you see their tears, you should feel sad.

But you'll forget your morals and how you were raised -

I'll be your conscience; I'll teach you my ways..

I take kids from parents and parents from kids -

I turn people from God and separate friends.

I'll take everything from you: your looks and your pride -

I'll be with you always, right by your side.

You'll give up everything: your family, your home -

Your friends and your money, then you'll be alone.

I'll take and I'll take till you have nothing to give -

When I'm finished with you, you'll be lucky to live.

If you try me be warned: this is no game -

If given the chance, I'll drive you insane.

I'll ravish your body, I'll control your mind -

I'll own you completely; your soul will be mine.

The nightmares I'll give you while lying in bed -

The voices you'll hear from inside your head.

The sweats, the shakes and the visions you'll see -

I want you to know, these are gifts from me.

But then it's too late, and you'll know in your heart -

That you are mine and we shall not part.

You'll regret that you tried me, they always do -

But you came to me, not I to you.

You knew this would happen, many times you were told -

But you challenged my power and chose to be bold.

You could have said no and just walked away -

If you could live that day over, now what would you say?

I'll be your master; you'll be my slave -

I'll even go with you when you go to your grave.

Now that you've met me, what will you do?

Will you try me or not? It's all up to you.

I can bring more misery than words can tell -

Come take my hand, let me lead you to hell.

- Drugs

Generations Rising

Saturday, March 5th
12pm - 6pm

A Day of Cultural and Performing Arts Workshops for Youth of All Ages

Schedule for the Day
12pm Lunch
1:40pm Art Making Activities
4:30pm Dinner
5pm "Return to the Swing" by Little Wolves Productions:
Legend as drama, Native youth present traditional stories as theater
5:30pm Awards & Rewards

Sponsored By:
Hazel Pete Institute of Chehalis Basketry, Longhouse Education & Cultural Center, Lucky Eagle Casino TESC Program "Place, Memory, Narrative: Northwest Coast Literature and Printmaking"

THE LONGHOUSE EDUCATION AND CULTURAL CENTER
THE EVERGREEN STATE COLLEGE
2700 EVERGREEN PARKWAY NW
OLYMPIA, WA 98505
geniae@evergreen.edu
(360)867-6718

Elders Committee Elections

Elections were held at the Elders Committee meeting on February 3. We had a good turnout for elections, and thanked our Chairman and Secretary for their services.

Outgoing two terms/4 years:

Elizabeth Heredia	Chair
Dorinda Thein	Secretary



Newly Elected:

Loretta Case	Chair
Gloria Hill	Secretary



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Safe Streets Campaign History

Safe Streets Campaign was founded in 1989 as a citizen-led campaign to mobilize residents against illegal drug and gang activity that overwhelmed Pierce County in the late 1980's. In 1996, Safe Streets incorporated and received its non-profit status from IRS.

MISSION

Safe Streets mobilizes grassroots community change by:

- Motivating and inspiring action in the community
- Teaching leadership strategies so community members solve their own problems
- Assisting neighborhoods and youth to define their vision for change
- Connecting people and organizations for success

GUIDING PRINCIPLES

- There is plenty of blame to go around. Since we all share the same problem, we can all participate in the solution.
- We don't have all the answers. There is no one answer to all these problems. We must work together to find solutions.
- We must remain people of goodwill with open minds.
- We recognize the value and strengths of all community members.

Squaxin Safe Streets

The Squaxin Safe Streets group was asked to help however we could with the fight against bullying in our community after a few incidents just before summer let out last year. Before leaving Evan helped the Education department with a 1% grant to help fund a Second Step Bullying Prevention program that is now implemented with the students that attend the Tu Ha' Buts Learning Centers every Monday. We just hosted a Bullying Prevention event for the community in February and it was a wonderful turn out with guest speaker Gyasi Ross. The event started with the elementary students presenting their peaceful quilt that will go up in the Tu Ha' Buts Learning Center to encourage a peaceful environment. Then we rolled into the teens sharing the Buddy Pledge and why they chose to become a buddy to the younger students to help fight against the bullying problem in our community to help make our streets safer.

At our next gathering we will be reassembling our Advisor Board and the members consist of a Secretary, Co-Leader and a Treasurer.



"I can see what he was trying to say. He makes sense, shows us that we are more valuable then we think we are, that our tribe and community can be strong as long as we set our mind/goals to it. He is basically saying if we have a goal or dream, and people doubt us youth, that we can show them wrong and be more successful" – Josh Lopez



Next gathering:

Tuesday, March 15th at 4:30 p.m. in the Community Kitchen

Stats for January 2016:

Total reported Drug/Alcohol incidents:	13
Drug	4
Alcohol	9
Arrests	5
Citation/infractions	0
Referred to other agency	4
Tribal Court	2
Adults	13
Youth	0





Dioxin in Shelton: What We Know Continued from Page 1

clean-up. At this point the city must conduct an investigation of the type and location of pollutants in and around the landfill, as well as their potential to move off site. The city must also determine if there are things they can do right away to prevent exposure of local residents to pollutants. In this period, the city may identify other potentially liable parties. And finally, the city must create a draft cleanup action plan, approved by Ecology. That cleanup plan must be finalized as another “agreed order”. This whole process, just to get to the final cleanup plan, may take a couple years.

Potential exposure to the humans and aquatic life

Dioxins and furans bind strongly to soil particles and are not soluble in water. This means that the dioxins and furans present in the C Street landfill should stay in the landfill. If the surface soil the landfill were exposed to wind, it could blow offsite. But the landfill is mostly covered in vegetation now. The soil is not mobile. Long-time residents of Shelton talk of times when there were “Do Not Enter” signs posted at the entrance to the landfill. Those signs were torn down and reposted multiple times. But people did enter the landfill area regardless to ride motorcycles or for target practice. Their exposure to pollutants in the soil is unknown. Furthermore, the exposure of small mammals to dioxins, and the concentration of dioxins up the food chain through larger predators, such as hawks, is unknown for C Street.

Metals and petroleum byproducts, and solvents are soluble in water, and they may exit the C Street landfill as leachate in groundwater. Little is known about the presence of these pollutants in the landfill, but the impending investigation will address this.

Shelton Harbor

The sources of the dioxin found in Oakland Bay and Shelton Harbor were primarily from past practices by the wood processing industry. Since the late 1800’s the waterfront has been used by numerous companies for saw mills, plywood manufacturing, pulp and paper production and manufacturing of insulation fiberboard. Up to the

mid-1980’s these plants were allowed to discharge chemicals and wastewater into Oakland Bay through the stormwater and sewage treatment systems. Additionally, dioxin was deposited through the air and into the bay by the burning of wood by-products on site. Since this time much stricter environmental regulations have been put in place.



Historic hog fuel burner used to incinerate wood waste.

In 2006, Governor Chris Gregoire created the Puget Sound Initiative which directed the Department of Ecology to investigate and plan for the eventual cleanup up of seven high priority areas in Puget Sound. One of these was Oakland Bay. Ecology began their study in 2007 by conducting sediment sampling, biological testing, geophysical surveys, and attempted to find sources of contamination. No samples were found containing chemicals that were above state standards. However, dioxin, which does not have a cleanup standard, was found throughout Oakland Bay and particularly in Shelton Harbor.

It should be noted that when dioxin was identified in Oakland Bay sediments, the Washington Department of Health undertook a comprehensive assessment of the risk of exposure based on the shellfish harvests there. This “Health Consultation” was conducted with the cooperation of the Squaxin Island Tribe and several of the shellfish companies that operate there. DOH determined that exposure to sediments and eating shellfish from Oakland Bay is not likely to harm people’s health. This is particularly important for eating shellfish, as clams, mussels and oysters do not tend to concentrate dioxins due to their low fat content. More information can be found at www.doh.wa.gov/portals/1/Documents/Pubs/334-201.pdf

When looking at the sources of the dioxin Ecology found that the chemical signature was the same as dioxin found in the Goose Lake samples and was similar to what they would expect to see from the burning of pulp mill wastes meaning that the dioxin present is likely from local sources. Sediment samples showed higher contamination rates in the deeper parts of the cores. This indicates that new sediment material from the local creeks are slowly capping the contaminated areas and that there are no new significant sources of dioxin.

Cleanup of contaminated sediment in marine waters generally involves either dredging and replacing with clean fill or capping where clean fill is placed over the existing contaminated sediment at a depth where it will not be exposed to humans or animals. The State of Washington is involved in several of these cleanup efforts including ongoing projects in Port Angeles and Port Gamble as well as completed projects at Commencement Bay in Tacoma and Harbor Island in Seattle.

The Squaxin Island Tribe in partnership with Simpson Lumber, Sierra Pacific Industries and the Port of Shelton has proposed a large scale restoration project within Shelton Harbor. Simpson and Sierra Pacific have offered to abandon the North portion of the harbor allowing us to replace the sediment that was removed during the dredging done to create the harbor. This will have the effect of recreating the estuaries for Goldsborough and Shelton Creeks. The Tribe has recently been awarded two funding grants that will allow us to begin construction in 2017.

A side benefit of this project is that between five to eight feet of sediment will be added across the entire site to achieve the elevations needed to support marine grasses and algae that are part of a natural estuary. This sediment will cap or cover the dioxin placing it far below where salmon, shellfish or humans could access it. The permitting process with county, state and federal governments will begin later this year. During this process the Tribe will determine areas where dredging of contaminated sediment should occur before construction begins.



Conceptual design showing proposed Shelton Harbor restoration. Clean fill will be imported to raise the previously dredged harbor to an elevation that will support saltmarsh grasses. Goldsborough and Shelton Creeks flow through the mill sites into the restored estuary.



Better Water Quality Standards Protect Everyone

NWIFC - In February, Jim Peters, vice-chair of the Squaxin Island Tribe, spoke in front of a legislative committee about the state's most recent draft water quality standards.

Peters pointed out that the tribe's fish consumption rate is nearly twice what the state is considering in their new standards, even if you don't count how many clams and oysters Squaxin Island tribal members eat. Therefore, the tribe is concerned about how protective the state's standards might be:

The tribe's bottom line is that we want a rule that ensures we have the cleanest water possible, not only for ourselves and our families, but for the citizens of Washington. We need the fish to be healthy to do that. The tribes have been working to change the water quality standards for many years.

We support EPA's rule because it is better. It is going to protect the most people. It is going to protect our children, our kids and our elders. Those are the ones that these chemicals are going to impact even more.

One of the things that came out of our study is that kids under six years old eat five times more fish than adults do. And, my own personal family, my kids come home after school, and if we have smoked salmon they're eating smoked salmon as a snack. If our meal the night before was fish, they're either taking that as lunch during that day and also eating that as a snack after school.

Lorraine Loomis, chair of the Northwest Indian Fisheries Commission, pointed out a few weeks ago that the state should defer to more protective standards already proposed by the federal government:

Draft water quality standards released by Gov. Inslee are a step forward but not as protective as those already put forth by EPA.

The treaty Indian tribes in western Washington are encouraging the U.S. Environmental Protection Agency to stay strong in their oversight of the development of water quality standards that protect everyone who lives in Washington.

The federal agency stepped in last year after the state failed to update water quality standards as required by the Clean Water Act. The state admits that the current 20-year-old standards don't adequately protect our health. Tribes are especially concerned because tribal members routinely consume far more fish and shellfish than most residents.

EPA's proposal would more strictly regulate some of the most toxic chemicals such as PCBs, arsenic and mercury. These three chemicals are responsible for many fish consumption health advisories in the state.

EPA's proposal also uses the best available science and follows the most recently updated federal guidance on those toxins.

Bad news coming for South Puget Sound salmon returns

Joe Peters - This year's forecasts for coho coming back to the deep South Sound show the lasting impact of poor marine survival caused by the recent Pacific Blob, a large area of warm ocean water. For example, this coming year, only 1,800 coho that originated from the Squaxin Island Tribal net pens program are expected to return.

Usually over 25,000 Squaxin net pen coho return yearly from 1.8 million released. Historically, the net pen program's survival has been as high as 3 percent in recent decades, but has dipped down to 1.1 percent the last few years. This year, the fish produced by the program will likely only have a 0.117 percent survival rate.

And, this is because of the lasting impacts of poor marine survival caused by the blob, even though it likely died this last fall.

Coho returning this year still spent enough time in the ocean that their survival was hurt by the blob's warm water conditions.

NOAA fisheries recently pointed out how the area of warm water in the north Pacific Ocean turned everything. Here is a portion of a recent article by Oregon State University explaining recent research on the blob:

"When young salmon come out to sea and the water is warm, they need more food to keep their metabolic rate up, yet there is less available food and they have to work harder," said Elizabeth Daly, an Oregon State senior faculty research assistant with the Cooperative Institute for Marine Resources Studies, a joint program of OSU and NOAA. "Our long-term data set contradicts the long-held assumption that salmon eat less during warm-water regimes," Daly added. "They actually eat more. But they still don't fare as well. When the water is warm, salmon are smaller and thinner."

During the last two years, an unusually large, warm body of water has settled into the ocean off the Pacific Northwest that scientists have dubbed "The Blob," which is forecast to be followed this winter by a fairly strong El Niño event. Though recent spring Chinook salmon runs have been strong due to cooler ocean conditions in 2012-13, the impact of this long stretch of warm water on juvenile fish may bode poorly for future runs.

"So far this year, we've seen a lot of juvenile salmon with empty stomachs," Daly said. "The pressure to find food is going to be great. Of those fish that did have food in their stomachs, there was an unusual amount of juvenile rockfish and no signs of Pacific sand lance or krill. Not only does this warm water make it more difficult for the salmon to find food, it increases the risk of their own predation as they spend more time eating and less time avoiding predators."

The blob being replaced by a strong El Niño still means bad news for salmon survival. The El Niño will have a similar impact over food supplies for salmon, just across a larger area. El Niño is generally a warming of the Pacific Ocean that will likely last at least through this spring.

Last year's returns of pink and coho salmon showed the devastating impacts bad marine survival can have on fisheries. Squaxin tribal fishers spent several frustrating weeks last fall landing fewer coho that were undersized as well.

Many of the fish we caught were about half the size of the fish we usually see. This was hard on our fishermen because for the same effort, their landings had much less value.

The Squaxin Tribe practices a protective fishing regime, focusing its efforts away from bays and harbors where wild coho congregate, fishing instead where plentiful hatchery-origin fish hang out. Poor marine survival threatens the return of hatchery fish too, and will continue to hurt the tribe's fishing-based economy and local sport fisheries. The Squaxin net pens program releases 1.8 million coho each year. When these fish returning as adults, they contribute to both sports fisheries through out Puget sound as well as tribal fisheries.



LEARNING CENTER



Youth Afterschool Program

Jerilynn Vail - The youth on the Intertribal League basketball team worked hard this year to improve their skills and teamwork. The league session has come to a close but we will continue to have practice twice a week for grades 3-5. We also had several junior high youth participate on a team in the Shelton Recreation League the past couple months. Overall, we plan on participating in a couple more tournaments before wrapping up the basketball season.

Two other quick reminders:

1. As we gear up for March, please make sure to check out our monthly calendar. We have quite a few early release days at school this month, but the afterschool program is open early on scheduled early release days.
2. If you have updated phone numbers, please make sure to call or stop by to update your youth's registration form.



Squaxin Youth Education, Recreation and Activities Calendar

All activities are drug, alcohol and tobacco free.

TLC Hours: M-F 7:30am-7:00pm

Front Desk: 432-3958

Rec Rm: 432-3957 (only 3-6pm)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rec Rm: 3-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	2 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: TBA Open Swim: 3-6pm	3 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	4 <i>SSD-1.5 HR ER</i> Rec Rm: 2:30-6pm Fun Day: 5-6pm Open Gym: 2:30-5pm Open Swim: 5-8pm
7 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:45-6pm Bball Jr/High: 3:30-4:45 Open Swim: 3-6pm	8 Rec Rm: 3-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	9 Billy Frank, Jr. Day Tribal Holiday Open Swim: 3-6pm	10 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	11 <i>SSD-NO SCHOOL</i> Rec Rm: 10-6pm Fun Day: 5-6pm Open Gym: 10-6PM Open Swim: 5-8pm
14 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:45-6pm Bball Jr/High: 3:30-4:45 Open Swim: 3-6pm	15 Rec Rm: 3-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	16 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: TBA Open Swim: 3-6pm	17 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	18 <i>SSD-1.5 HR ER</i> Rec Rm: 2:30-6pm Fun Day: 5-6pm Open Gym: 2:30-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
21 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:45-6pm Bball Jr/High: 3:30-4:45 Open Swim: 3-6pm	22 Rec Rm: 3-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	23 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: TBA Open Swim: 3-6pm	24 After-School Program Will Be Closed	25 <i>WHL-ER @ NOON</i> Tribal Holiday Spring Holiday Open Swim: 5-8pm
28 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:45-6pm Bball Jr/High: 3:30-4:45 Open Swim: 3-6pm	29 <i>SSD-3 HR ER</i> Rec Rm: 12:15-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	30 <i>GSD- ER @ 2:30pm</i> <i>SSD-3 HR ER</i> Rec Rm: 12:15-6pm Arts-n-Craft: 5-6pm Open Gym: 12:15-5pm ITL Game: TBA Open Swim: 3-6pm	31 <i>SSD-3 HR ER</i> Rec Rm: 12:15-6pm Crafty Kitchen: 5-6pm Open Gym: 12:15-3:30 Bball Jr/High: 3:30-4:45 Bball Elem: 5-5:45pm	
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	I.T.B. - Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade	



LEARNING CENTER



Teen Center / CHUM Project Update

Laurel Wolff - I would like to give a shout out to all the teens who have been working hard to keep Youth Council going strong. We would all like to thank the Tribal Council members for their continued support and even attending Youth Council meetings. We have seen an increase in teen attendance but encourage everyone to tell your friends that Youth Council meets every Tuesday from 5pm to 6pm.

Some things to remember for March:

- In March, members of the Youth Council will travel to Spokane, WA, to attend the Northwest Indian Youth Conference. Teens interested in attending must have passing grades in school and attend a minimum of 4 Youth Council meetings between February and March 18th.
- Levi Morgando, one of our Americorps service members will be talking with teens about Zines on March 14-18. Levi will go over the history of Zines, why they are so cool and how you can make your own.
- Intertribal League for teens will start up again in March. Come to practice!!!!

College Financial Aid Update

Peggy Peters and Mandy Valley - Are you in high school getting ready to attend college or technical school? Are you in college or tech school getting prepared for the next school year? If so, you will be asked to fill out a FAFSA, Free Application for Federal Student Aid. Filling out a FAFSA form is free. Start by going online to sign up for a FSA ID at <https://fafsa.ed.gov/>. While this can be done online, it is easier if you first gather some required information: Social Security number, dependent students will need parents' Social Security number, driver's license, information about your savings and checking account balances, and Federal tax information including tax returns. Keep copies of all the information you gather.

Parents and students, we encourage you not to wait to file your 2015 income taxes. This information is needed to complete the FAFSA. Keep in mind that federal student aid can be "first come, first served," so the sooner you've completed and submitted your application, the higher you are on the list for potential funding. That makes it best to complete your FAFSA as soon as possible while the largest amount of grant funding is still available.

Continued on Page 12



C.H.U.M Program

Laurel Wolff teen advocate: 432-3842
Check Facebook for updates to Calendar!
Teen Center Open 3:00-6:00 M-F unless otherwise noted



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Basketball Practice 3:30-4:45 Teen Chef 3-5:00 Youth Council 5:00-6:00	2 Cultural Arts 3:30-5:00	3 Basketball Practice 3:30-4:45 Beading 3:30-5:00 Snowboarding	4 Nettle Harvesting
7 Basketball Practice 3:30-4:45	8 Basketball Practice 3:30-4:45 Teen Chef 3-5:00 Youth Council 5:00-6:00	9 Billy Frank Jr. Day Teen Center Closed	10 Basketball Practice 3:30-4:45 Beading 3:30-5:00 Snowboarding	11 No School Teen Center Open 10-4pm Drum Making
14 Zines with Levi 3:30-6:00 Basketball Practice 3:30-4:45	15 Basketball Practice 3:30-4:45 Teen Chef 3-5:00 Youth Council 5:00-6:00	16 Zines with Levi 3:30-6:00 Cultural Arts 3:30-5:00 ITL Basketball - TBA	17 Zines with Levi 3:30-6:00 Basketball Practice 3:30-4:45 Beading 3:30-5:00 Snowboarding	18 Early Release Painting Drums
21 Basketball Practice 3:30-4:45	22 Basketball Practice 3:30-4:45 Teen Chef 3-5:00 Youth Council 5:00-6:00	23 Cultural Arts 3:30-5:00 ITL Basketball - TBA	24 Teen Center Closed Last Day of Snowboarding	25 Teen Center Closed
28 Basketball Practice 3:30-4:45 NWIYC- Spokane	29 Basketball Practice 3:30-4:45 NWIYC- Spokane	30 NWIYC- Spokane	31 Basketball Practice 3:30-4:45 NWIYC- Spokane	



For more information about completing the FAFSA, you have options:

- You could check out the Federal Student Aid Web site, <https://fafsa.ed.gov>
- Really detailed instructions about completing the FAFSA are available at a link on the TLC Facebook page at www.facebook.com/TuHaButs
- Detailed instructions can be mailed or emailed to you. Email Mandy Valley : mvalley@squaxin.us or call her at (360) 432-3882
- Or, just reach out to Mandy and she can offer her assistance as you have questions about student financial aid

College students - If you haven't done so already please turn final grades and an receipts that you may have from fall quarter/semester in ASAP. Monday, March 21st is the deadline to turn your paperwork in for spring quarter.

Shelton High School News

Julie the Tutor - Spring conferences are almost upon us, March 30th and 31st. Either the CSI teacher or your student will be calling to schedule a conference time with you, and appointments will be available in the afternoon and evening. Sophomores and Juniors will be reviewing next year's class schedules, Juniors will be talking about the upcoming High School and Beyond Plan for their Senior Presentation and Seniors will be discussing their Senior Presentations and making sure they are ready for that graduation requirement.

Are you considering Running Start next year? An informational meeting for parents/guardians and students who are interested in learning more about the Running Start program will be held March 10th at 5:30 pm in the SHS auditorium. This is the first step in the process of deciding if this program is the right setting for you. At the meeting, students will get information about the enrollment process. Please mark it on your calendar.

Feel free to contact Julie Martinez, the High School Tutor/Mentor with any other questions!

GED Preparation and Homework Support

Jamie Burris - Is your goal to earn your GED before Sgwi Gwi? Now is the time to buckle down and get started on the path to achieving your goal! Start by taking practice tests and find out what skills you need to study. Let me help you strengthen your skills and pass your GED test!

Students - Get the new semester off on the right track, getting your homework completed and turned in as well as studying for tests! I am here to guide you along your learning path on Tuesdays, Wednesdays, and Thursdays, from 4-7pm in the Tu Ha' Buts Learning Center classroom. For more information, please contact Jamie Burris - jburris@mcclary.wednet.edu.

1		
2		
3		THE HONORABLE ANITA ESTUPIÑAN NEAL
4		
5		SQUAXIN ISLAND TRIBAL COURT
6		YOUTH COURT
6		SQUAXIN ISLAND RESERVATION
7	IN RE:	Case No.: SQI-CW-2016-1601-0009
8		
9	UB. H.	NOTICE OF DISPOSITIONAL HEARING
10		
11		Indian Child
12		
13		THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Evelyn Hall.
14		YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth
15		code, a Dispositional Hearing for the above named youth has been filed in the Squaxin Island Youth
16		Court. The hearing on this matter shall be held on the 13th Day of April, 2015 at 11:00 am at 10 SE
17		Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND
18		IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR
19		RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the above
20		listed address or call 360-432-3828 for more information.
21		
22		Dated: February 26, 2016.
23		
24		
25		
	NOTICE OF HEARING - PAGE 1 OF 1	SQUAXIN ISLAND LEGAL DEPARTMENT 3711 SE OLD OLYMPIC HWY SHELTON, WASHINGTON 98584 360.4362.1771

Social Security Disability

If you have been denied Social Security benefits because you receive a "Per Capita" distribution or other Tribal assistance, please contact Diane at the Squaxin Legal Department for assistance.

(360) 432-1771 ext 0





Office of Housing Department of Community Development

Attention Housing Applicants . . .

If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Lisa Peters, Housing Counselor at (360) 432-3871. If you do not update your application by March 31, 2016, your name will be removed from the housing waiting list.

The following Tribal Members need to provide us with their application update. **If we do not receive your update by March 31, 2016, your name will be removed from the housing waiting list.**

Priority

Nicole Cooper
LaMetta LaClair
David Lewis
Walter Lorentz
Susan McFarlane
Derrick Wiley
Jason West
Tasheena Sanchez
Kui Tahkeal

Secondary

Ayshia Nelson
Lindsey Mike



Attention Squaxin Island Elders!

Office of Housing has an elders' duplex coming available. If you are interested there are applications available at the Office of Housing located in the Tribal Center or contact Lisa Peters, Housing Counselor at (360) 432-3871.

Things We Might Not Have Known About Home Fires

Here are some statistics from a nationwide campaign launched in 2014 by the Red Cross in an effort to reduce the number of deaths and injuries from home fires. Fire experts agree that people may have as little as two minutes to escape a burning home safely.

- 62% of people mistakenly believe that they have at least five minutes or more to escape a burning home. About 18% believe they have 10 minutes or more to escape. Every household should develop a fire escape plan and practice at least twice a year.
- 69% of parents believe their children know what to do or how to escape, however...
- About 52% of parents have not talked to their families about fire safety.
- 70% of families with young children have not identified a safe place to meet outside their home.
- 82% have not ever practiced a home fire drill. When developing a fire escape plan for your home, be sure everyone in your household can identify two ways to escape each room in your home.
- If a fire starts in your home, you will not have much time to get everyone out safely. This is why everyone should know the fire escape plan well. Smoke alarms should be installed on every level of the home including inside and outside of each living space and in basement.
- A working smoke alarm reduces the chance of death in a fire by 50 percent. Never remove the batteries unless you will be changing them.
- To ensure a smoke alarm is working properly, test it on a regular basis.
- A good rule of thumb is to change the batteries when you have to change your clocks for daylight savings.

Source: <http://www.redcross.org/news/article/A-Home-Fire-Escape-Plan-Can-Save-Your-Life>

Free Tax Preparation Site (Basic Returns)

Administration Building – 2nd Floor
February 2 – April 14, 2016
By appointment only

The Squaxin Island Tribe – Office of Housing
will be sponsoring their
Annual FREE TAX PREPARATION SITE
for the 2015 tax year.

The site will be open to the public and
operating Tuesday and Thursday evenings
from February 2 to April 14, 2016.

Don't pay high or unnecessary fees to a commercial taxpayer!
Use your local free tax prep site.

THINK OF THE MONEY YOU WILL SAVE!!!

This site offers Visa debit cards for your tax refund.

Call Lisa Peters @ 432-3871 to schedule an appointment



All About Puppies: Understanding Puppy Behavior

Gus, the doggie guy (article from puppy training articles – Beneful.com) - For as many great times as we share with our puppies, watching them learn and discover their new world, there are some things they do that amaze us.

They zoom from one room to another as if they've just remembered a vital appointment. Then zoom back, just to make sure you're watching. Then they do it again. They chase their tails for no apparent reason. They hiccup. A lot. They fall asleep ... while eating.

In between belly laughs, you might wonder why puppies act the way they do. The answer is two-fold: One, they are young and full of life. Two, their ancestry (wolves) lives in the wild.

"[Most] puppy activities are natural and normal," says Diane Arrington, owner of the Dallas-based *PetPerfect Academy*. "Puppy play is necessary for healthy brain development, particularly chewing activities. Puppies are like babies—fresh, innocent, and trusting." (And yes, that innocence can translate into tail chasing!)

Here are some puppy behaviors you've probably seen, and answers as to why puppies do what they do:

- **Chasing** comes from a puppy's instinct that traces back to his ancestry. Puppies are a descendent of dogs and wolves, and these animals instinctively chase prey in the wild. A puppy will start chasing his tail as soon as the tail is long enough for him to see it in his peripheral vision. In short, puppies chase their tails because they are practicing their hunting habits.
- **Chewing** didn't start in your shoe closet. Animals in the wild have had to chew to break down food. Puppies also chew to relieve the discomfort of teething.
- **Rolling in the grass** may just look like your puppy's favorite way to spend a lazy afternoon, but it's actually how he cleans and dries his fur.
- **Eating plants and paper** comes from the instinct to eat roots, bark, and grass. Puppies replicate this behavior, and it's up to you to help them understand that there are healthier things to eat.
- **Circling before they lay down** isn't always as common among puppies as it is with older dogs. But the reason behind it is that they are nesting and bedding down, as they would do in the wild. Your berber carpet or a forest floor—it's all the same to a puppy.

Puppies hiccup for the same reason humans do—their diaphragm spasms. This action is just a simple fact of life. (And it's really cute to witness!)

Bunny runs, those lightening-fast sprints around the yard, are designed to dissipate energy and aggression. Most mammals do this. Pat Miller, founder of the Maryland-based Peaceable Paws and author of *The Power of Positive Dog Training* and *Positive Perspectives*, calls this a "puppy rush," although these bursts of energy are also called "zoomies" and "frapping" (frenetic activity period). Miller says the behavior is darn cute—and perfectly harmless. "However, if your pup does it a lot, she might be telling you she needs more exercise and interaction with you," Miller adds.

As for falling asleep while eating, again, puppies are like babies—they need plenty of rest and have no idea when to slow down. Sleep just sneaks up on them!

Be sure interaction with your puppy is centered on activities that are positive. Avoid playing games of competition, such as tug-of-war or wrestling. Instead, Arrington suggests playing educational games—and working with your best friend to sit, stay, and come when called. "Nurture a puppy with gentleness and love, and he or she will turn out to be the best dog you've ever had," Arrington says.

Remember to enjoy every stage of puppyhood because, as Arrington points out, "it goes by very quickly. Enjoy the training."




**BE A HERO
SPAY & NEUTER**

67,000 is the number of puppies an unspayed female dog, her mate, and all of their puppies will produce in six years if none of them are spayed or neutered.

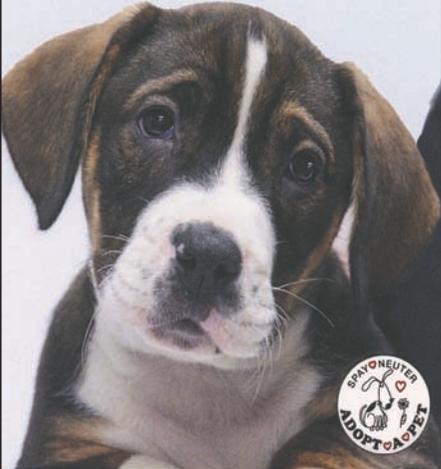
Dog overpopulation is a problem in Mason County. The solution is easy: have your companion dog spayed or neutered by the age of 6 months. ADOPT A PET can help you with our low-cost spay/neuter program for low income and elderly Mason County residents.

CONTACT US TO LEARN MORE

ADOPT-A-PET of Shelton, WA
940 E Jensen Road | Shelton, WA 98584
adoptapet-wa.org
thedoghouse3091@hotmail.com
(360) 432-3091



SPAY & NEUTER PROGRAM



ADOPT-A-PET believes prevention is the best solution to the pet overpopulation problem we face in Mason County.

That's why we offer a low-cost spay/neuter program for low income and elderly Mason County residents.





March is National Nutrition Month

Breakfast Basics for Busy Families

Submitted by Patty Suskin, Registered Dietitian Nutritionist, Source: Eatright.org - Eating breakfast can improve children's behavior and school performance, as well as help them maintain a healthy weight. Surveys indicate only half of American children are eating breakfast daily.

This news is startling; when children skip breakfast, research shows us that their brains and bodies suffer all day long.

While breakfast might seem like a hurdle in your busy morning, a healthy diet may only take a little extra time to prepare.

- Get organized the night before. Get out a pan for pancakes or a blender for smoothies. Prepare muffin or waffle mix so it's ready to cook in the morning.
- Keep breakfast simple. On busy days, get the family going with something as quick as a bowl of whole-grain cereal with a banana.
- Pack your breakfast to go. If there's no time to eat at home, plan a nutritious option to eat in the car or bus. Busy teens can grab a banana, a bag of trail mix and a carton of milk.

Protein — a missing component in many morning meals — helps children go strong and stay focused until lunch. Go lean with protein choices: a slice or two of Canadian bacon, an egg, a slice of lean deli meat or low-fat cheese, a container of low-fat yogurt or peanut butter on toast.

Add in nutrient-rich whole grains to energize both kids' bodies and brains along with an extra nutrition punch. Plus, whole grains provide a longer lasting source of energy and curb hunger as they tend to digest more slowly. Serve kids whole-grain cereals such as oatmeal or whole-grain breads, muffins, waffles or pancakes.

Breakfast is a perfect time to enjoy fruits and vegetables children need for optimal health. Try fresh seasonal fruit alone or in cereal, add frozen fruits to yogurt, or toss chopped vegetables into an omelet.

Whatever your morning routine, remember that breakfast is an important meal for the family, and doesn't have to be time consuming!



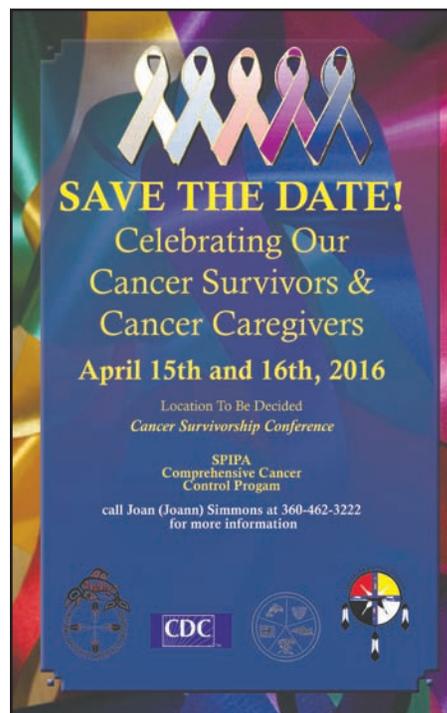


WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

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

**Tuesday,
March 8th is
WIC DAY at
SPIPA**

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or **Patty Suskin 360 462-3224**



American Diabetes Association Alert Day®

American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. In 2016, Alert Day will take place on Tuesday, March 22.

The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.

Take the Risk Test on Page 20!
Or

<http://main.diabetes.org/dorg/PDFs/risk-test-paper-version.pdf>



Looking for a family day trip close to home? Check out these two places South on I-5.

1. Lilac Gardens in April (Cowlitz County)

The Lilac Gardens are located off I-5 exit 21, 30 minutes north of Portland, Oregon or 2.5 hours south of Seattle, Washington at 115 South Pekin Road, Woodland, Washington 98674. (Our mailing address is PO Box 828). The Gardens are open to the public most days of the year from 10:00 a.m. until 4:00 p.m., with a \$3.00 gate fee payable at the gate.

lilacgardens.com/aboutus.html

Peggy Peters has toured the lilac gardens in April last year & enjoyed seeing the variety of lilacs and the nice little walk.

2. Near the Lilac Gardens is Cedar Creek Grist Mill in Northern Clark County (free)

The Cedar Creek Grist Mill is open all year, Saturdays 1:00 to 4:00 and Sundays 2:00 to 4:00, except closed Easter, Christmas Eve & Christmas Day Dec 24 & 25, New Years Eve & New Years Day

For more information or to request a Group Tour of the Mill, send e-mail to: Grist-Mill-Tour-Director@cedarcreek-gristmill.com or phone 360-225-5832

cedarcreekgristmill.com

In the same day, Peggy also enjoyed seeing how this mill makes flour.





ARE YOU AT RISK FOR TYPE 2 DIABETES?



Diabetes Risk Test

- 1 How old are you?**
Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)
- 2 Are you a man or a woman?**
Man (1 point) Woman (0 points)
- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?**
Yes (1 point) No (0 points)
- 4 Do you have a mother, father, sister, or brother with diabetes?**
Yes (1 point) No (0 points)
- 5 Have you ever been diagnosed with high blood pressure?**
Yes (1 point) No (0 points)
- 6 Are you physically active?**
Yes (0 points) No (1 point)
- 7 What is your weight status?
(see chart at right)**

Write your score in the box.

Add up your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

You weigh less than the amount in the left column (0 points)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at www.diabetes.org or call 1-800-DIABETES

Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



eatrightpro.org/resources/media/multimedia-news-center/national-nutrition-month-media-materials

Clinic Events

Health Promotions
We have exercise videos
Work out alone, with us
or schedule a time for a group

Lifestyle Balance Program
To find out how you may qualify,
please contact Melissa Grant at
360-432-3926

Mammogram Day
March 22

Brief Community Walk
Every Monday at 12:30 p.m.
Elder's Building after lunch

Free Diabetes Screening
at Health Promotions
To schedule an appointment,
contact Melissa Grant

**Smart Shopping/
Food Label Workshops**
Contact Patty to schedule
360-432-3929



Submitted by Patty Suskin, Diabetes Coordinator

Build Your Own Healthy “Lunchables”

Prepackaged lunches are popular with kids, but they may not be the best choice for your child’s health or your wallet.. Packing your own healthy lunchables at home is a great way to add in fresh fruits and vegetables, limit added sodium and preservatives, and save money in the process! Use the chart below to mix and match from each group to create your own healthy lunchable. The possibilities are endless!

DIY Lunchable planning Tips

1. Use MyPlate as a meal planning guide by choosing one food from each food group to plan a balanced, nutrient-rich lunch. For more information on MyPlate visit www.choosemyplate.gov

Grains	Protein	Fruits	Vegetables	Dairy
Brown rice	Beans	Apples	Broccoli	Yogurt
Granola	Edamame (soybeans)	Apricots	Cabbage	Cheese
Popcorn	Egg, hard-boiled	Bananas	Carrots	Low-fat milk
Whole wheat bread	Nuts	Berries	Cauliflower	
Whole wheat bagel	Nut butters: Peanut,	Grapes	Celery	
Whole wheat crackers	almond	Kiwi	Cucumber	
Whole wheat pretzels	Seeds: sunflower,	Melons	Green beans	
Whole wheat pasta	pumpkin	Oranges	Greens	
Whole wheat pita	Turkey	Pears	Lettuce	
Whole wheat tortilla	Chicken	Plums	Peppers	
	Fish	Pineapple	Snow peas	
	Lean beef or pork	Peaches	Spinach	
		Raisins	Sweet Potatoes	
		Tangerines	Tomatoes	

2. Let your kids decide what nutrient-rich foods go into their lunch box. Make it an evening ritual that teaches them about planning ahead and healthy eating.
3. Pack 2 or more colors everyday – be sure to include green, orange, red, yellow and blue/purple fruits and vegetables as choices.
4. Choose a color of the week and include it everyday – this week’s color is RED – How many red foods can you think of.....red bell pepper strips, cherry tomatoes, strawberries, watermelon, apples, salsa, tomato sauce
5. Kids love to dip, stack and roll so get creative. Dip fruit into yogurt or peanut butter. Dip bread into tomato sauce or hummus. Stack cheese and crackers. Roll veggies and meats in lettuce leaves.
6. Serve food in bite-size, easy to eat portions. Mini-bagels, apple slices, peeled orange segments, cheese cubes, broccoli florets are easy to pick up and eat!

Be creative and remember, allowing kids to help in food preparation is a great way to get them to eat healthy!

Source: Nutrition Council of Greater Cincinnati · www.nutritioncouncil.org · 513-621-3262

TEAM UP to Reach Your Blood Pressure Target



Having your blood pressure checked regularly and taking steps to reach your blood pressure target can help you improve your health. Team up with your health care provider.

At each visit ask:

1. What are my numbers?
2. What should my blood pressure target be?
3. What steps can I take to reach my target?



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov





COMMUNITY



Elders Menu . . . Fruit and salad at every meal

1st - 3rd:

Tuesday:
Baked potato soup,
tuna sandwich

Wednesday:

Burger dips, potato wedges

Thursday:

Taco bar

7th - 10th:

Monday:
Pepperoni pizza casserole

Tuesday:

Clam chowder, fry bread

Wednesday:

BBQ ribs, potato salad, beans,
biscuits

Thursday:

Pork loin, twice baked potatoes,
corn

14th - 17th:

Monday:
Chicken divan, green beans

Tuesday:

Potato & sausage Italian soup,
meatball subs

Wednesday:

Pot Roast, mashed potatoes and
gravy, corn, rolls

Thursday:

Casino buffet

21st - 24th

Monday:
Sausage and pasta bake

Tuesday:

Hamburger & vegetable soup,
turkey sandwich

Wednesday:

Ginger chicken wings,
vegetables, oriental salad, rice

Thursday:

Bratwurst, macaroni salad,
baked beans

28th - 31st

Monday:
Bacon & cheese quiche

Tuesday:

Tomato basil w/ raviolini soup,
grilled cheese sandwich

Wednesday:

Spaghetti, garlic toast

Thursday:

Ham, scalloped potatoes,
green bean casserole, rolls,
birthday cake

What's Happening

		1	2	3	4	5
		<i>Drum Group</i>	Family Court AA & ALANON			
6	7	8	9	10	11	12
		Criminal/Civil Court <i>Drum Group</i>	<i>Building Strong Families through Culture</i> AA & ALANON	<i>Council Mtg.</i>		
13	14	15	16	17	18	19
		<i>Drum Group</i>	AA & ALANON			<i>Easter Egg Hunt</i>
20	21	22	23	24	25	26
		Criminal/Civil Court <i>Drum Group</i>	AA & ALANON	<i>Council Mtg.</i>		
27	28	29	30	31		
<i>Happy Easter</i>		<i>Drum Group</i>	AA & ALANON			



SKOOKUM CREEK
TOBACCO
FACTORY OUTLET STORE

**SQUAXIN ISLAND
TRIBAL MEMBERS**

The FACTORY OUTLET STORE now offers:

**\$10.00
DISCOUNTS
EVERY CARTON
EVERY DAY!**

We will continue to run our "SPECIALS" several times thru out the year
Watch for them in the **Kla-Che-Min** and **DAILY SCOOP**

Hours: M - F 9 AM - 3 PM
MUST SHOW TRIBAL MEMBERSHIP CARD



**Wow, have the years flew by!
We can't believe you're already
turning 9 years old!
Happy birthday Johnny-Bear!
Love mom, dad, brother TJ and family**

**Foot Exam Day with Dr. Kochhar
(Foot Doctor)**

Thursday, March 31, 2016

9 am - noon
At the Clinic

Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin,
Diabetes Coordinator for an appt.
360 432-3929

March Happy Birthdays

- | | | | | |
|--|---|--|--|--|
| 1
Alyssa Mary- Ida Henry
Jennine Marie Jacob
Luke Grey Falcon Rodriguez
Sapphire Pricilla Ward | 7
Andrienne J. Baldwin
Cody Francis Cooper
David Josiah Seymour
Massiah Angel Manu-Garcia | 13
Sara Naranjo-Johns | 19
Cherry Teresa Armstrong
Michael Alfred Bloomfield
Raymond M. Castro
Vicky Belle Engel | 26
Elsie Jeanne Gamber
Jerad Charles Lopeman-Fry |
| 2
Christy Marie Peters Block
Raven Haaq Roush-Lizotte | 8
Belinda Gail Colberg
Glen Woodburn Parker
Millie Faye McFarlane
Sheryl Sue Wingfield | 14
Andrew Dean Whitener
Chantel Dawn Peterson
Justin Daniel Kenyon
Lois Colleen Woodard | 20
Jolene Elaine Tamm
Lachell Marie Johns
Nathaniel B Bisson | 27
James Jeffrey Coxwell
Kameron Marshall Weythman
Lucke Robert Newell |
| 3
Arnold E. Cooper
Chazmin K. Peters
Clayton John Briggs
Daniel Rodney Snyder
Serena Rae Phillips
Vincent Gene Henry Jr. | 9
Marjorie L. Penn
Michaela Alina Lynn Johnson | 15
Brandon Carl Blueback
Nikki Marie Farron
Tashina M. Ackerman | 21
Doyle Raymond Foster
Tayla Rose Logan | 28
Brittany F McFarlane
Jon Daniel Brownfield |
| 4
Adolfo Douglas McFarlane
Angela Renee Lopeman
Mayella Frankie Jean Roberts | 10
Adrian Jose Julio Garcia
Billy D. Yocash
Joseph Daniel Rivera
Terrah Maria Jackson | 16
Adarius Terell Coley
Rebecca Lezon-Ferreira
Sally A. Johns | 22
Charlene Ann Krise
Lorane D. Gamber | 30
Benjamin Naranjo-Johns
Eric Lee Ellerbe
Felicia E. Thompson
Josephine Marie Sabo
Matthew James Pugel
Ronald Andrew Whitener |
| 5
Cedar Michael Korndorfer
Faith Elizabeth Pughe
Jamaal Jason Byrd | 11
Alexandrea RaeAnna Rodriguez
Chenoa Reed Peterson
Susan Faye Henry | 17
Anthony Dushuyay Johns
Jaimie Renee Henderson
Kenneth Michael Green
Monte Morris
Rachele D. Roberts
Robert Jan James, Jr. | 23
Evelyn Angel Hall
Gelacio Troyal Orozco
Nora Jean Coxwell
Ronin Sharky Edwards | 31
Christina Marie Lopeman
Stephen William Henry |
| 6
Evan Taylor Cooper
Kodiak Draven-Wolf Masoner | 12
Cindy Lee Ehler
Steven Duane Lehman Jr. | 18
Jolene Rae Peters
Thomas Blueback, Jr.
Victoria Dennis-Horn
Winter Snow White | 24
Joanna Fuller
John Brady Whitener
Taylor Randolph Krise | |
| | | | 25
Johnathan Draven Seymour | |





Model Florence Sigo



Andrea Sigo



Model Florence Sigo

Congratulations Andrea Wilbur-Sigo! International Salish Wool Weavers Symposium 2016

January 20, 2016

1st place and people's choice winner



**Squaxin Island
Culture Night
Drum Group**
*Squaxin families are invited!
Please join us for
drum, song, and dance rehearsal*
**Wednesdays
Each Week
5pm
at the Squaxin Museum**

Feel free to stop in and get familiar with Squaxin Island songs and dances
Join in to learn the dances and songs or simply enjoy the atmosphere with just your presence

This is a drug, alcohol, cigarette and e-cigarette free event

Any questions please contact
Jeremiah George 360.432.3968

Saturday 🍀 **March 19** 🍀 **5pm-10pm**

Irish Food Specialties **Beer & Spirits**

ST. PATRICK'S DAY FESTIVAL

LITTLE CREEK CASINO RESORT

Live Music

Entry + Souvenir Mug \$10

LITTLE CREEK CASINO RESORT
GAMING • HOTEL • SPA • GOLF • DINING • ENTERTAINMENT • RV PARK • ARCADE

SKOOKUM CREEK EVENT CENTER

For tickets visit the Box Office, online, or call 1.800.667.7711. Must be at least 21 years of age to attend.

BINGO BINGO

Fri • Mar 25th • Early Bird 6pm | Session 6:30pm

Sat • Mar 26th • Early Bird 11:30am | Session 12pm
Early Bird 4pm | Session 4:30pm

DAUBIN DARK **Early Bird 10:30pm | Session 11pm**

Keep Daubin during the 4:30 & 6:30 sessions
Bring a canned food item and receive a free level one (3-on) with initial Bingo buy-in

Bring a friend and both of you will receive a FREE level 1 (3-on) with initial buy-in.
If your friend signs up as a new players club member you will both receive a complimentary \$4 pack.

LITTLE CREEK CASINO RESORT
LITTLECREEK.com

See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions! *Ages 21 and over only for 11pm session
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.