

Spring Ahead

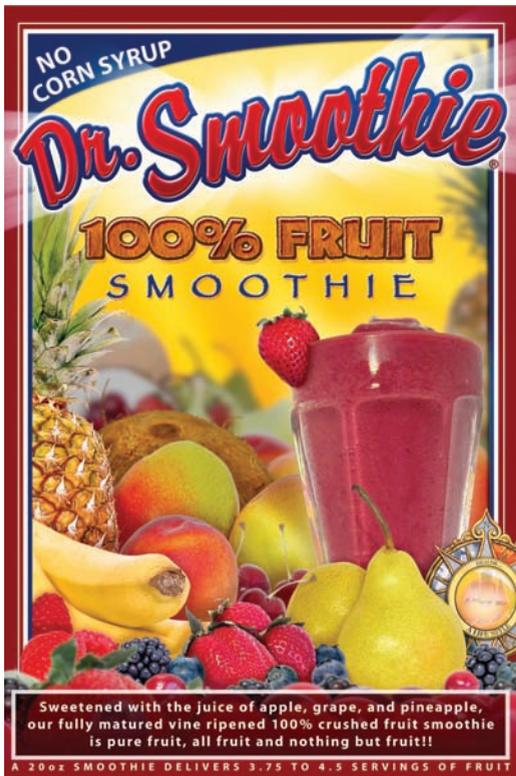
By Brittany Bitar

Finally, the month we've all been waiting for has arrived! Remember to reset your clocks because we are springing ahead on March 13th. Not only do we get an additional hour of sunlight starting this month, but we also get to celebrate St. Patrick's Day on March 17th. Kamilche Café and Espresso is going green in honor of this month's holiday. The café has always had a green philosophy, by sourcing environmentally friendly products and practices, but this month we want to kick up our green quotient by serving green tinted homemade whipped cream. We



will also be featuring daily specials with an Irish theme. Get into the spirit of the Irish by trying one of our delicious Shamrock Shimmy, Leprechaun, or Top O' The Morning Mochas.

Go green and save some green by bringing in your own cup to Kamilche Café and Espresso. Receive a fifteen cent discount each time you use your own cup. Don't forget to try one of our delicious new 100% crushed fruit smoothies. You get 4 servings of fruit in each 20 oz. beverage! Add a boost to your healthful smoothie to make it even more nutritious. We are currently offering delicious breakfast sandwiches, pastries and other great snacks. So save room for a chocolate chip cookie or a pepperoni pizza bagel on your next trip to Kamilche Café and Espresso, see you soon!



Preparations for May General Body Meeting Elections

The Elections Committee will be hosting open floor Candidate Forums in April. We encourage everyone to attend, ask questions, and hear from candidates who will be running for Council this year.

More information and Forum dates will be announced soon.

For questions, please contact Whitney Jones at 462-0339.

To announce your candidacy in the Klah-Che-Min, contact Theresa Henderson: thenderson@squaxin.us or 432-3945

COPS vs. Rez Girls 6th Annual Basketball Game

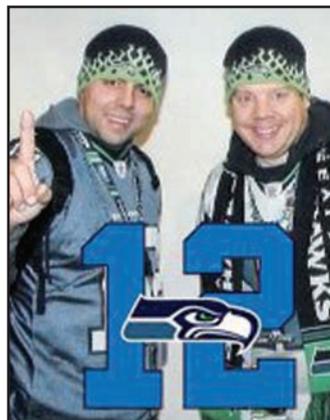
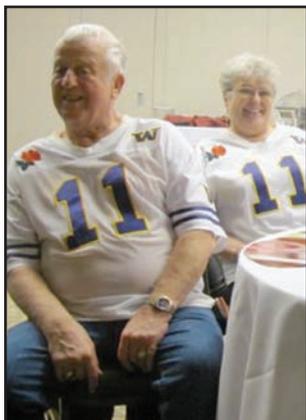


Friday, March 4th @ 4:00PM

"A partnership for a drug & alcohol free community"

All concession proceeds will benefit the youth council. Purchase raffle tickets and win all sorts of different prizes including a chance of winning the Pendleton blanket (donated by *KTP) Come show your youth council your support!

Football Madness





Walking On Alan Steehler

Squaxin Island tribal member Alan Rheinhardt Steehler, 54, died Thursday, January 20, 2011 at Swedish Medical Center in Seattle. He was a lifelong resident of Shelton. He was born November 24, 1956 to Gordan R. Steehler and Edith "Dee" Johnson Clark in McCleary. He attended Irene S Reed High School. He married Olivia Jean Rostvold. The marriage ended in divorce. He was a plumber in his earlier career. He then became a meat cutter. Recently he was employed as a machine operator at Skookum Creek Tobacco Company.

His hobbies included tribal fishing and beach combing, looking for beads and arrowheads. He enjoyed being on the water and was a collector. He enjoyed classic and muscle cars and was an avid reader, especially of westerns and Louis L. Amour novels, his family states.

He is survived by step-father Buck Clark, Sr. (Sheila) of Lake Havasu, Ariz.; sons Corey Steehler and Chad Steehler (Stephanie Fuller) of Shelton; daughter Melanie Steehler of Seattle; brother Buck Clark, Jr. of Shelton; sister Carmen Orsillo of Edmonds; granddaughters Abigail Steehler and Linaya Steehler; numerous nieces, nephews and cousins. He was preceded in death by his parents and brother Jay Clark.

A service was held at 1:00 p.m. Thursday, January 27th, 2011 at Squaxin Island gym. Burial followed at the Squaxin Island Cemetery. Out of respect for the family, tribal offices were closed.

Online condolences may be sent to the family at www.mccombfh.com.

OFFICIATING

Dave Lopeman

PALLBEARERS

Lloyd Clark - Dave Clark

Jim Speas - Rusty Rouse



Remember Me This Way

*When I come to the end of my journey
And I travel my last weary mile,
Just forget if you can, that I ever frowned,
and remember only the smile
Forget unkind words I have spoken;
Remember some good I have done.
Forget that I ever had heartache
And remember I've had loads of fun
Forget that I've stumbled and blundered
And sometimes fell by the way.
Remember I have fought some hard battles
And won, ere the close of the day.
Then forget to grieve for my going,
I would not have you sad for a day,
But in summer just gather some flowers
And remember the place where I lay,
And come in the shade of evening
When the sun paints the sky in the west
Stand for a few moments beside me
And remember only my best.*

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

www.squaxinisoland.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
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



Tips For Saving Money

Set priorities for spending. Make short, medium, and long term goals. Develop a savings plan for reaching the goals.

Limit small spending. How much money is being spent on \$5 lattes, pop, candy, cigarettes, and other items?

Look at services you are paying for but not using. Do you have health-club memberships, phone service, magazines, newspapers, unwatched cable packages, and other expenses that can be eliminated. Eliminate items not being used. Don't pay long distance fees on a land-line if you use your cell phone for long distance calls.

Food — take your lunch to work a couple days a week. Try scaling back on fast food and eating out. Use coupons or watch for specials.

Clothing — Children often outgrow their clothing before wearing them out. This can be an expensive and frustrating experience, so don't let their wardrobes get too large. Watch for sales or share clothes with relatives.

Recreation — Look at inexpensive ways to do things with the family. Search out free activities, concerts, parks, and community events. Plan a family night which includes playing board games, cards, etc. Rather than spending money at the movie theater, check out movies from the library, watch a movie on TV, or borrow one from a friend.

When buying a house or renting an apartment, select one you can afford.

Consider ways to cut down on utility bills and energy usage. In the winter, set the thermostat no higher than 72°F when you are home. Lower the thermostat when you are away for more than four hours or asleep. You can save approximately 10 percent on heating bills by turning the thermostat back 10–15 degrees for eight hours a day. In the summer, set the thermostat at 78°F. Save energy by unplugging chargers when the charged item is removed. Switch out incandescent bulbs for compact fluorescent bulbs — the initial cost is more but there is savings in the long run.

Another area of expense for families is pets. Many families want and enjoy pets but don't realize the cost of keeping a pet. On the average it cost approximately \$1,000 a year to have a pet. One must consider food, vaccinations, boarding, treats, and other items necessary for keeping pets whether it is a cat, dog, bird, or other pet.

Be a wise shopper and check the sale ads. Make a list and stick to it at the grocery store. Go shopping as few times as possible. Many trips can add to costs and purchasing unnecessary items.



Electing Leaders as Your Future Council Members

Imagine the possibilities if all Tribal Council members were elected based upon their leadership skills and their ability to bring positive growth and balance to the tribe, rather than on popularity.

General Body voters are the deciding factor in electing Tribal Council members. Often, when Tribal Council members are elected, it is based on popularity, family relationships, or promises of per capita income.

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

Many tribal members believe that merely by being elected, the Council Member becomes a leader, but that isn't true. It takes much more than a 51% majority of a fraction of voters to be a true leader.

Leaders are people who build and support teams to accomplish the goals of the Tribe. They empower the tribe and its employees to excel 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 inter-relationship 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.



Legal Notice

Important information about the \$3.4 billion Indian Trust Settlement

For current or former IIM account holders,
Owners of land held in trust or restricted status, or their heirs

There is a proposed Settlement in *Cobell v. Salazar*, a class action lawsuit about individual Indian land held in trust by the federal government. This notice is just a summary. For details, call the toll-free number or visit the website listed below.

The lawsuit claims that the federal government violated its duties by (a) mismanaging trust funds/assets, (b) improperly accounting for those funds, and (c) mismanaging trust land/assets. The trust funds include money collected from farming and grazing leases, timber sales, mining, and oil and gas production from land owned by American Indians/Alaska Natives.

If you are included in the Settlement, your rights will be affected. To object to the Settlement, to comment on it, or to exclude yourself, you should get a detailed notice at www.IndianTrust.com or by calling 1-800-961-6109.

Can I get money?

There are two groups or "Classes" in the Settlement eligible for payment. Each Class includes individual IIM account holders or owners of land held in trust or restricted status who were alive on September 30, 2009.

Historical Accounting Class Members

- Had an open individual Indian Money account ("IIM") anytime between October 25, 1994 and September 30, 2009, **and**
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

Trust Administration Class Members

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, **or**
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009 where the trust interests were in probate as of that date. This means you have asked a court to transfer ownership of the deceased landowner's property.

An individual may be included in one or both Classes.

What does the Settlement provide?

- A \$1.5 billion fund to pay those included in the Classes.
- A \$1.9 billion fund to buy small interests in trust or restricted land owned by many people.
- Up to \$60 million to fund scholarships to improve access to higher education for Indian youth.
- A government commitment to reform the Indian trust management and accounting system.

How much can I get?

- Historical Accounting Class Members will each get \$1,000.
- Trust Administration Class Members will get at least \$500.
- If you own a small parcel of land with many other people, the federal government may ask you to sell it. You will be offered fair market value. If you sell your land it will be returned to tribal control.

If you believe you are a member of either Class and are not receiving IIM account statements, you will need to call the toll-free number or visit the website to register.

What are my other rights?

- If you wish to keep your right to sue the federal government about the claims in this Settlement, you must exclude yourself by **April 20, 2011**.
- If you stay in the Settlement you can object to or comment on it by **April 20, 2011**. The detailed notice explains how to exclude yourself or object/comment.

The U.S. District Court for the District of Columbia will hold a hearing on June 20, 2011, to consider whether to approve the Settlement. It will also consider a request for attorneys' fees, costs, and expenses in the amount of \$99.9 million. However, Class Counsel has fee agreements that would pay them 14.75% of the funds created for the Classes, which could result in an award of \$223 million. The Court may award more or less than these amounts based on controlling law. If approved, these payments and related costs will come out of the Settlement funds available for payment to Class Members.

If you wish, you or your own lawyer may ask to appear and speak at the hearing at your own cost. For more information, call or go to the website shown below or write to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877.

For more Information:

1-800-961-6109

www.IndianTrust.com

Squaxin Island tribal members contact Diane Stymacks at dstymacks@squaxin.us

or
360-432-1771



Hello from the Squaxin Island Pool

Updates

Squaxin Pool has recently gone through some reconstruction! Gas pipes have been re-routed, heaters fixed and cleaned and now we have four more vents in our chemical room to ensure long life to all the machinery. Thank you to Jeff Peters and his crew for installing the vents, keeping this project on track and working with outside technicians to make sure the pool is running efficiently.

Whitney Jones has moved to Island Enterprises. As the former head of the pool, she will be greatly missed for her sincere care and concern for providing Tribal members with a wide variety of activities and a safe and enjoyable pool. Luckily, Kathy Block has taken her place and is putting a strong focus on how to best utilize this amazing facility. Stay tuned.

Saturday Open Swim is HAPPENING! Come swim with your family and friends; enjoy the time with each other and the playful environment of the pool. Swimming is a great after work/school activity and is a definite highlight to any weekend.

Did you know? Along with releasing the stress of a long day, swimming uses almost every muscle in your body, ensuring healthy connective tissue, lowering the heart rate and resulting in a deep sleep at night.

Want to lifeguard? Contact us at (360) 432-3852 and get a jump on health, finances and community involvement.

Comments from Community

David Seymour (6) says: "The pool is awesome ... and I'm learning to swim!"

Loretta Krise (7): "... it's fun. It's so beautiful. It's crazy 'cause there's a lot of people that like to be here."

Airyana Peterson (8): "I like swim practice and Molly says I'm getting better every time I swim."

Dylan Baldwin (13): "The pool is fun, it's deep ...it could use a diving board BUT it's the best pool I've ever been to."



Walking On

Calvin Peters

Calvin, son of Jameson and Josephine Bagley Peters, was born in Olympia, WA on March 19, 1927, and passed away peacefully in his home in Tacoma on January 19, 2011, surrounded by his wife, Ina, who shared his life for over 60 years, his seven children: Steven of Shelton, Richard of Olympia, David, Mark and Roger all of Tacoma and his two daughters, Susan MacKenzie and Karen Farr of Tacoma, self-adopted son, Daniel Morgan of Seattle.

Cal is also survived by his brother, William Peters of Olympia, sister-in-laws, Elsie Charron of Tacoma and Ruth Peters of Olympia, 22 grandchildren and 13 great-grandchildren and numerous nieces and nephews.

He loved his family unconditionally and was loved in return. Emory Peters and Raymond Peters, Cal's brother's, preceded him in death as well as a sister, Jeanette Peters.

Cal attended Griffin Grade School in Olympia and Olympia High School where he graduated in 1947 after serving in the U.S. Navy from January of 1945 through August of 1946. After his discharge from the Navy, he continued serving in the U.S. Navy National Guard and was discharged in 1957. After his marriage to Ina in 1950, the family lived in Olympia where Cal worked with Butler Auto Rebuild and the Oldsmobile dealer painting cars. In 1960 the family moved to Tacoma where Cal opened "Cal's Tavern" which he operated for several years before taking a job with Boeing. When he left Boeing, he became Business Manager for the Squaxin Island Tribe. His main job was to lobby at state and national levels with other Indian tribal leaders for recognition and funding for development of tribal rights and resources. Florence Sigo, Dave Whitener, Bob and Arlene Whitener were also early Council members at that critical time.

Cal was an enrolled member of the Squaxin Island Tribe and was proud of his Native American heritage. Prior to 1952, he served on the Squaxin Island Tribal Council which met monthly at the various Council Members' homes to conduct business. In 1976 the four tribes in Small Tribes of Western Washington (STOWW) decided that they had common goals and would be better served by forming their own consortium. The original signers of the pact were Tribal Chairperson Melvin Youckton of the Confederated Tribes and Bands of the Chehalis, Zelma McCloud of Nisqually, Bill Smith of Skokomish and Calvin Peters of Squaxin Island. During those years, he also served on the Governor's Indian Advisory Committee, President

**Assistant Secretary
1952-1955**

**Tribal Council Secretary
1969-1975**

**Tribal Council Chairman
1975-1981**

**Tribal Council Member a Large
1981-1984**

**Tribal Council Vice Chairman
1996-2001**

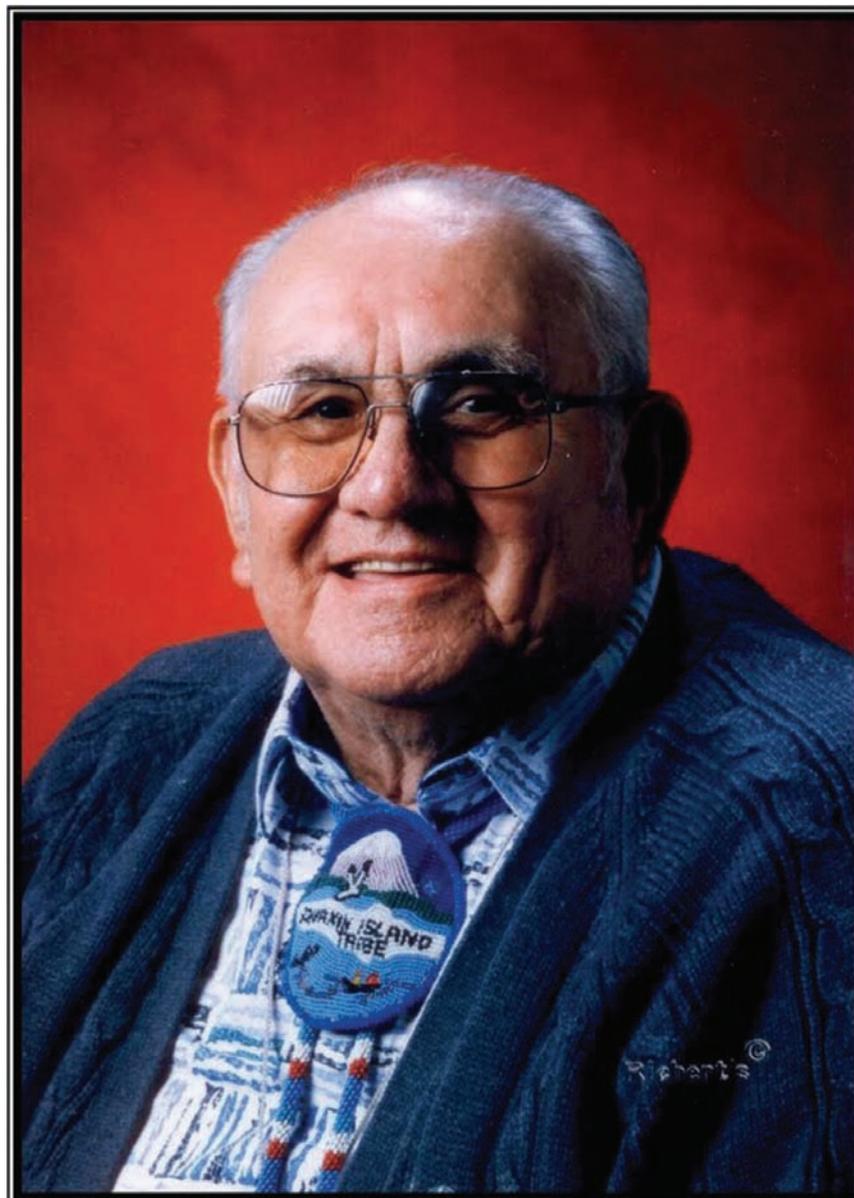
of Affiliated Tribes of Northwest Indians, was one of the founding fathers of the Northwest Indian Fisheries Commission. He also represented the Squaxin Island Tribe with the National Congress of American Indians, and was elected to serve on the Board of Directors for the Native American Rights Fund in 1987. He was especially proud to have been on of the advocates and lobbyists working with other Indian leaders of the Northwest to pass into law "The Boldt Decision."

In early years through his relationship with Skip Hayward, former Chairman of the Mashantucket Pequot Tribe in Connecticut, his vision was that Squaxin Island tribal members would some day benefit from the profits and job opportunities afforded through financing, building and operating both a casino and hotel on tribal property. Little Creek Casino Resort is proof that his vision has been realized in recent years and Cal was proud to serve on the Squaxin Island Gaming Commission.

Cal was on the Squaxin Island Veterans Committee. This committee was instrumental in planning and obtaining funding to erect the veterans memorial site which is next to the museum. This site is a memorial to past, present and future service men and women serving in numerous wars and conflicts threatening our nation's security and democracy.

Cal was proud to be part of the formation and development of the Squaxin Island Tribe from the beginning of the land acquisition for a place of government to the present time. He would be the first to acknowledge that he did not accomplish this alone. He enjoyed seeing the younger people take charge and encouraged them to carry the ball, knowing that education and technology of today far surpassed that of his time in office and involvement. He hoped those in tribal government and key positions would work solely for the benefit of tribal membership as a whole and not just for personal gain and that those employed with the tribe would be properly compensated for their work and be able to voice their concerns without fear of retribution.

Cal had love and respect for his fellow man and the ability to never let an argument cloud or end his working relationship or friendship with people. He always could find the good in everyone. His smile will be missed and his parting words to you would probably be, "My best to you."





Solid Waste and Recycling Program

Safe handling and disposal of mercury-containing products

Mercury is a handy substance commonly found in household products such as thermometers, fluorescent light bulbs, and electronics. It is also a hazardous substance which, when exposed to your family can have harmful effects. The following are some facts about mercury with some ways you can keep your family safe.

Facts about mercury

Mercury is a naturally occurring element which is found in its liquid form in thermometers, fluorescent light bulbs, and some batteries. At 70 degrees F mercury turns into a vapor and moves by air, eventually settling into water or onto land where it can be washed into water. Once in the water, mercury builds up in fish, shellfish, and animals that eat fish. Mercury can also build up in humans when breathing mercury from the air or when eating fish or animals that eat fish. Mercury exposure at high levels can harm the brain, heart, kidneys, lungs, and immune systems of people of all ages; unborn babies and young children are most susceptible to the harmful effects of mercury as it can impair development of the nervous system and brain, impacting cognitive thinking, memory, attention, language, and fine motor skills.

How to keep your family safe

You can keep your family safe by choosing fish and shellfish lower in mercury such as shrimp, canned light tuna, salmon, pollock, and catfish and by minimizing consumption of fish that are higher in mercury such as shark, swordfish, tilefish and king mackerel. Women who are pregnant or nursing can still have the positive health affects of fish and shellfish while keeping their unborn or infant children safe by eating physician-recommended amounts of fish. Questions or concerns about fish consumption should be directed to your healthcare provider.

You can also keep your family safe by handling and disposing of mercury-containing household products with care. Thermometers, thermostats, and fluorescent light bulbs are common household products containing mercury and should be handled carefully to avoid breakage. These items should not be thrown in the trash as they can break and cause harmful effects to your family or to those handling your garbage. Mercury-containing household products can be dropped off at the Mason County Transfer Station at 501 West Eells Hill Road. Fluorescent light bulbs can also be dropped off at PUD 3, Home Depot, or Lowes at no charge.

Cleaning mercury spills

If you have a mercury spill, keep your family members away from the contaminated area, open doors and windows to vent the vapors, and shut off central forced air heating/air-conditioning system. When cleaning up the spill, use rubber or latex gloves and only use tools (such as tweezers and eye-droppers) that will not further spread the mercury. For example, avoid using a broom. Place broken contents and contaminated tools in a sealed plastic bag and keep outside until you can dispose of the contents at the Mason County Transfer Station or other household hazardous waste collection site.

More information about mercury can be found on the Washington Department of Health Website www.doh.wa.gov/ehp/mercury or the Environmental Protection Agency Website www.epa.gov/mercury/about.htm.

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

Free Tax Preparation Site (Basic Returns)

The Squaxin Island Tribe – Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2010 tax year
Administration Building – 1st Floor
February 8 – April 14, 2011, Tuesday and Thursday evenings
4:30 p.m. – 7:30 p.m. By Appointment only

Make Tax Time Cash Time

The Squaxin Island Tribe – Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2010 tax year. The site will be open to the public and operating two evenings a week from February 8th to April 14th, 2011.

Don't pay high or unnecessary fees to a commercial taxpayer!

Use your local free tax prep site.

Think of all the money you will save!!!

Call Lisa @ 432-3871 to schedule an appointment.

WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?



You don't have to pay high fees to commercial tax preparers for quick cash refunds. Find a free tax preparation site near you!

KEEP YOUR CASH!

Instant tax refunds are really high cost loans! Free tax sites have volunteers trained by the Internal Revenue Service who can help you maximize your tax refund and get it deposited electronically in your bank account. Access your funds in just a few days.

GET YOUR CREDITS!

Every year in Native communities, millions of Earned Income Tax Credit (EITC) dollars go unclaimed. If your family earned less than \$43,352 in 2010, you may qualify for the EITC when you file your return. You could get up to \$5,666 depending on your income and number of qualifying children.

PUT YOUR MONEY TO WORK!

Use your tax refund to achieve your family's financial goals. Pay bills, improve your credit by reducing your debt, or save for a house, your education or a small business.

Oweesta Corporation www.oweesta.org/eitc 605-342-3770
Made possible by Annie E. Casey Foundation



Squaxin Island Free Tax Preparation Site

Administration Bldg. 1st floor

February 8 - April 14

By appointment only

Tuesdays and Thursdays from 4:30 - 7:30 p.m.

Contact Lisa Peters to schedule an appointment at 432-3871



Office of Housing

Attention Housing Applicants

Here's your last chance...

The Office of Housing has not received completed update application forms from the following individuals. These individuals will be removed from the Housing Waiting Lists unless they turn in their requested information or contact Juana Perry, Occupancy Specialist, at (360) 432-3863 by March 31, 2011.

Priority Waiting List

Davina Braese
Margaret Pickernell
Celeste Forcier
Laurinda Thomas
Annie-Beth Whitener
Leroy Melton
Lametta LaClair
Marilynn McFadden
Martin Sequak
Dillon Decicio
Celia Rosander
Kendra Blueback

Tightening Your Belt in Tough Times

Tightening your financial belt in tough times can be a challenge to everyone.

Reducing spending whether the situation is temporary or extended, one needs to get the most for their money. Studies have found many families do not adjust their lifestyle for about six months after their income is reduced — that time period can bring disaster. It is important to make adjustments immediately if your financial situation changes.

Whether streamlining a budget or simply making small habitual changes to save money, the first step is recognizing unnecessary expenditures. Make a list of wants and needs. "Needs" are the things we need to survive. "Wants" are the nice things in life we can survive without. For example, is having cable or satellite TV a necessity? Purchasing only things needed is an effective way to begin cutting expenses.

Before purchasing an item, ask the following questions.

- Do we already own one?
- Can we do without it?
- Can we postpone the purchase?
- Can we substitute something else that costs less?
- Can we use our skills to make it?
- Do we really need the item?

One way to see where your money goes is to assess day-to-day spending. Keep track of every penny spent for a week and then increase the tracking for two, three, and four weeks. It is most important to track the daily spending patterns. The rent, utility bills, and other monthly expenditures aren't the major concerns when tracking spending. After tracking the spending, find the areas of most consistent spending. Is it food, recreation, clothing, etc.? Two areas where most families can cut is food and clothing.

Controlling spending can be a challenge. Families can develop a sound financial plan by working through their expenditures, reducing wasteful spending, and following a budget.

All family members need to work together to reduce spending. Communication among family members is very important during difficult financial times. Children need to know the family's financial situation. So they understand why they cannot purchase or have things others have. Teaching children about money and how to handle money should be a top priority.

In order to have the standard of living one is accustomed to during hard times it may be necessary to reduce spending, give up a want, or find a second income. The second income may be another job or using a skill such as baking, making a craft or other items to sell.

Most families have a goal of wanting to get better at saving money. Being a wise spender allows people to save for a special vacation or to put money away for children's college expenses.

Following a household budget takes practice, and some families never quite accomplish using a budget. By setting priorities and watching spending, most families can live a comfortable lifestyle.



Office of Housing Upcoming Events

FREE Tax Preparation Site

Administration Bldg –1st floor
Tuesday and Thursday evenings
February 10 – April 14
4:30 p.m. – 7:30 p.m.
By appointment only

Appliance Care

Administration Bldg –1st floor
Monday, March 7th
4:30 p.m. – 5:30 p.m.

Screen Repair/Flower Baskets

Administration Bldg –2nd floor
Tuesday, April 26
4:30 p.m. – 5:30 p.m.

Tools For Success

Administration Bldg –2nd floor
Monday, May 2 and May 16
4:30 p.m. – 7:30 p.m.

Pet Care 101

Administration Bldg –1st floor
Tuesday, May 10th
4:30 p.m. – 5:30 p.m.

One on One Credit Counseling

(By appointment only)

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.



TU HA' BUTS LEARNING CENTER



Parents

March 23-25: SSD Parent Conferences
Mar 28-April 1: GSD Parent Conferences

Students

After school snacks: M-F 4-5 p.m.
Computer Lab: M-Th 3-6, F 3-5 p.m.
Sylvan: M-Th 4:30-7:30 p.m.
Homework Help & GED Prep (TLC classroom) T-TH 4-7 p.m.

All activities are drug, alcohol and tobacco free.
Co-sponsored by DASA

Available Scholarships

American Indian Endowed Scholarship: The Higher Education Coordinating Board (HECB) is now accepting applications for the 2011/12 American Indian Endowed Scholarship (AIES) awards. The application is available at the HECB web site at www.hecb.wa.gov/paying/waaidprgm/aies.asp. A hard copy must also be printed, signed and mailed to HECB.

Department of Energy, Bonneville Power Administration: American Indian students within the Pacific Northwest. This scholarship is available for the 11/12 academic school year and available to applicants attending an accredited college, university, technical school, or graduate school program, and are engaged in a field of study related to careers at the Bonneville Power Administration. For more information and application please visit their website at: www.bpa.gov/corporate/About_BPA/Tribes/index.cfm

The American Indian College Fund: For information and application please visit their website at: www.indian-affairs.org/scholarships/aaia_scholarships.htm

Indian Health Services Scholarship: For more information and application please visit their website at: www.scholarship.ihs.gov

American Indian Services Scholarship: For more information and application please visit their website at: www.americanindianservices.org/students.



Squaxin Youth Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm Front Desk: 432-3958

Gym/Recreation hours: M-Th 3-7pm; F 3-6

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Key E.R. = early release SSD = Shelton School District GSD = Griffin School District TLA = TuHa'Buts Learning Academy		1 Lushootseed Activities Arts & Crafts 4-6 Bball practice 4:30-6:30	2 Youth Council 5:30 Cheerleading 5-7 Crafts w/Millie 4-6 Open Swim 3-6	3 WSU Nutrition 4-5:30 Karaoke 5:30-7 Bball practice 4:30-6:30 OBJH 9 th grade registration	4 GSD: No School Gym open at 1 for Griffin students Bingo 5-7 Open Swim 5-8 Cops v. Rez Girls Bball Game 4-5	5
6	7 Basketball game Open Swim 3-6	8 Lushootseed Activities Arts & Crafts 4-6 Bball practice 4:30-6:30	9 Youth Council 5:30 Cheerleading 5-7 Crafts w/Millie 4-6 Open Swim 3-6	10 WSU 4-5:30 Karaoke 5:30-7 Bball practice 4:30-6:30 TLC open at 3 No TLA	11 SSD: No School Gym open at 1 for SSD students Dance Group 4:30-6 Bingo 5-7 Open Swim 5-8	12
13 Daylight savings time begins: Turn clocks one hour ahead	14 Basketball game Open Swim 3-6	15 Lushootseed Activities Arts & Crafts 4-6 Bball practice 4:30-6:30 SSD: HS Exam	16 Youth Council 5:30 Cheerleading 5-7 Crafts w/Millie 4-6 Open Swim 3-6	17 WSU Nutrition 4-5:30 Karaoke 5:30-7 Bball practice 4:30-6:30 SSD: HS Exam	18 SSD: 1.5 hr E.R. Dance Group 4:30-6 Bingo 5-7 Open Swim 5-8	19
20 First day of Spring	21 Basketball game Open Swim 3-6	22 Lushootseed Activities Arts & Crafts 4-6 Bball practice 4:30-6:30 SSD: HS Exam	23 SSD: 3 hr E.R. Youth Council 5:30 Cheerleading 5-7 Crafts w/Millie 4-6 Open Swim 3-6	24 SSD: 3 hr E.R. Karaoke 5:30-7 WSU Nutrition 4-5:30 Bball practice 4:30-6:30	25 SSD: 3 hr E.R. Dance Group 4:30-6 Movie Night 5-7 Open Swim 5-8	26
27	28 Griffin E.R. Basketball game Open Swim 3-6	29 Griffin E.R. Lushootseed Activities Arts & Crafts 4-6 Bball practice 4:30-6:30	30 Griffin E.R. Youth Council 5:30 Cheerleading 5-7 Crafts w/Millie 4-6 Open Swim 3-6	31 Griffin E.R. Karaoke 5:30-7 WSU Nutrition 4-5:30 Bball practice 4:30-6:30		



TU HA' BUTS LEARNING CENTER



Students Beware

A letter requesting students and parents send money to a "College Financial Advisory" group advertises that they will help students be considered for need and merit-based aid that they otherwise wouldn't have been. This is a SCAM. Do not send money to this or any other organization requesting money for scholarships or grants. The only form that needs to be filled out to be considered for all state and federal aid is the FAFSA. Faculty and staff: if you have students asking you about this or other solicitations, please refer them to the financial aid office. Students: if you or your parents have received something like this in the mail, do not respond to it, and contact us in financial aid. Attached is a copy of what this scam looks like.

Tracy R. Peterson
Associate Director, Multi-Ethnic Student Programs
Office of Equity, Diversity and Intercultural Programs
110 MRC, 600 E. 4th St.
Morris, MN 56267
t. 320.589.6097
e. trpeters@umn.edu



Scam

STUDENT PROFILE NUMBER ¹	[REDACTED]
COLLEGE ATTENDING ²	UNIVERSITY OF MINNESOTA
FILING STATUS ³	PENDING

It is time to apply for all available 2011-2012 financial aid programs to help pay for your college education expenses. Students who did not qualify for federal student aid (Pell Grants, FSEOG, or Work-Study) or need additional financial aid assistance should submit applications to other existing financial aid programs.

Students can receive federal, state, local, national merit, and need-based financial aid assistance regardless of their academic performance or family's income level. These funds are not student loans, and they do not have to be repaid. The money can be used to pay for tuition, room and board, fees, books, computers, and transportation.

Submit the enclosed Student Aid Profile Form (SAPF) to pLProceed with the 2011-2012 College Financial Advisory (CFA) student aid program and apply for the maximum merit and need-based financial aid programs.

The College Financial Advisory Processing Center Department (CFA-PCD) must receive all completed Student Aid Profile Forms no later than **April 30, 2011**. Fill out the form, enclose the refundable processing fee, and mail both in the pre-addressed envelope. The entire processing fee will be returned within ten (10) business days to all students who do not qualify or do not receive financial aid funding.

Parents can also complete and sign the enclosed form with accurate student information. Late Student Aid Profile Forms will be accepted for students with special circumstances; however, not all financial aid funds will be available. Prepare to apply early because most financial aid programs have strict deadlines and limited funding.

For more information, contact the College Financial Advisory Student Aid Information Center (CFA-SAIC) at 1-888-4-APPLY-NOW (1-888-427-5966). You can also visit our website at www.collegefinadv.org or email us at info@collegefinadv.org with any questions.

Sincerely,

Cindy Warwick
College Financial Advisory Director
2011-2012 Academic Year Financial Aid Programs
CWtb

¹ Internal number assigned by College Financial Advisory (not a SSN) ² This Program is sponsored by College Financial Advisory (not a SSN) ³ College Financial Advisory's internal filing status - for more information see website
CFA-PCD: FSA-AD-1112-1
College Attending: UNIVERSITY OF MINNESOTA
SPN: 132-018467

Basketball:

South Sound Inter-Tribal Basketball League, practices are Tuesday and Thursday from 4:30 to 6:30 in the Squaxin Island Gym. Games begin at 6pm, concessions are available at Squaxin home games. Come and support your Squaxin Island Teams!

High School Division

March 7	March 14	March 21	March 28
Squaxin @	Squaxin @	No Game	Chehalis @
Chehalis	Nisqually		Squaxin

Jr. High Division

Muckleshoot @	Squaxin @	Skokomish @	Muckleshoot @
Squaxin	Nisqually	Squaxin	Squaxin

After School Homework Help

Do you need help with your homework after school or just want to brush up on your skills? Help is available Monday and Friday 4:00 to 5:00pm; Tuesday, Wednesday and Thursday 4:00 to 7:00pm in the TLC classroom.

Higher Education

If you are interested in going to college please contact Lisa Evans in TLC for the Squaxin Island Higher Education application, and for additional information. Required paperwork for students already participating in the Squaxin Island Higher Education program is due on or before March 18 for spring 2011 quarter. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.



Grays Harbor Reservation Based AA Degree Bridge Program

The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.



Making School Count

Imagine missing school the day the math teacher introduces addition, fractions, or multiplication. Imagine missing out on important information that will help master the skills needed to pass. You walk into class the next day to find you are lost and behind the rest of the class, now you have to try to catch up.

This is what happens when our kids miss school. If a child misses school on the day an important concept is taught, they fall behind. If a child keeps missing school, they keep falling behind the other kids. This can continue until the child gets to high school and can cause problems with earning a high school diploma and graduating.

Parents: You can help your child make it to school on time everyday!

HOW:

Encourage and help prepare for school each evening: get backpacks ready, make lunch, set alarm clocks (TLC has extra alarm clocks if you need one), and pick out clothes.

Pick a bedtime and stick to it!

Remember to give lots of positive feedback for good attendance.

Let your child know you expect good attendance and show it's important to you.

If your child needs to miss school:

Send a note to school saying why your child did not attend school.

Attach a doctor's note (if possible, schedule appointments after school or at the beginning or end of the day to avoid missing the whole day).

Call the school to let them know your child will not be attending that day.

Call the TuHa'Buts Learning Center at 360-432-3958—we can help with missed assignments.

What happens if your child does not go to school?

The parent and/or the child will be charged with truancy. Truancy is (according to the Squaxin Island Tribal Code):

- any student who has either 5 unexcused or excused absences in one calendar month.
- any student who has 10 unexcused or 20 excused absences accumulated throughout the school year
- A student can be charged with truancy by both Mason County Court and Tribal Court.

It is important for all children to attend school, let's make education a priority for the Squaxin community by encouraging all children to attend school.

Remember students need to be in school everyday to stay on track!

Teen Dating Violence

Teen dating violence isn't an argument every once in awhile, or a bad mood after a bad day. Teen dating violence is a 'pattern of controlling behavior' that someone uses against their partner.

Teenagers often experience violence in dating relationships. In dating violence, one partner tries to maintain 'power and control' over the other through abuse.

Statistics:

1 in 5 teens that have been in a serious relationship report being hit slapped or pushed by their girlfriend or boyfriend.

1 in 3 girls who have been in a serious relationship say they've been concerned about being physically hurt by their girlfriend or boyfriend.

Nearly 80% of girls who have been physically abused in their relationship, continue to date their abuser.

Early Warning Signs That Your Partner May Become Abusive

- | | |
|---|-------------------------------|
| Extreme jealousy | Controlling behavior |
| Quick involvement | Unpredictable mood swings |
| Alcohol and drug abuse | Explosive anger |
| Isolates you from friends/family | Uses force during an argument |
| Shows hypersensitivity | Believes in rigid sex roles |
| Verbally abusive | Abused former partner |
| Threatens violence | Cruel to animals and children |
| Blames other for his problems or feelings | |

Teenagers can choose better relationships when they learn to identify the early warning signs of an abusive relationship, understand that they have choices, and believe they are valuable people who deserve to be treated with respect!

Domestic Violence is a problem that affects every community across the country. Domestic Violence is not a private matter, a couple's problem, a domestic 'squabble' or 'fight.' It is not a momentary loss of temper or abuse of alcohol or drugs.

Domestic Violence is a choice the abuser makes

Domestic Violence is a deliberate pattern of abusive tactics used by one partner in an intimate relationship to obtain and maintain 'power and control' over the other person.

Domestic Violence is a crime!!!





Are You Being Abused?

- Do you feel like you are walking on eggshells to keep the peace?
- Does your partner hurt you with bad names or put downs?
- Does your partner threaten or harass you?
- Does your partner give you 'the look'?
- Does your partner shove, slap or hit you?
- Does your partner abuse your children?
- Does your partner talk bad about your family/friends?
- Does your partner keep you from seeing family/friends?
- Does your partner break your things?
- Does your partner threaten to hurt your animal?
- Does your partner follow you, spy on you, or show up at your job, school or your friends?
- Does your partner listen to your phone calls or keep you from using the phone?
- Does your partner talk you into having sex when you don't want to?
- Does your partner accuse you of having affairs?
- Does your partner get extremely jealous when you hang out with your male friends?
- Does your partner control all the money and give you little or none?
- Does your partner harass you about how you spend your money?
- Does your partner keep you from getting or keeping a job?
- Does your partner harass you about your 'life goals,' and try to talk you into not doing what you have always wanted to do?

If you answered "YES" to any of these questions, you are likely to be in an 'abusive relationship.'

Non one deserves to be abused in any way!!!

Domestic violence is a learned behavior

It is learned through:

- Family
- Observation
- Experience
- Culture
- Community (peer group, school, etc)

Victims of domestic violence do not cause the violence!!!

The abuser is responsible for every act of abuse!!!

Abusers may try to manipulate their partners, especially after a violent episode.

He may try to 'win' her back in some of these ways:

- Invoking sympathy from her, her family/friends
- Talking about his 'difficult childhood'
- Become overly charming, reminding her of the good times they've had
- Bringing romantic gifts, flowers, dinner
- Crying, begging for forgiveness
- Promising it will 'never happen again'
- Promising to get counseling, to change
- Abuse gets worse and more frequent over time

Effects of an Abuser

An abusive dating relationship can have long-term effects on the abuser. While the 'abuser' may get what he/she wants in the short-term,

These consequences may follow:

- Alienation of their friends and family
- Losing respect from their peers, family and community
- Being alone, does not have many friends
- Losing their job or status in the community
- Having a criminal record and/or losing personal freedom

Abusers create a pattern of behavior for themselves, which puts them at risk for ruining future relationships. The earlier this problem is recognized and dealt with, the sooner it can be addressed.

There is help!

National Teen Dating Abuse Helpline - 1-866-331-9474

National Domestic Violence Hotline - 1-800-799-7233

Gloria J. Hill, Domestic Violence Project Coordinator/Advocate
360-432-3927 *All calls are kept confidential!!!!!!*

Fund-raising for Malia Henry National Young Leadership Conference in D.C.

Hello everyone!

We are proud to announce that our daughter, Malia Henry, will be attending the "Jr. National Young Leadership Conference" this March, in Washington D.C.

Malia was chosen by her school principal to represent her school this year at the conference.

One of the greatest benefits of attending JrNYLC, will be meeting and interacting with the nation's brightest young leaders and networking together to discuss similarities and differences. Further, Malia will have the chance to share her hopes and goals for the future.

JrNYLC is a unique 6 day program designed to help young scholars like Malia to develop and sharpen their leadership skills and give them a high degree of confidence that will help carry through the rest of their academic studies and beyond.

At this time, we would like to THANK the following for supporting Malia in her endeavor to become a young & future leader of the Squaxin Island Tribe by donating to the raffle that will supplement costs. The donations (so far) are as follows:

- Squaxin Island 1% Committee – Monetary donation
- Island Enterprises, Inc. – Monetary donation, Pendleton blanket, etc.
- David Seymour- Monetary donation
- Joseph Seymour, Jr - Print, "Our Journey Together"
- Gloria Hill - Beaded Pen
- Tom & Mandy McCullough - Necklaces
- Leslie Johnson- Necklaces
- Andrea Wilbur-Sigo, print



Thank you in advance for your help & support with this great project!!!

- Vince and Margaret Henry



Why Cover Letters and Résumés?

Please attach a cover letter and résumé. A simple statement found at the top of each Squaxin application identifying the documentation needed for each application packet. Cover letters and résumé can seem like extra steps; this additional information works to your benefit. A cover letter serves as an initial introduction, a way to express how your skills fit the position you are applying for. Your résumé is a one page snapshot of your work history. Your application packet should showcase the relevant skills and experience you can offer to the position. Keep in mind your application packet will most likely be reviewed by either the Department Director or multiple members of the interview panel. This is why it is necessary to complete all required steps. Human Resources would like to encourage Tribal members to include these essential pieces when applying for positions with the Squaxin Island Tribe.

Available Resources

Computer stations are set up in the lunchroom of the Tribal Administration building as well as the Museum for community use. Please feel free to stop by or contact Astrid Poste, Staffing Specialist at (360) 432-3865 with any questions. I'm happy to provide assistance and look forward to seeing you soon.

Templates simplify the process and provide a great starting place if you are unfamiliar with creating a Résumé.

Accessing Templates in Microsoft Word

Microsoft Word Résumé Templates can be accessed via the following steps:

Start with a blank Word document.

Click **New** on the File menu.

In the New Document task pane at the right of the window, you'll find a Templates area.

Click **On my computer**.

When the Templates dialog box opens, click the **Other Documents** tab.

Select one of the three available resume templates - Contemporary Resume, Elegant Resume, or Professional Resume - and then click the **OK** button. A new document, based on the selected template, will open in Microsoft Word.

Microsoft Word Letter Templates

Start with a blank Word document

Click **New** on the File menu.

In the New Document task pane at the right of the window, you'll find a Templates area.

Click **On my computer**.

When the Templates dialog box opens, click the **Letters and Faxes** tab.

Select one of the available letter templates and click the **OK** button. A new document, based on the selected template will open in Microsoft Word.

A basic cover letter should address the following areas:

- Your interest in the position. What skills and/or experience you can offer specific to the position.
- A closing statement, including contact information.



New Employee



TJ Berry System Administrator

Hi, my name is TJ Berry and I'm the new system administrator. I really appreciate the chance to be a part of this great organization. Previously I had worked for about 10 years at Capital Business Machines in Olympia. During my time there as a service technician I gained valuable experience in helping customers to get the most out of the technology they use for business.

As for me personally, I really love working with electronics. I probably spend much more time in front of a PC than I should. I have a lot of experience with printers, copiers, PC's, and even paper folders and many other types of equipment, so I can help you with everything from copier special functions, to software on your PC.

Thank you!





Valentines Day

The Elders held their annual Elders Valentine'S Day dinner on February 12, with about 50 guests who enjoyed an outstanding prime rib dinner prepared by "Our Colleen" followed by ice cream and cookies for desert. Entertainment was by our Elders - Rose and her group *Lost in Country* with Dee and new member, Molly. It was the group's first public performance and they were well received.



Elders Committee Elections

Chairman - *Steve Witcraft*
Don Brownfield - *Vice Chair*
Loretta Case - *Officer at Large*



Happy 82nd Birthday Ron Dailey 2/2/2100





Great Big Thanks to Nora, Kendra, Pam, Liz, Tiff and Sophie

*Thanks for all your wonderful help in
getting the hospital bed for Toby.
We are very, very, very appreciative!!!
Love,
Toby and Merlene*

What's happening at the Squaxin Island Museum Library & Research Center

Beading workshop with Marcella Castro, powwow preparation, clay class for 2012 Canoe Journey



March is Colon Cancer Prevention Month

The 1ST annual March to Prevention Conference presented by SPIPA Colon Health Program, will be held at the Chehalis Community Center on March 18th and 19th. Walk through the GIANT COLON !!!! Play Bingo at the Fun Challenge and compete for raffle tickets. Participate in coin jewelry making while being educated on colon health. Attend a healthy cooking demonstration and enjoy delicious snacks and meals during the conference. Listen to a panel of cancer survivors share their journey through the cancer treatment process. At the end of Saturday, there will be closing remarks, then the FABULOUS incentive drawings that you must be present to win. We especially want participants of our Colon Health Program to register and participate in this special event. Come to the Squaxin Island Health Services Building to get a registration form from me. Participants over age 50 who are enrolled in the SPIPA Colon Health Program are eligible for a room reservation. Hurry, as there are only 16 rooms available for the conference as of 01/20/2011. Glenda Loomis, RN, is the new Patient Navigator for Colon Health Program at Squaxin Island. Call me at 432-3884 or stop in the Health Services Building across from the clinic to meet me and pick up a registration form.





SPIPA's Colon Health Program
Invites you to the
"March To Prevention" Conference

Where: Chehalis Tribal Community Center

When: Friday - March 18 - 12 Noon to 5 PM
Saturday - March 19 - 9 AM to 5 PM

What: Learn Important Cancer Prevention Strategies
Who: Tribal Community Members from
the Seven Tribes of the SPIPA Colon Health Program.

RSVP: 360-462-3235



Foot Exam Morning was January 14th

Submitted by Patty Suskin,
Diabetes Coordinator

Thank you, Peggy DeMiero & Paula Henry for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff, or Dr. Anderson can check your feet each time you come to the clinic.

Foot Care Tips for People with Diabetes:

1. **Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts.** See your doctor right away for any of these problems.

2. **Keep your skin soft & smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.

3. **Wear shoes & socks at all times.** Never walk bare-foot. Wear comfortable shoes that fit well & protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth & there are no objects inside. Wear socks that

do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.

4. Keep your blood sugars in line. General guidelines (*check with your doctor for specific guidelines for you*):

Fasting (or first thing in the morning):
80-110

Two hours after a meal:
80-140

Bedtime:
100-140

Hemoglobin A1C:
Under 7 %

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes & are due for your annual exam with Dr. Kochhar, contact Patty Suskin at (360) 432-3929.



Paula Henry Peggy DeMiero have their feet checked by Dr. Molina Kochhar, podiatrist



Upcoming Events

Brief Community Walk

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

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Juana Perry @ 432-3863
to get on the waiting list to have a garden placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Thursdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Health Promotions Programs

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

Our Nationally Recognized Lifestyle Balance Program

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

Mammogram Clinic

Thursday, March 17
9 a.m. to 3 p.m. @ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

Community Health Walk

Thursday, March 17
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

March Menu

Tuesday, 1: Soup & Sandwich
Wednesday, 2: Baked Ham
Thursday, 3: Chalupa
Monday, 7: Chicken & Dumplings
Tuesday, 8: Soup & Sandwich
Wednesday, 9: Baked Fish
Thursday, 10: Chicken Fried Steak
Monday, 14: Beef Pot Pie
Tuesday 15: Soup & Sandwich
Wednesday, 16: Baked Chicken
Thursday, 17: Corned Beef & Cabbage
Monday, 21: Chicken Taco
Tuesday, 22: Soup & Sandwich
Wednesday, 23: Pork Roast
Thursday, 24: Tuna Casserole
Monday, 28: Sloppy Joes
Tuesday, 29: Soup & Sandwich
Wednesday, 30: Cabbage Rolls
Thursday, 31: Chicken Fajitas
** Menu is subject to change*

Need Food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition
information for you
and your child up to age 5
Please bring: your child, medical coupons
or paystub & identification

Tuesday, March 8th

9:00 - 4:00

Contact Debbie Gardipee-Reyes:
462-3227

Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at
438-4216 or 438-4235

Monday, March 7

10:00 a.m. - Noon

FOOD BANK

At Health Promotions Building
If you need access to the food bank at any
time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for
fresh produce or bread, let me know.
Contact Melissa Grant: (360)432-3926



HEALTH CLINIC



Herb Johns knows the importance of checking blood pressure

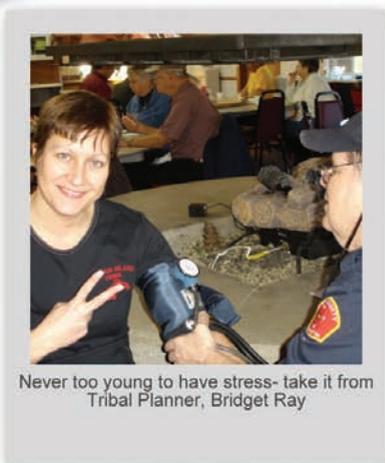
Get your blood pressure checked

at the Elders building twice a month.

See dates listed below



Penni Giles was curious to know her blood pressure



Never too young to have stress- take it from Tribal Planner, Bridget Ray

Get your blood pressure controlled to avoid heart attack, stroke and kidney problems



Kamilche Pharmacy

In order to comply with current Federal and State regulations, you will see some changes in our pharmacy practices. Our pharmacy technician cannot dispense medications without a pharmacist present, but will be able to accept new written prescriptions and refill requests.

For your convenience, we encourage you to visit our pharmacist to pick up prescriptions between 8:00 am to 12:00 pm (noon). If you choose to visit our pharmacy after 1:00 pm, please be aware that you may have to wait for your new prescription or refill until a provider is able to assist you.

In the past, we had to fill prescriptions at outside pharmacies. We choose not to go back to that model.

We understand that your time is valuable and we will do our best to fill your prescriptions in a timely manner. Thank you for your patience during this transition.

Seasonal Influenza

The 2010-2011 influenza season is beginning in the Northern hemisphere! Flu FAQs: IT IS NOT TOO LATE TO GET YOUR FLU SHOT! The sooner you get your flu shot, the sooner it can start protecting you and those around you from the effect of the flu. Although it may take 4-6 weeks for full immunity to develop, the flu shot can lessen the severity of infection within 2 weeks of administration. If you got your H1N1 shot last year, you STILL need to get a flu shot this year! Eventhough you may have some protection from the H1N1, the Influenza A H3N2 and Influenza B strains are much more common this year and were not a part of either seasonal flu shot or the H1N1 flu shots offered last year. For more information go to CDC, <http://www.cdc.gov/flu/weekly/summary.htm>

Thank you! - Pam

Sign up for DSHS Services right from the Clinic!

You can sign up for help with:

- Cash
- Food
- Medical
- Children's Medical
- Pregnancy Medical
- Child Care or Dependent Care
- Drug & Alcohol Treatment

The clinic now has a DSHS kiosk * for your convenience.

*This is a free standing desk that has a dedicated phone line that goes directly to DSHS and a computer that is hooked up to the DSHS website.

Instead of driving all the way to the Shelton Community Services Offices, come by the clinic. You can also call DSHS directly to get answers to any questions. 1-877-501-2233

Blood pressure checks For good health

Submitted by Patty Suskin, Diabetes Coordinator

Thanks to our friendly firefighters, most people eating lunch at the Elder's Building on February 7th had their blood pressure checked for free by our friendly firefighters. Herb Johns, Bridget Ray & Penni Giles shared their moment with us. Blood pressure out of control may lead to heart attacks, stroke, and kidney failure.

Join us to check your blood pressure:

- March 7
- March 22
- April 7
- April 18th.

We want to keep you healthy!





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

Tuesday, March 8th is WIC DAY at SPIPA

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227



Walk at Nisqually Wildlife Refuge! Nisqually Estuary Boardwalk Trail just opened February 1, 2011

Round trip is 4 miles



Submitted by Patty Suskin, Diabetes Coordinator

NISQUALLY National Wildlife Refuge, on the Nisqually River Delta in southern Puget Sound, was established in 1974 for the protection of migratory birds. Three thousand acres of salt and freshwater marshes, grasslands, riparian, and mixed forest habitats provide resting and nesting areas for migratory waterfowl, song-birds, raptors, and wading birds.

The Refuge has approximately 5.5 miles of walking trails currently open. The one-mile Twin Barns Loop Trail is a fully accessible boardwalk trail with access to the observation platform. Please stay on the trails.

The Refuge presents many wonderful opportunities for photographers. Observation platforms along the trail provide countless possibilities to capture that perfect moment.

Trail Distances and Times

Distances and approximate hiking times are from the visitor parking lot. The times indicated are for steady walking. Add time to account for wildlife and habitat observations.

Trail	Distance	Time
Twin Barns Loop Trail	1 mile loop	30 minutes
To Riparian Forest Overlook	¼ mile one way	10 minutes
To Nisqually Overlook	1 mile round trip	30 minutes
To Twin Barns	½ mile one way	15 minutes
Nisqually Estuary Trail	1 ½ miles round trip	45 minutes
New Estuary Boardwalk Trail	4 miles round trip	2 hours

Hiking Trail Descriptions

TWIN BARNs LOOP TRAIL

This level, mile-long boardwalk passes through woodlands, grasslands, and freshwater marshes, past the Twin Barns and an observation platform, ending back where it starts at the Visitor Center. There are three spur trails off the main trail: the Riparian Forest Overlook, the Nisqually River Overlook, and the Twin Barns Observation Platform.

TO RIPARIAN FOREST OVERLOOK

A short trail to an observation deck branches off the east side of the Twin Barns Loop Trail. It curves through a surge plain, where tidal changes cause the Nisqually River to spill into a wooded habitat.

TO NISQUALLY RIVER OVERLOOK

A little under half of a mile around the east side of the Twin Barns Loop Trail, the boardwalk extends for another 150 yards to the river. Here there is an observation deck with a mounted spotting scope for wildlife viewing along the Nisqually River.

THE TWIN BARNs OBSERVATION PLATFORM

About half of a mile around the west side of the Twin Barns Loop Trail, a boardwalk spur to the left goes to the Twin Barns Observation Platform. This elevated platform

provides excellent views of the freshwater wetlands and the tidal estuary outside the dike. Mounted spotting scopes can assist with viewing wildlife.

NISQUALLY ESTUARY TRAIL

This trail starts just prior to the Nisqually River Overlook and is on top of an earthen dike. The salt water tidal estuary is to the north of the trail and freshwater wetlands are to the south. The trail is flat and easy walking.

NEW NISQUALLY ESTUARY BOARDWALK TRAIL

Wheelchair accessible. Just opened Feb 1st 2011.

Wildlife Observation Tips

When

Early morning, late afternoon, and when the weather clears after a storm are good times to observe wildlife. Spring bird migration usually goes from mid-March through mid-May, and fall migration from September through December. The Refuge is open daily during daylight hours.

Where

Be sure to look in a variety of habitats, along the "edges" between habitats, and remember to look high and low as well as at eye level.

How

You will see more animals if you are QUIET. Be sure to listen for animal calls or songs, or try sitting down along the trail and waiting.

What to Bring

Binoculars or spotting scopes are helpful for observing wildlife, and a good field guide will help you identify what you see. Discovery Packs, which include activities for children in grade levels 3 through 6, and binoculars are available for check-out from the Visitor Center with a valid photo ID. You are always welcome to bring your camera and a lunch to eat along the trail. Don't forget your raincoat.

Plan Your Visit

Hours: Daily Daylight to Dusk
Visitor Center Open Daily 8 am to 4 pm
For more information, contact:
Nisqually National Wildlife Refuge
100 Brown Farm Road
Olympia, WA 98516
Phone: (360) 753-9467
Fees: \$3 per family

Directions

Nisqually National Wildlife Refuge is located 8 miles northeast of Olympia, Washington. From Interstate 5 northbound, take exit 114. Make a left at the stop sign, go under the highway and make a right into the Refuge.

<http://www.fws.gov/Nisqually>

FREE BLOOD PRESSURE SCREENING

Monday, March 7
Tuesday, March 22
Thursday, April 7th
Monday, April 18th



Blood Pressure checked by your friendly neighborhood Firefighters!

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



COMMUNITY



Congratulations Vanessa and Lawrence Tom
on the birth of your beautiful baby girl, Imalee, born January 16th, weighing in at 7 pounds, 4 ounces
Love, Dorinda

Happy Belated Birthday
Ramona Mosier
(Feb. 13)
Love,
Sam Castellane



Happy Birthday Sara



Love,
Aunt Ruthie, Uncle Andy
& Kids



Thanks for your assistance (Muscle Man)



Love Auntie

Happy 41st Anniversary Liz & Conrad Yeahquo
the best Uncle & Aunt, Grandpa & Grandma in the world!!!!
We love you with all our hearts!!! WOW!!!



Love you always and forever!
Love Rachel, Ernesto, Sara & Benjamin



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Saturday, March 5th at 2:30pm & 6:30pm

2:30pm Session Blackout Prize • \$599

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and the Shondells

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DENNIS MILLER

Friday, March 25th at 8pm

\$50/\$40/\$30



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