



Enrollment Moratorium

Squaxin Island Tribal Council has put a freeze on Enrollment... except for children born to a tribal member, within one year of birth. There is, however, a small window of opportunity for those born to a member who are more than one year of age. That window is 60 days, beginning February 12, 2009 (the date of the signed resolution) and ending April 13, 2009. **Therefore, the window of opportunity will close April 13, 2009.** If you have any questions regarding this issue, or any other enrollment, please call the Enrollment Officer Tammy Ford at 360-426-9781, ext. 3888.

Bagley Family Reunion

April 25th at 1:00 p.m. in the gym

For more info., contact:

Gloria Hill at 462-9276 or Loretta Case at 485-9999



2009 Spring Beach Cleanup: Thanks For All The Help!!!

On Wednesday, March 11th, Squaxin Island Tribe participated in the biannual PCSGA South Sound Beach cleanup. The weather was great and we had several people come out from many departments to help out with this cause. Thanks to everyone's help we cleaned the entire stretch of Squaxin Island beaches this year! We all benefit from these efforts so thanks again to all who participated. I hope to see everyone this fall at the next beach cleanup!

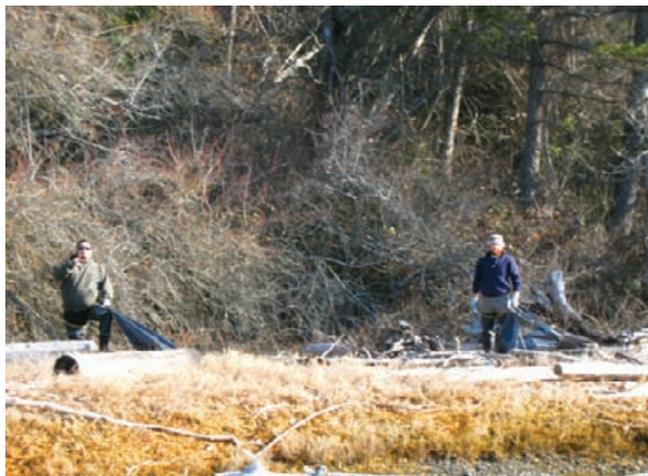
The Easter Bunny is coming!!

EASTER EGG HUNT!!

The Easter egg hunt will be on **Saturday April 11th** and start at **10 am sharp!!** Ages will be as follows:
0-3, 4-6, 7-9 and 10-12 years old. The hunt will be at the ball field.



Questions? Call
Bill Kallappa @ 463-6361

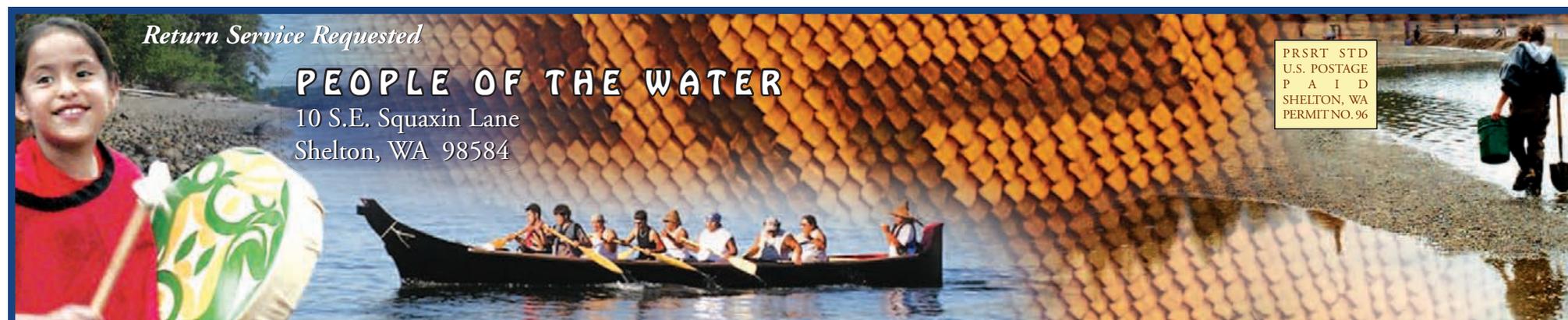


Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
P A I D
SHELTON, WA
PERMIT NO. 96





Correction

This picture of Officer Kris Peters towing the bus (full of kids) up the hill during last snow was taken by Milton Obi. Thank you!



Enterprise Board Retreat

An Island Enterprises Inc. Board meeting was held on Tuesday, February 5th, 2009 at the Capitol building in Olympia. Tim Sheldon hosted the meeting and provided information on bills currently in the legislature and explained how bills go through the legislative process. He took the board through many of the hallways used by the Senators and talked about the long history and architecture of the capitol building. The legislature is faced with large and difficult issues this year with the economy and budget shortfalls. Tim encouraged the Board to stay involved and carefully watch this year's process in regard to tribal concerns. The Board really appreciated the time Tim took during an extremely busy time in the Senate.



L-R: Whitney Jones, Donna Wood, Vince Henry, Robert Whitener, (Sen.) Tim Sheldon, Arnold Cooper and Ray Peters

Are you interested in earning your AA or BA Degree while attending classes from a reservation-based site?



Join us for a community information session Tuesday April 7th, 4:30 – 6:30pm in the Elder's building dining room.

Representatives from the Evergreen State College and Grays Harbor College Reservation Based Programs will be here to tell you more about how you can work toward your degree from close to home.



Come have some pizza and learn more about it. For more information call Whitney at the Tribal Center at 426-9781.

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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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
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:

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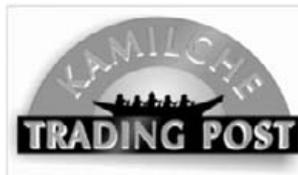
K L A H - C H E - M I N



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

KTP Express

Throughout the last year the Kamilche Trading Post exceeded all projections set by Island Enterprises. We have found that the lines at the pumps and inside the store are creating a need for expansion. Plans are in the works to alleviate this by the creation of the KTP Express which will be located on the opposite side of 101 on the Simmons Road property. It will feature a drive-through for tobacco products. This station will also feature a cardlock system and the gas will not contain the 10% ethanol found in most gasoline. The lack of ethanol is extremely important for boat and airplane use. We are very excited about the prospect of expanding to offer different types of services that will draw specific customers over to the other side of the freeway while allowing our core customers at KTP to experience faster and more convenient service.



Business Development Center

The Business Development Center creation process continues. There is a new name and logo being considered that should be revealed in the May Klah-Che-Min. As many of you have noticed, we offered another business plan class that began this month. We held orientations and received quite a bit of interest the class. The class is being offered in conjunction with The Business Center and with Enterprise for Equity, a Thurston County micro-enterprise assistance program for low-income people. This partnership has allowed the Business Center to offer a more formal program while infrastructure is created. The Simmons Road office should be completed sometime in April, and we plan on having an open house in May! The Business Center office will feature a small business library, computer stations for access to the internet for research etc. and a large conference room for trainings and seminars. The Business Center will be open for drop-in clients and will provide a great space for idea generation and support for entrepreneurs in our community!

The last few months brought strong partnerships with organizations such as Enterprise for Equity; ONABEN, an organization in Portland dedicated to helping tribal entrepreneurs and; Oweesta, an organization that has helped tribes create loan funds. The plan over the next couple months is to formalize these partnerships even more and to look for other opportunities in terms of grants and other funds to support the Business Center.

If you are interested in this program or have a business idea, please contact Jennifer Whitener Ulrich at: jwulrich@ieinc.org or (360) 870-6246.

Other Tribal Stores Leaning on Island Enterprises Strong Reputation and Experience to Help Operate Their Smokeshops.

Last year brought the addition of The Landing (formerly Frank's Landing) to the KTP family of stores. Through an agreement with the Frank's Landing Indian Community, Island Enterprises operates the store for their benefit and for ours. The last few months brought another opportunity to help a Tribe with their smokeshop. The Stilligumish Tribe has hired Island Enterprises to help manage their new store. This agreement is different than The Landing agreement in that the Stilly SmokeShop is still owned and operated by Stilligumish except that they have hired Island Enterprises to help set up the operation and help manage it during the start-up phase of their business. Our reputation for running successful smokeshop operations has allowed us to become the industry expert in setting pricing, marketing, operations and working with state and local government to help the operation run smoothly in cooperation with the state. This is a great opportunity and example of how tribes can work together and draw on each other's skill sets. We hope that there are other opportunities in the future to assist our tribal neighbors become successful.



Traditions Launch

December 2008 brought the soft launch of the much anticipated Traditions brand to the KTP and a few other select tribal stores. Even in the first two months of sales, Traditions has outsold all of our projections and promises to be an outstanding addition to the Skookum Creek family of brands. Traditions are additive free and the first brand to be produced with Low-Ignition Paper. Traditions also feature new language for "lights". As opposed to the "light" language Skookum Creek decided to use the more accurate description of "high air flow filter." The cigarette is exactly the same, only the language differs. We decided on this because of the recent controversy over the term "lights" as well as internal struggle with this language and how it aligns with our values. Some tobacco companies have led consumers to believe that "lights" are somehow better for the consumer. This is absolutely untrue. We have decided to make our own advertising more accurate. At Skookum Creek Tobacco we have always felt that the only way to be in this business and remain true to the Tribe is to be the most honest tobacco company ever created. We believe that the term "lights" is absolutely misleading, the only difference between a "light" and a regular cigarette is that the filter in a light has more holes allowing more air to flow through the cigarette, thus our new more accurate term "high air flow filter." We plan for all brands from Skookum Creek Tobacco to eventually have this language.

Call for Tribal Members for Skilled Laborers

Island Enterprises is compiling a list of tribal members that have experience and/or training in the following areas:

- Painting
- Excavating
- Drywall
- Carpenters
- Construction Related, etc.

Please contact Jennifer Whitener Ulrich at (360) 870-6246 or jwulrich@ieinc.org to give your concentration area and contact information.





EDUCATION



Spring Break Schedule

Shelton Schools

March 30-April 3

Monday: Movies, 12:30 - 4:00

Tuesday: Rollerskating 12:30 - 4:00

Wednesday: Center Based Activities

Thursday: Center Based Activities

Friday: Center Based Activities

Griffin, Olympia & Wab-He-Lut Schools

April 6th - 10th

Monday: Center Based Activities

Tuesday: Center Based Activities

Wednesday: Rollerskating 12:30 - 4:00

Thursday: Movies, 12:30 - 4:00

Friday: Closed for Holiday

Mark Your Calendars - Shelton School District

Awards Banquet

Friday, May 15th

6:00 PM

Shelton High School Sub

Squaxin Youth Cultural, Educational and Activities Calendar

April 2009

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|--|
| Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm | | | 1 Spring Break Shelton Center Based Activities | 2 Spring Break Shelton Youth Council to Spokane Center Based Activities | 3 Spring Break Shelton Youth Council in Spokane Center Based Activities | 4 Youth Council in Spokane |
| 5 Youth Council in Spokane | 6 Spring Break Griffin and Wa-He-Lut Center Based Activities Youth Council in Spokane | 7 Spring Break Griffin and Wa-He-Lut Center Based Activities Youth Council in Spokane | 8 Spring Break Griffin and Wa-He-Lut Roller Skating 12pm-4pm Youth Council Return | 9 Spring Break Griffin and Wa-He-Lut Movies 12pm-4pm | 10 Spring Break Griffin and Wa-He-Lut CLOSED!! Tribal Spring | 11 Easter Egg Hunt!! 10am Sharp!! At the Ball Field! |
| 12 | 13 Softball Practice Starts Weather Permitting 7-12 Grade @ 4pm 1-6 Grade @ 5pm | 14 3pm Board Games 3pm Beading Necklaces 3:30-6pm Softball | 15 Softball 3:30-6pm 3pm Beading Necklaces 5pm Youth Council | 16 Softball 3:30-6pm 3pm Beading Necklaces 3pm Snack | 17 3pm Board Games 3pm Snack/Wii 3:30-6pm Softball | 18 Native Sisters Community Spruce Up! 12pm at the Gym |
| 19 | 20 3pm Board Games 3pm Creative Story Telling 3:30-6pm Softball | 21 3pm Board Games 3pm Snack/Wii 3:30-6pm Softball | 22 Softball 3:30-6pm 3pm Ping Pong 5pm Youth Council | 23 3pm Board Games 3pm Snack/Wii 3:30-6pm Softball | 24 Softball 3:30-6pm 3pm Ping Pong 3pm Snack | 25 |
| 26 | 27 Softball 3:30-6pm 3pm Ping Pong 3pm Snack | 28 3pm Board Games 3pm Snack/Wii 3:30-6pm Softball | 29 Softball 3:30-6pm 3pm Ping Pong 5pm Youth Council | 30 Softball 3:30-6pm 3pm Ping Pong 3pm Snack | Homework Help is avail- able Mon-Thur From 3:30-5:00!! | Any Questions Call: Bill Kallappa 463-6361 Or Wes Whitener 485-8572 |



Scholarship Information

College Bound Scholarship: The Washington College Bound Scholarship is a commitment to 7th and 8th graders whose families are unable to pay for college. You are eligible to apply if you meet the family income standard and will pledge to graduate from high school with at least a 2.0 grade point average and continue to be a good citizen through middle and high school. Family income during your senior year in high school will be verified at the time of college enrollment. You are eligible to receive the scholarship for the amount of tuition and fees (plus \$500 for books) that is not covered by other state financial aid. Deadline is June 30, 2009

Folk Arts Fellowships 2009: These are \$5,000 unrestricted awards. Two awards will be given in 2009. They are not related to the Washington State Arts Commission's Folk Arts Apprenticeship Program or any project grants. They are based solely on recognition of past and continuing merit in maintaining cultural traditions. Tradition folk arts are defined as those artistic practices which have a community base and express that community's heritage. This includes such communities as ethnic, tribal, occupational, regional and religious groups. Deadline is April 24, 2009

AMERIND Safety Poster Contest: Hey Kids, win a \$2000 Savings Bond in your name! Three 1st place winners in AMERIND's National Fire and Home Safety Poster Contest will receive a savings bond! "Small Hands to Hold Love Not Fire!" Your poster could be shown and voted on nationwide! Eligible grades are K-8th grade.

The Coalition for American Indians in Computing: is recruiting in-coming 11th and 12th grade self-identified Native American students for a computer camp July 11-25, 2009, at Humboldt State University (Northwest California). The all-expenses-paid, two-week camp explores computer gaming, geographic information systems, computerized Native language preservation with HSU Computing Science Department Professors. Other HSU staff teach college prep, applying to college and financial aid, and they also provide information about HSU's Native American academic and social support programs. Community Tribal members lead demonstrations and field trips on Native Art, culture, language acquisition, and local Native-run business and health endeavors. Applications can be downloaded at www.humboldt.edu, under the Summer 2009 heading.

DigiGirls High Tech Camp: Located in Redmond, WA – August 10-14, 2009: The camp was developed to provide girls with a better understanding of what a career in technology is all about. This exciting five day experience provides opportunities to learn about careers in technology, talk with Microsoft employees about their life experiences, and enjoy hands-on computer and technology workshops. To apply, girls need to complete the application form accessed via the DigiGirlz High Tech Camp web site. In addition to providing contact information, the girls will be asked to answer three essay questions. They will receive a packet of information with additional forms for completion. The documents must be completed and returned in order to be fully registered for the camp. Girls must currently be in 9th-12th grade to be eligible to apply. This camp is free of charge to participants and runs from August 10-14, 2009 from 8:30am-4:00pm. www.microsoft.com/about/diversity/programs/digigirlz/hightechcamp.aspx.

Tribal Probation Academy – Phoenix, Arizona. Session 1: 4/27-5/1/09, Session 2: 5/18-5/22/09, Session 3: 6/22-6/26/09. The Tribal Probation Academy (TPA) offers a clearly defined career path for new and current tribal probation officers. Attendees are provided with current information on the legal system and important skill sets for probation case management and offi-

cer safety. Academy sessions cover topics such as Ethics, Federal Indian Law, Search and Seizure, Alternative Sentencing, Evidence-Based Intervention, Caseload Supervision, Supervising the Mentally Ill, Weapons Familiarization, Defense Tactics, TASER Certification/Training, and much more. Register today, additional information and details can be found at www.fvtc.edu/tpa.

Na-ha-shnee-Health Sciences Institute: Spokane. To provide an opportunity for Native American High School students to experience the Health Science professions and to encourage Native American students to pursue Health Science degree programs and to prepare themselves for their future. Native American male and female students who will be entering the 10th, 11th, or 12th grade in fall of 2009 are invited. Transportation will be provided to students who live in the states of Washington, Oregon, or Idaho, unless your Tribe or family pays transportation if the student lives outside of these states. Students will stay in a dormitory located at Whitworth University. Food and lodging are provided at no cost to students participating in the Summer Camp Institute. Student must submit letter of interest and expectations of your camp experience, immunizations (hep a/b-first shot started, TB test yearly), minimum of "C" average. For more information you may contact Robbie Paul paul@wsu.edu, or Raynel Begay at rbegay@wsu.edu

Hatfield Fellowship: The Confederated Tribes of Grand Ronde announce that applications for the Mark O. Hatfield Congressional Fellowship are now available. Each year, a Hatfield Fellow serves as an intern for a member of Oregon's Congressional delegation. The Hatfield Fellow is selected from adult Native American applicants, who are enrolled members of a federally recognized Tribe in Oregon. If there are no qualified applicants from Oregon, enrolled members of federally recognized Tribes in Washington, Idaho, and Montana will be considered. The candidate will intern in Washington, D.C. for nine months and will receive a monthly stipend, relocation and travel expenses, and tuition for the American Political Science Association orientation. Fellowship application will be completed and submitted via the internet. Deadline for applications is 5:00pm April 24, 2009. To access the online application please visit: www.thecommunityfund.com. For additional questions, please contact Louis King at Spirit Mountain Community Fed (503) 879-1462, email at louis.king@thecommunityfund.com.

See Lisa Evans in the Tu Ha' Buts Learning Center for more information and application.

FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS & ELDERS (AGE 60+)

THE NORTHWEST JUSTICE PROJECT provides free civil (non-criminal) legal services for low-income people who cannot afford a lawyer. CLEAR is Northwest Justice Project's Coordinated Legal Education, Advice and Referral system. If you are low-income or an Elder you can call the toll-free CLEAR line at **(888) 201-1014** from 9:15 a.m. - 12:15 p.m. Monday to Friday. Press 5 to speak with the CLEAR Native American Specialist, Brooke Pinkham.

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a not-for-profit statewide organization that provides free civil legal services to low-income people from thirteen offices throughout the state of Washington. NJP also has a Native American Unit with offices in Seattle and Spokane. NJP's mission is to provide high quality free legal services on priority problems to eligible low-income clients, either directly or through efficient and effective referrals.



Walking On

Verna Ellison

Shelton resident Verna Beatrice Marie Ellison died of natural causes on Monday, February 16, at Fir Lane Health & Rehabilitation in Shelton. She was 93.

Verna was born on February 17, 1915 in Tenino to Eli and Mary (Laudenglo) Abbott.

She married Angus Ellison on November 1, 1946 in Shelton.

Verna attended the Church of Living Water until she entered rehabilitation.

She worked as a keypunch operator and secretary/treasurer for the Kamilche School Board for many years. She did janitorial work and home care through Green Thumb. She worked as a cashier and kitchen worker for the Squaxin Island Tribe until she retired in 2005 at the age of 90.

She enjoyed knitting slippers and potholders for family and friends. She painted many oil paintings and tole paintings. She also loved to go camping and traveling.

Verna was preceded in death by husband, Angus "Gus," Ellison in 1971; sisters Bellrose Caddy and Gertrude Williams; and brother Calvin Abbott.

She is survived by daughters Marolyn Mattson and husband Gary of Shelton, Carolyn Mattson and husband, Dale, of Shelton, Arlene Gilbert and husband, Jim, of Pensacola, Florida and Darlene Kunz and husband, Ernie, of Raymond; 10 grandchildren and 14 great-grandchildren.

A memorial service was held on Wednesday, March 4th, at Hope Chapel in Shelton.



Special Thanks

To all:

The Native Club students and I would like to thank the Squaxin Island 1% Committee for awarding money to the Native Club at Shelton High School. This money will allow us to accomplish many of our goals as a Club. Thank you for your continued support to our club and our education!

Sincerely,
Cassie Henry
SHS Native Club President
& all the Native Club Members

Special Thanks

Special thanks to Colleen Woodard for all the hard work and dedication in putting on special events for the Elders, such as the Valentine's Day Dinner!

Your hard work is very much appreciated!
Everyone really enjoys the events!



Cashier for Housing/Utilities/Court

DAILY HOURS:

7:30 a.m. - 12:00 p.m.

12:00 p.m. - 1:00 p.m. **Gone for Lunch**

1:00 p.m. - 4:00 p.m.

We accept Visa, Mastercard and American Express.

Cook Books For Sale

WISDOM OF ELDERS,
TRADITIONAL FOOD WAYS
OF FIVE TRIBES IN WESTERN WASHINGTON
For Sale in Elders Building
Only \$10.00 / Phone #432-3936



ATTENTION

Mason County Garbage
has upgraded their trucks.
They now have automatic
lifts. Please make sure your
garbage cans face the street
(with the handle towards your house)

If you have more than one
can please space them at
least 2 feet apart.

Please call the OOH if you have any questions



Branding

The concept of branding has been around for a long time and is described simply as what people feel when they think about a company's product or service. A brand is built on characteristics that include but are not limited to convenience, quality, service, and predictability. Building a brand occurs over time as customers experience using a product or service. The customer sets expectations based on prior instances of use and these expectations help a customer choose the products and services they need in their life. In today's fast paced world branding is increasingly important because it takes too much time and energy to do research. Instead of doing research people go immediately to recognized- trusted brands for the things they want and need.

The most successful businesses don't just deliver goods and services to market; they connect with their users and fulfill an emotional need. McDonalds is an example. McDonalds does not sell burgers and fries. They sell happiness, they sell the experience of being able to order a happy meal and bring into the lives of their customers Ronald McDonald and friends. Starbucks stands on its own as a place where coffee drinkers can customize their drink into a thousand combinations. Each cup can be individualized like the person ordering it. Starbucks does not sell coffee it sells the experience of being able to order and show others how you are one of a kind. Personally, I like my coffee black.

The fore mentioned examples are of multinational corporations and I now move to something closer to home, building Indian businesses. I believe branding will be an important part of diversifying our sources of income through business expansion. There are a lot of positive inherent qualities that go along with being Indian and we can use as an extension of our heritage. Let me be clear that I am talking about embracing the best parts of our culture to help us adapt and prosper in our current times like our ancestors did by living within their environment 300 years ago. Some characteristics that we as Indians can take to the bank are being environmentally conscious, community minded, and wasting little.

Jim Stanley is a business banker located in Bellevue, WA. He partners with your Tribal newspaper to share his knowledge in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves on the Quinault Nation Enterprise Board, and can be reached at sovereign.developments@gmail.com for your comments.





“Celebration of Peace” Ceremony for the New Squaxin Island Cemetery

MARCH 13, 2009

Remarks by LLyn De Danaan, Ph.D. representing the Mason County Historical Preservation Commission

Many years ago people met on the shores of South Puget Sound under extreme circumstances. Some had lived here 100s if not 1000s of years and understood the land and the animals and the habits and cycles of the fish and shell fish. They made a gentle livelihood, and it was a good one, from the land and sea. The others had come recently. Though perhaps individually innocent and guileless, they were nevertheless riding the crest of the wave of conquest and an ideology of possession and development called manifest destiny. The wave broke over the lives and cultures of the first group, submerging them but not destroying them-- ever. The second group brought its own ideas of how to make do... western ideas of management... of fencing and planting...ideas that put iron and wheels between themselves, their skin, their souls, and the land and what they reaped. There was a meanness in this. An unkindness. A willingness to destroy, to burn, to lay waste to the lives of those who had been here in silent partnership with the abundance for generations. Even though no individual intended, perhaps, to be mean or unkind, these newcomers had not thought through what their actions meant to the lives of those whom they displaced and the land which they had overtaken.

Still, for some brief period, in this land upon which we stand today and on nearby shores, on Oakland Bay, Little Skookum, Big Skookum, and Oyster Bay, these very different people met and found common ground. They sang greetings to one another. They danced til dawn and married. They bore children. They helped each other split cedar and make buildings and exchanged recipes and medicines. People like Louisa Tobin and Jennie Krise helped babies to be born. People like Ann Kennedy witnessed marriages and adopted orphaned children, no matter what their parentage, and gave support to widows. The Slocums were engaged with the growing, changing community in which they found themselves at every level. They all helped each other do together what they could not do alone. And in this place, and for a time, they were truly friends. They were truly witnesses to each others lives. And this is why, for a time, they came, at the end, to lie together, bodies side by side sometimes, in small family plots and little graveyards. Often these were just clearings in the woods marked by stones and rocks and simple monuments. And in these plots and in the earth, they became a community in death as much as they were in life.

Today we stand upon truly sanctified ground that carries this will to be community together forward another generation.

Death in the days of the Oakland Cemetery was never arrived at easily Sometimes it was a sudden surprise. A buggy run off the road. The unexpected tongue of flame that burned a tinder dry cabin to the ground. Susan Shelton died in child birth at 23 years of age. Tabitha Kirlkland died in childbirth. Diptheria. Tuberculosis. Babies like the Shelton twins and 2 year old Katie Gillespie died too early of diseases like these. For the aged, like Alma Gillespie, death may have been a slow journey, a long slow walk along jagged peaks and valleys that finally led to the end. Breathing came hard for those whose lungs were stricken. Their throats would have pulled laboriously for more breath, struggling to keep the body in the world of the living.

But no matter how or at what age, death does come to us and there we are certainly and finally in a place where differences pass—where we are truly brothers and sisters—naked, without possession—where there are no borders, no false human made laws and divisions, no rich, no poor, no immigration raids, no need for a green card or a passport, no false premises, no politicians or promises. Death is the great equalizer. A place we can rest from all these struggles and the meanness and unkindness we may have encountered or dealt out in life.

We all go...either gently or raging. But we all go. Here today in this plot we celebrate not the long gone spirits and souls whose material remains have been brought to a final resting place. Instead we celebrate that they EVER WERE. And we are thankful for their lives and that in these hard times they remind us that those who lived before us had even harder times. Those whose remains lie here lost their land to the intruders, their ways of life, their kin, their too young children. And the hapless among the newcomers lost too much, too soon through great depressions in the 1890s and unnecessary wars and disease. They all tried. They lived as long and as best they could and in as much peace and kinship as they could muster.

No one of these could have imagined this future. That so long since, people assembled here today could have cared for them and provided a place for them. That someone would have cared to make this day happen.

Three Cheers

Three cheers for Rhonda, Margaret, Larry and the entire crew for their wonderful work transferring the graves and dedicating the site in the Squaxin Cemetery. It was very significant and moving. Those of us who care about history, deeply appreciate the loving attitude that has been shown by the Squaxin Cultural office. Please express our appreciation for each and every person who worked on this effort.

- Ralph and Karen Munro
Mud Bay





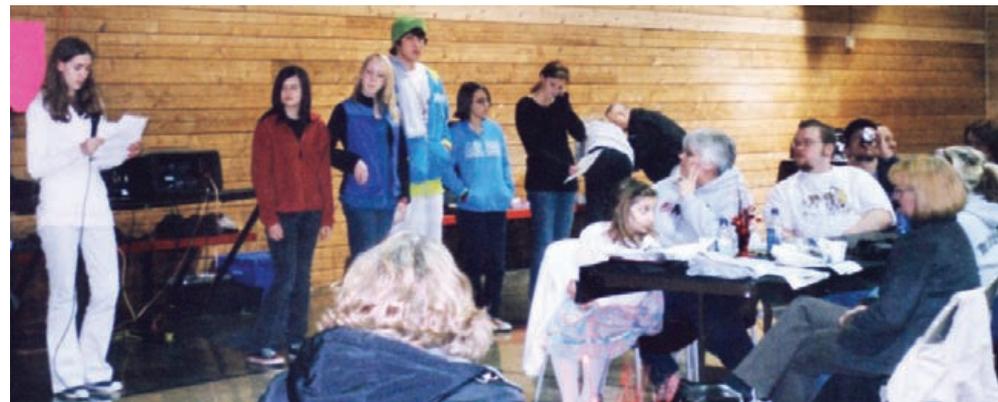
DRUG & ALCOHOL AWARENESS DINNER



I am honored that so many people came and shared the afternoon with us. Thank you! I know Wilson is smiling down upon us in delight to see so many people who care and want to make a difference in our community. I am thankful that we were able to take such a tragic thing and turn it into something positive. We had a great turn out last year with about 140 people and this year was even better, with about 200 people. I am guessing that next year will be even better! I would like to give special thanks to the Squaxin Youth Council as they were key in making this year such a success, you made me proud. You guys rock! Thank you to my family and friends who helped as well, Scott, Shila, Sierra, Kathy, Nessa, aunty Bev, Bill and Kim. I'd name you all but there isn't room, I love you all. I also want to thank Jutta Riediger for her strength to participate in spite of sad times, also for your support. My thoughts and prayers are with you Jutta. Thank you to the drum group and Bear for the dinner design. Thanks to everyone who came and helped too. If anyone has an idea or specific subject they would like us to talk about let me know. I am always open to new ideas and ways to do things. My cell # is 402-7297 or shoot me an e-mail at cree2sober@aol.com. Thanks again for making this event what it is... a HUGE success. See you there next year and remember, no one said sobriety is easy they just said it's worth it. Don't be afraid to try it. When it hurts bad enough, you'll do something different!

- Kindly, Christine

(Photos are by Christine)





DRUG & ALCOHOL AWARENESS DINNER





NEW EMPLOYEES



Sharon Haensley



Attorney

Hi, I'm Sharon Haensley, a new attorney in the Tribe's Legal Department. I could not be happier with my new job! I've been working as a lawyer for tribes since about 1993, and before for the U.S. Environmental Protection Agency. My college degree is in natural resources, but I've worked in many different areas of the law over the years. My goal is to do the best possible legal work for the Tribe and, in my free time, enjoy time with my family — including two teenage girls.

Bruce Davies



Attorney

I am Bruce Davies, the other new attorney in the Legal Department. I also have a lengthy work history. In recent years I worked for ten years as a Policy Analyst at the Northwest Indian Fisheries Commission in Olympia. Then I worked for three years at the Evergreen State College, where I taught primarily in the Masters in Public Administration Program. I am very happy to be back in the legal arena and look forward to an enjoyable experience here. My free time is devoted to reading, building a house and running.

Susan McFarlane



Indian Child Welfare Trainee

Hey! My name is Susan McFarlane, but most of you know me as Wicket. I've recently started working with the Indian Child Welfare Program for the Tribe as a Case Aide Trainee. I am enjoying working with the team and am really looking forward to learning more and becoming a Caseworker some day.

Kimble Kenyon



Maintenance

Hi! they call me "Newbee" at Squaxin Island Maintenance. I work with a bunch of good guys, keeping it all running. I am learning some new and different approaches to old problems with facilities and property.

Tribal Council Resolutions

09-13: Authorizes a grant application to the U.S. Department of Health & Human Services ACF ANA Native Language Preservation and Maintenance Planning Grant for the purpose of planning a community based, locally designed language project for the Squaxin Island community

09-13A: Authorizes a grant application to the U.S. Department of Health & Human Services ACF ANA Native Social and Economic Development Strategies grant to establish an integrated services delivery system for Squaxin Island youth and young adults

09-14: Authorizes a grant proposal with First Nations Development Institute for the 2009 Native Youth and Culture funds
09-15: Authorizes a grant proposal with the Office of Juvenile Justice and Delinquency Prevention for the 2009 Tribal Juvenile Accountability Discretionary Grant Program

09-15: Authorizes a grant application to the U.S. Department of Homeland Security under the Emergency Management Performance Grant Program to enhance emergency management programs based on identified need and priorities to strengthen state, local and tribal abilities to support emergency management mission areas while simultaneously addressing issues of national concern

Wanna win a \$50.00 gas card?



How: Come join us at 12:30 pm in the elders room for a brief outdoor **Third Thursday walk**, or if you can't make it exercise or walk on your own time on that day and you can be entered in a drawing for a **\$50.00** gas card donated by KTP.

Who: Tribal members, community members and employees are welcome to participate in the walk.

If you have any questions or want to be included in the drawing feel free to give Melissa Grant a call at (360)432-3926.



Elder Abuse in Tribal Communities *Elder Abuse Is Not A Traditional Value*

Elder abuse is not a traditional value in Native American and Alaska Native communities. Many tribal people view the alarming, recent trend of elder abuse and neglect as a symptom of the dissolution of tribal cultural values and as an indicator of serious imbalance within their communities.

Under custom and tradition, native elders were seen as repositories of knowledge and as invaluable community resources. Elders traditionally held positions of power in their communities and were prized for their experience and wisdom.

The Rise of Elder Abuse Nationally And In Tribal Communities

Unfortunately, abuse and neglect of native elders now occurs with alarming frequency in tribal communities. Neglect is the most frequent form of elder abuse. Emotional and psychological abuse, physical abuse, financial and material exploitation, and abandonment are the next most common forms of abuse.

Adult children are most likely to be the perpetrators of abuse. Tribal social service providers have estimated that close to 80% of those abusing native elders are immediate family members and that 10% of the abusers are extended family members.

Emotional or Psychological Abuse: The infliction of anguish, pain, or distress through verbal or nonverbal acts. Emotional/psychological abuse includes, but is not limited to, verbal assaults, insults, threats, intimidation, humiliation, harassment, treating an older person like an infant, isolating an elder from his/her family or friends or regular activities, giving an older person the “silent treatment,” and enforced social isolation.

Indicators of Psychological Abuse:

- Low self-esteem
- Overly anxious or withdrawn
- Extreme changes in mood
- Depression
- Suicidal behavior and/or
- Confusion or disorientation

Financial or Material Exploitation: The illegal or improper use of elder’s funds, property or assets. Examples include, but are not limited to cashing/spending an elderly person’s checks without authorization or permission, forging an elder’s signature, misusing or stealing an elder’s money or possessions, coercing or deceiving an elder.

Self – neglect: Behavior of an elder that threatens his/her

own health or safety. Self-neglect generally manifests itself in an elder as a refusal or failure to provide himself/herself with adequate food, water, clothing, shelter, personal hygiene, medication and safety precautions.

Broader definitions may include forcing an elder to care for children. An elder that gets social security or employment checks may be serve as the sole or primary source of income for an extended family, (ie, adult children at home with or without children, who do not have an income) A Native elder may or may not view this as financial exploitation under their culture and world view.

Elder abuse, like intimate partner domestic violence, can arise from an abuse of power and a sense of entitlement by the abuser. Some researches have found that caregivers who are unhappy, frustrated, easily angered, and who feel entitled to lash out at others with less power may be more likely to commit some extreme forms of elder abuse. (Caregivers can be the children of the elder)

Abuse rates are higher when the elder lives in the same home as the primary caregiver. Female elders are abused at a significantly higher rate than male elders. More than 79% of elder abuse cases go unreported.

IT IS IMPORTANT TO REMEMBER THAT MANY FORMS OF ELDER ABUSE ARE ALSO CRIMINAL ACTS.

Dating Violence

What is dating violence?

Dating violence is controlling, abusive, and aggressive behavior in a romantic relationship. It can happen in straight or gay relationships. It can include verbal, emotional, physical, or sexual abuse, or a combination.

Controlling behavior may include:

- Not letting you hang out with your friends
- Keeping you awake, knowing you have to get up for school, appt., job, etc
- Calling, paging, texting you frequently to find out where you are, who you’re with, what you’re doing
- Telling you what to wear/not wear
- Having to be with you all the time

Verbal and emotional abuse may include:

- Calling you names
- Jealousy

- Belittling you (cutting you down)
- Threatening to hurt you, someone in your family, or himself or herself if you don’t do what he or she wants

Physical abuse may include:

- Shoving
- Punching
- Slapping
- Pinching
- Hitting
- Kicking
- Hair pulling
- Strangling
- Scratching

Sexual abuse may include:

- Unwanted touching and kissing
- Forcing you to have sex
- Not letting you use birth control
- Forcing you to do other sexual things

Anyone can be a victim of dating violence. Both boys and girls are victims, but boys and girls abuse their partners in different ways. Girls are more likely to yell, threaten to hurt themselves, pinch, slap, scratch, or kick. Boys injure girls more and are more likely to punch their partner and force them to participate in unwanted sexual activity.

If you are a Victim of Dating Violence, You might...

- Think it’s your fault
- Feel angry, sad, lonely, depressed, or confused
- Feel helpless to stop the abuse
- Feel threatened or humiliated
- Feel anxious
- Not know what might happen next
- Feel like you can’t talk to family and friends
- Be afraid of getting hurt more seriously
- Feel protective of your boyfriend or girlfriend

If you know someone who might be in an abusive relationship, you can help:

- Tell the person that you are worried.
- Be a good listener
- Offer your friendship and support
- Ask how you can help
- Encourage your friend to seek help
- Educate yourself about dating violence
- Avoid any confrontations with the abuser. This could be dangerous for you and your friend

Being a victim of dating violence is not your fault. Nothing you say, wear, or do give anyone the right to hurt you.



Office of Housing Highlights

Squaxin Island Tribe Free Tax Preparation (Basic Returns)

If you haven't done your taxes yet, there's still time to make an appointment!

The tax site will be open through April 14th

Tuesday and Thursday evenings

By appointment only

4:30 p.m. – 7:30 p.m.

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

Use your free local tax prep. site.

THINK OF THE MONEY YOU WILL SAVE!



Phil Wozniak, tax preparer, Joe and Melissa Puhn



Greg Barckley, tax preparer

Tools For Success

The OOH would like to congratulate the participants who completed all 3 sessions of the *Tools for Success* class and received their certificate.

The class was presented by Office of Housing staff and guest presenters: Mia Vermillion of Key Bank and Hank Woolridge of Angle Agency.

The curriculum for this class covered the following topics:

- Rental Basics
- Building A Healthy Economy
- Creating a Budget
- Understanding Credit and Your Credit Report

These classes are held on a quarterly basis with the next one beginning in May and are open to anyone that would like to increase their personal financial skills.



Margaret Pickernell & Juana Perry

Upcoming Events

Squaxin Island Tribe Free Tax Preparation

Administration Bldg. – 1st floor

Open through April 14th

Tuesday and Thursday evenings

By appointment only

4:30 p.m. – 7:30 p.m.

One On One Credit Counseling

Administration Bldg. –2nd floor

April 27, 2009

6:00, 7:00, 8:00 p.m. (by appointment only)

Screen Repair and Spring Planter Boxes

Administration Bldg. –2nd floor

April 27, 2009

4:30 p.m.

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



Danielle White and friend



Margaret Pickernell, Juana Perry & Mia Vermillion, Key Bank



NEW EMPLOYEES



Gloria Hill



Domestic Violence Project Coordinator/Advocate

Hi, I am once again working Domestic Violence. I am the new "Domestic Violence Project Coordinator/Advocate." I am happy to be back working in this community. I know there is a need here.

I think most of you out in the community know me, my name is Gloria Jean Hill, my kids are Marge and Mikey, my sisters are Marie, who lives in Calif, Lydia, who lives in Tacoma and 'Sis,' aka Maggie, and I must mention my new sister, Terri C.

My Mom was Marge Hill, my grandparents were Roy and Clara (Bagley) Seymour. I have Auntie Lila, Auntie Lizzie and Uncle David, all here from the rez, Auntie Lucille from Aberdeen, Uncle Ed from Neah Bay, Uncle Phillip from Taholah and Uncle Joe from New Mexico, not to mention all my cousins.

I was born and raised in Taholah, on the Quinault Rez. I have had numerous jobs with Squaxin Island Tribe. I worked with Rhonda Foster as a CHR; I worked with Eleanor Krise in the Child Development Center (pre-school); I was the receptionist for the tribe for a short time; I worked with June O'Brien at NWITC; and I was the Domestic Violence Advocate from Oct. 2000 – April 2005.



During my time as DV Advocate here at Squaxin, there were a few local advocates that wanted to start a group for Native Advocates and our Allies. We started meeting in 2002, and out of that core group, we eventually formed the Native American Coalition Against Domestic Violence and Sexual Assault, known as WomenSpirit Coalition. The Coalition received funding in 2006. I was employed with WSC from the day the Coalition opened their office in Olympia in October 2006, until I resigned in May 2008. I was one of the Founding Mothers of Native American Coalition Against Domestic Violence and Sexual Assault.

When I first started working as the DV Advocate here, our community had gone through a lot of grief and loss. I started a Grief and Loss Support Group, and out of that group, we formed the Squaxin Island Women's Circle, I am proud to say that the ladies have kept this Circle going ever since. The Squaxin Island Women's Circle will start meeting again, very soon!

I am involved with our Drum Group and the Canoe Journey. This year will be my 6th year. If you haven't been to Drum Group, you should come and listen. It is awesome to be part of the Group.

I love to bead, spend time with family/friends, go to the ocean (especially Pt. Grenville), and most of all, I love being Gramma to William Stewart Ogden, my Margie's baby boy, born Friday, February 13, 2009. He is adorable!!!

If you have any questions about domestic violence, sexual assault, elder abuse or teen dating violence, please come see me or call me. My office is over by Natural Resources, the OLD SPIPA trailers. You can call me at 432-3927. All calls are CONFIDENTIAL!!!!

**DOMESTIC VIOLENCE IS A
CRIME!!!!!!!**

Elizabeth Fenton



Indian Child Welfare Caseworker in Training

Hi there again, most of you have already noticed the change, as I am not at the front desk of the clinic. However, I am still part of the Health and Human Services Department. I am now working in Indian Child Welfare, and for those of you that do not know me, my name is Elizabeth Fenton (Campbell). I am an enrolled member of Squaxin Island Tribe, born and raised. My grandfather is the late Francis "Buddy" Cooper. My grandmother is Mabel Cooper from Chehalis. My mother is Theresa Davis (Cooper), My brother is Marvin Campbell Jr., who has been in the Navy for almost 12 years now (wow how time has gone by). I have 3 sisters, Lyssa, Kristen and Kelly Davis. I have 3 daughters, Shashoney, Savannah and Jewels.

Melissa Grant



Health Promotions Assistant

Hello my name is Melissa Grant. Most of you already know me, for those of you who don't, I am a member of the Squaxin Island tribe and have resided here my whole life. I have three beautiful kids, Kaylyn, Damian and AJ and a wonderful husband, Alonzo. I am the new Diabetes Prevention CHR for the Tribe. My job is to screen people for diabetes (finger poke) and promote healthy eating and activity in the community to try and stop the onset of diabetes. I am in charge of the food bank as well. Come by and see me if you want to be screened or you want to go for a walk or work out in the fitness room. That's what I am here for. Hope to see you soon.



Who Is It?

For the answer, see Page 28





SA-HEH-WA-MISH DAYS POWWOW



Photos by Ann Parker





SA-HEH-WA-MISH DAYS POWWOW



Photos by Ann Parker





ELDERS ON THE GO



On Saturday, February 28, a group of Squaxin Island Elders went to Suquamish for the opening of their new Tribal Community House.

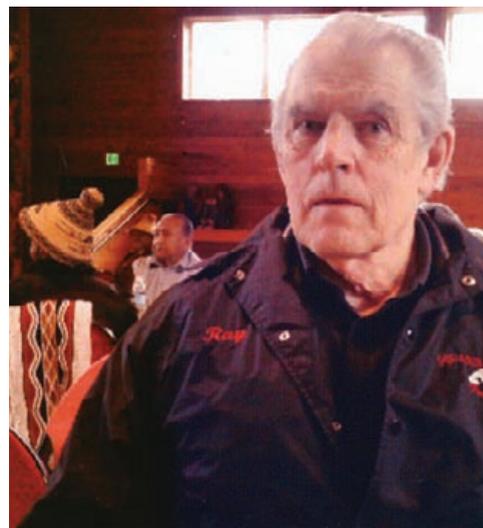
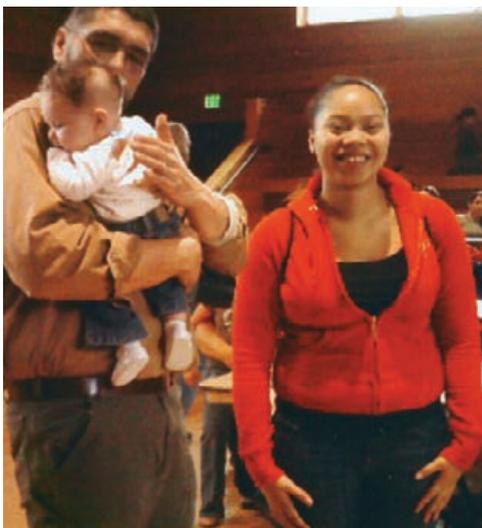
The intertribal ceremony was to begin at noon. We were on time, but the party, though, was no on time. There were several excuses given, but the real reason was revealed later. It seems that something in the kitchen had caught on fire. They didn't want to alarm everyone.

In the meantime, while we were waiting, the main man invited whoever wanted to come down and sing. I don't remember his title, but I knew he was important because he was always present when the Suquamish Elders had their yearly luncheon.

There was not a shortage of dancers and drummers. It was a joy to watch and listen to the drummers. The little kids were very good dancers. Because of the late lunch, which consisted of egg salad sandwiches and elk stew, we decided to leave. You know how the Elders hate to drive after dark.

If we had stayed, we would have dined on salmon, oysters and clams.

The building is a work of art and contained the works of some well known artists, including some artists from Squaxin Island. "This is a gathering house where we can all get back together soon."





Housing Q & A

*The Housing on the Squaxin Reservation is for low income families.
How is low income determined?*

HUD defines low income as 80% of the median income. The program guidance from the Office of Native American Programs states that if the income limit for a county located within your Indian area is lower than the United States median, you must use the United States median income limits. Since Mason County income limits are lower than the United States the Tribe uses the United States median income limits listed below.

| 80% of US Median Income - number in household | | | | | | | | |
|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| \$34,450.00 | \$39,350.00 | \$44,300.00 | \$49,200.00 | \$53,150.00 | \$57,050.00 | \$61,000.00 | \$64,950.00 | \$68,900.00 |

Why is it necessary for the Office of Housing to verify household income?

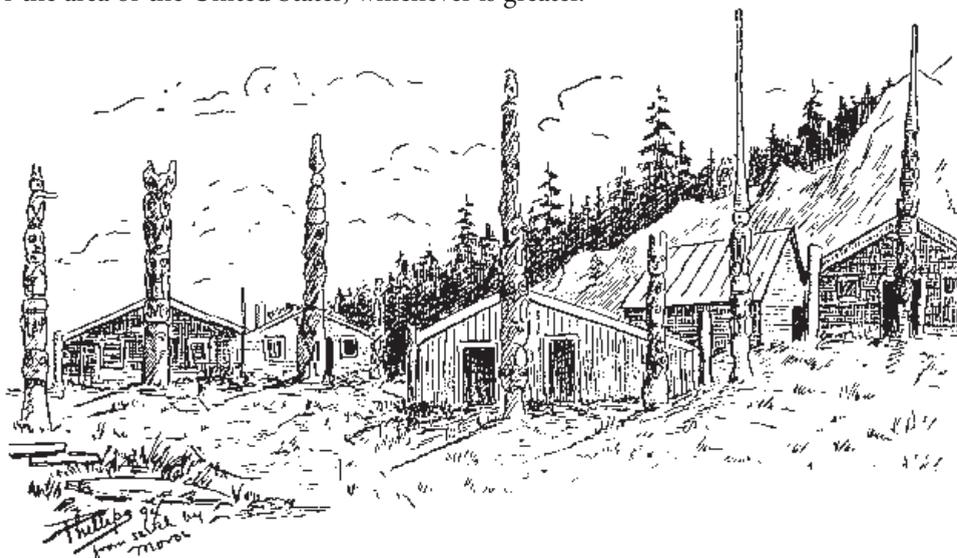
Verifying household income is a requirement through the Native American Housing Assistance and Self Determination Act (NAHASDA). The regulation at §1000.128 requires that the recipient verify that the family is income eligible based on anticipated family income. Documentation must be proved by the family to verify this determination. In addition, the recipient may require a family to periodically verify its income in order to determine housing payments or continued occupancy consistent with locally adopted policies. If the recipient requires periodic or annual income verification, the family must provide documentation that verifies its income, and the recipient must retain the documentation.

Squaxin Island Tribe EAOP Policy: IX Annual Re-certification: (A). In order to ensure continued participation in housing programs and on an annual basis, tenants under a MHO, lease or lease with option to purchase shall re-certify and provide information to the Office of Housing.

Can I be on the waiting list if I'm over income?

An applicant must meet the eligibility requirements stated in the Squaxin Island Tribe Eligibility, Admission and Occupancy Policy (EAOP).

11. Eligibility for Housing: The applicant must qualify as a low income family, defined as a family whose income does not exceed 80% of the median income for the area or the United States, whichever is greater.



Resources for Domestic Violence / Sexual Assault

Mason County: Turning Pointe
360-426-1216

**Center for Advocacy
for Personal Development**
360-426-6925

24 HR Sexual Assault Crisis Clinic
360-490-5228

Thurston County: SAFEPLACE
360-786-8754

24 HR Crisis Clinic
360-754-6300
360-943-6703 TTY

National Domestic Violence Hotline
Staffed 24 hrs a day by trained counselors who can provide crisis assistance and information about shelters, legal advocacy, health care centers and counseling.
1-800-799-7233 (SAFE)

Although there are national hotlines for adults, teens have special needs and require specific expertise, information and communication mechanisms for overcoming dating violence. The 24-hour national web-based and telephone

resource was created to help teens (ages 13-18) experiencing dating abuse and is the only helpline in the country serving all 50 states.

National Teen Dating Abuse Helpline
www.loveisnotrespect.org
1-866-331-9474
1-866-331-8453 TTY

Rape, Abuse, Incest National Network (RAINN) will automatically transfer you to the rape crisis center nearest you, anywhere in the nation. 1-800-656-4673 (HOPE)

You are not alone. And no matter what you have been told, it's not your fault. You have a right to live without being hurt! If you have questions regarding domestic violence, please call Gloria J. Hill, Domestic Violence Project Coordinator/Advocate @ 360-432-3927. ALL CALLS ARE CONFIDENTIAL!!!!!!
If you have an emergency please call 911!

Squaxin Island Law Enforcement:
426-5222
Shelton Dispatch: 426-4441



Myths and Facts About Sexual Violence

MYTH #1: *Victims provoke sexual assaults when they dress provocatively or act in a promiscuous manner.*

FACT: Rape and sexual assault are crimes of violence and control that stem from a person's determination to exercise power over another. Neither provocative dress nor promiscuous behavior are invitations for unwanted sexual activity. Forcing someone to engage in non-consensual sexual activity is sexual assault, regardless of the way that person dresses or acts.

MYTH #2: *If a person goes to someone's room or house or goes to a bar, she assumes the risk of sexual assault. If something happens later, she can't claim that she was raped or sexually assaulted because she should have known not to go to those places.*

FACT: This "assumption of risk" wrongfully places the responsibility of the offender's actions with the victim. Even if a person went voluntarily to someone's residence or room and consented to engage in some sexual activity, it does not serve as a blanket consent for all sexual activity. If a person is unsure about whether the other person is comfortable with an elevated level of sexual activity, the person should stop and ask. When someone says, "NO" or "STOP," that means STOP! Sexual activity forced upon another without consent is sexual assault.

MYTH #3: *It's not sexual assault if it happens after drinking or taking drugs.*

FACT: Being under the influence of alcohol or drugs is not an invitation for non-consensual sexual activity. A person under the influence of drugs or alcohol does not cause others to assault her; others choose to take advantage of the situation and sexually assault her because she is in a vulnerable position. Many state laws hold that a person who is cognitively impaired due to the influence of drugs or alcohol is not able to consent to sexual activity. The act of an offender who deliberately uses alcohol as a means to subdue someone in order to engage in non-consensual sexual activity is also criminal.

MYTH #4: *Most sexual assaults are committed by strangers. It's not rape if the people involved knew each other.*

FACT: Most sexual assaults and rapes are committed by someone the victim knows. Among victims aged 19-29, two-thirds had a prior relationship with the offender. A study of sexual victimization of college women showed that most victims knew the person who sexually victim-

ized them. Six in ten rape or sexual assault victims stated the offender was an intimate, other relative, a friend, or an acquaintance. Most often, a boyfriend, ex-boyfriend, classmate, friend, acquaintance, or co-worker sexually victimized the women. Sexual assault can be committed within any type of relationship, including in marriage, in dating relationships, or by friends, acquaintances, or co-workers. Sexual assault can occur in heterosexual or same-gender relationships. It does not matter whether there is a current or past relationship between the victim and offender; unwanted sexual activity is still sexual assault and is a crime.

MYTH #5: *Rape can be avoided if women avoid dark alleys or other "dangerous" places where strangers might be hiding or lurking.*

FACT: Rape and sexual assault can occur at any time, in many places, to anyone. According to a report based on FBI data almost 70% of sexual assaults reported to law enforcement occurred in the residence of the victim, the offender, or another individual. As pointed out above in Fact #4, many rapes are committed by people known to the victim. While prudent, avoiding dark alleys or "dangerous" places will not necessarily protect someone from being sexually assaulted.

Myth #6: *A person who has really been sexually assaulted will be hysterical.*

FACT: Victims of sexual violence exhibit a spectrum of responses to the assault which can include: calm, hysteria, withdrawal, anger, apathy, denial, and shock. Being sexually assaulted is a very traumatic experience. Reactions to the assault and the length of time needed to process through the experience vary with each person. There is no "right way" to react to being sexually assaulted. Assumptions about a way a victim "should act" may be detrimental to the victim because each victim copes with the trauma of the assault in different ways which can also vary over time.

MYTH #7: *All sexual assault victims will report the crime immediately to the police. If they do not report it or delay in reporting it, then they must have changed their minds after it happened, wanted revenge, or didn't want to look like they were sexually active.*

FACT: There are many reasons why a sexual assault victim many not report the assault to the police. It is not easy to talk about being sexually assaulted. The experience of re-telling what happened may cause the person to relive

the trauma. Other reasons for not immediately reporting the assault or not reporting it all include fear of retaliation by the offender, fear of not being believed, fear of being blamed for the assault, fear of being "revictimized" if the case goes through the criminal justice system, belief that the offender will not be held accountable, wanting to forget the assault ever happened, not recognizing that what happened was sexual assault, shame, and/or shock. In fact, reporting a sexual assault incident to the police is the exception and not the norm. Because a person did not immediately report an assault or chooses not to report it all does not mean that the assault did not happen. Victims can report a sexual assault to criminal justice authorities at any time, whether it be immediately after the assault or within weeks, months, or even years after the assault. Criminal Justice authorities can move forward with a criminal case, so long as the incident is reported within the jurisdiction's statute of limitations. Each state has different statutes of limitations that apply to the crimes of rape and sexual assault. If you have any questions about your state's statute of limitations, you can call your local police department, prosecutor's office, local sexual assault victim service program, or state sexual assault coalitions.

MYTH #8: *Only young, pretty, women are assaulted.*

FACT: The belief that only young, pretty women are sexually assaulted stems from the myth that sexual assault is based on sex and physical attraction. Sexual assault is a crime of power and control and offenders often choose people whom they perceive as most vulnerable to attack or over whom they believe they can assert power. Sexual assault victims come from all walks of life. They can range in age from the very young to the very old. Many victims of sexual violence are under 12. Sixty-seven percent of all victims of sexual assault reported to law enforcement agencies were juveniles under the age of 18, 34% of all victims were under 12. One of every seven victims of sexual assault reported to law enforcement agencies were under 6. Men and boys are sexually assaulted. Persons with disabilities are also sexually assaulted. Assumptions about the "typical" sexual assault victim may further isolate those victimized because they may feel they will not be believed if they do not share the characteristics of the stereotypical assault victim.

MYTH #9: *It's only rape if the victim puts up a fight and resists.*

Continued on Page 21



NEW EMPLOYEES



Bridget Rae



Grant Writer/Planner

ᑭᓇ ᑕᓇᑦᑎᓐᑦ Bridget Ray cid sta! I work in the Planning Department where my main focus will be on resource development for the Squaxin Island Museum Library and Resource Center. I will also collaborate with the Planning Team to provide planning and grant writing services to Squaxin Island tribal departments and projects.

I have over 20 years diverse work experience in the public, private and tribal sectors with my most recent WORK interests revolving around Native Non-profit Development and Organizational Capacity Building, and Native Community Economic Development through Strategic Planning (for Environmental Sustainability also). I am a certified nonprofit planning and fundraising trainer and facilitator. I graduated from TESC in 2003 with a BA/BS in Cultural Studies and Environmental Science and recently became a First Nations Development Institute LEAD Cohort recipient for 2009. I currently serve on two non-profit boards and the Technical Assistance Committee for the Potlatch Fund.

My LIFE interest involves fostering the divine connection in all things. I am a lifetime learner. I do this by listening to my elders, paying attention to the young ones, respecting others, working and play-

ing hard. I identify as mixed heritage - French/Indian (Turtle Mountain Chipewewa), Irish and Euro-mutt. I have a wonderful big blended and extended family. I have a beautiful son who is nine named Max and also take care of my nephew Elijah who is 2 ½. These two boys, and my canoe kids, bring much joy to my life! I like people of all kinds. I believe every one of us has worth and brings something into the mix.

Activities you are most likely to find me engaged in because they rock include (but are not limited to) Tribal Canoe Journey, recycling and environmental education outreach, full circle teachings, playing outdoors, singing and DANCING, reading, carving, cooking, roller skating, scuba diving and travel/exploration. I make an effort to live intentionally and stay engaged while letting life take its natural course. You can only plan so much after all. There's a story behind that statement and it's a good one. However, I've said enough for now, so I'll wrap up by just letting you know how very excited I am to be at Squaxin - thanks for having me. Huy'

PS. I'm into sky dancing and roller disco. My sun sign in Virgo, Chinese sign is the Dog and my favorite food is SUSHI BABY!!



Margaret Foley



Transportation Planner/Manager

Hi, I'm Margaret Foley, the new Transportation Planner. I was raised in Olympia, and returned "home" in 1997 after living in Seattle for a few years. I come to the Squaxin Island Tribe from SparrowHawk Consulting, where I was a grant writer and project manager. When I'm not working, I'm a jewelry-maker, a painter, a reader, and sometimes a gardener. It's only been a few days since I started, but I've felt warmly welcomed by everyone! I'm very glad to be here, and look forward to getting to know all of you better.

Elizabeth Eagan



Health & Education Planner

Hello, my name is Elizabeth Eagan. My parents are Betty & Tom Egan and my grandparents are Opal & Ted Kittleson and Shirley & Hilary Egan (Tlingit), all of whom I am fortunate to have in my life. My little brother John, who is not really so little anymore, is working hard to become a medical doctor. I grew up with my family in Minnesota, and caught a train to Washington seven years ago. For the past 2 ½ years, I had been working as a Planner with your neighbors to the north (Skokomish Tribe), where I had the opportunity to develop skills and experience in the wonderful world of planning, grant writing and resource development. I am thrilled to share and apply these skills in service to the Squaxin Island Tribe as the new Social Services, Health and Education Planner; I will be working, learning and listening closely with the incredible Planning and Community Development team. Gunalcheesh (thank you) for the warm welcome.

Janette Sigo

Health & Human Services Receptionist

Hello "k"ədači," Good day. My name is Janette Sigo. I'm from the Bagley clan. I'm the granddaughter of Florence Sigo, daughter of Dewey Sigo. I'm filling in at the clinic front desk. I am looking forward to working in the community and seeing everyone. Talk to you soon. Hoyt! Have a great day!





NEW EMPLOYEES / VETERANS



Bear Lewis



Fisheries Technician

Hi, my name is Bear Bear. You might have seen me at KTP, but now I work for Natural Resources or "Fisheries" as many of you call it. I enjoy doing outdoor work, so I fit right in and enjoy it. Hope to see you guys around the community.

Janita Johnson



Wellness and Prevention Advocate

Hi. I'm Janita Johnson, your new Wellness and Prevention Advocate at the Squaxin Island Health Clinic. As many of you know, I have worked at the clinic for three years now, and I really enjoy helping tribal members learn how to make new lifestyle choices. My first prevention activity will be STD Awareness Day on April 1, 2009 at the clinic from 10:00 a.m. to 4:00 p.m. The goal is to remove the stigma around STD testing. So come for your free STD test and a chance to win an IPOD or Season Pass to Wild Waves. Give me a call if you have any question 432-3972.

We Honor Our Veterans

JOHN KRISE, SR.

Sgt. 1st Class Retired

I was drafted October 10, 1967 into the US Army. I was 24 years old. I was drafted earlier, but told I had a flat foot. My basic training was at Ft. Lewis, Washington. I remember my drill sergeant. He told me I was too mean to be in his army, to do my two years and get out. He used to have me doing pushups every time I had to do a hands-on task. I would do about 350 pushups a day for him. During my time in the army, I was able to see many countries, experience many different cultures and meet many people I will remember the rest of my life.



I went to Ft. Sill, Oklahoma for artillery training; then off to sunny Viet Nam. They needed someone to bake rolls, so I became the night baker. Then I returned to the battalion so I could earn a better rank. I did two years and six months there; then I was stationed at Ft. Hood, Texas. I was discharged from there. I could stay out for sixty days; then reenlist and still keep my rank and bonus. I stayed out 59 days; then went to Germany for two years. While stationed there, I was able to go to Austria and France. I went to the best noncommissioned academy at Bad Tolz which was designed by General Patton's army. After that I was back in Vietnam. From there I was assigned to Schofield Barracks in Hawaii for six years. While there, I was sent to Australia, New Zealand, the Philippines, Guam and Korea.

I was married to my wife, Gloria, while stationed in Hawaii October 13, 1977. Our oldest son, Adam, was born in Hawaii. John was born in Texas in 1980.

One person who stands out the most in my mind was General Omar Bradley. I had breakfast and lunch with him in our mess hall at Schofield Barracks, Hawaii in 1974. I also met Joe Lewis while I was at Ft. Carson, Colorado. He was our boxing advisor in 1972.

I consider myself fortunate to have been able to see all the different countries and cultures. I have looked over the DMZ in Vietnam and the DMZ in Korea. I looked over the Berlin wall in Germany. I was in the army 26 years and two months and honorably discharged December 11, 1992 at the rank of Sergeant First Class E-7. I would not trade my time in the army for anything. I still miss the army. I most likely will for the rest of my life.



John Krise
served
our country!

Logo Contest!

SPIPA (Five Tribes)

The women and Girl's
Gathering
Planning Group
Is

Looking for a new logo for
2009

Prize is a sweatshirt
with your art work printed on it.

Contest ends June 1, 2009

Turn entries in to your local planning
group volunteer:
Janita Johnson 432-3972



Win an IPOD

or other great prizes

Actual IPOD style may vary

Come to the Clinic on April 1, 2009 between the hours of 10am and 4pm for STD Awareness Day and find out how to win an IPOD or other great prizes.

Schedule an appointment and learn how to increase your chances to win. Only one prize per person.

For more information call

Janita Johnson, Squaxin Island Prevention
and Wellness Advocate
432-3972



Myths/Sexual Violence

Continued from Page 18

FACT: Many states do not require a victim to resist in order to charge the offender with rape or sexual assault. In addition, there are many reasons why a victim of sexual assault would not fight or resist her attacker. She may feel that fighting or resisting will make her attacker angry, resulting in more severe injury. She may not fight or resist as a coping mechanism for dealing with the trauma of being sexually assaulted. Many law enforcement experts say that victims should trust their instincts and intuition and do what they think is most likely to keep them alive. Not fighting or resisting an attack does not equal consent. It may mean it was the best way she knew how to protect herself from further injury.

MYTH #10: *Someone can only be sexually assaulted if a weapon was involved.*

FACT: In many cases of sexual assault, a weapon is NOT involved. The offender often uses physical strength, physical violence, intimidation, threats, or a combination of these tactics to overpower the victim. As pointed out in Fact #4, most sexual assaults are perpetrated by someone known to their victim. An offender often uses the victim's trust developed through their relationship to create an opportunity to commit sexual assault. In addition, the offender may have intimate knowledge about the victim's life, such as where she lives, where she works, where she goes to school, or information about her family and friends. This enhances the credibility of any threats made by the offender since he has the knowledge about the victim's life to carry them out. Although the presence of a weapon while committing the assault may result in a higher penalty or criminal charge, the absence of a weapon does not mean that the offender cannot be held criminally responsible for the sexual assault.

MYTH # 11: *Rape is mostly an inter-racial crime*

FACT: The vast majority of violent crimes, which include sexual assaults and rapes, are intra-racial, meaning the victim and the offender are of the same race. This is not true, however, for rapes and sexual assaults committed against Native women. American Indian victims reported that approximately 8 in 10 rapes or sexual assaults were perpetrated by whites. Native women also experience a higher rate of sexual assault victimization than any other race.

*(SEXUAL ASSAULT AWARENESS GROUP (SAAG)
AT LOYALA UNIVERSITY CHICAGO)*

Let's Get Growin' Together

Come help us plan the new Tribal Community Garden!

We need your input to help build and create a space to grow food for yourself and the community!

Bring family and friends!

We will discuss this over a meal of Healthy Food!



Photo by: Nature's Creation Farm, Mallock

We will be meeting

April 14th In the Elders Building

11:00 to noon: Diabetes Information
noon to 1 pm: Lunch & Garden Discussion

4 to 5 pm: Diabetes Information
5 to 6 pm: Soup and Garden Discussion

For more information please contact:
Patty Suskin, Diabetes Coordinator at (360)432-3929
The meal will include organic chicken and produce.

What R they?

Sexually transmitted infections (STDs) are spread through sexual contact. You can get STDs during vaginal, anal, or oral sex, or even just from skin-to-skin contact with the genital area.

Common STDs include:

Chlamydia, Genital Herpes, Genital Warts (HPV), Gonorrhea, Hepatitis C, & HIV.

All of these STDs can be treated, and many STDs can be easily cured with antibiotics.

Most people don't know they have an STD, because many infections **don't** cause any noticeable signs or symptoms. **The only way to know for sure is to get tested!**

It can be as simple as peeing in a cup!

Will my parents know?

In most states teens can be tested for STDs without their parents' permission, and in the Pacific Northwest testing is completely confidential. No one can notify your parents.

How 2B STD Free:

Don't have sex. Not having sex (abstinence) is the best protection against STDs. You can choose not to have sex even if you've had sex in the past.

Learn how to use latex condoms the right way, and use them every time.

Plan ahead. Before you have sex:

Talk to your partner about STDs.

Get an STD checkup and make sure your partner does too.

Talk to your partner about protection.

Don't use drugs or alcohol. They affect your ability to make smart and safe decisions about sex.

What now?

Sexually active teens and young adults should get screened at least once a year for sexually transmitted infections. It's easy. Just ask your doctor.



To Learn More
Find an STD/HIV testing site near you at www.hivtest.org
Get in touch with your doctor or other healthcare provider
Visit [Stop the Silence](http://www.stopthesilence.org) at www.stopthesilence.org
Contact your tribal health department
Call the National Hotline for LGBT Youth at 1-800-347-TEEN (347-8336)

Provided by Project Red Talon, part of the Northwest Portland Area Indian Health Board
For more information about Project Red Talon, call 503-226-4165 or visit us on the web: www.qpaki.org



**JUST BECAUSE U DON'T SEE IT
DOESN'T MEAN U DON'T HAVE IT.
GET TESTED!**

**Join us for Free Food, T-Shirts,
& Cool Raffle Prizes!!!**

Why? April is STD Awareness Month & we're offering free testing!
1 out of 4 sexually active teens has an STD, and testing is easy...

When? Wednesday, April 1st 2009. From 10 am- 4 pm.

Where? Squaxin Island Health Clinic

Who? All sexually active teens and young adults. STDs are most common among 15-29 year olds.

Questions? Contact Janita Johnson,
Prevention & Wellness Advocate - 360-432-3972



StopTheSilence.org
Protect Our Blood, Know Your Status
GET TESTED

BEEN LAID? GET TESTED!

Teens who start having sex at a young age or who don't use condoms every time they have sex are at higher risk for getting a sexually transmitted infection (STD).

Without testing and treatment, these infections can cause pain, infertility, cancer, and even death.

Been Laid? Get Tested!

Protect yourself and your partners - Get tested and treated!

You have an important role to play in preventing STDs, and **Project Red Talon** is dedicated to helping you do your part.

StopTheSilence.org

**Talk to your tribe,
your friends, & your
sexual partners.**

RU in the know?

- **STDs are very common.** 1 out of 4 sexually active teens will get an STD this year!
- **Chlamydia and gonorrhea rates are highest among young people** 15-24.
- **1 in 10 sexually active teens has chlamydia.**
- **Some STDs are very serious.** Untreated chlamydia can cause permanent damage to the reproductive organs. If it isn't properly treated, chlamydia can make some women unable to have children.
- **1 out of 5 sexually active teen women will get pregnant this year.**
- **Half of new HIV infections occur among teens and young adults.**
- **Having any STD can make it 2 to 5 times more likely to get HIV from an HIV-positive sexual partner.**



Nutrition After-School: What's Up

Several youth have been cooking and tasting new foods at the Nutrition After-school program. We've been focusing on the groups of the Pyramid: Grains, Vegetables, Fruits, Milk and Meat & Beans - and making healthy, delicious snacks from each of the groups. We enjoyed bagel pizzas and pasta salad from the Grains group, fruit smoothies from the Fruits group, and veggie lo mein during the Vegetables group.

Kate Dugan from FoodSense offers cooking and nutrition information during the skill-building after-school program Monday through Thursday each week. If you are interested in any of these recipes or others that we make, contact Kate at 432-3884 or kadugan@wsu.edu.



Terrence Henry & Jackson Cruz



Bagel pizzas



Keesha Vigil-Snook & Terrence Henry



Jessica Cruz & Machiah Rivera



Congratulations Raffle Winner!

Roslynn Reed
February Mammogram

Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at the Elder's Building
After Senior Lunch

Free Pilates Classes

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

Help Plan a New Community Garden on the REZ!

Tuesday, April 14th
At Elder's Building
11:00 - 12:00 Diabetes Information
Noon to 1:00 p.m.
Lunch & garden discussion
4:00 to 5:00 Diabetes Information
5:00 to 6:00 p.m.
Soup & garden discussion

Free Food Samplings

Wednesday Morning April 1st,
Friday Morning, April 17th
At the Clinic
At Tribal Center on Per Capita Day:
Thursday, April 2nd
Commodities Recipe Tasting: April 6,
10:00 a.m. - 12:00 p.m. @ SPIPA

Community Health Walk

Thursday, April 16th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk
in their area at the same time-
for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers each
month wins the walking stick
for that month.
We won it in March ...
Can we get it back this month?

Mammogram & Women's Health Exams

April 17th
Contact Rose Cooper (360)432-3930

Want a garden in your yard?

Are you low income?
Contact Patty Suskin to
get on the waiting list to have a garden
placed in your yard - for FREE

Free Line Dancing
Wednesdays & Fridays - noon in the gym

Smart Shopping/Food Label Reading Workshops

Contact Patty to schedule a
family & friends session

Come Visit Our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the
Pounds & more)
you can come & use in building
across from clinic.
Work out alone, with us,
or schedule a time for a group

Interested in Lifestyle Balance Program?

If you are Native American & over 18, see
if you qualify to participate in this
16-week workshop to improve your health
by changing your nutrition & activity

Foot Exam Morning for People with Diabetes

Tuesday, April 28th 9 am to noon
Contact Patty for an appointment

Contact

Melissa Grant (360)432-3926
Patty Suskin(360)432-3929
or Kate Dugan (360)432-3884



Got Diabetes or Know Someone with Diabetes?

Want to Live a Long, Healthy Life?

We are Here to Help... Read on . . .

Staff at the Squaxin Island Health Center are committed to providing the best care for people with diabetes. We follow the Indian Health Services (IHS) "Standards of Care" for tribal members. The "Standards of Care" are a set of guidelines to provide the highest quality care possible.

Not at your target for best diabetic management? See us every three months, until you are at goal. These goals include your "A" A1C, (an average measure of your blood sugar for past 3 months) "B" blood pressure, and "C" cholesterol. These are the "ABC's" of good diabetes management. They help insure a long, productive and happy life for those with diabetes.

Imagine that when you are at the clinic for your regular diabetes care appointment, your health care provider says it is time for your yearly check-up. He or she asks you to schedule a longer appointment so you can get several things done to meet "standards of care" and stay healthy with diabetes.

1. What does the health care provider mean by "standards of care"? Why is it important for you to "meet them?"

Standards of care are guidelines that diabetes experts agree can prevent/delay diabetes complications and/or find diabetes complications early so treatment can be started right away. They include suggested medications, tests, immunizations and exams. It is important to get them done or "meet the standards" to give yourself the best chance to stay healthy with diabetes. Most of the long-term problems of diabetes can be treated better if they are found early. Regular examinations are needed, especially of the eyes, kidneys, feet, and heart to check for problems.

2. What are some of the tests/exams/immunizations you might need at your next visit if you have not had them done in the past year? What are some questions to ask your health care provider about them?

The tests needed every year include:

- urine test to check for protein (to see how kidneys are working)
- blood test to check cholesterol level (lipid profile) and kidney function (creatinine), liver health and more

The examinations needed every year include:

- Routine physical
- Eye exam
- Dental exam
- Diabetes Education with Patty (Nutrition, Activity)
- Foot exam to check feeling in the feet
- Depression screening

Immunizations needed include:

- Flu vaccine every year
- Pneumonia vaccine at least once
- Tetanus every 10 years
- TB skin test once after diagnosis of diabetes



3. How can you remember to have your tests/exams/immunizations every year?

Here are some ideas to keep up to date on your tests/exams/immunizations:

- Schedule your yearly tests and exams on the same month each year (maybe your birth month?)
- Ask your health care provider at every visit if you are up-to-date with your test/exams/immunizations

We will also keep you updated with the newest research in diabetes care. You may find that more medications are needed to insure you will stay healthy. Research is being done all of the time, and things change quickly. We are committed to make sure you know what we know to keep you healthy.

Tips on getting started exercising

1. Start with 5-10 minutes of your chosen activity, if that is all that you can do. You should feel somewhat tired after you are done, but not so tired that you need to take a nap afterward. Also you should not be so sore that you can not move for 2-3 days after you exercise-- that means you overworked yourself.
2. Work up to 30 -45 minutes of aerobic activity, 5 times per week. Increase the length of time you are active by 5 minutes each week.
3. Walking, biking, dancing, clam digging, fishing and canoeing are all examples of aerobic activities, but any activity that gets your body moving and your heart rate elevated will have the same benefits as well.
4. For an activity to be considered an aerobic activity it must feel somewhat hard, or leave you feeling warm and slightly out of breath.
5. Also try the 5 minutes out 5 minutes back plan. Just like it sounds, you walk out for 5 minutes, turn around and walk back. That's it. When you feel that's easy, increase your time to 10 minutes out and back.
6. And as always stretch after your workout not before.

Remember you are never too old or to young to start your exercise plan. Join us for third Thursday walks. We need your help to beat Skokomish, Chehalis and Shoalwater Bay and win it for Squaxin. I will also be having a drawing for those who participate in the walk or if you just work out on your own on that same day. Any questions feel free to call Melissa Grant Diabetes Prevention CHR (Janitas old job) @ (360)432-3926.

Contract Health Services (CHS) Reminder

Anytime you go to a doctor - outside the Squaxin Island Health Clinic - you must call the CHS Office (432-3922) for a purchase order (PO).

Calling for a purchase order is the patient's responsibility.
It is not the doctor's or clinic's responsibility.

If you do not obtain a purchase order,
you will be responsible for the payment of any charges you incur.

If you have any questions, please call our office.



HELPING • CHILDREN • GROW

Starting Healthy Eating Habits

How is your nutrition IQ? Are these statements true or false?

- A fat baby is a healthy baby.
- Young children need vitamin pills to make sure they get all the proper nutrients.
- Snacking is bad for children.

(All of these are false.)

Children outgrow many things. As they grow up, they cast aside old toys and clothes. They give up diapers and baby talk. A few things, though, they will carry with them into adulthood. These include the eating habits and attitudes toward food they learn from you.

Children develop tastes for certain foods at an early age. They learn to like what you give them to eat. If you offer them lots of fruit and vegetables, they will still enjoy those foods when they are older. If they get used to soda pop and lollipops, they probably won't be able to resist the lure of sweet foods later on.

The eating habits and attitudes your children pick up through your example are apt to last a lifetime. For this reason, you will want to become familiar with basic nutritional concepts. Fortunately, sound nutritional information isn't hard to find, but you can also find false information. Separating fact from fiction is the first step toward nutritional awareness.

Substitutions allowed

There is no single right way to good nutrition. The proteins, carbohydrates, fats, vitamins, and minerals we need are found in a wide variety of foods. Ethnic foods, vegetarian diets, and other common menus can all supply these nutrients.

Because there are so many different nutritious foods, you don't have to worry if your children won't eat certain things. It's easy to find other foods with the nutrients they need. If your child does not like potatoes, he or she can get carbohydrates from bread and rice. Forcing children to eat foods they don't like is never a good idea.



Food is its own reward

Making children eat when they aren't hungry isn't wise, either. Different children need different amounts of food. Even the same child will need different amounts of food at different times. Poor eating habits are begun rather than ended when parents become anxious about their children's appetites.

Using food as a reward or punishment is another bad idea. Giving dessert as a reward may teach a child that dessert is the most important part of the meal. Such tactics encourage children to see eating as an emotional issue rather than as an enjoyable way to stay healthy and strong.

Thursday Clinic Hours 8:00 a.m. to 7:00 p.m.

HELPING • CHILDREN • GROW

Recipes for good habits

Once you have basic nutritional information, you will find many ways to help your children develop good eating habits. Some of the things you can do are:

- Serve a variety of foods.
- Let your children help prepare meals.
- Make mealtime a pleasant experience.

Mealtimes can be fun. They provide an opportunity to discuss the day's events, plan outings, and get to know one another better. If mealtimes are relaxed and happy, your children will begin to associate the nutritious foods you serve with good feelings.

Making meals fun

Balancing a diet does not have to mean meat and potatoes at every meal. As your nutritional awareness increases, you'll probably come up with many creative and interesting food experiences for your family. Here are a few ideas to get you started.

Breakfast. Breakfast doesn't have to be the traditional bacon and eggs and toast. Try preparing one of these "breakfast surprises":

- Toasted cheese sandwich, a glass of milk, and apple slices.
- Peanut butter on toast, and milk shake made with milk and fruit.
- Cereal sundae made with dry cereal or granola sprinkled on fruit or yogurt.

Snacks. Snacking has become a way of life for most Americans. Snacking does not have to mean candy. It can be another opportunity for good nutrition. Here are some ideas for nutritious snacks:

- Mix together dried fruit, nuts, and seeds. Put the mixture into small plastic bags so children can carry the bags while they play.
- Freeze unsweetened juices in your freezer tray. When almost frozen, put a wooden stick in each cube. Serve frozen fruit juice on a stick.
- Cut up vegetables in sticks, chunks, and circles. Then mix yogurt or sour cream with herbs and spices or onion soup mix and have a "dunking party."
- Use cookie cutters to cut cheese, meat, and bread into interesting shapes.

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A healthy diet

Young children need a variety of foods in their diet. Include these every day:

- six servings of breads and cereals,
- three servings of vegetables,
- two servings of fruits,
- two servings of milk and milk products, and
- two servings of meat and meat alternates.

Standard servings for children

| | Serving size | |
|--|-----------------|---------------|
| | for 2-3 years | for 4-5 years |
| Breads & cereals | | |
| bread | 1/2 slice | 1/2-1 slice |
| cooked cereal, rice, or pasta ready to eat | 1/4-1/3 cup | 1/4-1/2 cup |
| Vegetables & fruits | | |
| raw | 1/2 med. | 1/2-1 med. |
| cooked | 2-3 Tbsp | 4-5 Tbsp |
| Juice | 1/4-1/2 cup | 1/4-1/2 cup |
| Milk & milk products | | |
| milk, yogurt, custard, milk | 1/2-3/4 cup | 3/4 cup |
| pudding | 4-6 Tbsp | 6 Tbsp |
| cheese (1 oz = 1" cube) | 2/3-1 oz | 1 oz |
| Meat & meat alternates | | |
| meat, poultry, fish | 2-3 Tbsp (1 oz) | 4 Tbsp (2 oz) |
| eggs | 1 | 1 |
| peanut butter | 1-2 Tbsp | 2-3 Tbsp |
| cooked dried beans or peas | 1/2 cup | 1/2 cup |



Free Diabetes Screening

When: Tuesday-Friday
8:00-12:00 and 1:00-5:00

Where: Health Promotions Building
(across from clinic)

Who: Melissa Grant
Diabetes Prevention CHR
(360)432-3926

Call and schedule a free diabetes screening (finger poke) with me or you can just walk in.

Please try not eat or drink anything at least 8 hours before you come see me, but if you forget you can still get tested.

Hope to hear from you soon.





**Foot Exam Morning
for People with Diabetes**

When: Tuesday, April 28, 2009
9:00- 11:30 : FOOT EXAMS by
 Podiatrist, Dr. Molina Kochhar
 Bring your foot questions for Dr. Kochhar

**Call Patty for an appt time
(360)432-3929**
 People with diabetes first priority,
 if appts available, will schedule others

Where: Squaxin Island Health Center

Questions? Call Diabetes Coordinator, Patty Suskin 432-3929



Lunch Menu

| | |
|------------------|---|
| Wednesday, 1st: | Stuffed Pork Chops |
| Thursday, 2nd: | Soup & Sandwich |
| Monday, 6th: | Chicken Fajitas |
| Wednesday, 8th: | Baked Salmon |
| Thursday, 9th: | Prime Rib, Twice Baked Potato <i>(RSVP to Colleen @ 432-3936 by Tues. 4/7 ONLY! \$5 per person under 55)</i> |
| Monday, 13th: | Beef Stroganoff |
| Wednesday, 15th: | French Toast & Ham |
| Thursday, 16th: | Meatloaf |
| Monday, 20th: | Fish & Tots |
| Wednesday, 22nd: | Beef |
| Thursday, 23rd: | Chicken Stir Fry |
| Monday, 27th: | Lasagne |
| Wednesday, 29th: | Chalupa |
| Thursrday, 30th: | Oysters |

Outdoor Activity- Staircase Rapids Trail

Submitted by Melissa Grant & Patty Suskin in Health Promotions

Forest hikes rarely get better than this. This delightful and popular trail leads to beautiful scenes. The route is entirely in the deep forest, which consists of fir, hemlock, and western red cedar. The huge trees rise above lush undergrowth that is almost as luxuriant as that in the rain forests. The trail begins at the end of FS Road 24 across the river from Staircase Ranger Station at the edge of the clearing that was formerly occupied by the Staircase Resort. Near the trail's beginning, a side path leads to the remains of a giant western red cedar that fell in January 1999, apparently from old age. About 14 feet in diameter, it was one of the largest trees in the valley and estimated to be eight hundred years old. The trail then comes out onto the banks of the Skokomish. The crystal clear stream, every rock on the bottom visible, flows rapidly here, the rushing water muffling the birds that dwell in the forest. The climax of the walk is Staircase Rapids, a series of regularly spaced terraces over which the river spills. This is easily one of the Olympics' most scenic stretches of river and well worth a visit. The name Staircase derives from The Devil's Staircase, after a visitor called it that after returning from a trip up the river. The path at that time was largely a staircase of roots to which one had to cling when climbing up and down the bluff. Eventually the place became simply known as Staircase, and the name was later given to the rapids.

HIGHLIGHTS: History, wild birds, alpine glacier, deep forest, river

DISTANCE: 3.5 miles roundtrip

HIKE TIME: 2 hours at a good pace

DIFFICULTY: Easy to moderate

DIRECTIONS: Take U.S. Highway 101 to Hoodspport and turn off onto Lake Cushman Road. Pass Lake Cushman State Park and drive to the end of the road, where there's a junction. Turn left onto Forest Service Road 24 and drive 6.6 miles to the Staircase Ranger Station and trailhead parking.



Need Food? Check These Out..

WIC (Women, Infants, & Children) at SPIPA

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

Monday, April 13th, 9:00 a.m. to 4 p.m.

Wednesday, April 22, 1:00 p.m. - 4 p.m.

Monday, May 11th, 9:00 a.m. to 4 p.m.

Wednesday, May 20, 1:00 p.m. to 4 p.m.

Contact Debbie Gardipee-Reyes at 462-3227

Commodities at SPIPA

Monday, April 6th 10:00 to noon

Monday, May 4th 10:00 to noon

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

Squaxin Island Tribe 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

when we receive fresh produce or bread, let me know.

Contact Melissa Grant (360)432-3926

Does Eating Too Much

Sugar Cause Diabetes? No!

MYTH: Eating too much sugar leads to diabetes.

FACTS: Contrary to popular belief, sugar doesn't cause diabetes. "There's no evidence at all that people who eat a lot of sugar get diabetes at a higher rate than anyone else," says Steven Edelman, M.D., founder and director of the nonprofit group Taking Control of Your Diabetes.

That doesn't mean that sugar isn't a factor. Too many calories contribute to excess weight, and excess weight can lead to type 2 diabetes (which accounts for approximately 90 percent of diabetes cases), says Ann Albright, the American Diabetes Association's president of health care and education. While the exact cause of type 2 isn't known, genetics and lifestyle are both contributors, Albright says.

In the past, Type 2 typically affected people over age 40. However, more and more younger people- even teens- have Type 2 diabetes. It is a sign of too little activity & too much food. In Type 2, cells become resistant to insulin, leading to excess sugar in the blood. Insulin is a hormone that helps the body's cells absorb sugar needed for energy. (The cause of type 1, in which the pancreas produces little or no insulin, is unknown.)

What's the best way to prevent type 2 diabetes? Monitor both the quantity and quality of your eating plan and remain physically active, Albright says.

Source: AARP Bulletin Today

Submitted by Patty Suskin, Diabetes Coordinator



COMMUNITY



Happy Birthday

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

Carolyn Hoosier 07
 Keesha Vigil-Snook 07
 Marcella Castro 08
 Nolah Cousins 08
 Mi'chelle Mach 08
 Rodney Krise, Jr. 08
 Alexander Henry- Castellane 09
 William Henderson 09
 Juan Araiza 09
 Cheryl Hantel 09
 Andie Cousins 09
 Lila Jacobs 09
 Kiana Henry 09
 Joanna Cowling 10
 Kenneth Selvidge, Jr. 10
 Antonia James 10
 James Giles 10
 Talon Beattie 11
 Russell Harper 12
 Dorinda Thein 12
 Darren Ford 12
 Latiesha Gonzales 13
 James Peters 14
 Haelee Hernandez-Smith 14

Debra Peters 14
 Grace Pugel 15
 Ronald Schaefer 16
 Jeffery Peters 17
 April Robinson 17
 Dena Cools 17
 Daniel Kuntz 18
 Douglas Johns 18
 Teresa Krise 18
 Elisha Guizzetti 19
 Trinity Byrd 19
 Vicky Turner 20
 Jolene Grover 20
 Louise Rioux 20
 Pamela Peters 20
 Tracy West 21
 Edward Henry II 21
 Chasity Villanueva 21
 Joshua Whitener 21
 Jon Vanderwal 21
 Elizabeth Obi 21
 Emily Sigo 21
 Tyrone Seymour 21
 Randy Koshiway 22
 Sarah Koshiway 22
 Rebecca Keith 23
 Ronald Bell 23
 Cameron Goodwin 24
 Syncere Ho 24
 Larain Algea 25
 Dawn Caasi 25
 Casey Krise 25
 Chauncy Blueback 26
 Russel Algea 26
 Lucille Hause 26
 Douglas Tobin 27
 Becky Barker 27
 Wesley Whitener 28
 Claudia McFarlane- Guijosa 29
 Redwolf Krise 29
 William Lopeman 29
 Toby Brownfield 30

What's Happening

| 1 | | 2 | | 3 | | 4 | |
|--|--|-------------------------------------|--|--|--|----|--|
| Squaxin Bible Study Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey | | Family Court | | AA Meeting 7:30 | | | |
| 5 | | 6 Veterans Meeting 10:00 a.m. | | 7 Reservation Based College Info. Mtg 4:30-6:30 | | 8 | |
| | | | | 9 Council Mtg. AA Meeting 7:30 | | 10 | |
| 11 | | 12 | | 13 | | 14 | |
| 15 | | 16 | | 17 | | 18 | |
| Easter | | Criminal/Civil Court | | AA Meeting 7:30 | | | |
| 19 | | 20 | | 21 | | 22 | |
| | | | | 23 Council Mtg. AA Meeting 7:30 | | 24 | |
| 25 | | 26 | | 27 | | 28 | |
| 29 | | 30 | | Basketry Classes Every Wednesday From 4:00 - 6:00 @ MLRC | | | |
| | | Criminal/Civil Court | | | | | |

Squaxin Bible Study

Bible Study is held Tuesdays @ 6:30 p.m.
 At the pastors' home - 30 Ho-Mamish Court
 Every one is welcome!
Pastors Ron and Kathy Dailey



Happy Birthday Dad!!!

I just want you to know
that you're the best,
and I hope you have a great year!

Your a great PA!PA!

Love YOU!!!

RUTHIE, jr, KIDS, AND THE CAT!

**Auntie Shirley,
Happy Birthday!!!**

You have always been true to my heart,
and I will always remember
being at your house every weekend
for how many years?!

I just don't know how
you and Uncle Dave

put up with Donna and I!

Love you!

Ruth Ann!

Evie,

**I Want Wish You a
Happy birthday!!!**

I want to thank you for being a great
friend to me in the last 25 years!

I look forward to our weekly chats
about American Idol!

Also I want thank you

for all those you years that you have
been there for me and the family.

You are truly a diamond in the Roth!

Happy Birthday, My Friend!

Love, Ruthie!

**Happy Birthday
Claud-Hopper!!**

Love, Grams, Wic and Kids

Happy Birthday Jeffrey!

I love u!

Love, Susan

Happy Birthday Jolene!

Love, Sue and Wicket

**Happy Birthday to My Sweet
Daughter Marcella**

Love, Mom

Happy Birthday

John Jr. (4) & Ayaiana (2)

"Apples of Our Eyes "



From John & Gloria Krise

**Happy Belated Birthday
Ruthie!**

Your Sisters

Love You and

Are Proud Of You!

Happy Birthday

Aunt Shirley!

Love, Christina,

Wyatt and Traci

We Love You!

Happy Birthday Dad!

Love, Christina, Wyatt and

Traci

We Love You!

**Happy 7th Birthday
Kiana Jean!!!**



Love, Mom, Dad and the
Whole Family

**John & Gloria Krise
Grandpa & Gramma Welcome Little Adam
Another "Apple of Our Eyes"**



Born to Nicole Cooper and Adam Krise on January 8th

**Happy 25th Birthday
Jolene Renee'!!!**



Love, Mom, Vinny and the
Whole Family



Intertribal Canoe Journey Planning Meeting

APRIL 11TH @ 7:00 P.M.

AT THE SQUAXIN ISLAND GYMNASIUM

For more information, contact:

Jeremiah George @ 432-3968

Special Thanks

To all:

The Native Club students and I would like to thank the Squaxin Island 1% Committee for awarding money to the Native Club at Shelton High School. This money will allow us to accomplish many of our goals as a Club. Thank you for your continued support to our club and our education!

Sincerely,

Cassie Henry

SHS Native Club President

and all the Native Club Members

Who Is It? *Answer from Page 13*



Beau Michael Henry

**NEW MEMBERS RECEIVE
\$5 FREE PLAY**

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- Dining specials
- Monthly free play rewards
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Lonestar
April 18th • 8pm

John Denver Tribute
April 25th • 8pm

The Grass Roots
May 9th • 8pm

Ron White
May 15th • 7pm & 9:30pm

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