



# Squaxin Island Tribe Asks For Help Cleaning Up Oakland Bay

Oakland Bay, the nation's leading source of manila clams, may soon be closed to shellfish harvest because of pollution. The Squaxin Island Tribe says that failing septic systems and bad farming practices around the bay are threatening water quality and shellfish populations.



*Chairman Peters is interviewed  
by KING 5 News on February 15th*

Oakland Bay water quality was barely below the line that would have required several shellfish beaches to be closed due to fecal coliform pollution, according to Washington State Department of Health. “Oakland Bay dodged a bullet,” said Jim Peters, chairman of the Squaxin Island Tribe. “But from the trends we see, the situation out there isn’t getting better.

"There are immediate actions that can be taken to reverse the course we're going down," said John Kovovsky, water quality manager for the Tribe. In addition to immediately shutting down septic systems that are leaking pollutants into the bay, farming practices can be changed so they don't harm water quality," he said.

"We know sometimes homeowners don't know their septic systems aren't working," Jim said. "We don't blame individuals for this problem. We all need to step forward together to tackle this issue." The Tribe and local shellfish companies, in cooperation with the state

Department of Health, have increased monitoring of the bay and pinpointed a few properties as potential sources of pollution.

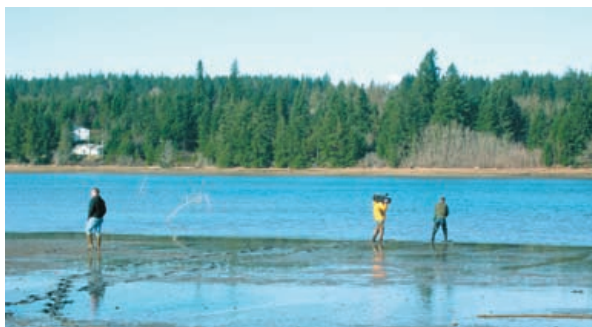
"We want to work with the county, state and federal governments to solve this problem," Jim said. "The county's public health responsibility includes protecting water quality. The state and federal governments are bound by federal and state clean water laws that mandate safe water bodies."

A harvest closure in Oakland Bay would be disastrous for tribal harvesters and would hamstring the local shellfish industry, a vital part of the Mason County economy. “Many tribal members depend on shellfish as a major part of their diet, income and way of life,” Jim said.

Private shellfish farmers are among the largest employers in Mason County. “Protecting the environment and ensuring clean water is also about protecting jobs,” Jim said. “Families depend on the shellfish industry here.”

A similar closure of Dungeness Bay in Clallam County in 2000 devastated the shellfish industry there. “Even though local officials up there are working hard to re-open Dungeness Bay, the closure area just keeps getting bigger,” Jim said. “Hopefully, we can prevent a situation like that in Oakland Bay.”

Oakland Bay is a special place for the Tribe because it is home to one of the few "elders' beaches,"



*Tribal biologists are interviewed  
by KING 5 News on February 15th*

a place where tribal seniors can easily access shellfish. “It would be a tragedy if Oakland Bay became unsafe for harvest because nothing was done,” Jim said. “We’re looking down the barrel of a gun, we need to save this bay.

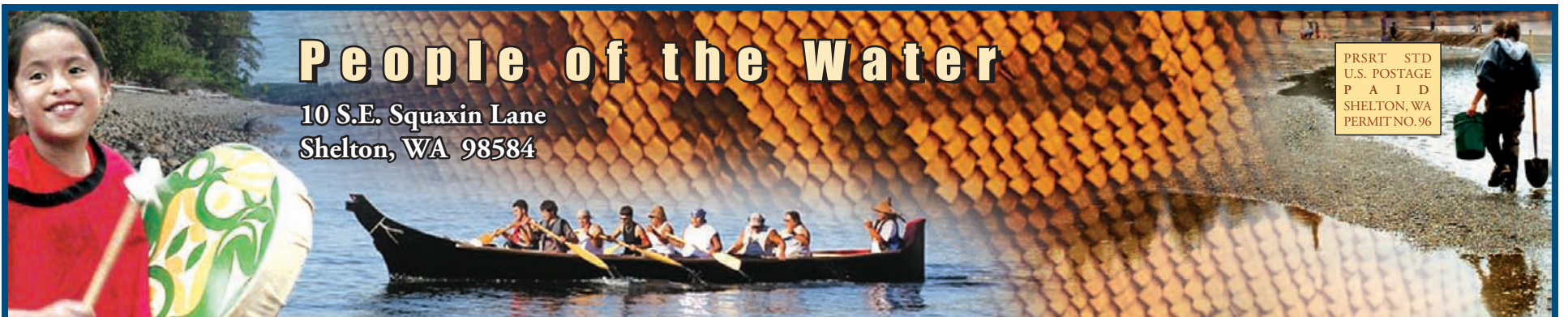
"This is not just the Tribe's problem or the shellfish industry's problem," he said. "This effects everyone in Mason County."

# Once Again, Change is in the Air

Island Enterprises, Inc. has moved from the Skookum Creek Tobacco Factory to a new location at 3591 S.E. Old Olympic Highway. The phone number remains the same, 360-426-3442. The tobacco factory is moving to a newly constructed manufacturing site on Highway 108, just past the railroad tracks, and the old facility will be renovated to become a new events center for Little Creek Casino Resort. Watch closely for some great events coming up this spring and summer!



## Island Enterprises' new home







## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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www.squaxinislnd.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:

JIM PETERS: *Chairman*  
ANDY WHITENER: *Vice Chairman*  
VINCE HENRY: *Secretary*  
PATTI PUHN: *Treasurer*  
WILL PENN: *First Council Member*  
PETE KRUGER: *Second Council Member*  
CHARLENE KRISE: *Third Council Member*

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

## Tribal Council Resolutions

- 06-02:** Approves the Consent Decree pertaining to fuel tax  
**06-03:** Authorizes a grant application to U.S. Fish and Wildlife Service for the Squaxin Island Tribe's Wildlife Program to plan for wildlife and habitat conservation in the Skookum Creek watershed  
**06-04:** Requests the United States to accept title in trust to the "Hawks property"  
**06-05:** Requests the United States to accept title in trust to the "Knutson property"  
**06-06:** Requests the United States to accept title in trust to the "Ward property"  
**06-07:** Requests the United States to accept title in trust to the "Wedge property"  
**06-08:** Requests the United States to accept title in trust to the "Wood property"



## Apology to the Krise, Ford and Taylor Families

I would like to apologize to the Krise, Ford and Taylor families. I misplaced a cd brought in by Charlene Krise that was filled with really great pictures of a dinner held in honor of Darren Ford and Casey Krise and the people who rescued them from the icy waters off Kamilche Point October 31 when their fishing vessel went down - the Taylor family, Bob Sunder and paramedics from Fire District 4.

There was a tremendous turnout at the dinner held in the tribal gym to show appreciation for still having these two remarkable tribal members with us. It is a great gift given to us by the Taylors, Bob Sunder and the paramedics.

Gifts were presented during the dinner and several people expressed their gratitude and appreciation for the rescue.

There are no words to describe the joy we feel knowing Casey and Darren remain with us.

Again, my deepest apology to the families!

- Theresa Henderson

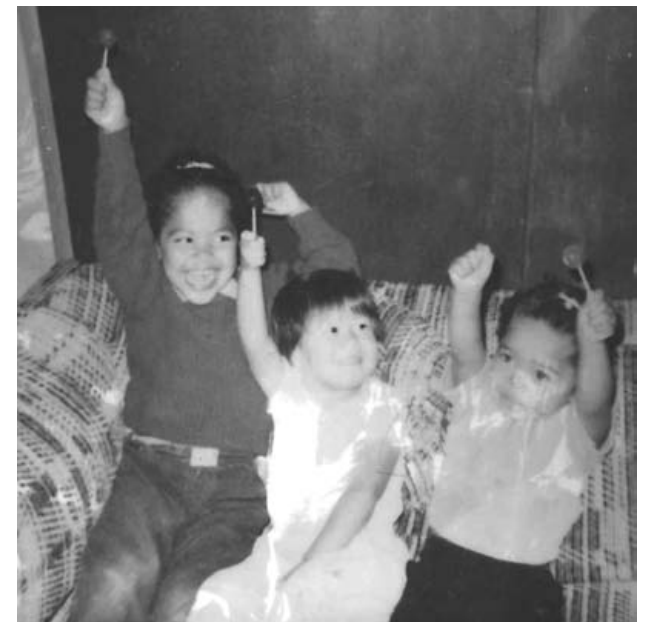
## Mark Your Calendars

**SgwiGwi**

**June 9th from 5:00 - 8:00**

**in the new events center  
at Little Creek**

## Who Is It?



*Donna Penn  
bottom photo) and Tamika Green, daughters of  
star Green (right in top photo and middle in  
Patricia Green (left in both photos), Morning-*



**With Love to My Little Sweethearts!  
Love, Mom**



## David Lopeman Serves as Skookum Creek Tobacco Labor Site Manager

David Lopeman is serving as Skookum Creek Tobacco Factory Labor Site Manager during the construction phase of the new facility. He will be responsible for coordinating temporary labor services during both the construction and occupation of the new manufacturing facility as well as the relocation of Island Enterprises.

Dave will work with subcontractors and SCTC to provide temporary and part time labor services for a variety of tasks, including clean-up, organization, equipment moving and landscaping. He will also secure labor to assist with trades in the electrical, plumbing and mechanical fields.

If you are interesting in employment, contact David at 701-3569.

## Stop by the MLRC to View a Great New Exhibit

Don't miss out! For a short time only an incredible exhibit entitled *Wood, Paper, Glass: an Exhibition of work by Native artists working with Susan Point, Melanie Yazzie and Preston Singletary* will be on display at the Museum Library and Research Center (MLRC). This exhibit is free and open to the public. There are some truly amazing pieces that you won't want to miss. Stop by before March 23rd when the exhibit leaves the MLRC.



*A TINY peek at the exhibit,  
just enough to "get you going!"*

## Who Are These Handsome Protectors of Freedom?



*Bill Peters*



*Will Penn*

## Veterans Memorial Planning Meetings

Every Other Monday (March 6th and 20th)  
Hope to See You There!

## Thanks Jeff Peters

Thank you, Jeff, for your help with putting the fireworks stand together as a fundraiser for the Veterans Memorial!



The opening of the Wood, Paper, Glass exhibit was well attended and, as usual, the atmosphere was friendly, relaxed and comfortable. Stop by as soon as you can, the exhibit will only be here until March 23rd.





## Aren't We Friends?

I would like to ask people to stop stealing from each other. It is not right! Especially when you steal from the elderly and people who are trying hard to make a living honestly. You should not take advantage of your own people. Aren't we friends and neighbors?

- Ed Cooper

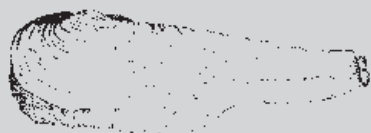
## Natural Resources Hunting season is over. Please return your tags (filled or not).

Buyers License Renewal

April 1, 2006

Shellfish License Renewal

April 1, 2006



## Aquatics License Renewal Information

You must purchase your 2006 – 2007 Annual Aquatics License on or before March 31, 2006 (April 1<sup>st</sup> is a Saturday and the offices will be closed!) to be eligible for a 2006 – 2007 IDQ (Tax extensions also must be paid in full to be eligible to purchase this license.)

The Natural Resources Department will not be taking checks for taxes and licenses from March 17, 2006 through March 31, 2006. Anyone wishing to purchase their license or pay taxes after this date must bring cash. This policy insures we do not have any issues regarding eligibility for IDQ's.

If you have any questions, please feel free to call Julie @ (360) 432-3807.



## Happy Anniversary Mom and Dad

We, the children of Loretta and Richard Case, would like to take this opportunity to wish our parents a happy 39th anniversary. Together they raised all eight of us in a very loving home. Growing up, Dad was a career military man and Mom worked as a physical therapist at the Idaho State School and Hospital. They, of course, had their ups and downs, their good times and their bad, but they were always positive and did everything they could to ensure that we had everything we needed growing up. One memory that really stands out in all of our minds is our family dinners. Every night we would all sit down to have dinner together and Dad would ask each of us what we had learned that day. We all grumbled about it then, but now we realize that it helped us to become the close family that we are now. We weren't always the best kids; we really did give Mom and Dad a lot of hell, but they were always the best parents! We all have learned a lot from them over the years and they have helped us to become well-rounded adults and parents ourselves. We have blessed them with 14 grandchildren between all of us and it is great to know that our loving parents are now our children's grandparents! It is a great feeling to know that their vast knowledge of life and parenting skills are at our disposal to help us raise our own children. Thank you Mom and Dad for making our childhood a memorable one and great one at that!

Love you for ever!

Greg, Steve, Brenda, Victoria, Rebecca, Rickie, Jeb and Jim

## Please Stop the Vandalism

There has been some vandalism taking place on the reservation lately. The small white youth activities bus had its windows shattered and a tribal member had money stolen from her purse during the Christmas party. These just a few of the incidents.

Do you have no respect for your own relatives? We are family here. Parents need to take responsibility for their kids and teach them to have respect.

Law Enforcement can't be everywhere. We are destroying our own property and that is crazy.

Maybe we should come together as a community and have a meeting to discuss what we can do to stop this. We are all related, but no one seems to act like it. You should be able to feel safe in your own community and feel that your things are safe in your own yard.

Kids should have a sense of pride in their community. The tribe does a lot for the kids, but maybe Mark shouldn't have to keep taking the kids places if these things keep happening? Kids will be kids, but what if one of these times we have a serious injury?

Please have a sense of pride in our community. I like living out here and like my community. I'm sure other people who are really trying to make this a great community don't like to see this either. We need to work together to make this an even better place to live.

- Jessica Solano

## A Special Thank You

A great big thank you to The Learning Center for all the activities you do for the youth. Our kids REALLY enjoy them!

- Jessica Solano

## Please Slow Down!

Please slow down when driving through Slocum Ridge. People are driving way too fast even when there are kids playing outside. The speed limit is 15 miles an hour, but people seem to be going much faster. We love our kids, so **PLEASE** watch your speed!

We need one more speed bump in the area where you first enter the Slocum Ridge neighborhood at the end of Klah-Che-Min just past Misti, Lorna and Carrie's houses. This would help to protect our children from being hit by people driving too fast.

- Jessica Solano



## Do You Qualify for Any of These Programs?

### ***Section 504 Home Repair Loans and Grants***

Lisa Peters - USDA Rural Development provides home repair loans and grants to qualified very low income home owners to repair or improve their home, remove health and safety hazards, weatherize, pay for installation and assessment cost of utilities and/or provide accessibility for persons with disabilities. The applicant must be the owner of the home. (This includes mutual help units)

#### SECTION 504 HOME REPAIR LOANS

- Must be unable to obtain conventional financing elsewhere
- Must have a satisfactory credit history
- Must have reliable and dependable income
- Must show repayment ability including the loan payments, real estate taxes, homeowner's insurance and other current debt obligations
- Must be a U.S. Citizen or legally admitted U.S. resident
- Must be 18 years of age or older and able to enter into a binding contract
- Cash value of non-retirement assets cannot exceed \$7500 for non-elderly and \$10,000 for elderly households
- Maximum loan limit is \$20,000
- Interest rate is 1% fixed for a term of up to 20 years.

#### SECTION 504 GRANTS

If you are a senior citizen (age 62 or older), who meets the criteria above but does not show repayment ability for a loan, you may be eligible for a grant, or a loan/grant combination. Grants are limited to a lifetime limit if \$7500.

504 Grant funds may be used only for repairs and improvements that remove health and safety hazards or to repair or remodel dwellings to make them accessible for household members with disabilities.

#### SECTION 504 LOAN AND GRANT INCOME LIMITS

504 Loan and grants can only be made to very-low homeowners with incomes below the following limits:

County	1	2	3	4	5	6	7	8
	person	person	person	person	person	person	person	person
Pierce	17,500	20,000	22,500	25,000	27,000	29,000	31,000	33,000
Thurston	17,450	19,950	22,450	24,950	26,950	28,950	30,950	32,950
Mason	17,100	19,550	22,000	24,450	26,400	28,350	30,300	32,250
Grays Harbor	17,050	19,500	21,900	24,350	26,300	28,250	30,200	32,150

#### WEATHERIZATION ASSISTANCE PROGRAM

Weatherization programs exist to help low-income households reduce home energy consumption, while increasing the health, safety, comfort and longevity of their home. The Community Action Council of Lewis, Mason and Thurston Counties provides a Weatherization Assistance Program which may include air measures such as weather-strip and caulking, insulation measures to wall, floor and ceiling areas and related repair measures. Health and safety issues such as indoor air quality and heating system repair are also addressed. Each home is unique as to what is needed. Below are the income guidelines for the weatherization program:

Household Income	A Average Monthly Income	B Annual Income	C Monthly Income For Wage Earners
1	\$ 997	\$ 11,963	\$ 1,246
2	\$ 1,336	\$ 16,038	\$ 1,671
3	\$ 1,676	\$ 20,113	\$ 2,095
4	\$ 2,016	\$ 24,188	\$ 2,520
5	\$ 2,355	\$ 28,263	\$ 2,944
6	\$ 2,695	\$ 32,338	\$ 3,368
7	\$ 3,034	\$ 36,413	\$ 3,793
8	\$ 3,374	\$ 40,488	\$ 4,217

For more information on any of these programs, please contact Lisa @ Office of Housing 432-3871.

*More on Page 7*

Here are some of the great projects that have been done through the USDA Grant and Loan Programs and the Community Action Council Weatherization Program.



A quote from Barbara Henry: "Initially I thought the paperwork would be a headache to deal with, but I really wanted to get the work done on my house, so in the long run, it was definitely worth it. I appreciate and thank everyone that helped. I love my house!"





# HOUSING FAIR



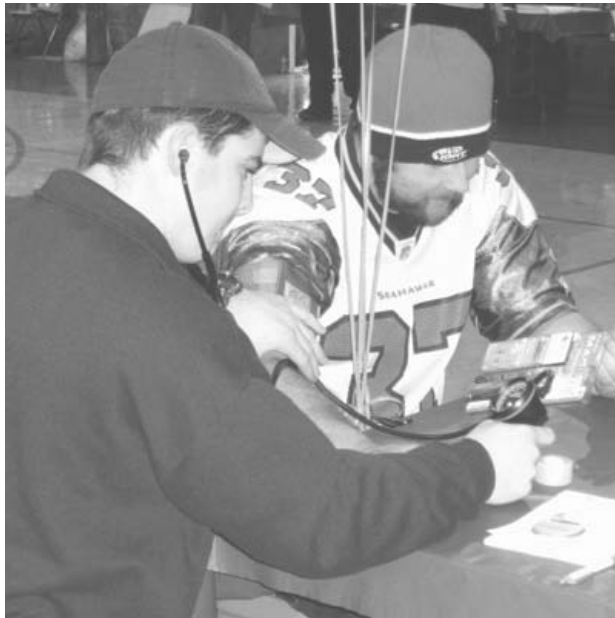
The Squaxin Island Tribe, Office of Housing held their 2<sup>nd</sup> Annual Housing Fair on January 21, 2006. This was an opportunity for individuals to gather information, ask questions, participate in some hands on repairs, have some fun and eat some GREAT food!

Thanks to all of our vendors, listed below, who provided valuable information and were on hand to answer participant questions.

- USDA – Rural Development
- Key Bank
- HUD
- Countrywide Home Loans
- Mason County Health Dept.
- Anchor Bank
- TANF
- Thurston County Volunteer Legal Clinic
- Mason County Fire District 4
- Squaxin Island Tribe - Law Enforcement
- Mason County Garbage and Recycling
- Home Loan Express
- Squaxin Island Tribe – Social Services
- Reservation Animals Rescue and Education
- Consumer Counseling NW
- WA State Housing Finance Commission
- Squaxin Island Tribe – Diabetes Prevention

Due to our generous sponsors we were able to offer our first 20 participants a First Aid Kit or a Maglite. The Fair was funded by a 1% Grant and two donations made by Key Bank and Countrywide Home Loans.

Thanks to all of our wonderful sponsors, vendors, volunteers and participants for making the 2<sup>nd</sup> Annual Housing Fair such a great success.







# HOUSING FAIR



## Office of Housing, Department of Community Development

ATTENTION HOUSING APPLICANTS...Here's your last chance...

All applicants on the Priority and Secondary Housing Waiting List have been mailed application update forms as well as National Tenant Screening forms that must be received by March 31, 2006 in the Office of Housing or your name will be removed from the list. Please make sure that you fill out the forms completely before you return them to the Office of Housing. The Office of Housing has not received updated forms from the following individuals. These individuals will be removed from the Housing Waiting Lists unless they turn in their application update forms or contact Katrina Beltran, Occupancy Specialist, at (360) 432-3863 by March 31, 2006.

Priority	Secondary
Aaron Edgley	Allen Eggsman
Che-Vonne Obi	Joyce Johns
Patricia Green	Margo Tompson
Tyrone Seymour	Lillian Blacketer
Kurt Poste	
LaMetta LaClair	
Shannon Cooper	
Alexandrea Williams	
Bear Lewis	
Richard Gouin	
Mickey Hodgson	
Mary Mosier	
Jasmine Nelson	
Buck Clark JR	
Michael W. Kruger	
Mary J. Lewis Mason	
Tyson Kruger	
Margaret M. Witcraft	
Fleet Johns	
Herbert Johns	
Marlene Henry	
Lucille Quilt	
Thelma Shea	
Marjorie Hill	



## Housing Projects

*Continued from Page 5*



*Roof Before*



*Roof After*



*A New Floor In progress*

A quote from Jean Sigo: "Housing has been there for us. They helped fill out all the paperwork and walked us through the process. We're very happy and appreciative of the work that has been done to our home."



*New Vents*



## Volunteers Needed For Tree Planting

The Squaxin Island Tribe Natural Resources Department has completed the first part of a multi-phase habitat restoration of Skookum Creek. There will be more restoration projects in the following summers similar to the large woody debris placed in the channel this year (2005). If you or your group would like to participate in replanting the trees along the stream there is an opportunity for helping out on Saturday, March 4<sup>th</sup> at 1 p.m..



The purpose of this project is to improve the stream channel for fish use. This is a project that has short term and long term goals. In the shorter term, the log jams placed in the stream speed up the creation of meanders and slow down the passage of water to form pools for salmon to use. The replanting of stream side vegetation provides some shade in the next 5 to

25 years and then later some of the trees will fall into the channel and replace the wood put in by our department to jump start this natural process.

We are encouraging as many Tribal members as we can to help with this community project. Please contact Tracy Farrell at (360)432-3818 or [tfarrell@squaxin.nsn.us](mailto:tfarrell@squaxin.nsn.us) if you have questions or you would like to participate.

## Jobs Daughters Auction!!!!

Ruth Whitener - I want to thank those of you who responded to my request last year for donations of art to the Jobs Daughters Organization for a fundraiser auction. It's just around the corner again and I'm asking again for those DONATIONS. If ANYONE has any kind of art/crafts that they are willing to donate to us, we'd be really grateful!!

This year's auction is on April 15<sup>th</sup> at 6:00 p.m. in the Little Creek Casino/Hotel in the Ballrooms A, B & C. You're welcome to join us! Tickets are sold by Leila at \$10.00 per person which includes a dinner of Lasagna, salad and dessert. We will have a silent and live auction as well as drawings.

What is "Jobs Daughters" you ask? Job's Daughters is an organization of young women between the ages of 10 and 20 who are related to a Master Mason, and share a common bond. We have members in the United States, Canada, Australia, Brazil and the Philippines. We have fun together at activities such as swimming parties, dances, family picnics, slumber parties, miniature golf, marching in parades, travel . . . well, you get the picture. For more Information, log on to [www.iojd.org](http://www.iojd.org).

This year Leila is a Junior Princess. This is her auction to raise money for her organization. A portion of the proceeds will also be donated to the Breast Cancer Awareness Association. The funds will be used in the parties, dances, and travels. If you have a female between the ages of 10-20 and want to join please contact us and we'll help get them in! I believe it's a wonderful organization that has helped my daughter in so many ways!! Again please consider joining us at the action and making a donation.

Contact Leila or Ruth at number: 556-6210

## Congratulations Grace Lampley

Grace Lampley, LCCR Main Kitchen Prep Cook recently completed Retail Food Curriculum classes. She began taking courses in August 2005 through the Office of Regulatory Affairs (ORA) on-line university. ORA is one of the Food and Drug Administration's (FDA) specialized program centers. On January 21, 2006, Mrs. Lampley completed the Retail Food Curriculum Level 1 requirements designed to help satisfy the six topic areas of training for the apprentice, based on FDA Standard Number 2, Trained Regulatory Staff. Mrs. Lampley's curriculum covered 31 courses under the following subject: Prevailing Status, Regulations, Ordinances, Public Health Principles, Communication Skills, Microbiology, Epidemiology, Hazardous Analysis Critical Control Points. She also completed 18 additional courses pertaining to safety and food protection through ORA and is looking forward to completing the remaining 70 courses offered. Congratulations for the fine contributions to the Squaxin Island Tribe's Little Creek Casino Resort Food and Beverage Department. Your self-motivation and tenacity is a great benefit to us all!

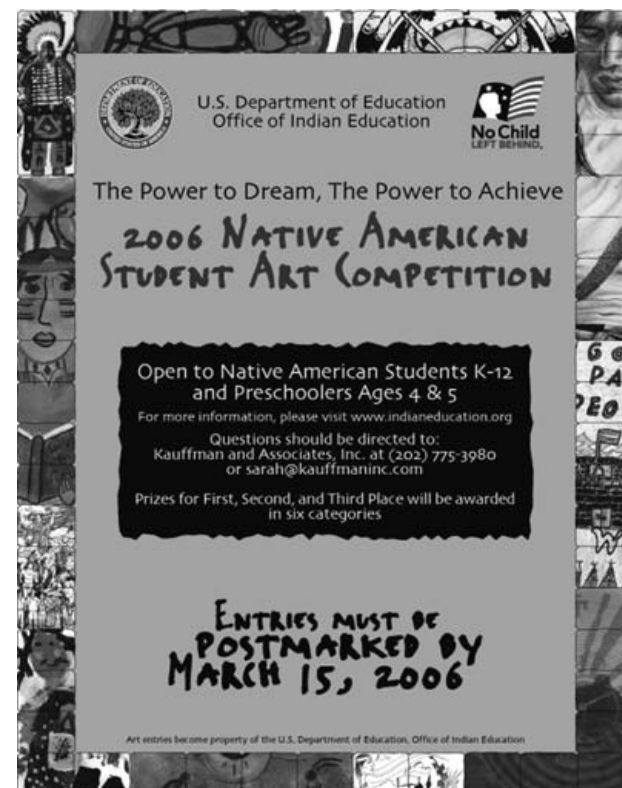
## New Employee



**Ruth Whitener**

### *MLRC Tour Coordinator*

Hello, my name is Ruth Whitener. My last job was with the Shelton School District as the Indian Education Tutor for Oakland Bay Junior High and Olympic Middle School. I held this position for 2 ½ years. It was very exciting and interesting to watch these kids grow. I'll truly miss working with all the wonderful teachers as well as the students. BUT now I'm moving on as the new Tour Coordinator with the MCRL. I cannot wait to thoroughly enjoy working and meeting many different people of cultures from all over. It's an exciting job and I'll do my best to make us, the People of the Water, look great!







# LEARNING CENTER



## Annex and Gym Usage

The Tu Ha' Buts Learning Center is now responsible for the Mary Johns Room and Gym. These rooms are available for use by the Squaxin Island Tribe, SPIPA and associated departments. These rooms are also available to Tribal Members and the community for a nominal fee. There is a deposit which must be paid for each room rented. The deposit is returned to the renter if the rooms are left clean and there are no damages to the rooms and its contents. Please call Lisa Evans at 432-3882 if you are interested in reserving one of these rooms. Contact Julie Goodwin in Finance at 432- 3891 to arrange payment of your deposit. Keys will be given out the day of your event, or the Friday before, if event is scheduled for the weekend. The renter is responsible for picking up keys at TLC and returning them after use. Please be aware that keys to these rooms can not be released to the renter without the deposit receipt.

## Learning Center Update

### Squaxin Island After-School Program Notice

Parents/Guardians: Please be aware that the activity hours of the Rec Room are Monday through Thursday 3:00 p.m. to 6:00 p.m. unless otherwise noted. The TLC computer lab is open Monday through Thursday from 3:30 p.m. to 6:00 p.m., and Friday from 3:30 p.m. to 5:00 p.m. unless otherwise noted. These are "at will" after school programs; students are not required to sign in or out. TLC staff cannot force your child to stay at the TLC, gym or Rec Room. Therefore, the TLC staff cannot be responsible for students after hours or when children leave the premises. Thank you for your understanding and cooperation. Please contact Kim Cooper, Education Director at 432-3904 if you have any concerns.

**GED Classes** are available to tribal members, community members and casino employees. Classes are held Monday and Wednesday evenings from 5:00 p.m. to 7:30 p.m., in the classroom upstairs in the old tribal center building (above the gym). You must be 18 years of age to participate in this program. For more information, you may contact Walt Archer at 432-3826.

**The Homework Center** is open Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests. Remember we are located upstairs in the old tribal center building.

**The Computer Lab** is open Monday through Thursday, 3:30 to 6:00 p.m. and Friday from 3:30 to 5:00 p.m. Students and parents must read, complete and sign the TLC Computer Use Agreement **before** they will be allowed to use the computers in the TLC Computer Lab. The computers in the TLC Computer Lab are intended to be used for educational purposes, homework, research and reports, etc.

**Private Tutoring Sessions** are offered in TLC. A certified teacher is available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call Lisa Evans at 432-3882 or stop by TLC to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services.

## New Mentor Program

The Squaxin Island Tribe Mentor Program is now under way. The program is available to all Native youth in grades 4-8. Mentoring sites will be set up after-school at the Tu Ha' Buts Learning Center, and during school at Bordeaux, Mt. View, Evergreen, Olympic Middle School, and Oakland Bay Jr. High. The list of Native youth is growing, and we are in need of mentor volunteers.

You may be asking, what is a mentor? A mentor is a positive role-model who makes a difference in the life of a young person. Mentors help youth develop their strengths and talents. They foster the uniqueness and honor the integrity of a young person. Mentors enhance the lives of youth by sharing their experiences, interests, and knowledge. Mentors do not interfere, but support the efforts of significant people in a child's life, such as parents, aunts, uncles, and grandparents.

What does a mentor do? A mentor spends one hour a week with their mentee, either at one of the local schools or on the reservation. Mentors are matched with youth based on personal interests, scheduling, and other factors. The mentor relationship is flexible, and may be determined by preferences of the mentor and mentee. Activities will either take place individually or in a group setting, and may include some of the following: playing basketball, working on homework, learning Lushootseed, or Native arts and crafts.

Through mentoring, traditions and culture can be preserved, leaving a legacy for the younger generation. Make the difference in the life of a young person, and become a mentor today!

Please contact Joy Gonyea, Mentor Coordinator at 432-3957, or stop by my office in the Tu Ha' Buts Learning Center.

## Higher Education

Higher Education Attention ALL Higher Education students, tuition and book receipts for winter 06 quarter were due in the Education Department on or before Tuesday January 31, 2006. Fall grades were due in the Education Department by Friday January 20, 2006. The deadline to apply for funding for spring 06 quarter is Friday March 24, 2006 by 5:00 p.m.. If you need assistance with higher education paperwork please give me a call, Lisa Evans 432-3882. Please see the Higher Education Calendar for important dates and deadlines.

## Scholarship Corner

Scholarship Opportunities are listed on the Squaxin Island web site. Navigate to the "Government" button on the main navigation bar at the top. "Click on Learning Center" on the left menu bar. Then click on "Scholarship Opportunities" on the left menu bar.

## Staff Hours

The Tu Ha' Buts Learning Center staff is available during the following hours:

KIM COOPER, <i>Director</i>	
8:30 – 5:00	432-3904
MARK SNYDER, <i>Youth Coordinator</i>	
10:00 – 7:00	432-3872
WALT ARCHER, <i>Education Liaison</i>	
7:30 – 4:00	432-3826
LISA EVANS, <i>Education Assistant</i>	
8:30 – 5:00	432-3882
BARB WHITENER, <i>Language Coordinator</i>	
Check Language class schedules	432-3897
BRIDGETTE LOSEY, <i>Pathways Coordinator</i>	
3:30 – 7:00	432-3895
MANDY PARADISE, <i>GED Instructor</i>	
3:00 – 7:00	432-3876
JEREMIAH GEORGE, <i>Cultural Coordinator</i>	
10:00 – 7:00 W-Sunday	432-3968
SEDAR ROWSON, <i>Youth Counselor/Skillbuilder</i>	
2:00 – 6:00	432-3896





# COMMUNITY/SEAHAWKS DAY



## Teen Column

Hi, my name is Willow Henry. I'm in 7th grade. I live out here on the Squaxin Island Reservation. I'm going to be starting a "Teen Column" in the Klah-Che-Min. I will be taking pictures and interviewing teens around here. I will be talking about many different things such as snowboarding, fashion tips, safety and exercising, etc. So watch out . . . you never know when I'm going to show up and take pictures or interview you!



*Willow (L) and Krystal Koenig*

## Congratulations Leo and Paula Henry



### Married on December 24, 2005 by Reverend Ron Daily

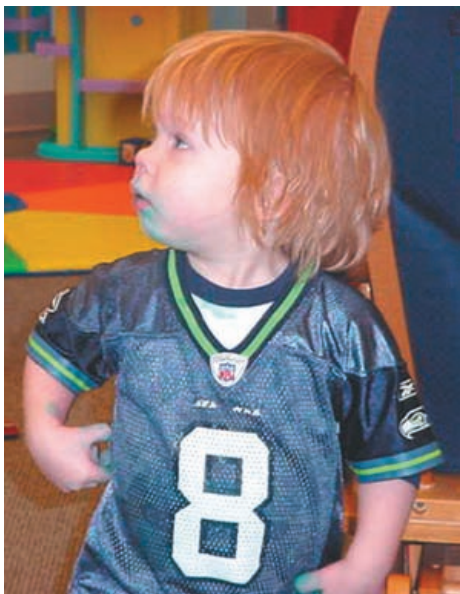
The ceremony took place at home where they were surrounded by family and friends. Thanks to Arlene Strobe for the beautiful cake, Darlene Krise for all her assistance and Lois Cuch for the beautiful pictures. Thanks to Corri Coleman and her friends for the great car decorations! Thanks, everyone for being there and sharing our special day!!!







# SEAHAWKS DAY AT THE CHILDCARE CENTER







## Come Join us on Thursday Walks!

The 3rd Thursday is a special community walk for Diabetes Prevention. Thank you to the participants in the December 15th community walk pictured left to right: Alene Whitener, Nora Coxwell, Dave Caulfield, Darla Strate, Carrie Smith, Sandi Getty and Jan Bryant.



## Community Health Walk

Thank you to all who participated in the Community Health Walk for Diabetes Prevention on January 19th, 2006. Pictured left to right: Janita Johnson, Georgena James, Heidi Chambers, Brenda Dorsey, Elaine Moore, Paula Henry and Sharon Johns. Not pictured: Espie Austria. Door prize winners: Paula (hat and gloves) and Sharon (\$30 certificate for a meal at Little Creek). For more information, contact Janita Johnson, Diabetes CHR at 432-3972.



## We Need Your Help to Prevent Diabetes

March 16, 2006 will be our next community walk. We meet at the Elder building at 12:40 and are back at 1:00p.m. The Community walks are a great way to catch up with old friends and to meet new ones. The community walks are part of the SDPI (Special Diabetes Program for Indians) Diabetes Prevention Program. All 5-Tribes walk at their reservation at the same time. We now have a walking stick made by Bill Hale, Skokomish community member. Which ever site has the most walkers will win the walking stick for a month. At the end of the year which ever site had it the most will get to keep it. There is a drawing that is held at the end of the walk for all participants that fill out a short 4 question survey. Also, if you bring a friend you get an extra drawing coupon. I hope to see you there. If you have any questions please contact Janita Johnson, Diabetes Prevention CHR 432-3972

Thank you to all the Participants in the January and February Community walks. I enjoy your company and hope to see you next Thursday 12:40 at the Elder Building. Janita Johnson

March 1, 2006 we will start recruiting for the SDPI (Special Diabetes Program for Indians) Diabetes Prevention Program. The Purpose of this program is to prevent diabetes in Indian Communities. Diabetes is a serious problem for American Indians and Alaskan Natives, who suffer from some of the highest rates of diabetes in the world. Research has shown that it possible to prevent diabetes through simple lifestyle changes such as more exercise, eating healthy foods and losing weight. We are looking for volunteers who have a medical condition called "prediabetes", someone in there family has diabetes, is overweight, had gestational diabetes while pregnant or had a baby weighing over 9 pounds. If you answered yes to any of these or would like more information on this program, call Janita Johnson Diabetes Prevention CHR 432-3972

**Need a work out partner?** I now have work out videos available in the Health Promotions Programs Building across from the Clinic (old ICW building) to schedule a time to view a video or for more information Contact Janita Johnson Diabetes Prevention, CHR 432-3972

**The Diabetes Prevention Program is looking for fitness videos.** If you have any you are no longer using and would like loan or donate them to the program we are across from the Clinic. Contact Janita Johnson Diabetes Prevention, CHR 432-3972

## Diabetes Support Group

People with Diabetes, their friends and family welcome

# Your Medications and Diabetes

**Speaker: Bob Johnson, RPh**  
**Registered Pharmacist**

Meet across from the Clinic at  
Health Promotions

Wednesday, March 29th, 2006

Noon to 2 pm Lunch provided

**TAKE TIME FOR YOU AND YOUR DIABETES**  
**Join us!**

Contact Patty Suskin, Registered Dietitian  
and Certified Diabetes Educator  
to RSVP or for more information at(360) 432-3929





# HEALTH & HUMAN SERVICES



## Upcoming Health Events

### ***Brief Community Walk***

Every Thursday at 12:40  
Meet at the Elder's Building  
after Senior Lunch

### ***Mammogram & Women's Health Exams***

March 16th  
Contact Rose Algea (360)432-3930

### ***Healthy Habits for Life***

Take charge of your health!  
2<sup>nd</sup> Tuesday of each month  
Noon to 1:00 p.m.  
Administration building lunch room  
Bring your own lunch and thoughts

### ***Community Health Walk***

Thursday, March 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!

### ***Tuesday Tastings with Youth***

Hands-on food preparation  
After school on Tuesdays

### ***National Nutrition Month***

Wednesdays in March  
Health Promotions across from the clinic  
Nutrition quizzes and fresh fruit

### ***Diabetes Support Group***

Wednesday, March 29th  
Noon - 2:00 in the gym  
Lunch provided  
Medications and Your Diabetes  
Speaker: Bob Johnson, RPh.,  
Registered Pharmacist

### ***Come Visit Our Health Promotions Programs***

We have exercise videos (Sit & Be Fit, Yoga, Walk  
Away the Pounds and more). You can come and use  
the building across from the clinic.  
Contact Janita Johnson at 432-3972.

### ***More activities in the works***

Kitchen Creations,  
Diabetes Prevention Family Night (March),  
Recipe Tastings Wednesdays at the Food Bank,  
more Diabetes Support Group guest speakers,  
Supermarket Food Label Reading, Open House for  
relocated clinic services and more!

Contact Patty Suskin for more information at  
(360)432-3929 or stop by across from the clinic.



## Delicious Nine Layer Salad

submitted by Bj Peters

Great for a big crowd!

The amount of each ingredient depends on the bowl  
you choose and how thick you want each layer to be.

1. Layer the following ingredients in a large clear glass  
bowl:

- Mixed Lettuce and Spinach, washed, dried  
and chopped or torn.
- Onion , red, white or green-minced or thinly  
sliced
- Cabbage, red and green, finely shredded
- Hardboiled eggs, sliced or chopped
- Cheese, shredded , or crumbled goat cheese
- Cucumber, sliced or in small cubes
- Red, Green, & Orange Peppers, sliced
- Canadian bacon or chopped chicken
- Tomatoes, Carrots, Peas, Beans, or raw or  
cooked vegetables of your choice

2. Top the salad with your choice of low- fat dressing;  
do not toss. Cover bowl and let the dressing soak  
through the layers. Serve. This particular salad  
should be eaten the day of preparation.

## February Health Events

			1	2	3	4
				- Thursday Walk		
5	6	7	8	9	10	11
		- Food Tasting with Youth		- Thursday Walk		
12	13	14	15	16	17	18
		- Healthy Habits Noon - Food Tasting with Youth		-Mammograms  - Community Health Walk		
19	20	21	22	23	24	25
		= Food Tasting with Youth		- Thursday Walk		
26	27	28	29	30	31	
		- Foot Exams  - Food Tasting with Youth	- Diabetes Support Group	- Thursday Walk		



## Diabetes Support Group Tackles "How to Handle a Busy Life in a Healthy Way?"

On January 30, Dave Caulfield, ARNP, Nurse Practitioner of the Squaxin Island Health Center, shared tips on how to deal with a busy life in a healthy way.

The group discussion included how to recognize stress, how stress affects your body and mind and can contribute to diabetes, how to respond to stress, and what you can do to better handle stress.

Did you know that taking time to breathe and becoming aware of your breath can help reduce your stress level? Try taking a few slower, deeper breaths frequently throughout the day – especially in times of stress. It really helps! Try it!

Other tips for reducing stress include:

- Get your needed sleep
- Try to drink 6 to 8 glasses of water a day
- Laugh more. Find humor in life.
- Eat healthier. Consider taking a multivitamin.
- Ask yourself:  
How important will this be in 10 or 20 years?
- Consider taking a 20-30 minute walk each day
- Slow, deep breathing

Thank you to all the participants for taking time to share their thoughts at the session, to Dave for the great discussion, and to Glen and Ann Parker for sharing some treats. Three participants also received door prizes. Watch for flyers on our next Diabetes Support Group gathering on Wednesday, March 29<sup>th</sup> at 1:00 p.m. where Bob Johnson, Registered Pharmacist will discuss medications. Or, contact Patty Suskin, Diabetes Coordinator, across the street from the clinic at (360)432-3929.



## How Tobacco Affects Your Body

*(heart, lungs, brain, throat, skin and other body parts)*

Submitted By Marcella Castro – Community Health Representative

**Cigarette smoke has more than 4,000 chemicals:** Forty of these chemicals cause cancer. When someone smokes a cigarette, the smoke enters the lungs and the chemicals start traveling through the body causing serious damage.

**Mouth and Teeth:** Tobacco makes your teeth yellow and gives you bad breath. It can also cause gum disease and mouth cancer.

**Throat:** Cigarettes, cigars and smokeless tobacco can cause cancer of the mouth, throat and larynx (voice box).

**Lungs:** Tar (like the black gooey stuff used to pave roads) builds up in your lungs and causes cancer. Smoking can make you cough and causes bronchitis and emphysema.

**Other Organs:** Smoking causes cancer of the bladder, kidneys, pancreas, stomach and reproductive organs.

**Brain:** The nicotine in tobacco first tells your body to speed up making your heart beat faster. Then it tells your body to slow down making you feel depressed. (Talk about brain confusion!)

**Eyes and Ears:** Smoking cans cause eye problems and even blindness. Studies show that smoking is also linked to hearing loss.

**Skin and Hair:** Smoking causes people to get wrinkles and gray hair at a younger age.

**Muscle and Joints:** Smoking keeps oxygen from getting to muscles, making you feel weak. It can also increase the risk of a serious and painful disease called rheumatoid arthritis.

**Heart:** The nicotine in cigarettes, cigars and smokeless tobacco narrows blood vessels. This forces your heart to work harder and raises blood pressure. Smoking can block arteries, causing heart attacks and strokes (blood clots in the brain).

**Warning:** the nicotine in tobacco is and addictive drug. That means that once a person starts smoking, he or she will have a hard time stopping.

**Protect your Body!** Don't use any tobacco products including cigarettes, cigars, pipes or smokeless tobacco. Stay away from secondhand smoke too. It can also cause serious problems. Your best defense? Say, "No Way!"

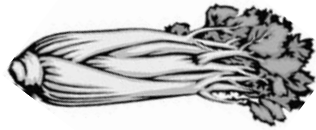
# Stop Smoking!





## March is National Nutrition Month!

**Come visit the Health Promotion Programs across from the clinic!**  
**Wednesdays in March**  
**Nutrition quizzes, fresh fruit and drawings!**  
**For more information, contact Patty Suskin at 360-432-3929**



## Outdoor Activity of the Month

***The Brothers Wilderness in Jefferson County***  
***Hood Canal Ranger District, Olympic National Forest***

The Brothers Wilderness is located on the east side of the Olympic National Forest, north of Lena Lake in Jefferson County. Except for a relatively gentle valley area in the East Fork of Lena Creek, the entire Wilderness is quite precipitous with tree covered slopes extending to about 5,000 feet. Elevation ranges from 699 feet near the Dosewallips River to the 6,866 foot summit of The Brothers. Other major peaks include Mt. Jupiter Ridge, and St. Peter's Dome. Western hemlock, Douglas-fir and western red cedar dominate the lower slopes. Pacific silver fir and mountain hemlock cover the upper slopes before giving way to sub alpine fir and mountain meadows and rock outcrops.

The Duckabush River is the only major stream flowing through the Wilderness. Jupiter Lakes and several small ponds are located on Jupiter Ridge.

Elevation Range: 600' to 6,866' / Wilderness Permit: None Required / Key Access Points: FS Rd 25 (Hamma Hamma Rd.) / F.S. Road 2510 (Duckabush Rd.) / Lena Lake Trail #810 / The Brothers Trail #821 / Duckabush Trail #803

### RECREATIONAL OPPORTUNITY

The Brothers Wilderness has excellent opportunities for backpacking, mountain climbing, hunting, and camping. The Brothers trail begins at the end of Lena Lake trail and provides access to popular climbing routes to The Brothers. The trail is 3.0 miles in length and ranges in difficulty from easy to difficult. The Duckabush trail follows the Duckabush River and enters the Olympic National Park in 6.2 miles and ranges from easy to difficult. Wilderness visitors should always carry rain gear and adequate clothing, food, and backpacking equipment. Proper boots and clothing should be worn. Notice: Fires above 3,500 feet elevation and groups consisting of more than 12 persons and/or 8 livestock are prohibited within the Wilderness. Fires are prohibited at Jupiter lakes and ponds. Stoves only above 3,500 feet elevation.

Take 101 north and watch for the signs. For more information, contact Hood Canal Ranger District - Quilcene office at (360) 765-2200



The Brothers Wilderness

## More Recipes and Sampling at Commodities!

Bj Peters does it again! Bj, Health Promotions Assistant, prepared Tuscan bean soup for tasting at commodities on January 9, 2006 and tomato, beef, and noodle bake on February 6, 2006. Nutrition literature, fresh vegetables for tasting, the recipes of the items tasted and surveys were also available.

Pictured are Misti Saenz-Garcia and Jessica Solano tasting a sample or completing a survey. Thank you to everyone who tasted the recipes and completed the surveys! The recipe tastings are thanks to Bj and the BFNEP (Basic Foods and Nutrition Education Program) through USDA and Washington State to promote eating more fruits and vegetables.

For good health, every day each person is encouraged to eat 2 1/2 cups of vegetables and 2 cups of fruit. How are you doing with this goal? It takes a lot of effort to meet this goal, so any progress is well worth it to reduce your risk for many types of cancers and other health problems. For more information, contact Patty Suskin at 432-3929.



## Girls & Drugs

Teen girls—they are more susceptible to peer pressure when it comes to alcohol than boys. They are more vulnerable to depression, anxiety and issues concerning appearance than boys. And they are more likely to use drugs or alcohol to improve mood, increase confidence, reduce tension, cope with stress, lose inhibitions or lose weight than boys.

So, what does this mean for you as the parent or caregiver of a teen girl? Your role in her life can be the key to keeping her drug and alcohol free. This can be a challenging time as you watch your daughter grow independent, make decisions and develop into a young adult. Even during this difficult time, parents are the most important influence in their child's life. You can help your daughter navigate this exciting, but stressful time.

Here are a few ways to help her grow up happy and healthy:

Give her your time and attention regularly.

Inspire your daughter's interests and talents to help her build strong self-esteem.

Recognize good behaviors and praise your daughter often.

Love but limit. Set expectations and clear "no-drug" rules.

Stress is a big deal. Stay in-tune with what's going on in your daughter's life.



## It's National Nutrition Month...

### Try Something New to Eat

Submitted by Patty Suskin - Trying new foods can be a way to jump start a better eating plan. Here are some quick food ideas that make healthy eating easier and faster.

#### Fresh Produce

Take a look in the produce section of your grocery store. Challenge yourself to eat 2 1/2 cups of vegetables and 2 cups of fruit every day. Ready to eat items include: bananas, apples, pears, grapes and tangerines for fruits and ready-packaged lettuce, spinach, broccoli florets, slice cherry/grape tomatoes, carrots, and more.

#### Frozen Asian Vegetable Mix

You can make a variety of dishes with this vegetable mix. Saute these vegetables with a little oil and shrimp or chicken breast. Season with light soy sauce and sesame oil. Serve over brown rice for a traditional stir fry dish. They can also be used as the base for an Asian-style omelette. Saute 2 cups of vegetables with soy sauce and then add couple eggs or a half cup of egg whites for an omelette that is veggie-packed and delicious!!

#### Lentils

Unlike most dried legumes, lentils require no soaking and cook very quickly. They have a wonderful, nutty flavor. Just follow package directions and they are done in about 15 minutes. Add them to your favorite soup or chili recipe or include them in your next pasta dish.

#### Light Chocolate Syrup

This product, made by Hershey, contains half the calories of regular chocolate syrup. Use it to top fruit and satisfy a sweet tooth. It provides a low-cal chocolate fix for those trying to lose weight.

#### Potatoes

Potatoes are a high-satiety, nutritious food and often overlooked for a quick-fix dinner. They are inexpensive and can be washed, zapped in the microwave and ready to eat in less than 10 minutes. Top them with light margarine, black pepper, broccoli, peppers, grated cheese, chili and fat-free sour cream. Be creative with the toppings!

#### Skim Plus

This milk may be called by a different name, depending on your area. It is thicker than regular skim milk and contains more calcium. It makes a great cup of hot chocolate, or cafe con leche (coffee with milk). To make cafe con leche, use equal parts decaf coffee with heated Skim Plus.

#### Soup and Salad

Are you looking for a fast meal that will help you control your weight? Try the old-fashioned combination of soup and salad. Make them low-fat of course, and you are on your way to a meal that is appetizing, easy-to-make and low in calorie density. In fact, a recent study at Penn State showed that individuals who consume a large, lowfat salad before their entrees usually consume fewer calories for the whole meal.

#### 100% Whole Wheat Pita Bread

Whole-wheat pita bread is often lower in sodium than regular whole wheat bread. Pita bread can be a great way to serve tuna salad, vegetarian burgers, fish, and salad. It can also be cut into triangles, baked to a crisp and served as a healthy, wholegrain chip.

*From Communicating Food for Health Newsletter ©2004 Food and Health Communications, Inc. [www.foodandhealth.com](http://www.foodandhealth.com)*

## MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all

Monday	Wednesday	Thursday
	1 Pork Roast	2 Hot Turkey Sandwiches
6 Meatloaf	8 Waffles	9 Beef Tips
13 BBQ Chicken	15 Prime Rib (RSVP 432-3936)	16 Hamburgers
20 Chicken & Beef Taco Salad	22 Ham & Scalloped Potatoes	23 BBQ Ribs (RSVP 432-3936)
27 Sandwiches and Soup	29 Chicken Fried Steak	30

## Health Promotion Programs at Housing Fair January 21, 2006

Janita Johnson, Diabetes Prevention CHR and Patty Suskin, Registered Dietitian and Diabetes Coordinator, participated in the Housing Fair at the Squaxin Island Gym. Janita talked with people and recruited tribal members for the Diabetes Prevention Program, Community Walks and shared nutrition information. Patty answered questions about the food pyramid, sugars and fats in foods and beverages, diabetes, and more. Thank you to the Housing staff, Lisa Peters, Liz Kuntz, and Katrina Beltran for allowing us to participate in this fun event! We are located at the Health Promotion Programs across the street from the clinic with Health Promotions and the Food Bank.







# HEALTH & HUMAN SERVICES



## 2<sup>nd</sup> Annual Intertribal National Women's Health Week Celebration

Thursday, May 18, 2006  
6:00 p.m. – 8:30 p.m.  
Nisqually Tribe (location TBA)

Featuring keynote speaker Mary Alice Trapp from the Native W.E.B. Dinner and prizes will be provided, and other activities TBA. Transportation will be available from Chehalis, Shoalwater Bay, Skokomish and Squaxin Island.

## Congratulations Raffle Winners



Vanessa Algea, January Women's Health



Kathy Hatch, Community Wellness Survey  
Not pictured: Ramona Blomgren,  
January mammogram

## Tuesday Tastings with the Youth!

Thank you for help with the Tuesday Tastings: the youth; Bj Peters Health Promotions Assistant; Shiloh Henderson, Youth worker; Janita Johnson, Diabetes Prevention CHR; and Sedar Rowson, Youth Counselor. Here are some photos of the kids enjoying a samples of pineapple and baked potatoes with vegetables, during January and February. Thanks, kids, for completing the surveys, too!

Tuesday tastings are funded by USDA and Washington State as part of the BFNEP (Basic Foods & Nutrition Education) program. The focus of BFNEP is to promote healthy eating & specifically encouraging low income families to eat more vegetables and fruits. Nutrition information about the food sampled is provided by Patty Suskin, Registered Dietitian. For more information, contact Bj at (360)432-3884 or Patty at (360)432-3929 or stop by health promotion programs across from the clinic.



## Yummie!

Lip-Smackin' and  
Finger-Lickin'  
Good!



## Donations Needed!

Sedar Rowson, Youth Counselor, (360) 432-3896, is seeking donations for Native foods (salmon, clams, venison and elk) to share with youth in their Tuesday Tastings program. Please contact them about donations. Thanks!





## Happy Birthday

Emma Valle	3/1					Winter Snow White	3/18
Christy Block	3/2	Krissa Brown Garcia	3/11			Teresa Armstrong	3/19
Raven Roush-Lizotte	3/2	Susan McFarlane	3/11			Michael Bloomfield	3/19
Clayton Briggs	3/3	Alexandria Rivera	3/11			Raymond Castro	3/19
Arnold Cooper	3/3	Cindy Ehler	3/12			Calvin Peters	3/19
Vincent Henry, Jr.	3/3	Joshua Paul Penn	3/12			Vicky York	3/19
Serena Mickelson	3/3	Sara Naranjo-Johns	3/13			Lachell Johns	3/20
Chazmin Peters	3/3	Trevor Smooks Napoleon	3/13			Mykolas Parker	3/20
Daniel Snyder	3/3	Justin Kenyon	3/14			Doyle Foster	3/21
Angela Lopeman	3/4	Chantel Peterson	3/14			Charlene Krise	3/23
Adolfo McFarlane	3/4	Andrew Whitener	3/14			Nora Coxwell	3/23
Nicole Hilla	3/6	Lois Woodard	3/14			Jessica Cleveland	3/23
David Josiah Seymour	3/7	Tashina Ackerman	3/15			Ronin Edwards	3/23
Andrienne Whitener	3/7	Brandon Blueback	3/15			Angel Hall	3/23
Belinda Hoffman	3/8	Nikki Farron	3/15			Gilocio Orozco	3/23
Glen Parker	3/8	Rebecca Lezon-Ferreira	3/16			Ruby Whitener Fuller	3/24
Stella Yocash	3/8	Sally Johns	3/16			John Whitener	3/24
Ida Cooper	3/9	Robert James, Jr.	3/17			Taylor Wiley	3/24
James Krise	3/9	Anthony Johns	3/17			Shelby West	3/25
Marjorie Penn-Wolfe	3/9	Monte Morris	3/17			Jerad Lopeman Fry	3/26
Michaela Riker	3/9	Kenneth Green	3/17			James Coxwell	3/27
Terrah Arstein	3/10	Jamie Peters	3/17			Lucke Newell	3/27
Adrian Garcia	3/10	Rachele Rioux	3/17			Dewey Sigo	3/27
Walter Henry III	3/10	Thomas Blueback, Jr.	3/18			Brittany McFarlane	3/28
Joseph Rivera	3/10	Victoria Dennis-Horn	3/18			Eric Ellerbe	3/30
Billy Yocash	3/10	Jolene Peters	3/18			Felicia Ellerbe	3/30
						Benjamin Naranjo-Johns	3/30
						Ronald Whitener	3/30
						Stephen Henry	3/31
						Christina Lopeman-Fry	3/31
						Jennifer Shelton	3/31

## What's Happening

March 7th - family court March 21st - criminal/civil court		1	2	3	4
		Drum Practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
5	6	7	8	9	10
		<b>Court</b>	<b>Council Mtg.</b>		
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30
					Bible Book Club 10:30 Mary Johns Room Food/Transportation
12	13	14	15	16	17
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30
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26	27	28	29	30	31
		Church 7:30	Drum Practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30

## Three Art Violins

Three Art Violins, part of a SOGO fundraising project called The Art of Music, are on display at the following Shelton locations:

Little Creek Hotel on March 6 -13  
Lynch Creek Florist on March 6 -13

One of the art violins on display called "Quilters" was created by Squaxin fabric artist Pamela Hillstrom whose children have been active in Shelton School District music programs. All thirteen art violins will be displayed at the March 5 concert (along with an artist reception) and sold in an eBay auction held March 8-18. To learn more about Student Orchestras of Greater Olympia (SOGO) or The Art of Music, visit [www.studentorchestras.org](http://www.studentorchestras.org) or contact Lynn Scroggins at (360) 432-3952.





## A Special Thank You

Thanks to Colleen Woodard, Senior Coordinator, and Eric at Little Creek Casino Resort for helping the seniors make it in to see the Seahawks. Thanks to Mari, Karmyn and the terrific Sandi!

## Native Leadership Scholarship

Dear colleagues,

We are writing to you to inform you and your organization about a funding opportunity for women pursuing non-doctoral level graduate education. The Native Leadership Scholarship (NLS) program creates educational opportunities for women around the world who are grassroots leaders, organizers and activists demonstrating financial need. NLS invests in women's leadership and leadership development by supporting non-doctoral graduate education in human rights, sustainable development, and public health. Pre-applications for the 2006-07 academic year will be available on our website on January 1, 2006. For more information please visit [www.nativeleaders.org](http://www.nativeleaders.org).

### OUR GOALS

NLS supports study, research, and leadership training, to assist women in their pursuit of solutions to the critical social, environmental, health and economic problems facing their countries and communities. By granting scholarships to remarkable women who demonstrate effective leadership, innovative solutions, and commitment to their communities, NLS helps develop and advance local expertise and community-based, culturally appropriate solutions. NLS endorses non-traditional leaders who are modeling change and using imaginative methodologies. Academic study, research and leadership training should be based on the scholarship recipient's present or prior experience working with her community.

### COURSE OF STUDY

Scholarship recipients enroll in programs of study that cover a range of human rights and development issues at the non-doctoral graduate level including gender, reproductive health, HIV/AIDS, child exploitation, human and drug trafficking, infant and maternal mortality, microbial diseases, conflict resolution, environmental justice, global fair trade, agroecology, and sustainable development. NLS is a secular program and does not support programs of study that promote specific religious beliefs.

### SCHOLARSHIPS

The NLS awards four to six scholarships per year, up to US\$25,000 per academic year for a maximum of two years. The awards help the recipients meet the costs of tuition, fees, books, educational supplies, housing, maintenance, and travel to and from the home country and the educational institution. NLS awards are paid directly to the institution in a student's account. For women intending to study at U.S. universities, NLS funding for expenses other than tuition and books is subject to a 14% U.S. tax. Starting in 2006, the NLS will only be awarding scholarships to women pursuing non-doctoral level graduate education.

### LOCATION OF STUDY

Candidates may use NLS funding for non-doctoral graduate study at accredited institutions worldwide. The NLS is committed to promoting the strengthening of research and of institutions of higher learning in the Global South. The NLS encourages students to study in their home country or region provided that the educational institution is accredited for higher education.

### ELIGIBILITY REQUIREMENTS

An eligible candidate is a woman leader who...

1. Is committed to grassroots organizing and the needs of her community or indigenous group;
2. Has proof of a bachelor's or a higher degree;
3. Has at least three years of work experience dealing with critical human rights concerns, and other social, educational, environmental, health or economic conditions that threaten life or social stability, that discriminate, or that destroy or deplete her country's or community's resources;

4. Is accepted into a non-doctoral graduate program at an accredited university for full-time study/research related to her work experience;

5. Can show evidence of financial need for educational support;

6. Intends to return to her home country to work, utilizing training and research acquired in the study program.

### PRE-APPLICATIONS

All applicants are invited to fill out pre-applications (which will be available Jan. 1 through March 25, 2006) on our website or by request from [info@nativeleaders.org](mailto:info@nativeleaders.org).

### DEADLINES

NLS pre-applications for the 2006-2007 academic year will be available Jan. 1 through March 25, 2006 on our website or by request from [info@nativeleaders.org](mailto:info@nativeleaders.org). After the pre-application period ends, all candidates will be notified about their application status. Incomplete pre-applications will not be considered for review. Unsolicited additional documents provided by the pre-applicant will not be reviewed. Only a small group of candidates will be invited to complete a full application.

Aline Carton, Program Manager, Native Leadership Scholarship

Channel Foundation  
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**Happy Belated Birthday  
To My Sister Barb  
Love Your Little Sister**

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**I'm So Proud Of You!  
And Your Good Grades!  
Niece Jolene  
and Niece Vanessa  
Love Aunt Sue**

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## Medicine Creek Treaty Tree Seedling is Planted at Thurston County Courthouse

A seedling from the "Medicine Creek Treaty Tree" was planted at the Thurston County Courthouse as a reminder of the importance of the treaties, which according to the United States Constitution are "the supreme law of the land."

The Treaty of Medicine Creek was signed on December 26, 1854 under the parent tree on the Nisqually river delta. In addition to Squaxin Island, the treaty includes the Nisqually and Puyallup Tribes.

The ceremony which took place on January 27th, included prayer by members of the Shaker church, dancing and drumming by members of the Squaxin Island Tribe and remarks by Nisqually and Squaxin Island Tribal representatives and Thurston County Commissioners.

"Planting of a seedling from the Medicine Creek Treaty Tree symbolizes the importance of the treaty and the close relationship between Thurston County and the tribal governments in the area," a document handed out at the event stated. "The tree also recognizes the exoneration by the 2005 Historical Court of Inquiry and Justice of the conviction of Chief Leschi of the Nisqually, a treaty signer, on the charge of murder, and is an action of reconciliation for his judicial murder in 1858 by Washington Territorial Officials."

The seeds from one of the original trees in the grove where the Medicine Creek Treaty was signed were collected by Bill Melton - Landscape Architect with the Washington State Department of Transportation (WSDOT). These seedlings were planted on the slope adjacent to the tree which is now a snag adjacent to McAllister Creek (formerly Medicine Creek). Bob Barnes, also an Olympic Region Landscape Architect for WSDOT, collected seedlings from that planting which is a direct descendent of the original grove. The seedling that was planted at the courthouse was taken from the base of the original snag that is known as the Medicine Creek Treaty Tree.

A plaque interpreting the significance of the treaty will be installed at a later date.

