



1st General Body Meeting of the New Decade Held in Jan.

Dave Lopeman called the meeting to order at 10:36 a.m. and Marcella Castro followed with the opening prayer. Dave provided a brief update on the golf course opening.

The Enrollment Committee made copies of the draft Enrollment Code available, and Tammy Ford briefed tribal members on it's key features. Dave then opened the floor for questions from the General Body. Colleen Woodard thanked Council, Ray Peters and Whitney Jones for their support of the elders host luncheon and other elder events and thanked Natural Resources and the fisherman for OysterFest. Gloria Hill mentioned that she started a Women's Circle on Mondays at 5:30 p.m.

Cal Peters and Glen Parker asked about the list of questions that had been submitted that have not yet been answered. Dave Lopeman stated that Council had finished answering those questions and the responses were being copied to be distributed at the meeting.

Terri Capoeman thanked the Council for the assistance she received. Joanne Decicio shared some concerns about the Tu Ha' Buts Learning Center. Vicki Kruger brought up the topics of adopting honorary tribal members and hosting the 2012 Canoe Journey. Dave introduced the new CEO for the casino, Mitch Corbine. Charlene Krise offered the lunch prayer.

Vicki explained the necessity of DNA testing for enrollment. Bev Hawks brought up tribal descendants and the lack of money; she is concerned about IHS funding being used on descendants when there

is not enough funding for tribal members. Will Penn shared his thoughts on DNA; he feels that it has no cultural relevancy. Davey Krise thanked Council for their help and prayers for Casey.

Jolene Grover and Aleta Poste are working on a new research project with UW asking the community to contribute input regarding health and other issues. Gloria Hill shared her concern about clam digs. Jolene Grover voiced her concern about non-tribal members being hired instead of tribal members. Dave thanked everyone for coming. Marcella offered the closing prayer.

For a copy of detailed minutes from the General Body Meeting, contact the Tribal Center at 360-426-9781.



MLRC On New National Geographic Map Guide *Spotlights Central Cascades*

In May 2008, Washington State Tourism and Travel Oregon entered a partnership with the National Geographic Society to advance geotourism in the Central Cascades region. This is a pilot sustainable tourism project for both states and highlights geotourism assets within the region that stretches south from Mount Rainier to Crater Lake, west to I-5, and east to Highway 97. The purpose is to support the region in growing a healthy tourism industry that is beneficial to the place, the environment and the people that reside there.

Of the 1,200 businesses and attractions that were nominated to be on the map, only 213 were selected, including the Squaxin Island Reservation and the Squaxin Island Museum Library and Research Center. Leslie Johnson, Director of the Squaxin Island Tourism Department and Co-Chair of NorthWest Tribal Tourism, has partnered with the state Office of Tourism, Michelle Campbell, Marketing Outreach Manager, for three years.

In February Leslie will attend the *Go West Summit* in Sacramento, California. The *Go West Summit* is a marketplace that brings together unique tourism suppliers from the Western U.S. with tour operators looking to expand their tours in the American West.

The *Go West Summit* is a premier meeting place because of its unique focus and effective format. It provides an intimate business setting structured to give tourism suppliers from a thirteen-state, Western U.S. region the opportunity to promote their products and write contracts with tour operators from all the major markets - Asia, Europe, Latin America, Canada, Mexico, Scandinavia and the United States.

Leslie will promote the Squaxin Island Tribe's tourism program, NorthWest Tribal Tourism, and the Pacific Coast Scenic Byway at the Go West Summit. Any regional tourism promotion benefits the Shelton/Mason County area by bringing travelers to our region.

The Central Cascades Map Guide will be available for sale at the Squaxin Island Museum, Library Research Center (360) 432-3839.

Squaxin Island Tribe Presents the 3rd Annual
SA'HEH'WA'MISH DAYS
Feb 20th & 21st, 2010

EVERYONE WELCOME!

Little Creek Casino Resort
Grand Entry Times:
Saturday at 1pm & 7pm • Sunday at 1pm

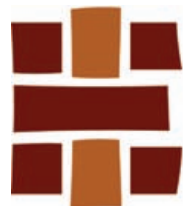
Dance and drum competitions throughout the day!

OVER \$20,000 IN PRIZES

SKOOKUM CREEK TOBACCO
LITTLE CREEK CASINO RESORT
Squaxin Island Tribe
Squaxin Island TOURISM

www.little-creek.com

Vendor space available
Contact Darlene Krise: 360-432-3027 or powwow@little-creek.com
For more information call 800-667-7711



Business Development Center *New Name and Logo!*



Jennifer Ulrich - **Spring classes will be starting soon.** Please call the number listed below to sign up.

The Center is open for drop-ins during the following hours:

Tuesday, Wednesday & Thursday
From 2 p.m. to 6 p.m.

(Appointments can be arranged outside of these times by emailing jwulrich@ieinc.org or calling 360.462.0339)

The Center is located across from the new KTP Express in the cream colored building at 21 SE Simmons Rd Shelton, WA 98584.

Stop in to see the facility, make an appointment for business counseling, and use the computer for creating business plans, conducting market research and more!

Island Enterprises is excited to be able to offer our tribal community of entrepreneurs more assistance. Look for updates of new services, events and classes in every issue of the Klah-Che-Min.

Important Aquatics Meeting

Jeff Dickson - There will be a community meeting of the Aquatics Committee to discuss issues for the upcoming geoduck harvest season. All are invited to attend, including committee members and alternates, divers with a current quota, divers without a current quota, interested and prospective divers, and any community member with an interest in the fishery.

The purpose of the meeting will be to develop a consensus recommendation to the Tribal Council for how to structure the fishery going forward. All suggestions and proposals will be considered. It would be helpful, if you have specific ideas, to put them in writing for this meeting.

The meeting will be held on Tuesday, February 9th at 10:00 in the morning. It will be held at the Tribal gymnasium unless response dictates a larger location. Please come prepared to be a part of the solution.



Girls Vs Cops Basketball Game February 26th . . . Stay tuned for details



Planning to Run For Tribal Council?

The Elections Committee would like to encourage tribal members planning to run for Tribal Council in May to declare their candidacy now! During the next few months the committee will be hosting several opportunities for candidates to get their names out and to share their thoughts and ideas with the community. Newsletter photos and articles, Question & Answer mail-outs, and community information sessions are just a few of the ways that people want to hear from you! Submit your name soon to the Klah-Che-Min to be included in the March and/or April newsletter or if you have any questions call the Tribal Center and ask for the Elections Committee.

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3645
FAX: (360) 426-6577

www.squaxinisoland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Se'I cretary
ANDY WHITENER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

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



Kamilche Church, 1947

If you can help us out, please contact Ruth Whitener at 432-3841.
Thank you VERY much!

Can you help us identify any of these people?

Here are the ones we know:

- | | |
|-------------------------------|----------------------|
| 1: Lorine Marshall Whitener | |
| 2: Verna Abbott Ellison | |
| 3: Angus Ellison | |
| 4: David Whitener | |
| 5: Don Whitener | |
| 6: Christine Marshall Ellison | |
| 7: Tony Ellison | |
| 8: Annie Krise | |
| 9: Pete Kruger | |
| 10: Sally James | |
| 11: Ron Whitener | |
| 12: Donnie Whitener | |
| 13: Ray James | |
| 14: Wes Whitener? | 19: Bob Whitener |
| 15: David Whitener | 20: Charlie ? |
| 16: Phil Simmons | 21: Myrtle Strickman |
| 17: Darrell Barnes | 22: Alvin Strickman |
| 18: Roland Simmons | 23: David Lopeman |



Walking On . . .

Elmer Strobe

Elmer W. Strobe died on Tuesday, December 22, at home in Shelton. He was 82 years old and had lived in Shelton for 47 years.

He was born May 26, 1927 in Seattle to William E. and Ethel (Baskett) Strobe. He served in the U.S. Army from 1946 to 1947 and was a corporal upon discharge. He married Arlene Botts in Shelton in 1957.

He was employed with the Simpson Timber Company in 1966 and retired in 1989 as a millwright.

He was a member of the 40 et 8 and he enjoyed fishing, gambling, boating and playing darts, pool and shuffleboard. He also enjoyed watching old westerns, sci-fi, sports and history on TV.

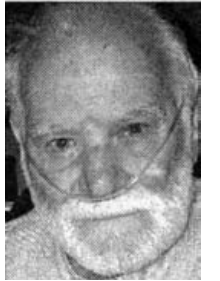
In his younger days, his passion was racing cars at the Elma Fairgrounds. He raced with many of the infamous and local fellows. Surviving are son Michael Strobe of Olympia; daughters Patti Riley of Shel-

ton, Barbie (and Jeff) Knudson of Shelton and Jonie (and Gary) Fox of Shelton; sisters Dorothy Todd of Shelton and Bernice Boyes of Mt. Ellinor, California; grandchildren Jennifer, Michelle, Ryan, Christine, Jessica, Jeramy, Dale, Chris, Jake, Dax, Tawny and Robert; and great-grandchildren Riley, Nick, Ashley, Gavin Tristian, Bella, Michael, Brandan, Tiffany and Brittany.

He was preceded in death by parents, wife Arlene, sister Billie, brother Donald, son Calvin and granddaughter Megan.

A graveside service was held at Shelton Memorial Park on Wednesday, December 30.

Memorial donations may be sent to: 40 et 8 Nurses Scholarship, 113 West Cota Street, Shelton, WA 98584 or to Assured Hospice, 2102 Carriage Drive, Olympia, WA 985512.





No Free Tax Preparation Site This Year

Due to lack of volunteer participation, the Squaxin Island Tribe Free Tax Preparation Site will not be open this year.

We apologize for any inconvenience this may cause to our regular site visitors.

If you would like a list of Free Tax Sites in the area, please contact Lisa @ 432-3871.

Squaxin State Park Still on Google Maps!

Leslie Johnson, Tourism Director - Corrections are made faster when there are many requests to fix the problem. Please go to Google Maps:

(<http://maps.google.com/maps?hl=en&tab=wl>).

Type in Squaxin Island, Shelton WA 98584. In very small print at the lower right hand corner, there's a link to REPORT A PROBLEM. Make sure the RED indicator is ON the Island, hopefully right by "Squaxin Island State Park." Ask them to correct their map: a) remove the state park and b) put Squaxin Island Reservation on the

Conquering Mold & Mildew

Mold and mildew love wet weather, so now is a great time to take a few precautions around the house.

The best way to battle mold is to reduce moisture and increase air flow. Use a ventilating fan in the bathroom while you shower and for 30 minutes afterward. Be sure your clothes dryer vents outside, and avoid air-drying most clothes indoors. Move large objects away from the walls to increase air flow and circulation. Regularly check for mold growth in places where moisture collects, such as bathrooms, windows and window sills, potted plants, or under the sink.

Mold can also grow in areas where water condenses on cold surfaces, such as unheated rooms or closets. Fumes are another common issue during the cold months. Be sure the stove, furnace, and fireplace or woodstove are properly vented. A carbon monoxide detector is a good safety addition. Choose cleaning products with no solvents and limited or no odor. Although air "fresheners" might smell like mom's pumpkin pie, resist the urge to use them; sprays and plug-ins continuously release fumes into the air.

Great information is available in the "Breathe Easier Home Assessment" booklet originally developed by the American Lung Association. For a free copy, call Thurston County Public Health and Social Services at 754-4111 or visit www.co.thurston.wa.us/

Setting Financial Goals Aids Financial Security

Financial security is a dream for most people. To turn a dream into a reality, start on the road to financial security by setting financial goals. Taking more control of spending and where money goes can result in surprising accomplishments toward financial independence.

Money management is about using what you have to get what is wanted-goals. No one can have everything, but good management can help get the things wanted most. Choosing a goal that is personally important helps motivate to work to reach it. Don't be afraid to set goals that aren't easy. After all, the purpose of setting goals is to accomplish more with money now than in the past.

People always are more willing to help if they've been involved in the decisions. Adults, teens and children all can be involved in discussions about what is most important to the family instead of only the adults making the determination. The possibility of achieving goals increases tremendously when everyone is involved.

Most people have goals important to them now and other goals important for the future. Financial experts put goals into three categories for the amount of time it will take to reach them or when the money will be available: short-term, intermediate and long-term. All three categories of goals aren't necessary-even some financial experts use only short-term and long-term goals. Don't get hung-up on categorizing goals, but do what makes the most sense. Just remember to think of more immediate needs and wants as well as those in the future. Big-ticket goals costing more money, such as a comfortable retirement or children's education, may be possible only by working toward them for many years. Setting benchmarks helps attain those goals, such as having a certain amount saved for retirement in five years, in 10 years and in 20 years.

Gathering information about costs and debts can help when setting goals. Knowing the amount of debt, loans and payments owed can help when deciding if debt reduction should be an important financial goal. It also helps to ask questions about savings, like how much is saved and if it is enough. Evaluating goals and writing them down also helps achieve those goals.

Sometimes goals clearly are unrealistic. For example, a family with a monthly income of \$3,000 and spending \$2,900 a month on basic living expenses would find it unrealistic to save \$500 a month for various goals. Unreachable goals may lead to discouragement and giving up. Make sure goals are at least possible even if it's a stretch to reach them.

If goals seem unrealistic, change them. If someone wants to save \$10,000 a year for retirement, but decides it isn't possible, perhaps he or she can adjust the goal and

save \$5,000 a year instead. If a student wants to pay off student loans in two years but decides it's unrealistic, he or she could decide to pay them off in four years. Revise goals by writing them again with specific target dates and dollar amounts.

Writing down a commitment to continue with goals can be useful, but usually people begin down the road to financial security with a desire to increase their savings or reduce their debt. Always ask: How much is saved? How much debt is being paid?

Most people have many goals. It's important to work hardest on the goals that are most important. For example, with five goals, rank them from one through five. Or divide goals into three groups: highest importance, medium importance and lower priority. Short-term goals are targeted sooner than long-term goals, but it doesn't mean they are more important. More than one goal can be worked on at a time, but it's a good idea to be clear about the highest priorities.

Source: Kathleen Prochaska-Cue, Ph.D.

TIPS FOR MANAGING AND REDUCING DEBT

- Look for temporary sources of income if possible
- Look of ways to reduce expenses
- Pay at least the minimum on debt and loans (Don't want to have extra charges)
- Contact creditors before you miss a payment
- Do not go shopping, just for something to do.
- Learn about community resources.
- Make having an emergency fund a priority.
- Do not use credit for day to day expenses.
- Avoid credit as a way to live beyond your means.
- Make sure you know all of the credit charges and rates of interest.
- Know what it costs to live. Keep records of your expenses.
- Plan for larger expenses by saving each month.
- Challenge the whole family to find ways to save money.
- Look for low cost forms of entertainment.
- Don't carry cash. It has a tendency to disappear.
- Wait at least 24 hours for any large purchase.

WELCOME!!

The Office of Housing would like to welcome the following tribal member and her family to the community:

- Stephanie Gott





Preparing for Water Emergencies

Several people experienced frozen pipes during the cold spell we had in mid-December. Pipes freeze when they are exposed to cold air. There are a few precautions that you can take to prevent your pipes from freezing:

Limit the cold air that comes into contact with your pipes by temporarily closing off the vents to your crawl space under your house. You could do this by stuffing fiberglass insulation into the vent cavity or taping cardboard over the vents with duct tape.

Be sure that pipes that could be exposed to cold air are covered or wrapped with pipe insulation. There are several types of pipe insulation, and you could wrap all your pipes for less money than you would pay a plumber to repair a broken pipe.

During a cold spell, leave the cabinet doors under your sinks in the bathroom and kitchen open so that warm air can reach the wall where your pipes are. Be especially careful if the pipes run in an exterior wall.

When temperatures dip below 10-15°F we recommend that you let your faucets run at a slow trickle. Both hot and cold water pipes can freeze, so both should run at a slow trickle. We recommend that you open your kitchen faucet and either the bathtub or sink faucet in each bathroom. Running water does two things: Water out of the ground is usually 50°F, well above the 32°F freezing point. Your water won't freeze if it is above the freezing point.

Moving water is not likely to freeze because the water is being replenished with "warm" water from the ground. Water that sits still in the pipes for several hours (even hot water) may freeze if the pipes are exposed to extreme cold.

If you have a tap open and the water freezes anyway, you will have a better chance that your pipes won't be damaged. Here's why: As water freezes, its volume expands. A gallon of liquid water put into the freezer will make more than a gallon of ice. When your pipe freezes, the frozen spot creates a plug. As the water continues to freeze, it expands. If your taps or faucets are closed, the expanding ice and water creates an increase in pressure inside your pipes. This increase in pressure or expansion could reach pressures over 1,000 to 2,000 psi. At these pressures, even copper and galvanized pipes will crack. Since a portion of the pipe is frozen, a leak won't be noticed until the pipes have thawed.

Many people with frozen pipes didn't realize they had a break until 3-4 days after the weather warmed up; it took their pipes that long to fully thaw out. So, leaving your taps open with a slow drizzle (not much, say 1 cup per minute) may prevent freezing, and if your pipes do freeze, it may still prevent a pipe rupture.

The Office of Housing Building Multi-Family Housing Units

This is a reminder for all applicants on the Waiting List that all outstanding debts with the Squaxin Island Tribe and/or entities and any other debts with utility companies must be paid in full before you will be offered a home.

HAVING ALL TRIBAL AND UTILITY DEBT PAID OFF DOES NOT GUARANTEE YOU A HOME.

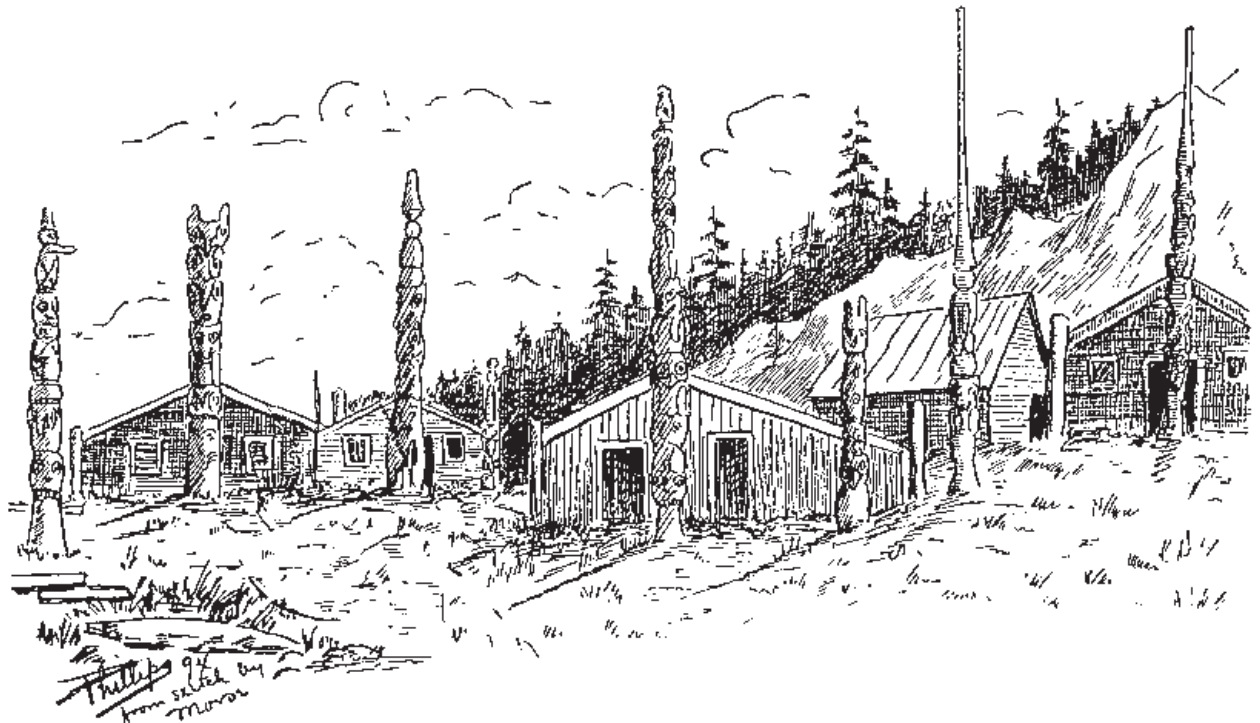
A final in-depth review of qualifications and eligibility must be conducted prior to actual assignment of a house.

If you have any questions, contact the Office of Housing at 432-3863.

Office of Housing, Department of Community Development Attention Housing Applicants

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Juana Perry, Occupancy Specialist, at (360) 432-3863. If you do not update your application by March 31, 2010, your name will be removed from the housing waiting list.

If do not update your address to receive the update application and/or do not update your application by March 31, 2010, your name will be removed from the housing waiting list.



Tribal Community Alert System

Office of Emergency Management & Safety

John Taylor - The Squaxin Island Tribe Office of Emergency Management & Safety is creating a Community Alert System, which will consist of several communication tools. The primary tool is called "Flash Alert" Newswire. It is an Internet and cell phone message system that can provide critical information to members, such as weather alerts, road and storm conditions, and community service information.

Messages can be provided in two formats, email, text messaging, or both email and text messaging. To become a member of this system will require you to complete the application located on the Squaxin Island Tribal web site under the Emergency Management tab. The information provided on the application is for enrollment in this system only.

Once you have completed the application, it can be returned to the receptionist at the Tribal Center, the Tribal Police Station, or the Emergency Operations Center. Those who have questions, please contact (360) 432-3947.



Tribe Files Second Petition to Protect Johns Creek

The Squaxin Island Tribe has filed a second petition with the state Department of Ecology (DOE) to stop all new water withdrawals, including permit-exempt wells, in the Johns Creek watershed near Shelton. The action was taken to protect several runs of salmon that spawn and rear in the creek.

"There isn't enough water in Johns Creek to support salmon," said Andy Whitener, Natural Resources Director for the Tribe. Likely because of withdrawals from hundreds of domestic and municipal wells, the creek does not meet state mandated minimum flows to protect salmon.

The tribe filed the petition under a state law that closes a watershed from future withdrawals if not enough information is available to justify those withdrawals.

This new petition comes almost two years after the state declined an initial call from the Tribe to protect Johns Creek. With the original refusal came the promise that the state would work with Mason County to develop ways to achieve minimum streamflows. "That so-called 'alternative path forward' never materialized," Andy said. "Neither the state or Mason County took any action."

Among other things, the state did not fund a request to complete a scientific study of the connection between surface and groundwater. "We know Johns Creek does not meet state minimum flow requirements. What we don't know is exactly where and how the creek is connected to groundwater," said Jeff Dickison, Squaxin Natural Resources Assistant Director. Groundwater is critical to Johns Creek because it supplies summer-time streamflows to support salmon populations.

Over the past 25 years, over 200 exempt wells have been drilled in the Johns Creek watershed. Permit-exempt wells are a way to access water without first determining if water is available. First intended to allow small users easier access to water, their small size was intended to limit their impact. "The common use of exempt wells in Johns Creek has made them a real - and hard to track - problem in determining water availability," Jeff said.

"One or two exempt wells aren't really anything to be worried about," Andy said. "But, their common use in Johns Creek is causing a death-by-a-thousand-cuts."

Some winter rainfall seeps into the ground and provides both drinking water and summer streamflow for Johns Creek. Because wells draw water from the same supply that discharges into Johns Creek, when wells are pumped, there is less water for the creek. "A groundwater model can help identify if, where and when water can be taken from wells that would have little or no impact on streamflows," said John Konovsky, Environmental Program Manager for the Tribe. "Without that kind of tool, we're flying blind."

Johns Creek is home to a small and fragile population of summer chum that is being harmed by increasingly low water levels. "If summer flows were just at the minimum required, we would see 20 percent more spawning habitat available for summer chum salmon," John said.

The approximately 10,500 acre watershed northeast of Shelton has been the center of recent economic and residential development efforts. "We know that salmon runs are being hurt by low flows. We simply don't know how much water is available for people to use near Johns Creek," Andy said. "You can't just assume there is enough water there for development to happen, you need to find out first."

FOR MORE INFORMATION, CONTACT:

Andy Whitener, Natural Resources Director, (360) 432-3800

Jeff Dickison, Assistant Natural Resources Director, (360) 432-3815

John Konovsky, Environmental Program Manager, (360) 432-3804

Emmett O'Connell, Information Officer, NWIFC, (360) 528-4304



Council Corner

If we don't do something very soon, Johns Creek salmon runs will become extinct.

In December, the Squaxin Island Tribe asked the state Department of Ecology to call a timeout on new use of water in the Johns Creek watershed just north of Shelton. We filed this petition (for a second time) because no one knows how much groundwater is available, or where exactly it comes from and flows to.

Water is not a limitless resource.

We're asking the state to stop allowing new wells to be drilled until we can determine just how much water is available for out-of-stream uses.

Currently, there is not enough water in the creek to support salmon. We are certain of this. The state set minimum standards for streamflows to sustain salmon populations, and Johns Creek now runs below those minimum standards.

Our first well moratorium request two years ago was denied, but the state promised to work with Mason County to find a way to achieve minimum flows in the watershed. Unfortunately, that promise was not kept.

Protecting Johns Creek is important to the Squaxin Island Tribe; healthy runs of salmon mean a healthy community. Our culture is intertwined with natural resources, and many of our tribal members depend on fishing for their livelihood.

The problem probably isn't caused by the few large wells serving entire communities, but rather the hundreds of small, unmonitored private wells. These are known as "exempt wells" and are limited to 5,000 gallons per day.

Over 200 wells have been drilled in the tiny watershed during the past few decades. Because these wells are not monitored, we really don't have any idea what sort of environmental impact they may be having. We need to find out.

We already know that wild coho salmon, a species that depends heavily on freshwater habitat, have been on a steady decline in South Sound for the past few decades. While reasons for that decline are many, lack of adequate water supply is a primary concern.

We're not opposed to economic development. On the contrary, we understand how much our neighbors in Mason County, like the tribe, need a healthy economy.

In an attempt to avoid this current situation, we were early advocates of a regional approach to water supply, sewage treatment and reclaimed water.

We applaud the city for building a reclaimed water facility and the PUD for stepping up plans for a water supply line to Johns Prairie. These efforts will likely have tremendous environmental benefit, but even more still needs be done to achieve state-mandated streamflows for Johns Creek.

We can't move ahead without adequate science. We can't willfully dry up an important salmon stream in our own backyard just because we don't want to examine the consequences of our actions.

The state Department of Ecology has the responsibility to protect Johns Creek and make sure it does not dry up. So far, they have not done their job.

- David Lopeman, Tribal Chair





LEARNING CENTER



You're Invited!

EDUCATION:

Sylvan (Must be enrolled for these 3 one-hour classes)
After-School Tutor (Homework Central)
GED

Monday –Thursday 4:30-7:30
Monday - Wednesday 4:00-5:00
Monday - Wednesday 5:00-7:00

HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment,
scholarships, Squaxin Higher Education applications

Monday – Friday 8:00-5:00

RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym
(Fun, Games, and Club)

Monday-Friday 3:00-7:00

Community Open Swim

Mon., Weds. & Friday 3:00-6:00

Squaxin Youth Cultural, Educational and Activities Calendar


February 2010

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!

TLC Hours 8:30am-7:30pm(Office 8:30-5:00, Activities 9:30-7:00) Phone: 432-3958



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|---|
| <i>Any Questions Call: Bill Kallappa 463-6361 or 432-3992 Or TLC Main Desk 432-3958</i> | <i>1</i> <i>Lushootseed Art</i> 3pm Fee Swim 3:30-6pm B-Ball | <i>2</i> <i>Lushootseed Games</i> 4pm Nutrition 3:30-6pm B-Ball | <i>3</i> <i>GSD Early Release</i> B-Ball 3:30pm-6pm 3pm Free Swim 5pm Youth Council | <i>4</i> <i>Lushootseed Reading</i> 3pm Snack/Wii B-Ball 4:30-6pm | <i>5</i> 4pm Movie/Wii 3pm Free Swim | <i>6</i> |
| <i>7</i> | <i>8</i> <i>Lushootseed Art</i> 3pm Fee Swim 3:30-6pm B-Ball | <i>9</i> <i>Lushootseed Games</i> 4pm Nutrition 3:30-6pm B-Ball | <i>10</i> <i>GSD Early Release</i> B-Ball 3:30pm-6pm 3pm Free Swim 5pm Youth Council | <i>11</i> <i>Lushootseed Reading</i> 3pm Snack/Wii B-Ball 4:30-6pm | <i>12</i> <i>Mid winter break</i> <i>No School SSD and</i> <i>GSD</i> Skok Youth B-Ball Tourney | <i>13</i> Skok Youth B-Ball Tourney |
| <i>14</i> Skok Youth B-Ball Tourney | <i>15</i> <i>Mid Winter Break</i> <i>No School SSD, GSD</i> <i>and Wa He Lut</i> Skok Youth B-Ball Tourney | <i>16</i> <i>Lushootseed Games</i> 4pm Nutrition 3:30-6pm B-Ball | <i>17</i> <i>GSD Early Release</i> B-Ball 3:30pm-6pm 3pm Free Swim 5pm Youth Council | <i>18</i> <i>Lushootseed Reading</i> 3pm Snack/Wii B-Ball 4:30-6pm | <i>19</i> 4pm Movie/Wii 3pm Free Swim 5-7 PM Education Forum - GYM | <i>20</i> |
| <i>21</i> | <i>22</i> <i>Lushootseed Art</i> 3pm Fee Swim 3:30-6pm B-Ball | <i>23</i> <i>Lushootseed Games</i> 4pm Nutrition 3:30-6pm B-Ball | <i>24</i> <i>GSD Early Release</i> B-Ball 3:30pm-6pm 3pm Free Swim 5pm Youth Council | <i>25</i> <i>Lushootseed Reading</i> 3pm Snack/Wii B-Ball 4:30-6pm | <i>26</i> <i>SSD 1/2 day</i> <i>Wa He Lut No School</i> 4pm Movie/Wii 3pm Free Swim | <i>27</i> |
| <i>28</i> | <i>Computer Lab open Daily</i> <i>Daily After School Snacks</i> | <i>Homework Help M-W</i> <i>4:00-6:00</i> <i>GED Classes M-W</i> <i>5:00-7:00</i> | | | |  |



Holiday Youth Basketball Tournament

The Squaxin Island Tribe hosted 25 five teams from around the Pacific Northwest on December 27, 28 & 29, 2009. This year the Squaxin Island Holiday Youth Basketball Tournament was a huge success with teams coming from as far away as Lapwai, Idaho, Nespelem, Washington and Colville, Washington. These teams were in addition to the usual teams that attend from around South Sound and the coast. Squaxin fielded teams in each of the four age brackets. Our kids played hard and continued to improve their basketball skills!

Age group champions of each bracket:

- 9 and under: Taholah
- 11 and under: Skokomish
- 14 and under coed: Suquamish
- 18 and under boys: Skokomish

Each bracket was both entertaining and exciting to watch. At certain times during the tournament it was standing room only in the gym!

TLC would like to thank Tribal Council for its continuing support of the Holiday Youth Tournament as well as all the tribal employees and volunteers who made it possible to run such a big a tournament.

If you would like to come watch our youth, the next basketball tournament our youth will participate in will be at Skokomish during mid-winter break!

-TLC Staff

Christmas Party 2009

TLC Staff - TLC would like to thank Tribal Council, once again, for sponsoring the Community Christmas Dinner. We would also like to thank all those who helped make the dinner a success, but there are too many to list! You know who you are and we want to say "Thank You!"

Better weather this year brought more folks out for the dinner; we served over 300 plates, and there were long lines for Santa and the gifts. Our little ones received wrapped presents from Santa and our older kids received gift cards to Westfield Mall, thanks to a very generous Tribal Council. *Fun 4 All* came and provided fun and engaging activities for the youth. It is always fun to see sweaty kids with big smiles on their faces! Tribal TANF also set up a table and handed out goodies. *The Native Sisters*, along with the *Native Brothers*, provided us with a holiday skit about animals auditioning to be selected as ornaments to be hung on Santa's tree.

TLC would like to thank our kids for stepping up and performing for their community. We are all very proud of you and love watching you continue to learn and grow! **TLC Staff would also like to wish everyone a very happy New Year!**



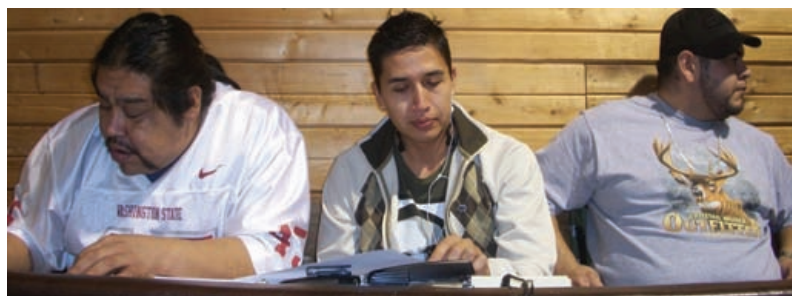


CHRISTMAS 2009





BASKETBALL





VETERANS CELEBRATION



Ann Parker and Meghan Brandt - Squaxin Island Chairman Dave Lopeman opened a ceremony to transfer two eagle staffs to the tribe and the veterans. He introduced Dave Pratt and his family, Beverly, Jake, Serena, Wyatt and Naomi, who came down from Saskatchewan, Canada to deliver the staffs. The staffs, once made, are not allowed to be in the air. Thus, the staffs could not be flown from Saskatchewan. It was a matter of pride and tradition that Dave Pratt and his family personally present the eagle staffs to the Squaxin Island Tribe and to the Squaxin Island Veterans.

The staffs were presented Grand Entry style for the first time as they preceded the flags for the posting of colors. Dave carried the tribal staff and Pete Kruger carried the veteran's staff. Following them were the honor guards, Don Brownfield, Kim Kenyon, Josh Mason, and Rick Peters with the US, State, POW/MIA and Squaxin flags. John Krise, color guard leader, gave the commands to post the colors and the staffs before he retired the honor guard.

With everyone seated in a large circle, Mr. Pratt explained the significance of the ceremony and welcomed the visitors. Before Mr. Pratt and his family performed dances and songs, several members of the Squaxin Island Tribe sang a welcome song. We all enjoyed watching Dave, his wife, daughter, oldest son, and his youngest son perform a variety of dances. His wife performed a stationary dance, his daughter performed a jingle dress dance, his sons performed hoop dances (this was the first time his youngest son, age 8, performed the hoop dance and he was proud to say he is up to 5 hoops!), they performed traditional and modern dances, and Dave and his oldest son performed a warrior dance in honor of the veterans. We were all impressed and honored by the graceful and powerful dances. After dancing, Dave and his eldest son performed a few songs on their flutes as well!

Drummers from the Squaxin Tribe returned songs and presented veteran Yum Krise with a framed collage of his family pictures.

Dave presented beaded eagle feathers to the veteran committee members, the honor guard and all other veterans attending with a promise to present feathers to each of the fifty-eight living veterans of Squaxin lineage. The sentiment was best expressed by John Krise when he raised his feather and shouted, "My first feather! I feel like a warrior now!" Once again, we were honored to have our three World War II veterans in attendance.


A brunch was served following the ceremony and the ceremony was concluded by retiring the staffs and flags. Everyone is invited to see the staffs displayed in the museum.






VETERANS CELEBRATION




invites you to a
**Presentation by
Attorney Cestjon McFarland**
**Tuesday, February 2, 2010
at 10:00 am at the
Squaxin Island Museum**
**How to Protect Indian
Cultural Intellectual Property**
Artwork, Logos, Songs, Language, Stories, Indian Names
Intellectual Property Can Also Cover
Purely Economic Works Such as E-Commerce

 *Cestjon has practiced law since 1988. She helped found a large Seattle law firm's technology and intellectual property practice group, and left in 2006 to practice law on her own. Cestjon received a bachelors degree from Stanford University, and her law degree from the University of California, Los Angeles. She has been recognized as one of Washington's "Super Lawyers" by the legal publication Washington Law & Politics.*

Squaxin Island Museum Library & Research Center - 150 Kwuh-Deegs-Altxw Shelton, WA 98584
360-432-3839 - Fax 360-432-3744



What's Up @ the MLRC

CURATORS CORNER: We would like to acknowledge and thank Daryl "Yum" Krise for donating seven baskets and a beaded purse to the Museum. Also, we extend our gratitude to Dick Cook, a friend of Bob Whitener Jr., who donated a large collection of baskets, spoons, ladles, smoking pipes, and numerous other artifacts and collectibles. Some baskets are already on display, while others are still being catalogued. The donation of these exhibit items has kept our Curator, Mandy, quite busy! Come check it out!

SPECIAL PROJECTS: Did you hear the news at the Winter General Body Meeting? The MLRC has paired up with the University of Washington on a 2-year health research project. This project will develop, document and implement processes to increase tribal participation in research. The project is funded through an IHS grant and is focused on identifying health research priorities and a research regulation process that reflects the priorities and concerns of tribal community members. For more information, please contact Jolene Grover or Aleta Poste @ 432-3897.

VOLUNTEERS: We'd like to extend a warm thank you to our volunteers. You rock! If you are interested in volunteering at the MLRC, please contact Liz @ 432-3840.

LIVING TRADITIONS:

Language: Mon, 6-8 p.m.

Drum Group: Tues, 4-6 p.m.

Basket making: Wed 4-6 p.m.

LIBRARY LECTURE SERIES:

How to Protect Indian Cultural Intellectual Property –
Cestjon McFarland

Tues, Feb. 2 @ 10 a.m.

EVENTS:

Sa'Heh'Wa'Mish Days,

Feb. 20 & 21 @ Little Creek

Please see flyer for details

**For Updates and additions see MLRC Website: <http://www.squaxinislammuseum.org> or find us on Facebook!*



**Here's a Late Christmas Present
Very Late . . . Liz & Conrad
Love You Both A Lot!
From the Very, Very Best Woman
In the World - Barb - Ha! Ha!**

Dice Game and White Elephant

Those who are attending this Valentines Day Make Over should bring a small gift of any sort which will be placed in the center of a table. Every other person will get a set of dice, and a timer will be set for 3 or 5 minutes. You will roll the dice. If you get doubles, you get to choose something from the middle of the table, and then pass the dice onto the next person. This keeps going until time is up!" It's going to be fun!



**VALENTINES DAY
MAKE OVER!**

**SUNDAY, FEBRUARY 14
AT 1:30 TO 4:00 PM
SQUAXIN ISLAND MUSEUM, LIBRARY
& RESEARCH CENTER**

This is the 3rd Valentines Day Make over
MLRC has hosted! What will you expect?

- ❖ Mary Kay Facials
- ❖ Hair
- ❖ Finger Nails
- ❖ Warm Foot baths
- ❖ Make Cedar Hearts

And the unforgettable DICE GAME so bring a
"White Elephant"

Contact person: Ruth Whitener 432-3841

Sponsored by Your Organization





COMMUNITY



New Employees

Melody Starkey



Counselor

Hello, my name is Melody Starkey, and I am working at Northwest Indian Treatment Center as a DBT (Dialectical Behavioral Therapy) Counselor. We are providing an array of services, including DBT counseling and skill-building with clients, and providing a continuum of care for clients as they transition out of treatment and back into life. My position is funded by the SAMHSA grant, which is part of our Recovery Support Services Enhancement Project. Before coming to NWITC, I worked at Olalla Recovery Center as a Counselor and Case Manager. I am so excited to be a part of this project. I love working at NWITC, and am proud to be a part of this amazing team. I am excited to see what this journey has in store for us.

Sonja Ibabao



Post-Treatment DV Resource Coordinator

Hi, my name is Sonja Ibabao. I have worked at NWITC for 6 years. I started out working as a Treatment Attendant and in the kitchen as a cook/housekeeping. I have also worked at the Squaxin outpatient facility. I am currently the new Domestic Violence (DV) Resource Coordinator and am very excited to work under this grant. The DV grant enables the treatment center to help victims of domestic violence by finding safe housing, transportation if needed, as well as other resources that are available to the clients upon and/or prior to their discharge. At the same time, I am currently enrolled at the Northwest Indian College to become a certified Chemical Dependency Counselor (CDP). I work with an awesome team and look forward to serving the community.

Ofi Tovia



Resource Assistant

Hi, I'm Ofi Tovia, and I've been working for NWITC for 6½ years, starting off as a Treatment Attendant. I am now the Resource Assistant for the Domestic Violence (DV) and Substance Abuse and Mental Health Services Administration (SAMSHA) Grants at NWITC. I am currently enrolled at the Northwest Indian College, working towards becoming a certified Chemical Dependency Counselor (CDP). I'm excited to have been given the opportunity to be a part of these grants. I'm looking forward to seeing the success and growth process of these grants and for them to expand into something great and beneficial to the community. Building our resources as well as relationships is only the beginning.

Kasia Krise



Youth Recreation Support

Hi, My name is Kasia Krise, the daughter of Alan and Rose Krise. I just started as the new Learning Center Assistant. I live here on the reservation with my family, my boyfriend of 7 years, Tyrone, and our two little guys T.J. and John, who I love so much!! I also would like to mention my siblings Kristy Krise (I'm so proud of you for going to college), Kenna Bolanos Acosta, my niece, Larissa, and nephew, Camilo Krise, and A.J Krise . . . Love you guys!! I'm excited to join the TLC team, and can't wait to see what is in store for me next...



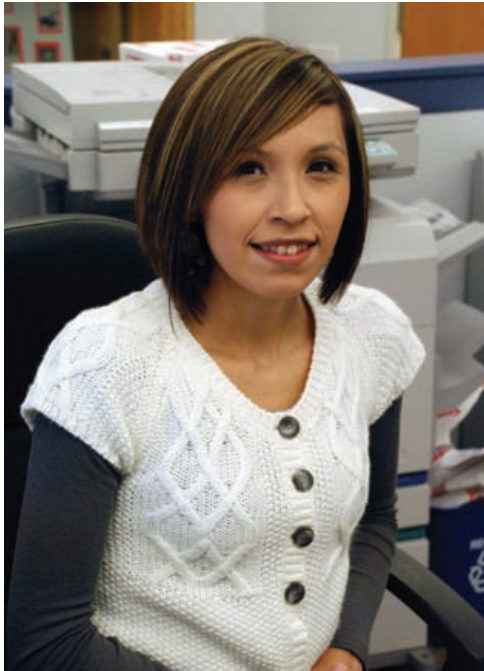


COMMUNITY



New Employees

Raven Thomas



TLC Receptionist

Hello, my name is Raven Thomas. I am an enrolled Squaxin Island Tribal member, and have grown up on the Reservation my whole life. I am the daughter of Donna Penn and Norbert (Rick) Thomas III (deceased), the granddaughter of Ramona Mosier and Myrtle Richards and the great-granddaughter of the late James Edward Krise. I am the proud mother of two wonderful children, Seth Thomas, who is 10 years old, and Dominique McFarlane, who is 6 years old. I am currently working at Tu Ha' Buts Learning Center as the Office Assistant I for the ANA SEDS project. I hope to see all of our young adults 18-24. With their input, we will design services to assist the youth in our community. So stop by and see how this project is coming along. If you have any questions give me a call..... Hoyt



Jolene Grover and Aleta Poste

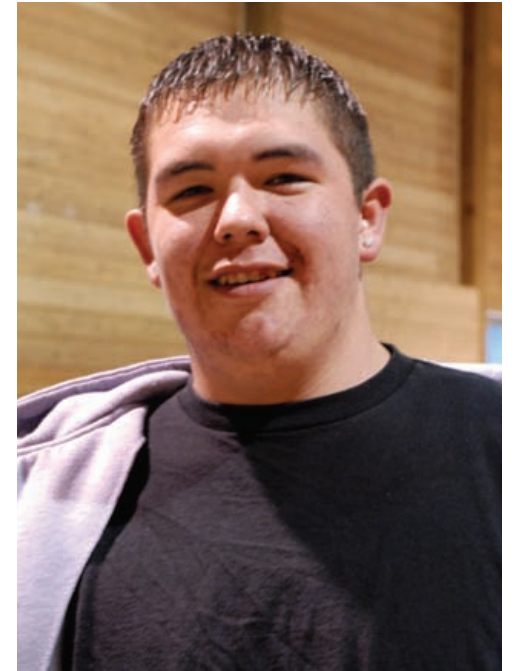


Research Assistants, Research Coordinator (Jolene) and Regulatory Coordinator (Aleta)

We would like to say "Hello" to our community. Most of you know who we are, but in case you don't, we are Aleta Poste (parents - Charlene Krise and Bart Poste) and Jolene Grover (parents - Margaret & Vince Henry and Tom Grover). We will be working closely with Ronnie Whitener (Principle Investigator) and Helene Starks (Co-Investigator) from the University of Washington. Our project is to engage Tribal participation in research through identifying health research and priorities. We are Research Assistants from the community and look forward to seeing you! We are stationed at the Museum, if you have any questions or comments.

Thanks! huy? łulabɖubicid čəd

Beau Henry



TLC Assistant

Hi! My name is Beau Henry. I work up here at the gym with the little kids that come up here and enjoy themselves after school. I work from 5-7 p.m.

Kimberley Benally-Hood and Julie Martinez



Integrated Youth Development Program

Hi! We are Kim and Julie, new employees at The Learning Center, working with the Squaxin Island Integrated Youth Development Program.

We are excited to partner with the young adults and youth of the Squaxin Island community and can't wait to see what our young people can create to benefit the next generation of Tribal leaders.

Expect to see our smiling faces, as we are anxious to introduce ourselves around the community. Please feel free to contact us at The Learning Center with any questions or ideas.



Water Aerobics

Exercising in the water is easier on the body than exercising on land. 80% of your body weight is supported by the water. This means less strain on the joints, back and torso, and lessens the likelihood for the muscles, bones, and joints to get injured.

Exercising in the water instead of on land creates more of a resistance. This increases muscular endurance and tones the entire body. People tend to get quicker results exercising in the water. The low effect of gravity in water improves flexibility in the body. The joints can be easily moved through a wider range of motion which makes water aerobics more beneficial as we age since there's no joint pain.

Water Aerobics exercises can be extremely beneficial in terms of cardiovascular condition. When doing water aerobics the heart rate is maintained at a lower rate than when doing cycling or running (The heart seems to work better when indulge in water aerobics). Water aerobics can be extremely useful if you want to shed those extra pounds. Exercising is the best way to get rid of bulging fat and ever-increasing waistline. Doing water aerobics can lead to burning 450-700 calories per hour.

Squaxin Island Wellness Center
POOL

LOCATION: 70 Squaxin Lane, Shelton **PHONE:** 432-3852

2,100 square-foot, 1 1/2 to 8 feet depth pool. Four competitive lap lanes. Lounger chairs provided. No outside toys, floats or carry-ins allowed. No cell phones or cameras are to be used in the changing rooms. Cameras and cell phones may be used outside of changing rooms. Individual assumes responsibility for all items brought into wellness/aquatic center. Not responsible for lost, stolen or damaged items.

- ♦ Children ages 9 and under must be supervised by an adult at all times, and will not be allowed in the facility unless accompanied by an adult.
- ♦ Available to Squaxin Island Tribe descendants, members, spouses and employees. All are welcome free of charge for open swim, lap swim and water aerobics. \$20 fee for Swim Lessons.

OPEN SWIM HOURS
Monday and Wednesday 3:00pm - 6:00pm
Friday 5:00 - 8:00pm
Saturday 1:00 - 4:00pm

• During this time, the pool will allow floats and water toys subject to safety standards. Children will not be allowed in or to stay without a parent present.

ADULT LAP SWIM
Monday, Wednesday and Fridays 6:00 - 8:00am

• Three lanes available

WATER AEROBICS
Tuesdays and Thursdays 4:30 - 5:20pm & 5:30 - 6:20pm

SWIM LESSONS
Monday & Wednesdays 6:00 - 8:00pm

- \$20.00 fee per Month
- Call or visit for registration and policies.

Emergency Room Guidelines

Because Contract Health Services has limited funding, it is required that you use the Squaxin Island Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m.; Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as "a threat to the loss of life and/or limb." See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level I and Priority II procedures.

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

Earache
Cough
Ingrown Toenail/fingernail
Bronchitis
Minor Cuts & Burns
Headache
Colds

EMERGENCY ROOM:

Heart Attack
Stroke
Profuse Bleeding
Coughing & Vomiting Blood
Sexual Assault
Acute Asthma Attack
Amputation

If you find yourself in an emergency situation, please use Mason General Hospital or St Peter Hospital as the Tribe has a discount with these facilities. Please visit the Hospital's Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization. Hospital Charity Care is available (up to 200% of the federal poverty level) – but only if you apply at the hospital.



Welcome to Our World

Halia Marie Cooper-Lewis
Born to Missy Cooper-Lewis
(Halia is Hawaiian for
"In Remembrance of"
Marie in Honor of Her
Grandmother,
Kathy Marie Lewis
Born at
Mason General Hospital
January 4, 2010 at 6:16 p.m.
8 pounds, 4 ounces / 20 inches



Pain Management

Ed Fox - The Health Clinic is working to improve our pain management services. A key element of a new funding award is supporting training opportunities of our health care team. The following is the first of articles by pain experts I plan to submit to highlight some of the issues the clinic and the community will be addressing as we make these improvements.

A pharmaceutical expert in pain management at the College of Pharmacy at Oregon State has some good advice concerning positive and negative aspects of pain management.

"We have more sophisticated pain management techniques available now than ever before," said Kathryn Hahn, a pharmacist, affiliate faculty member at OSU and chair of the Oregon Pain Management Commission.

Adequate pain treatment has always been a concern, Hahn said, in part because it's not a major part of most physician's medical training. Even though they will often see a stream of patients with pain problems throughout their careers, they may only get a few hours of education on the use of opioids in medical school.

In recent years, the problems have dramatically increased due to concerns about prescription drug abuse, in which drugs such as oxycodone are often stolen from homes or otherwise misused.

Dr. Hahn recommends:

1. Doctors and nurses should accept that patients are the final arbiter of determining that something is painful, believe them and work with them on their concerns.
2. Patients should cooperate with their health care providers on pain relief plans that may include a range of options, including prescription drugs but also alternative approaches such as chiropractic care, exercise, acupuncture, meditation, implantable devices, massage, or physical and occupational therapy.
3. Even within the umbrella of medications, there are a huge range of opioids, over-the counter pain relievers, antidepressants and other medications to carefully consider for specific problems.
4. Consumers must acknowledge the seriousness of the prescription drug abuse issue.
5. All involved parties should understand that psychological addiction or physical dependence on drugs is rarely a major concern in a properly managed and prescribed pain management program.
6. Individuals should try to work and communicate patiently with their health care providers, not switch doctors arbitrarily, educate themselves if necessary, but be persistent in having their pain concerns taken seriously.
7. Physicians must stay up to date on the latest approaches and full spectrum of pain management options, and recognize that pain control and management is a key part of overall health care.

Source: Oregon State University web site, accessed January 13, 2010

Diabetes Testing

Thank you for completing your diabetes medical tests & appointments!

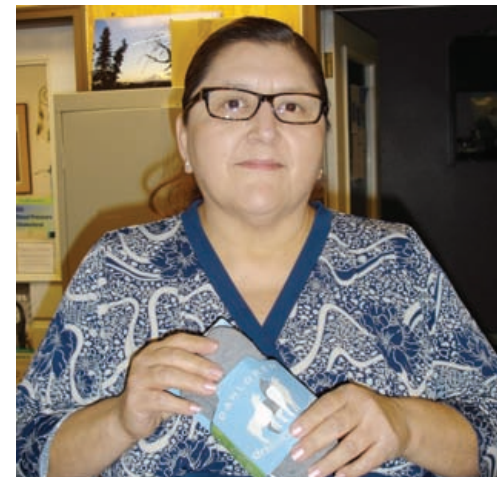
Congratulations!

As a reward for completing all tests in 2009, these five tribal members earned a pair of socks made from alpaca wool. The socks are very soft and wick moisture away from the feet. A total of nine tribal members completed all their tests in 2009.

If you have diabetes, the new year brings a reminder that it is time to get started on checking off your list. IHS has created a list of tests & exams for people with Type 2 diabetes. The list is long, but worthwhile to uncover and treat any problems that may be starting. You can live a long, healthy life with diabetes!

Contact Patty Suskin, Diabetes Coordinator with your questions.

(360)432-3929, psuskin@squaxin.nsn.us or stop by Health Promotions.



Lea Cruz



L to R: Herb Johns, Harry Fletcher, Bob Whitener & Glen Parker

Is your New Years resolution to be more healthy and Active in 2010?

If it is come talk to me to see if may be eligible to attend the: "Lifestyle Balance Class"

This class is designed to teach individuals that are diagnosed with pre diabetes to lead a healthier and active lifestyle and to prevent or delay the onset of diabetes. Just because it runs in the family does not mean you cannot do something to prevent it from happening to you or a loved one. For any questions about the class or to see if you may be eligible please call Melissa Grant Diabetes Prevention CHS @ 432-3926 or email @mgrant@squaxin.nsn.us or better yet just stop by at the Health Promotions building located across the street from the clinic hours are 8:00am-5:00pm with lunch from 12:00-1:00 Monday-Thursday. Thanks and hope to hear from you soon.

Sad News

The Elders' Wii Games were stolen.
There will not be any Wii games on Tuesdays until further notice.

: (





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, &
identification

Monday, February 1, 9 a.m. to 4 p.m.

Contact Debbie Gardipee-Reyes at 462-3227

Dates subject to change

COMMODITIES AT SPIPA

Monday, February 1, 10 a.m. to noon

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

Dates subject to change

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

Are You Native American?

Want to get Healthier?

Need a Health Coach?

Changing your lifestyle is not easy, but it is definitely
worth the effort to live a longer, healthier, life. Patty
Suskin is here to support you in your lifestyle changes with
some new ideas.

Major Focus is on: Setting one small goal, listening to
how you want to start, and supporting your needs.

To help you reach your goals, we will begin with weekly
follow-up & work with your schedule. Bring your ques-
tions and ideas.

You may choose to invite family members to join in &
work together.

For more information or an appointment, contact Patty
Suskin at (360)432-3929 or psuskin@squaxin.nsn.us or
stop by the Health Promotions Building.

Meal Menu

Mon., Feb 1: Chicken Fajitas

Tues., Feb 2: Soup & Sandwich

Wed., Feb 3: Meatloaf

Thurs., Feb 4: Chalupa

Mon., Feb 8: Stuffed Peppers

Tues., Feb 9: Soup & Sandwich

Wed., Feb 10: Crab Cakes

Thurs., Feb 11: Hot Turkey Sandwich

Mon., Feb 15: Fish Tacos

Tues., Feb 16: Soup & Sandwich

Wed., Feb 17: Beef Stew

Thurs., Feb 18: Baked Potato Bar with Toppings

Mon., Feb 22: Lasagne

Tues., Feb 23: Soup & Sandwich

Wed., Feb 24: Tuna Casserole

Thurs., Feb 25: Build Your Own Sandwich & Soup

Menu Subject to Change

Dangerous Medications Are Not Always Prescription Drugs

Dave Caulfield, ARNP - Often, when we use medications that are not prescription, we assume they are safe. These medications, called "OTC" (over the counter), were at one time available only by prescription. Over time we have seen many of these medications go from prescription to nonprescription. The dose is sometimes reduced to make it mildly weaker. Ibuprofen was developed in 1969. It has been available as an OTC medication for several years. It reduces inflammation, and is very effective for many kinds of acute pain as well as fever. It is broken down in the kidneys. This process is called metabolizing.

Ibuprofen can cause bleeding in the stomach, especially if not taken with food. Many people are hospitalized annually by taking medications such as ibuprofen because of bleeding in the digestive tract.

These medications can also aggravate your blood pressure by causing edema, or swelling of the lower legs, and fluid retention.

The other concern is the kidneys. Professional athletes, once notorious for popping ibuprofen and other pain killers like candy, nowadays are wary since two of their own, Sean Elliot of the San Antonio Spurs and Alonzo Mourning of the Miami Heat, underwent kidney transplants. Mourning is convinced that his kidneys were damaged by years of taking non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen. Another athlete, former Seattle Seahawk football player Kenny Easley, thinks he lost a kidney because he once took up to 32 ibuprofen tablets a day for several months.

Although we should all be cautious, people with diabetes must protect their kidneys. This is a part of the body often damaged with diabetes. We do lab tests to assess the function of the kidneys. When we see the beginnings of damage, we remind these patients NOT to take medications like Ibuprofen, Motrin, Aleve, and Naproxen, among others.

Make sure you tell us about any medications or supplements you take. Even if they are "just" over the counter. Supplements from the health food store should also be listed. If you have any doubts, bring in all of your medications and supplements and let us review them.

When in doubt, check with us. Pain can be a signal that something is wrong. When you have pain, consider checking with us to see if a test needs to be done. We may even be able to offer medications that are safer or more effective.

Life is a delicate balance

Your flu vaccine protects me. My flu vaccine protects you.

When you get your seasonal and H1N1 flu vaccines, you can keep yourself healthy and keep from spreading the flu. Protect the circle of life.

Find out more about seasonal and 2009 H1N1 flu vaccines.

CDC FOR MORE INFORMATION WWW.FLU.GOV 800-CDC-INFO



Managing that Pesky Teenager

Brenda Dorsey - When we stare into that adorable face of an infant we never imagine how different it will become once they reach adolescence. This is definitely the hardest part of parenting and we wonder if we will ever survive the trauma of it. Relax, you are not alone, your teenager probably isn't mentally ill, and you can find ways of making it easier on everyone.

What must first be acknowledged is that the main task of adolescence is to become psychologically emancipated from parents and other authority figures. This makes it necessary to cast aside the dependent relationship of childhood. In other words, adults need to learn that defiance is a healthy stage of maturation. You will need to remind yourself of this over and over again.

Before a teenager is able to develop an adult relationship with her parents, the adolescent must first distance herself from the way she related to them in the past. This process is characterized by a certain amount of intermittent normal rebellion, defiance, discontent, turmoil, restlessness, and ambivalence. Emotions run unusually high. Mood swings are common. Under the best of circumstance, this adolescent rebellion continues for approximately two years or even 4 to 6 years. Sound familiar?

Unfortunately, many parents base their authority upon fear and intimidation designed to maintain the status quo, which is to keep the teenager in her place or out of the way so they won't be challenged. Phrases such as "Because I said so" and "Because I'm your mother/father and I said so" convey disrespect to your teen because they dismiss her as a person. Such phrases send the message that a teen has no right to know the reasoning behind a decision that affects her life. Like trying to break a horse, parents think if they can just institute the right punishment or consequence that they will fall into line. This is sure to worsen the situation and create more rebellion.

I am not suggesting that teenagers should be without rules and consequences but try and identify the issues that are really important (not coming home, not going to school, etc.) and letting the trivial ones go (some back talking for instance). If you can pull this off (I know from my own experience that this isn't easy), you will find the tension easing and allow the developmental process of becoming an adult to proceed. Try not to challenge their clothing, hairstyle, makeup, music, dance steps, friends, recreational interests, religion, room decorations, use of free time, use of money, speech posture or the way they perceive things. Most of this comes from their need to conform with the current tastes of their peer group. Peer-group immersion is one of the essential stages of adolescent development. Dressing, talking, and acting differently than adults helps your child feel independent from you. This is a good thing!

Dead-end discussions about good and bad behavior lead nowhere. Limits should be set based on safety. Do not try and reason with them! And more importantly, make sure they are given lots of space and privacy to work it out on their own. Teach them to walk away from an argument by walking away yourself when things have become unmanageable. Try to avoid criticizing their mood or attitude. A negative or lazy attitude can only be changed through good example and praise. The more you dwell on "strange" behaviors, the longer they will last.

Just remember that in a few short years they will be on their own. They cannot go straight from being a child to an adult. Try and remember what it was like for you and how important privacy and independence was. If you worry that they will become like you were when you were a teenager try not to make the same mistakes your parents made, but realize that they are not you and that they have every right to grow up just like you did. If you weather this storm you will find a lovely friend waiting on the other side of maturity for you to enjoy for years to come.

Parents Be Aware:

Signs and Symptoms of Type 1 Diabetes

Patty Suskin, Diabetes Coordinator; Source: Mayo Clinic - Type 1 Diabetes is more commonly diagnosed when people are younger – youth or young adults. It cannot be prevented, and occurs in about 10% of all people who have diabetes. Type 1 diabetes may come on gradually or suddenly.

If your child has these symptoms, please have their blood sugar checked by their health care provider or come to the clinic:

URINATES FREQUENTLY. The kidneys respond to high levels of glucose (sugar) in the bloodstream by flushing out the extra glucose in urine. A child with diabetes out of control needs to urinate more frequently and in larger volumes.

IS ABNORMALLY THIRSTY. Because the child is losing so much fluid from peeing so much, he or she becomes very thirsty to help avoid becoming dehydrated. A child who has developed diabetes drinks a lot in an attempt to keep the level of body water normal.

LOSES WEIGHT (or fails to gain weight as he or she grows) in spite of a good appetite. Kids and teens who develop type 1 diabetes may have an increased appetite, but often lose weight. This is because the body breaks down muscle and stored fat in an attempt to provide fuel to the hungry cells.

OFTEN FEELS TIRED because the body can't use glucose for energy properly.

But in some cases, other symptoms may be the signal that something is wrong. Sometimes the first sign of diabetes is bedwetting in a child who has been dry at night. The possibility of diabetes should also be suspected if a vaginal yeast infection (also called a Candida infection) occurs in a girl who hasn't started puberty yet.

If these early symptoms of diabetes aren't recognized and treatment isn't started, chemicals called ketones can build up in the child's blood and cause stomach pain, nausea, vomiting, fruity-smelling breath, breathing problems, and even loss of consciousness. Sometimes these symptoms are mistaken for the flu or appendicitis. This serious condition is diabetic ketoacidosis, or DKA.

In addition to short-term problems like those listed above, diabetes can also cause long-term complications in some people, including heart disease, stroke, vision impairment, and kidney damage. Diabetes can also cause other problems throughout the body in the blood vessels, nerves, and gums. These problems don't usually show up in kids or teens with type 1 diabetes who have had the disease for only a few years. However, these health problems can occur in adulthood in some people with diabetes if they haven't managed or controlled their diabetes properly.

There's good news, though — proper treatment can stop or control these diabetes symptoms and reduce the risk of long-term problems. If you think your child has symptoms of diabetes, talk to their health provider. A simple blood test can answer the question of whether your child (or you) have diabetes.





Upcoming Health Events

Mammograms and

Women's Health Exams

Thursday, February 4th at the clinic
Contact Lea Cruz @432-3930

Brief Community Walk

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

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

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

Free Pilates classes

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

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Diabetes Support Group

Thursday, February 9th
Right after Elder's Lunch
at Elder's Building
12:30 to 2 pm with 1:30 optional walk
Everyone is invited with diabetes or not
Come for a few minutes
or the whole time.

Come Visit our Health Promotions Programs

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

Interested in our Nationally Recognized

Lifestyle Balance Program?

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

Community Health Walk

Thursday, February 25th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa to be
in the drawing for a gas card!
First place: \$25 gas card & small gift;
2nd place: \$25 gas card
3rd place: small Nike item
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
The tribe with the most walkers each
month wins the walking stick.
We won it in October ...
can we get it back in February?

Foot Exam Morning for People with Diabetes

Friday, March 12th at the Clinic
Contact Patty for an appointment

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

Mount Rainier Ranger Guided Snowshoe Walks

Join a Park Ranger to learn the art of snowshoeing and discover how the plants and animals of Mount Rainier adapt to the world record snowfalls.

WHEN:

Snowshoe walks run through March on weekends.
Walks start at 12:30 p.m. and 2:30 p.m.

DISTANCE & TIME:

Snowshoe walks cover approximately 1.2 miles in 2 hours.

GROUP SIZE:

Snowshoe walks are limited to 25 people, eight years old or older, on a first-come, first-served basis. A sign-up sheet is available at the Jackson Visitor Center information desk one hour before each walk.

ORGANIZED GROUPS:

Snowshoe walks are available to organized groups of up to 25 people by reservation only. Group snowshoe walks begin at 10:30 a.m. on Saturdays and Sundays. For more information call (360) 569-2211, ext. 3314 or visit the Longmire Museum or Jackson Visitor Center.

EQUIPMENT:

For an enjoyable snowshoe walk, you will need:

1. Snowshoes: Snowshoes can be borrowed from the park for a \$4.00 per pair donation (donations defray the cost of snowshoe maintenance and replacement) or you may use your own snowshoes.
2. Hat
3. Mittens
4. Suitable boots (you will sink into the snow even wearing snowshoes)
5. Sunscreen
6. Sunglasses

SNOQUALMIE PASS

Snoqualmie Pass, beginning in early January, has guided Mount Baker-Snoqualmie National Forest Service snowshoe walks that offer a chance to experience winter's beauty while learning about snowshoeing and winter ecology. The pass is on Interstate-90 east of Seattle.

This moderately paced walk meanders through extraordinary old-growth forest that opens to occasional views of surrounding snow-capped peaks. The walks will begin after the holidays (Jan. 2, 2009) and run through March, every Saturday and Sunday at 10 a.m., 11:30 a.m. and 1 p.m. The walks generally last 90 minutes. Group size is limited to 20 people and reservations are required.. Participants are asked to donate \$10.

Kids have special events Jan. 24, Feb. 20 and March 20 at 1 p.m.

Snowshoes are provided for all walks. In order to offset the costs of the program, a \$10 donation per person is suggested. Please dress for winter weather; hats, gloves, sturdy, waterproof boots, and insulating layered clothing are recommended.

Make reservations by calling Snoqualmie Pass Visitor Information Center at 425-434-6111, Friday through Monday from 9 a.m. to 3 p.m. Also, the Cle Elum Ranger Station, 509-852-1062.





Shelton School District News

School Delays and Closures

Parents: The District's Automated Notification System was launched to quickly notify parents of school delays or closures. However, as the system is being fine-tuned, please continue to check on the status of a school cancellation or late start by listening to KMAS (1030 on the AM radio dial) throughout the morning, or call any school office for an automated recording. The message will also be posted on the District's website at www.sheltonschools.org. Please do NOT call KMAS for the information as their telephone lines get flooded with calls. They will announce the status frequently and regularly. Because the decision to start school late could be changed to a complete cancellation later in the morning, it is important to continue to listen to the radio and/or check the website or message services at the schools.

Juniors:

- The SAT and ACT - If you are planning to attend college, it is important that you sign up for the SAT or ACT. The ACT will be held at SHS on April 10th. Registration deadline is March 5th. The SAT will be held at SHS on June 5th and the registration deadline is April 29th. You can register by mail or online at www.collegeboard.com or www.act.org.

- The ASVAB will be offered March 17th this year. The ASVAB is a multi-aptitude test that helps students identify strong abilities in career exploration. Let this test show you careers you may be strong in! You will only test one day, but it will be divided by CSI teacher. See Mr. Colby for more details. Students are strongly encouraged to take this test, but it is not required.

Important Dates

ACT Test SHS
February 6
Scholarship Notebooks/Portfolio Due
February 11, 3:00 p.m.
Mid-Winter Break
February 12-15
Running Start Info Night
February 17 @ 6-8 pm
Early Release/Staff Training
Feb. 26

WASL/State Testing

Almost all parents of sophomores know that their students must pass a state test to earn a high school diploma. The new test is called the High School Proficiency Exam (HSPE). The purpose of the HSPE is to ensure that your student can demonstrate the skills and knowledge necessary to be successful after graduation. The testing time is considerably shorter than for the WASL. The testing days for this school year are: March 16 - Reading; March 17-18 - Writing; April 13 - Mathematics; and April 15 - Science. The testing will start at our usual school start time of 7:45.

Students will not be allowed to make up tests for the days they are absent. At this time we have not been informed regarding when in the summer students would have the opportunity to make up the testing. Consequently, we are strongly encouraging families to be very cautious when making physician's appointments, dental, etc. Also, families will want to be careful not to schedule any family trips, etc., that would occur during these testing days. No pre-excused absences will be granted for a student needing to test during HSPE.

If a student is sick, it would be unavoidable to miss a testing day; but please make every attempt to avoid having your student miss school during the testing days. Since this is the first year the HSPE will be given in Washington schools, we do not yet have all of the information, but for the WASL students were not allowed to attempt any alternate to the test until they had taken the test at least once.

Re-takes: Juniors and Seniors who did not pass any portion of the WASL must re-take those portions during the March and April testing window. Juniors and Seniors who did not pass the Math portion of the WASL must take the WASL or HSPE at least once and earn 2 credits of math after the Sophomore year to meet graduation requirements. If you have questions regarding this, please contact your student's counselor. (See counselors' page for names and numbers.)

We know that students do their best when they have eaten breakfast. We encourage you to be sure your student eats breakfast each day (especially while testing). Last year we had several families and civic organizations graciously assist in providing nutritious snacks for students while they were taking the WASL. We would again appreciate contributions from our public. If you would be willing to assist in this endeavor, please contact Ida Dightman, testing coordinator, at 360-432-2125 or email her at idightman@sheltonschools.org. Your donations are most welcome.

Homeless Education Assistance Act

You and your preschool and school-aged children have certain rights or protections under the McKinney-Vento Homeless Education Assistance Act. You or your children have the right to:

- Go to school, no matter where you live or how long you have lived there. They must be given access to the same public education, including preschool education, provided to other children.
- Continue in the school they attended before you became homeless or the school they last attended, if that is your choice and it is feasible. If a school sends your child to a school other than the one you request, the school must provide you with a written explanation and offer you the right to appeal the decision.

- Receive transportation to the school they attended before your family became homeless or the school they last attended, if you or a guardian request such transportation.
- Attend a school and participate in school programs with children who are not homeless. Children cannot be separated from the regular school program because they are homeless.
- Enroll in school without giving a permanent address. Schools cannot require proof of residency that might prevent or delay school enrollment.
- Enroll and attend classes while the school arranges for the transfer of school and immunization records or any other documents required for enrollment.
- Enroll and attend classes in the school of your choice even while the school and you seek to resolve a dispute over enrolling your children.
- Receive the same special programs and services, if needed, as provided to all other children served in these programs.
- Receive transportation to school and to school programs.

If you think you may qualify under the McKinney-Vento Homeless Education Assistance Act, then please contact me to learn about and/or access services.

Miles Nowlin, Family Support Liaison,
Shelton School District
Office Phone (360) 462-2237
MNowlin@sheltonschools.org

**Congratulations
Latoya
On The Birth
Of Your Baby Girl,
Lolyta Jean Johns
Born January 11th, 2010
9 pounds, 10.5 ounces
& 21 inches**



COMMUNITY



Happy Birthday

| | | | | | |
|---------------------------|----|----------------------|----|--------------------|----|
| Harry Johns Jr. | 01 | Brent Snipper | 11 | Steven Peters | 21 |
| Camden Adams-Lewis | 01 | Che-Vonne Obi | 12 | Jordan Sweitzer | 21 |
| Winter Perez | 01 | Russ Addison | 12 | Margaret Witcraft | 21 |
| Mistifawn Martinez | 03 | Eugene Cooper | 13 | Annie Ruddell | 21 |
| Donald Briggs | 03 | Ramona Mosier | 13 | Grace Pughe | 22 |
| Lareciana Broussard-James | 04 | Michael Furtado | 14 | Kimberly Zachry | 22 |
| Lydia Algea | 04 | Sean Jones | 15 | Lydia Parrott | 23 |
| Larry Bradley, Jr. | 04 | Sonja Clementson | 15 | Joshua Melton | 23 |
| Isaiah Rees | 04 | Alicia Boyette | 15 | Barbara Henry | 23 |
| James Cooper | 04 | Jennifer Kenyon | 16 | Marvin Newell, Jr. | 23 |
| Kalea Johns | 04 | Jean Henry | 16 | Delwin Johns | 24 |
| Ronald Dailey | 04 | Justine Vandervort | 16 | Zachariah Mirka | 25 |
| Dylan Suarez | 05 | Clayton Bethea | 17 | Jonathon Fry | 25 |
| Anthony Pinon | 05 | Crystal Mc Culloch | 17 | Miriam Whitener | 25 |
| Shannon Cooper | 05 | Derrick Wily | 17 | Samuel Penn | 26 |
| John Briggs | 05 | Micheal Kenyon | 17 | Katrina Story | 26 |
| Stephanie Gott | 06 | Sophia Martin | 17 | Alex Salgado | 27 |
| John Tobin | 07 | Antone Hidalgo-Hawks | 17 | Cameron Henry | 27 |
| Ruth Lopeman | 07 | Haley Peters | 18 | Juana Nelson | 27 |
| Sebastian Rivera | 07 | Kimberli Burrow | 18 | Katherine Ackerman | 28 |
| Michael Mosier | 07 | Steven Peters | 18 | Dennis Sigo | 29 |
| Fawn Tadios | 08 | Robert Whitener, Jr. | 19 | | |
| Barbara Knudsen | 08 | Benjamin Parker | 19 | | |
| Justin Lopeman-Dobson | 08 | Katalina Lewis | 19 | | |
| Stefanie Kenyon | 09 | Rachel Ford | 19 | | |
| Michael Henderson | 09 | Cheryl Monger-Sept | 20 | | |
| Shaelynn Peterson | 11 | Kristopher Peters | 21 | | |
| Alei Henderson | 11 | Sallee Elam | 21 | | |
| Hunter Merriman | 11 | Timothy Linn | 21 | | |

Auntie Em's Pet Grooming

66 SE Lynch Rd
Shelton Wa
360-701-5932



PET GROOMING & SELF-WASH

Auntie Em's is a full service pet salon. We provide certified get groomers. Our groomers frequently attend seminars to keep up on all new hair cuts and trends. Our self-wash facility is equipped with shampoo, towels, dryer, and brushes; toe nail trim included.

GROOMING/BATHING

There is a difference between a groom and a bath. A groom is where your pet gets a hair cut. A bath is when your pet gets just a shampoo, blow dry and brush out. Both include ear cleaning and nail trims. We use all natural shampoos and conditioners. All our cages and tubs are disinfected after each use.

GROOM

Bath
Blow Dry
Hair Cut
Pads Shaved
Ears Plucked and or cleaned
Nails Trimmed
Sanitary (potty area)
Glands Expressed

BATH

Shampoo
Blow Dry
Ears cleaned
Nails Trimmed . . . Brushed out

SELF-WASH

Come enjoy our self-wash station. Where the tub is raised, shampoos, brushes, and towels are provided as well as a dryer. Walk in with a messy dog leave that mess in our tub and walk out with a clean dog.

What's Happening

| | | | | | | |
|-------|----|----------------------|--------------|---------------------------------|-------------------|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | Family Court | AA Meeting 7:30 | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | Criminal/Civil Court | | Council Mtg. AA Meeting 7:30 | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | | AA Meeting 7:30 | | |
| 21/28 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | Criminal/Civil Court | | Council Mtg. AA Meeting 7:30 | Rez Girls Vs Cops | |

Squaxin Bible Study

Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey



COMMUNITY



Dillon Decicio with his Grandma Barbara Henry @ the Basket Weavers Conference in October 2009 at the Great Wolf Lodge. Dillon Completed His Cedar Hat in One Day.



Barbara Anne Henry & Sally Ann Johns
(Pic taken November 2009)

**Happy Birthday Winter Raven
Love Dad (Roy)**

**Happy Birthday Michael James
Love Dad (Roy)**

**Happy Valentines Day
Corri, Mat, JC, Dodie, Jamie
And All The Grand kids
I Love You Very Much!
- Mom (Paula)**

**Happy Birthday Mom!!!
February 23, 2010
Happy 71st Birthday
Barbara Anne Henry!!!
You've Come a Long Way Baby!
Loads of Love!
Love Your Baby Girl Joanne
& The Rest Of Us!**



**Barb With Her Brothers & Sister:
Marvin Stanley Henry, Sr., Barbara Anne
Henry, Susan Faye Henry,
& Raymond Wayne Henry
(Pic taken in November 2009)**



**A Very Happy Birthday Ramona!!!
Loads of Love from Your Little Sister Barb
Happy 72nd Birthday
Hope Your Kids
Buy You Boston Cream Pie!**

**Happy Valentine's Day
JC
From Mom (Paula) - I Love You!**

Happy Belated Birthday Mom!



Love, Jolene, Malia and Kiana



Salish Sea Plunge

Joe Peters - At 1:00 p.m. on January 1, 2010 at Arcadia Boat Ramp in Shelton, we had 18 swimmers take part in the 2nd Annual Squaxin Community Salish Sea Plunge. The water temperature of Pickering Passage at the ramp was a cool 38 degrees, with the air temperature measuring 48 degrees. Participants' ages ranged from 2 to 61. Non-perishable food items were collected for the Squaxin Island Food Bank. Thanks to all the participated and donated food items!



The Crazy Ones!!!



GENERATIONS RISING

March 6, 2010
Noon - 6:00 p.m.
♦ work stations ♦ dinner
**The Evergreen State College
LONGHOUSE**

Generations Rising is an annual day-long event focused on Native youth up to the age of 21. It will be held on March 6 at the Longhouse Education and Cultural Center from 12:00 a.m. to 6:00 p.m.

Native youth are encouraged to bring a piece of their artwork to put on display in an art exhibit. There will be arts and crafts workshops, dinner and an awards ceremony.

Generations Rising is sponsored by the Hazel Pete Institute of Chehalis Basketry, Native American Studies "Spirituality Program" and the Longhouse.

For more information on any of the events please call 360-867-6718, or email longhouse@evergreen.edu or www.evergreen.edu/longhouse/

Chick-Chong

LIGHT UP AMERICA

Feb 26th & 27th
With Special Guest Shelby
Skookum Creek Event Center

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

For tickets and details call 800-667-7711. Must be 21 or over
Minutes North of Olympia on Hwy 101