



Second Hotel Tower to Open This Month

Kim Burrow, LCCR Director of Hotel Operations - It's almost done!!!! The 98 room addition to the hotel will soon be open at Little Creek Casino Resort!



The addition consists of four floors with 50 double queen and 30 business king rooms, as well as an additional 4 handicap accessible rooms, 6 jacuzzi tub rooms, 6 luxurious suites and two ultra suites that we have named the Chinook and

Coho. The business kings are designed to meet the needs of those traveling on business and are equipped with microwaves, refrigerators, sleeper sofas and work desks. The ultra suites come complete with custom furniture and kitchenettes that have full size side-by-side refrigerators and custom made cabinets. The ultra suite is also equipped with an in-room jacuzzi tub, a walk in shower and a king size platform bed.

To further enhance the use of the hotel, we also included additional conference space, classroom space and gaming machines in the new Spirit Lounge. A new walkway between the hotel and gaming floor will feature a large number of photographs of tribal members at work and play.

There were over a 1,000 pieces of art purchased by tribal artists that will be on display in every room. Several large pieces were also purchased, including a cedar mat by Malynn Foster, a cedar mask by Dale Clark, a totem carving by Casey Krise, a spindle whorl by Andrea Wilbur-Sigo and a welcome figure by Andrea and her husband, Steve Sigo.

The hotel entrance will now be located at the south side of the facility facing the upcoming Salish Cliffs Golf Course.

The first thing guests will see as they arrive at the hotel is a water fountain that was designed as a tribute to the women of the Squaxin Island Tribe. The fountain depicts a woman harvesting clams with a curious fox looking on and Raven keeping watch close by. The bottom of the fountain pool features a mosaic of the Squaxin Island tribal logo, and the ledge around the pool has bronze medallions featuring each of the seven tribal family crests. The fountain comes complete with

squirting clam holes! It truly is a beautiful piece of art that I can not wait to share with everyone!!!

We are anticipating a March 1st opening. Stay tuned for the exact date of the Grand Opening ceremony to be announced very soon. I am really looking forward to sharing this beautiful new hotel with all of you!. There are so many great things here!!! You are going to love it!!!



Tribal Elders Cruise Mexico



See more great photos on pages 12 - 15 . . .

Mark Your Calendars Annual General Body Meeting

MAY 5TH

Sign-in Begins @ 8:30

Elections will be held for:

VICE CHAIR

Currently held by Andy Whitener

COUNCIL MEMBER 3

Currently held by Charlene Krise

People of the Water

10 S.E. Squaxin Lane
Shelton, WA 98584

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Carving Class with Andrea Sigo

Would you like to learn how to carve a mask by our local expert Andrea Sigo? NOW is your chance!

WHEN: March 10th & 11th
TIME: Starts at 10:00 a.m.
WHERE: MLRC Classroom
COST: Tribal members free



You can choose to purchase the knife set (A, B & F) at Lee Valley: <http://www.leevalley.com/wood/page.aspx?c=2&p=43352&cat=1,130,43332,43339&ap=1>.

If you have our own tools, please bring them. For more information, contact Ruth Whitener at 432-3841 for any questions you may have. There is no sign up

Interested in Serving?

The following committees and commissions have positions with terms expiring in 2007:

- Aquatics Committee
- Fish Committee
- Hunting Committee
- Shellfish Committee
- Education Commission
- Gaming Commission
- Housing and Utilities Commission
- Election Committee
- Law and Order Committee

If you would like to be considered for an appointment or reappointment by Tribal Council to any of these committees or commissions, please notify Ruby Fuller at 432-3909 by March 5th.

TRIBAL NEWS

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

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577

www.squaxinisland.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*
- RUSSELL HARPER: *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



Coil Basket Weaving Class with Paula Henry



Well known Squaxin Island tribal member and basket weaver Paula Henry is holding a coil basket weaving class.

WHEN: March 18th & 25th
TIME: 3:00 - 5:00 p.m.
WHERE: MLRC Classroom
COST: Tribal members free, others \$25

for more information, contact Ruth Whitener @ 432-3841 OR ruth.whitener@squaxin.nsn.us.

A Misunderstanding ~

I was moved by the respect and affection for my husband, David Whitener at the recent General Body meeting. An informative article about the honoring at that meeting has prompted phone calls asking me if David's quotation in the article meant he was saying "goodbye" because he was ready to be passing on from this life. When quotes are printed out of context, confusion arises. Those who were in attendance at the meeting and could hear David's soft voice understood a different meaning. David was talking about his low energy levels lately and that he hoped he could manage to stay [at the meeting] through lunch, but at the same time he knew he might need to leave quickly: "I don't know how long I can stay with you." He then offered a public farewell just in case he needed to leave early: "I think I must say goodbye."

David is residing at Alpine Way in Shelton where his care needs can be met. He has a private room (#217) with his own belongings. Visitors are welcome, but you may want to call ahead to be sure he is not out with family or friends. David's medications continue to be adjusted and like all of us he has some good days and some not so good. "Home" has always been important to David. Without a tribal facility to care for ailing elders, he is feeling displaced. Visiting with family and friends offers that connection for him.

- Barbara Whitener



Daughter and Widow of Wilson Blueback Post "Don't Drink and Drive" Signs in His Memory

Christine Stymacks - January 28th, 2007 was the nine year memorial for Wilson. Through the years, I thought I was paying proper respects to my beloved husband by going out on the town and drinking, driving and fighting. After all, that was our way. Since I got sober 15 months ago, I had to find a new way, a right way to pay my respects, honoring him and his memory. So I decided to have two signs made to remind people not to drink and drive. One of the signs will be placed on Olympic Highway North in front of Stacy's Automotive, and the other will be placed in my yard on 101 North toward Skokomish. Please drive by and see them. And remember not to drink and drive for your sake and the sake of your families.

Sunny days seem to hurt the most. I wear the pain like a heavy coat. I feel you everywhere I go. I see your smile. I see your face. I hear you laughing in the rain. Still can't believe you're gone. It ain't fair. You died too young, like a story that had just begun, but death tore the pages all away. God knows how I miss you, all the hell that I've been through just knowing no one could take your place. Sometimes I wonder who you'd be today. Some days the sky's so blue, feels like I can talk to you. I know it might sound crazy, the only thing that gives me hope is knowing that I'll see you again some day . . .



Wilson and daughter, Shila with daughter Trisha behind her dad in the bottom photo



She's A Real Charmer!



It's A Girl!

Tribal Council Resolutions

- 07-10:** Invests a portion of the Permanent Trust in Skookum Creek Tobacco Company, Inc., for a term of seven years at a rate of 5% interest and secured by manufacturing equipment.
- 07-11:** Authorizes submission of a grant application to State and Tribal Assistance Grant Special Appropriations Funds for \$240,400 for the purpose of installation of a pump and force main/reuse pipeline that connects the tribal housing sewer system to existing pipes leading to the Membrane Batch Reactor Wastewater Treatment Facility
- 07-12:** Approves the purchase of undivided interest on allotment 121-21 at the appraised fair market price
- 07-13:** Approves the purchase of undivided interest on allotment 121-8 at the appraised fair market value
- 07-14:** Approves the New Eviction Prevention Policy
- 07-15:** Approves Change Four in the Rent and Collection Policy of the Tribal Housing and Utilities Commission Policy
- 07-16:** Adopts the Limited Liability Company Ordinance

Bagley Family Reunion / Potluck



APRIL 7, 2007

Calling All Family . . .

of Florence, Clara, Joshephine, Hazel, John, Violet, Frenchie and Marion!!!

For more information, or for suggestions,
Call Terri Capoeman:
462-3505 or (cell) 561-2913
tcapoeman@hctc.com
OR
Gloria Hill
462-0117

THE SQUAXIN ISLAND
CANOE FAMILY
IS LOOKING FOR
SUBMISSIONS
OF CANOE JOURNEY
DESIGNS FROM
TRIBAL ARTISTS
TO BE FEATURED
ON THIS YEAR'S
CANOE FAMILY
SHIRTS

CONTACT CHARLENE KRIS 360-432-3851
OR RUTH WHITENER 360-432-3841



New Water Reclamation Facility and Irrigation Pond



Dan Neelands - A new Water Reclamation Facility (WRF) is currently under construction at the east end of the Tribe's industrial area, north of the golf course site, adjacent to the tobacco factory. The WRF is constructed with Membrane Bioreactor (MBR) technology. This technology allows the processing of wastewater to "class A" reclaimed water. The reclaimed water will be pumped to a 24 million gallon irrigation pond on the Southeast end of the golf course. This water, along with the stormwater collected in the casino area and industrial area will be used to water the course, for fire protection and other beneficial purposes. Development of this plant allows the expansion of the Little Creek Casino Resort including the new hotel wing which is nearing completion. The plant is scheduled to start processing waste on March 1, 2007.

The Facility will be operated by the Department of Community Development and will be staffed by a combination of Tribal employees and a contractor. The reclaimed water leaving the WRF will be subjected to a daily series of tests to ensure it meets state and federal standards.

The Planning Department is currently writing grants to the EPA (Environmental Protection Agency) and USDA (United States Department of Agriculture) to install a pipeline and pump station connecting the residential area and Tribal campus to the new facility. This would allow the tribe to abandon the drain fields on Slocum Ridge and convert the Sequencing

Batch Reactor (SBR) in the residential area to an advanced distribution hub capable of meeting the areas needs for many years to come.

Little Creek Casino Resort has just completed the construction of the pond with help of Squaxin Island Tribe Construction and The Natural Resources Department. The general contractor for the pond was Roglin's out of Aber-

deen. This was a monumental undertaking and took a little over 5 _ months. Over 400,000 cubic yards of dirt was moved during the excavation. That is more than 40,000 regular dump truck loads. 300,000 yards of this dirt was used to create a new level site next to the tobacco factory. The fill is compacted to over 90% and the sides are protected by jute mat and grass seed which will sprout this spring.





Conveying Homeowner Workshop

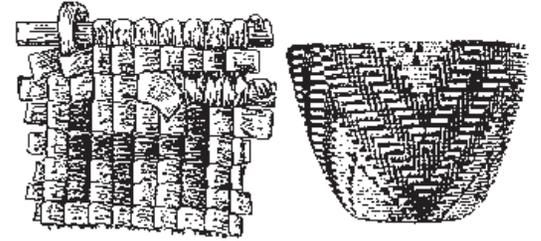
The Office of Housing would like to congratulate the participants who attended the Conveying Homeowner Workshop on February 13 and February 15. This class was developed as a tool to ensure that our conveying homeowners are informed about the conveyance process and what it means for them.

Topics at the workshop included:

- Understanding your Sub-Lease
- Home Safety and Fire Prevention
- Household Maintenance and Repair
- Importance of Insurance
- Section 184 Loan information/Foreclosure
- Budgeting
- Wills

Please watch for information on the next Conveying Homeowner Workshop coming in March. If you have questions or would like to attend, please contact Lisa Peters @ 432-3871.

Pictures at right: Joanie Fox and Janette Sigo
Ramona Mosier
Donna Baker



Upcoming Events

FREE Tax Preparation Site

Tu Ha' Buts Learning Center
Tuesday and Thursday evenings
5:00 p.m. – 8:00 p.m.
Saturdays

10:00 a.m. – 12:00 a.m.

February 13, 2007 – April 12, 2007

There will be volunteers on site who have passed the IRS tax course and test.

Please call Lisa Peters @ 432-3871 to schedule an appointment for your tax preparation.

Building Native Communities - Financial Skills for Families

(Creating a household budget, Understanding your credit)

Administration Bldg. 2nd floor Conference Room
Wednesday February 28 and Wednesday March 7
5:00 p.m. – 8:00 p.m.

3rd Annual Housing Fair

Squaxin Island Gym
Saturday March 10, 2007
10:00 a.m. – 2:00 p.m.

Conveying Homeowners Workshop

March – watch for details

Pathways Home – First Time Home Buyer Class

March 19, 21, 26, 28

If you have any questions about the scheduled classes, please contact Lisa Peters @ 432-3871. The OOH asks that if you notify us if you plan to attend a workshop.





3rd Annual Housing Fair

Saturday, March 10, 2007
Squaxin Island Gym
10:00 a.m. to 2:00 pm.

HANDS ON ACTIVITIES!!

- Recycling Basics
- Toilet Repair
- Screen Repair (bring in your window screen frame)
- Learn how to repair holes in walls
- Other fix-it ideas

OTHER STUFF:

- Facts about Methamphetamine
- Information on outside resources available to the community.

Lots of GREAT Door Prizes!!!!

INTERESTED IN BUYING A HOUSE?

Not sure where to begin?

Learn the basics of the home buying process.

Lenders, Housing Agencies, & Resource providers will have staff available to provide informational on:

- Preparing for Homeownership/Qualifying for a Home Loan
- Down Payment Assistance Programs/Mortgage Financing
- Establishing/Repairing Credit

FREE CREDIT REPORTS

Squaxin Island Tribe - Office of Housing
Department of Community Development
360-426-9781

Allen is Still Missing



Despite rumors that have circulated over the past few months, Allen Mosier is still missing. Anyone with questions or information about Allen's whereabouts are encouraged to contact Squaxin Island Public Safety Department immediately. This may help, not only in solving the mystery, but also to shield his family from painful rumors.

According to Allen's mother, Ramona Mosier, detectives with Mason County Search and Rescue have promised to hold training sessions in the area of Allen's disappearance, in hopes that evidence or a clue might surface during those exercises. This is not a cold case. Tribal and county law enforcement officials are working hard to find Allen.

Allen was last seen September 28th after parting company with friends in the woods behind the new tribal housing development, Slocum Ridge.

Children's Activities! Food & Beverages!

- Fry bread
- Indian Tacos
- Nachos
- And drinks!



LOTS OF FUN AND PRIZES!!





Chinese Delegation Visits the Squaxin Island Tribe

Last Month the Tribe hosted a delegation of 15 business people from China. They are looking for businesses in which to invest including tourism opportunities in America. The Chinese are very interested in Native American culture.

While visiting the Squaxin Island Tribe for breakfast, David Black presented Little Creek Casino & Resort property information including hotel expansion and Salish Cliffs golf course.

The delegates boarded a bus to Skookum Creek Tobacco. Sam Cang, accountant, greeted them in their language. The Chinese, gracious at all times, burst into friendly discussion with Sam (thanks, Sam, I think they were impressed so much by the tribe having someone to talk to them from home!)

The employees at Skookum Creek really showed their stuff. They demonstrated all of the machines and they brought each delegate around to talk about the company. Several delegates asked for business cards from Mike Mason and Mike Bell. Bryan was a gracious host!

When the delegates arrived for a tour of the Squaxin Island Museum Library and Research Center they stopped outside and all breathed deeply, saying "Fresh air!" in Chinese. In China, factories pollute the air to the point where it is like smoking at least 2 packs a day.

When we walked into the museum, Dale Clark and Bear O'Lague welcomed us with drumming and singing. (Thanks, guys!)

As always Charlene Krise made the visitors feel welcome. At one point there was an excited member talking to Charlene about Chinese/Tribal history. The others frustrated that they couldn't continue the tour stopped him and said, "Can we please listen to the rest of the tour now!" Then, the delegation leader pointed to Ruth and had the translator thank her for honoring them by wearing a Chinese silk pants outfit. Ruth got heartfelt applause!

After the museum, we went to the Seafood Bar at Little Creek. Tourism treated the delegation to all the seafood they could eat. Amazingly, Damian, at the Seafood Bar is from Singapore. So he was able to serve everyone in their language.



Several days later, the drum group was invited to the farewell dinner. The full contingent at the farewell dinner, included the Lt. Governor, Brad Owens, mayors, county and city council members, Chehalis Tribal representatives, port commissioners, President Pumphrey, South Puget Sound Community College, the Thurston County Chamber of Commerce board members, Thurston County Economic Development Committee and board members, Visitors' Convention Bureau, and of course, many representatives from Saint Martin's University, including Dr. Barbara Gayle, Vice President, Mary Sigmen, Carleen Jackson, Dr. Riley Moore, Dr. Josephine Yung, other instructors along with professors and students and many others.

Bear, Mari & Joe Seymour sang a welcoming song to the delegation before dinner. At the conclusion of the evening, the group sang a traveling song to the delegation. As I walked around thanking people for the opportunity to have Squaxin Island involved with the delegation, I was told over and over again, "The Squaxin performers stole the show!"



We May Have Your Stuff

The MLRC has collected many children's coats and sweatshirts. Please come look to see if any of them are your child's. By the end of March, if we still have them, they will be donated to the Good Will. Thank you!



SalmonFest logo contest

CALLING ALL TRIBAL COMMUNITY ARTISTS!!!!

Do you have a treasured salmon design? Do you need more exposure in the artist arena? How about entering the SalmonFest Logo contest! The deadline for entry is April 13, 2007.

Entries will be judged by an "outsider." This means someone who won't immediately be able to identify individual artist works. We are making every attempt to keep the contest fair! Entries must be submitted to Liz Yeahquo at the museum. She will then assign a number to the entry. No names will be listed on the contest entries.

We don't know who the judge will be yet, but we would also like to have someone that cannot readily identify pieces by artist. If you know of someone that might be a good candidate please let me know (Leslie Johnson, 360 432-3838).

At present we do not have a prize. But you will get bragging rights! We will also use the logo in our printed materials along with advertisements. The logo will be made into a pin and sold at SalmonFest, August 18, 2007 this year. Your work & name will be credited prominently! We plan to do this every year so if you can't participate this year, maybe next!

Speaking of SalmonFest! As I said, SalmonFest is August 18, 2007 this year. Do you have a nonprofit or charity you care deeply about? You're invited to participate as a vendor! Last year the tribe's Veterans group made quite a bit of money for the memorial!! We need artists and food vendors! I have already started promoting the event, and we are getting quite a bit of interest.



Spiritual Teachings “Spirit of the Canoe Journey” by Halukwii

Come explore the spiritual realm as experienced by Ralph Edgar from Ditidaht First Nation BC. Ralph will be here at the MLRC to share the teaching of the sacred gifts. He is well known for his spectacular cultural assistance as a signer, dancer and carver though out the North West.



March 31st @ 2:00

Join us as we welcome Halukwii here at the MLRC and listen and learn from his Spiritual Teachings!!!

March 2007 Squaxin Island Museum

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Basket Weaving support group 4:30 MLRC SPIPA Parent Class 4:30-7:30	7 Drum Group @ 6:00 pm MLRC	8	9	10 Andrea Sigo Mask Carvings @ 10:00 am MLRC
11 Andrea Sigo Mask Carvings @ 1:00 pm MLRC	12	13 Basket Weaving support group 4:30 MLRC SPIPA Parent Class 4:30-7:30	14 Drum Group @ 6:00 pm MLRC	15	16	17 Andrea mask carving 10:00 am
18 Paula Henry Coil Basket weaving 3-5 pm MLRC classroom	19	20 Basket Weaving support group 4:30 MLRC SPIPA Parent Class 4:30-7:30	21 Drum Group @ 6:00 pm MLRC	22	23	24 Andrea mask carving 10:00 am
25 Paula Henry Coil Basket weaving 3-5 pm MLRC classroom	26	27 Basket Weaving support group 4:30 MLRC SPIPA Parent Class 4:30-7:30	28 Canoe Journey Meeting-Potluck @ 5:00 Drumming @ 6:00	29	30	31 Spiritual Teachings “Spirit of the canoe journey” by Halukwii - Ralph Edgar 2-5 pm MLRC



Native Spa Day Thank Yous

Ruth Whitener - MLRC wishes to give our warmest and deepest gratitude to those who where ever so generous with our Native Spa Day.

The MOST generous supporters are:

Our Squaxin Island Tribe Council especially Pete Kruger (Thanks Pete)! Plus this very outstanding, wonderful young gal who really exceeded my expectations for donations - Joanne Decicio! Joanne donated 15 makeup-bags filled with 4 sets of lotions, body sprays and bath gels - not just the samples either - the 12 ounce bottles, along with finger nail products and lip stick samplers. You ROCK Joanne!

I also do not want to forget those who volunteered their time and expertise: Mitzie Whitener gave massages, Lisa Ewing and her daughter Lisa braided and crimped hair. Tamika Green helped with hand made coloring books and cut outs. Janita and Patty did Diabetes screening. Elise Krone offered foot baths. Thanks to Te Young for Mary Kay and Lori Parvi for Arbonne Sea Salt Scrubs.

I thought it was a great turnout. We had the perfect amount of people; it was not overwhelming and there was just enough to keep us all busy. I particularly liked the "white elephant dice game" even though I walked away with nothing! A lot of ladies received lots of wonderful items!

This is something I'd love to do again annually, so keep an eye out for the next one!



Historic Washington Newspapers Online!! Free!!!

Seven of Washington Territory's early newspapers are now available online through the Washington State Library. The Historical Newspapers in Washington Project is part of the Washington State Library's program to make its rare, historical resources more accessible to students, teachers and citizens across the state.

NOW AVAILABLE:

The Columbian

Sept. 11, 1852 - Nov. 26, 1853

The Washington Pioneer

Dec. 3, 1853 - Jan 28, 1854

The Pioneer & Democrat

Feb. 4, 1854 - May 31, 1861

Washington Gazette

Aug. 15, 1863

Seattle Gazette

Dec. 12, 1863 - June 4, 1864

Additional newspapers will be brought online as they are scanned and indexed. Newspapers in the first phase of the project will be selected from the territorial period and will represent different geographic regions of the state.

www.secstate.wa.gov/history/newspapers.aspx

Office of the Secretary of State
Washington State Library



Quiemuth Revisited:

Another Look at the Life and Tragic Death of the Nisqually Indian Leader, Murdered in the Governor's Office 150 years ago.

HERE AT MLRC ON MARCH 14TH!!!

An illustrated presentation by historian Drew W. Crooks

The Squaxin Island Museum Library and Research Center invites you to a program that will examine the life and tragic death of Quiemuth, a strong and capable Native American leader who lived from ca. 1800 to 1856. An older brother of the famous Leschi, Quiemuth was appointed chief of the Nisqually Tribe by Governor Isaac Stevens in 1854.

Presented in three parts, the first part will last a half and hour and will be a slide-illustrated look at the character, achievements and death of the Nisqually Indian leader who was killed in the Olympia office of Governor Stevens in 1856.

The second part, lasting fifteen minutes, will be a discussion on Quiemuth, Leschi, Stevens and the lasting impact of the Medicine Creek Treaty/Puget Sound Indian War upon the Southern Puget Sound region.

The closing section will be a time for questions and answers on this important period of history. Quiemuth played an important role at the Medicine Creek Council and in the Puget Sound Indian War. After surrendering to American settlers in 1856, he was killed in the Olympia office of Governor Stevens. No one was ever brought to justice for the crime.



Frequently Asked Mentoring Questions

Lynn Olson, Mentoring Coordinator -

What do mentors and mentees do within the Squaxin Island Tribe's Mentoring Program?

A mentor (adult) is matched with a 4th through 8th grade Native American student (mentee), according to needs and interests. Mentor and mentee meet at the mentee's school or at the Tu Ha' Buts Learning Center for one hour per week for one year. They work on school projects, homework, read, play games, or just talk. Mentors are given training and strategies to help students and make the most of the relationship.

Some students might need tutoring in math. Some might need a helping hand in reading or writing. Some might want to share the book they are reading and/or read a book together. Some might want to talk about what they learned about the World War II. Some may need help in researching a topic on the web or work to master a craft. Sometimes school work might take a backseat altogether and the focus is on talking about issues in the news or discussing anecdotes, friends, or upcoming events.

Mentors and mentees talk about current events, local issues, school events, individual concerns, and other appropriate topics. It is not just about grades and school. It's about friendships. Mostly a mentor is a friend. Mentoring is about trust and care.

And mentoring isn't all about talk. Mentors and mentees can play thoughtful, imaginative, and creative games. Maybe a mentee has a volleyball game coming up and wants to practice his/her serve. Or perhaps a mentee plays chess and wants to teach their mentor how to play. What mentors and students do together is engage in the world. There's a lot to talk about, play, learn, research, ponder, and discover.

What are the young people (mentees) like?

They are involved Native American students ranging from fourth through eighth grade. They are as diverse as the community in their desires, preferences, sizes, and choices.

How soon are mentors matched with youth?

I hear so much about so many young people needing mentors, why can't someone be matched tomorrow or next week? The matching process takes some time. We have to be certain that mentor/mentee matches are optimal, that interests are compatible, that everyone has received training, and that the mentee is available when the mentor is available. The coordination is complex yet highly refined so that every possible student, every available mentor and available resources can be organized as efficiently as possible. Care and investment in set-up time is what will help make the relationships successful.

How do I become a mentor? What's the process?

- Go to the Mentoring Coordinator's office and request more information and ask questions. (Lynn Olson, Mentor Coordinator, Tu Ha Buts Learning Center.) Stop by. We're friendly and helpful. OR
- Visit the website: <http://www.squaxinland.org>. Click on Government; click on Learning Center and on Mentoring Program. OR
- Call and talk with Mentoring Coordinator. 360-432-3957. It's a short, straightforward interview in which the coordinator learns more about you.

Are mentors asked for references and are background checks completed on mentors?

Yes. For safety reasons and to ensure we get the best volunteers possible, we need three references. We will also do an FBI and Washington State Patrol background check.



Lynn Olson
 Mentor Coordinator
 Squaxin Island Tribe
 70 SE Squaxin Lane
 Shelton, WA 98584
 360-432-3957
 360-490-7037 cell
 360-426-7897 fax

Having too much fun!

Stephanie, Kaylee, Kayla & kids visiting Andy, Ruthie, Wes & Leila.





LEARNING CENTER



Bordeaux Elementary News

Kathy Simmons - Bordeaux Elementary School invites you to Bulldog Night Thursday, March 1st. Students in 3rd, 4th, and 5th grades can come back to school at 6:00 p.m. wearing pajamas and bring their families. Families will get to hear the first chapter of an award winning book, and then each student will receive their own copy of the book to bring home and keep.

We wrote a request and received a Foundation Award for this event, which allowed us to buy each student their own copy of the book that will be introduced at this event on March 1st.

There will also be door prizes! And milk and cookies will be served. Families are invited to come wearing PJs and be ready for a fun reading hour! Bulldog Night will end at 7:00 p.m.

We will also host a fun Bulldog Night for kindergarten, 1st and 2nd graders on March 29th at 6:00 p.m.! So mark your calendars now! The door prizes that evening will be a chance to choose a new book at our Book Fair that night!

March 2nd is Dr. Seuss Day at Bordeaux and all students and staff are encouraged to dress up like a character in one of Dr. Seuss's many books.

Thanks and hope to see you all there!

Go Bulldogs!!!

Squaxin Youth Cultural, Educational and Activities Calendar March 2007

Co-Sponsored by DASA

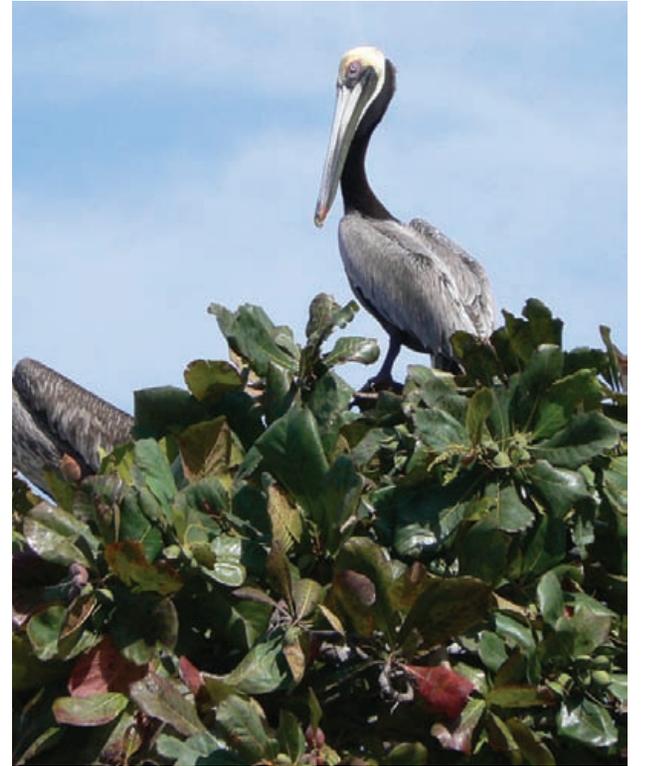
All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Any Questions Call: Mark Snyder 701-1561 Jeremiah George 432-3968 or Bill Kallappa 463-6361</i>				1 3pm Board Games 3pm Snack B-Ball 3:30-6pm	2 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	3 Gym open from noon to 4pm Staff will be on site!
4	5 4pm Cultural Arts & Crafts B-Ball 3:30-6pm	6 3pm Board Games 3pm Snack B-Ball 3:30-6pm	7 Early Release 5:00 Youth Council 5:30 Language Group 6pm Drum Group	8 3pm Board Games 3pm Snack B-Ball 3:30-6pm	9 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	10 Gym open from noon to 4pm Staff will be on site!
11	12 4pm Cultural Arts & Crafts B-Ball 3:30-6pm	13 3pm Board Games 3pm Snack B-Ball 3:30-6pm	14 5:00 Youth Council 5:30 Language Group 6pm Drum Group	15 3pm Board Games 3pm Snack B-Ball 3:30-6pm	16 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	17 Gym open from 12-4pm Staff will be on site! 
18	19 4pm Cultural Arts & Crafts B-Ball 3:30-6pm	20 Early Release 3pm Board Games 3pm Snack B-Ball 3:30-6pm	21 Early Release 5:00 Youth Council 5:30 Language Group 6pm Drum Group	22 Early Release 3pm Board Games 3pm Snack B-Ball 3:30-6pm	23 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	24 Gym open from noon to 4pm Staff will be on site!
25	26 4pm Cultural Arts & Crafts B-Ball 3:30-6pm	27 3pm Board Games 3pm Snack B-Ball 3:30-6pm	28 5:00 Youth Council 5:30 Language Group 6pm Drum Group	29 3pm Board Games 3pm Snack B-Ball 3:30-6pm	30 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	31 Gym open from noon to 4pm Staff will be on site!



ELDERS CRUISE TO MEXICO





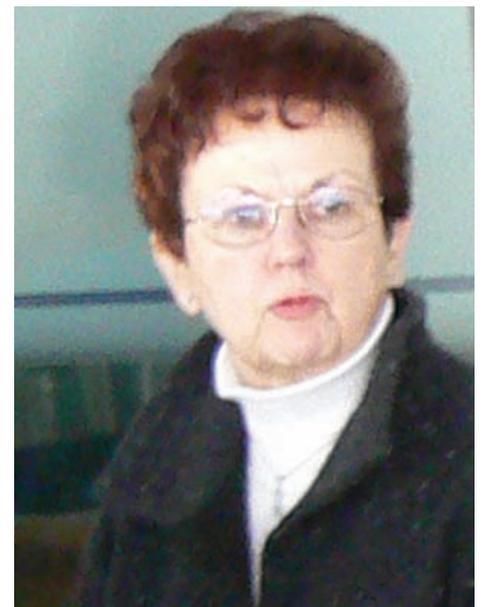
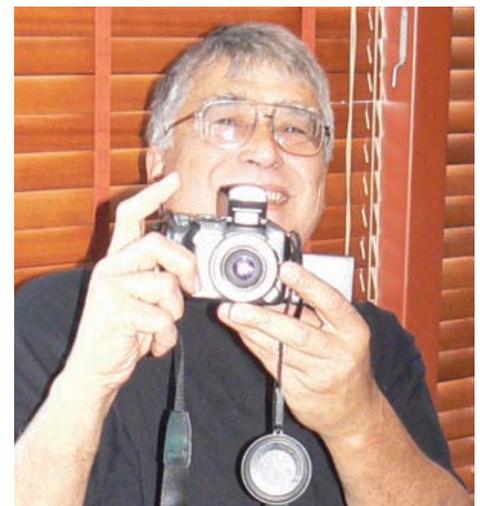
ELDERS CRUISE TO MEXICO



Photos on these pages by Liz Kuntz

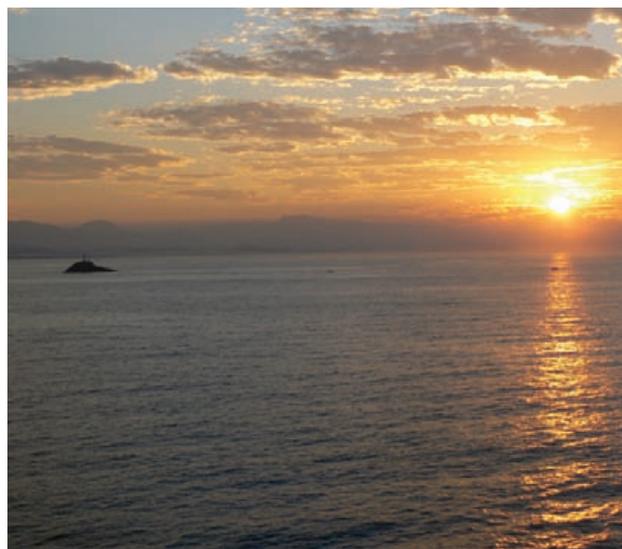
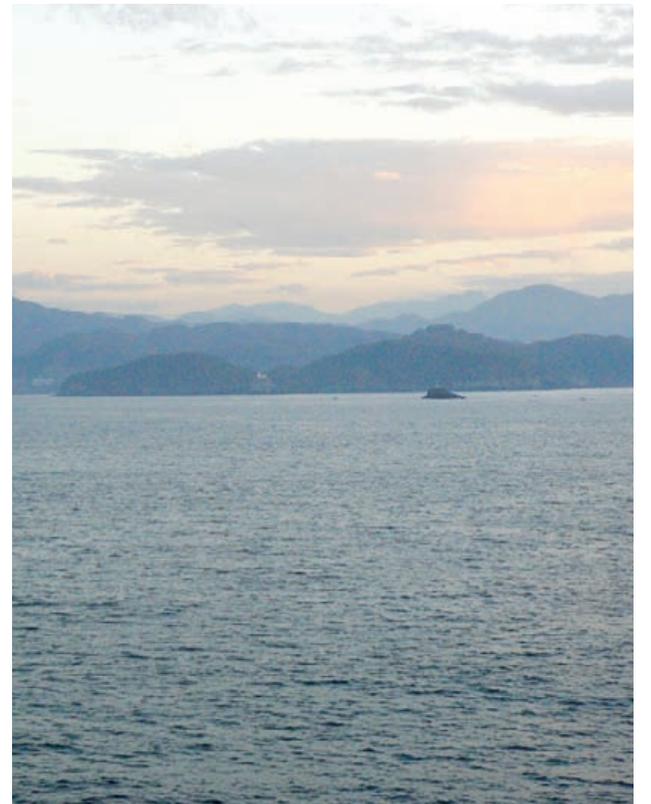
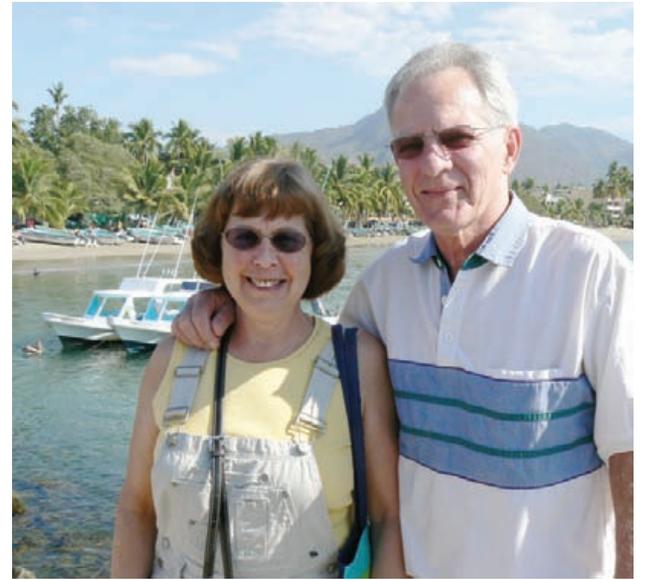


ELDERS CRUISE TO MEXICO





ELDERS CRUISE TO MEXICO





ELDERS SUPERBOWL PARTY



Photos and captions by Jacqueline Crenshaw



Our poor little Chicago Bears fan watching her team lose!



*Lila and I had our numbers called. She came out better than me---she got \$\$\$\$\$\$.
I got an inflatable cooler. We all had fun!*





COMMUNITY



New Employees



Nate Schreiner
Attorney

Hi. My name is Nate Schreiner. I'm a recent transplant from state government now working in the Squaxin Island Legal Department. I work primarily with the Skookum Creek Tobacco Company and Island Enterprises, but may help out on other issues from time to time. I am extremely pleased to be here and look forward to meeting you.



Bonnie Sanchez
Assistant Director, Human Resources

Hi. My name is Bonnie Sanchez. I transferred to the HR Assistant Director position from Accounting. I look forward to the new duties, challenges and interaction with the community that comes with the position. I'll be working with Summer Youth, Emergency Operations Plan, HR budgets and general HR duties. For those of you who don't know me, I am a Squaxin Island tribal member and a descendant of the Slocum and Krise families. Please stop in and say hi!

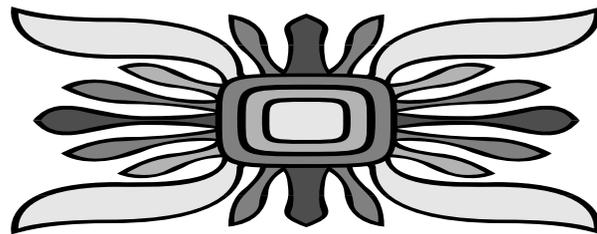


Aleta Poste
Receptionist

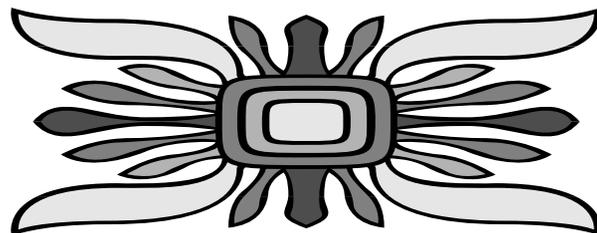
Hello, Most of you know who I am, but for those of you who don't. My name is Aleta Poste, I am the daughter of Charlene Krise and Bart Poste. I have lived on the reservation most of my life with my mom. I recently started working part time at the Tribal Center answering the telephones, for those of you who are wondering who the new voice is... Stop by sometime and say hi!
~Hoyt~



Who Is It?

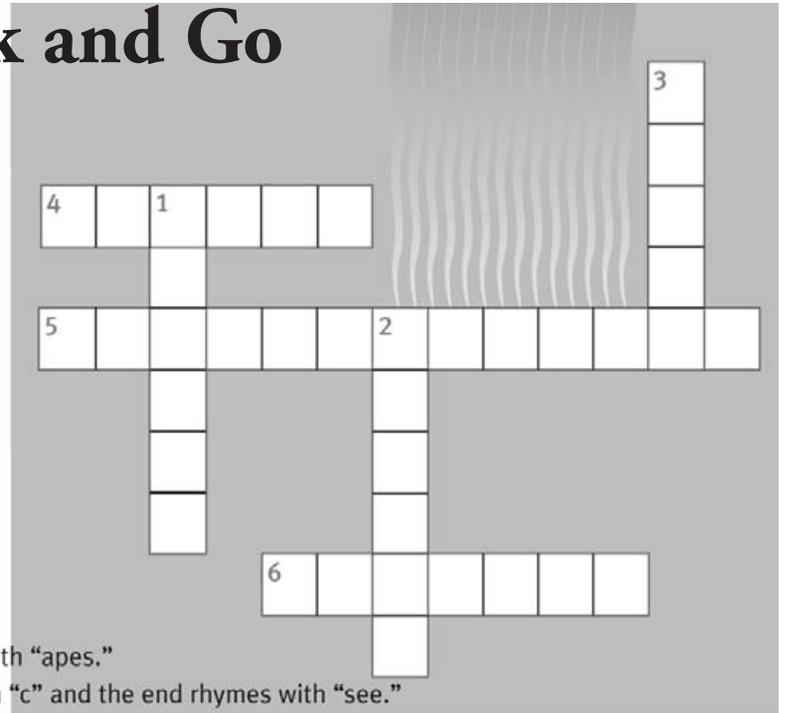


Lavanna (Bonnie) Sanchez





Grab a Snack and Go



Want to Lose Weight?

Eat Breakfast!

Studies show that people are more successful with life-long weight loss when they eat a morning meal. Plus, mental and physical performance is improved with a healthy morning meal. Include fiber and protein in your breakfast. These digest more slowly, keeping you satisfied so you don't overeat later. It also provides long-lasting energy.

Examples:

- For a quick, delicious breakfast, try granola and yogurt or low fat cheese or peanut butter on whole wheat toast.

- Blend together frozen blueberries, a banana and low fat milk for a satisfying breakfast smoothie.

For more healthy ideas, Contact Patty Suskin at the Health Promotions Building, at voice mail (360)432-3929 or psuskin@squaxin.nsn.us

Down:

1. Fruit that grows on a vine and rhymes with "apes."
2. A long, green vegetable that begins with "c" and the end rhymes with "see."
3. Fruit that grows on a tree and is as juicy as can be.

Across:

4. Food made from milk and begins with "Yog."
5. A type of cookie whose name begins with "gra" and tastes great with milk.
6. These orange vegetables grow underground and when eaten make a crunchy sound.

Crossword Answers: Grapes, celery, apple, yogurt, graham cracker, carrots.

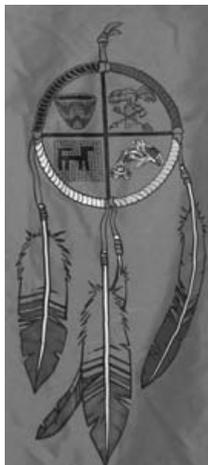
135 lbs. Lost and Looking Great!



Congratulations Raffle Winner



Vanessa Algea
January Women's Health



On January 4, 2007 we honored our first group for completing the 16 week Lifestyle Balance Program. Lifestyle Balance is a program designed to prevent diabetes in Native Americans. Here on the Squaxin Island Reservation we are having great success. Since June, this group has learned how to make eating healthy and physical activity a priority in their daily lives. They have learned that making these changes are not easy even if you are ready to commit to a healthier life. One valuable skill helped them overcome the challenges of eating in social situations. Another taught them that even 30 minutes of walking a day is beneficial. Taking small steps towards a healthier lifestyle has unlimited benefits, instantly you will begin to feel better mentally and physically. If you are interested in seeing if you qualify contact Janita Johnson Diabetes Prevention, CHR: 432-3972.

WE HAVE THE POWER TO PREVENT DIABETES!



D.D.R. Dance Off

December 27 & 28, 2007

During Christmas Break we had a dance off in the Health Promotions building across from the clinic. We had healthy snacks, cool prizes and lots of great fun. D.D.R. or Dance Dance Revolution is a game that is played by stepping on a dance pad. The player matches rhythm and choreography while following on screen arrows for dance steps. D.D.R. promotes physical activity while having fun. It is great for all ages. If you are interested in giving it a try, give me a call. Janita Johnson 432-3972.



Success Tips for a Healthier YOU

Continued from last month

From WebMD, modified and submitted by Patty Suskin

- **Be clear about what you want and your motivation.** Try this 1-3-5 system for success with goals. One "what," three "whys," and five "hows." The "what" in your resolution. Then come up with three reasons why you want it. This will be very personal, such as increased self-esteem, peace of mind, wanting to live long enough to enjoy grandchildren, etc. The "hows" are the action steps you'll take to achieve your goal.
- **Make resolutions that are challenging, yet realistic.** Vowing to walk for an hour every day is setting you up for failure. Walking for 5 or 10 minutes a day and gradually increasing to an hour over several weeks or months may be more realistic. Knowing what will be challenging, yet realistic, might take some trial and error. Experts are quick to say that resolutions should not be written in stone, but are always subject to change.
- **Write down your resolutions, and post them where you'll see them every day.** Writing your resolutions helps you clarify what you want. Posting them reinforces your commitment. Goals out of sight become goals out of mind.
- **Break down long-term resolutions into smaller action steps.** For example, if your resolution is to be free of the smoking habit by June 1, determine that you'll limit yourself to one pack of cigarettes, the first week, one-half pack the second week, etc.
- **Seek drama.** "If you are trying to quit smoking, listen to a person with throat cancer talk about smoking," says John Acquaviva PhD, Assistant Professor of Health and Human Performance at Roanoke College in Salem, Va. "Also, listening to people who have lost a lot of weight often motivates people to stick with it. They think, 'If they can do it, so can I.'"
- **Celebrate milestones along the way.** Experts say setting up a reward system is an excellent strategy to help you stick to a long-term goal. "For every week of diligently working out, buy yourself new workout clothes or treat yourself to a movie," says Acquaviva.

Health Events March, 2007

Brief Community Walk

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

Diabetes Foot Exam Morning

Tuesday, March 13th
9:00 to 11:00 a.m. at the clinic
Dr. Molina Kochhar, Podiatrist (foot doctor)
If you have diabetes, come have your feet checked!
People without diabetes allowed as spaces are available.
Contact Patty for an appointment.

Community Health Walk

Thursday, March 15th
Meet at Elder's Building at 12:40
For a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area at the same time - for diabetes prevention!
Help us win the walking stick!
A walking stick was donated by a Skokomish community member. The Tribe with the most walkers each month wins the walking stick for that month.
We won it for January . . . can we keep it?

Mammogram & Women's Health Exams

March 9th & 22nd
Contact Rose Algea (360)432-3930

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come visit our Health Promotions Programs

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

Interested in Lifestyle Balance Program?

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

Contact Patty Suskin (360)432-3929
or Janita Johnson (360)432-3972



How to Beat the Winter Blues



On Tuesday, January 23rd, Brenda Dorsey shared tips for How to Beat the Winter Blues with 19 Squaxin Island Tribe community members. Thank you to Brenda and also to JeNene Miller for sharing how she copes with the gray skies of Washington. We enjoyed a healthy lunch, and door prizes included a Journal (Donna Penn), Aromatherapy (Rose Brownfield & Melanie Vigue). Here are some of the tips Brenda shared with the group:

HOW TO BEAT THE WINTER (or anytime) BLUES

Submitted by Brenda Dorsey - For Nature, winter is a time of rest and regeneration prior to the flurry of regeneration in spring. For humans, it can be a time of looking inward and more fully understanding "what makes us tick." Traditionally, many cultures, including Native Americans, became much more spiritually active during the cold dark days and numerous ceremonies were held.

Winter affects all of us differently, but these are some common changes many of us see and some ways to cope with them:

- 1) **Sleep patterns** - It's not unusual to feel a little "worn-out" in winter and you may benefit from a little more sleep. Try a 15 to 20 minute nap when possible or stay in bed a little longer on weekends. Remember that too much sleep can make you even more tired. Also, new research connects lack of sleep to weight gain.
- 2) **Food cravings** - Many of us crave more sweets or carbs during winter. Try to substitute vegetables like carrots, turnips, spinach, broccoli, beets or beans for fast foods. Cook new and exciting meals that will satisfy the cravings while helping you feel good. Salmon and nuts contain the omega-3 fats which help lift our moods. High in energy and low in fat oatmeal will help stabilize blood sugar and keep your energy going through the morning hours. Try adding fruit, especially blueberries, that improve memory and prevent infection.
- 3) **Less activity** - We all know how important exercise is to our health and mental/emotional well-being. To compensate for the lack of outdoor opportunities, buy an exercise ball or dance through your house. Whatever you do, MOVE.
- 4) **Heightened awareness of anniversaries** - Around the holidays and long evenings it is easy to remember the sad things that happened to us. Be honest with your feelings. Talk it out with someone you trust and/or write your feelings in a journal. This helps you separate the past from the present by letting go some of the old feelings you may have been holding onto.
- 5) **Lack of light** - About 6% of adults and 5% of children and teenagers suffer from Seasonal Affective Disorder (SAD). This is caused by an imbalance in the amount of melatonin produced by our pineal gland. At least another 10 to 20% have some symptoms of SAD that go beyond what is normal for the winter blues. This can include people who work during the dark and must sleep in the daytime. Symptoms include depressed mood, anxiety and irritability, overeating and sleeping more than normal. Sitting or waking up to a light box that mimics the natural rays of the sun has been shown to help up to 75% of sufferers.

OTHER WAYS TO BRIGHTEN A WINTER (OR ANY) DAY:

- 1) **Wear bright colors.** Bring more color into your home. Surround yourself with beauty. Ask yourself, "Which color do I need?" Imagine yourself breathing this color into your body.
- 2) **Visualize a sunny place inside your mind.** Imagine warmth penetrating your entire body. Smell sweet smells in this inner movie. Hear the soothing sounds that would be there. Breathe in the peacefulness and take time to feel what is right about your life. Remember what is important and learn to let go the worries that are pointless to focus on.
- 3) **Use positive affirmations to lift your mood.** Repeat twice a day and place them where you can see them (your bathroom mirror). Examples: "My body heals, clears and balances itself." "I have all the energy I need." "I accept myself completely."
- 4) **Learn something new.** Buy a new book or go to the library. See a movie that will inspire you. Listen to some music. Talk to a new person or call an old friend. Don't be afraid of change, make it happen! If you are alone, work on loving yourself and the rest will follow. Love attracts love (self-love that is).
- 5) **Go outside, wrap up and bathe in the light when it's there.** Light candles or sit by a fire.
- 6) **Take a long hot bath with candles and scented oil.** Let yourself be pampered and take your time.
- 7) **Find time for quiet.** You can meditate by sitting quietly and focusing on the breath coming in and out of your nostrils. When the worrisome thoughts come, let them drift away and take your attention back to your breathing. Learn to breathe from the center of your body, not your lungs.
- 8) **Feed the birds and observe their beauty.** Remember what made you happy in winters gone by and recreate these feelings.





Women's Wellness Event at the Clinic



**Foot Exam Morning
for People with Diabetes**

When: Tuesday, March 13, 2007
9:00- 11:30 : FOOT EXAMS by
Podiatrist, Dr. Molina Kochhar
Bring your foot questions for Dr. Kochhar

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

Where: **Squaxin Island Health Center**

Light snacks will be available

Questions? Call Diabetes Coordinator, Patty Suskin 432-3929

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. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
		Chalupas 1
Roast Beef 5	Enchiladas 7	Soup & Sandwich 8
Stir Fry 12	Meatloaf 14	Fajitas 15
Lasagna 19	BBQ Chicken 21	Pork Roast 22
Ham & Baked Beans 26	Chili 28	Pork Chops 29



COMMUNITY

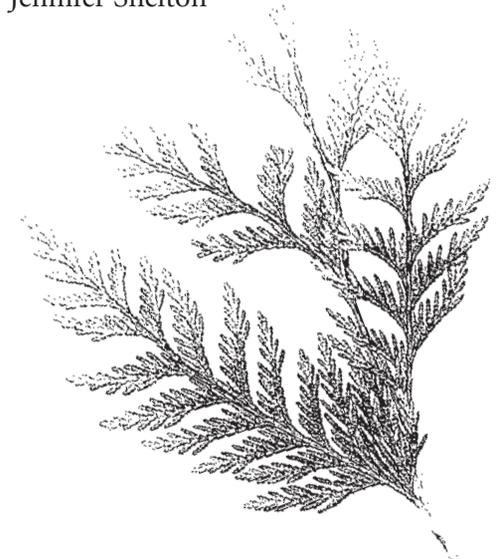


Happy Birthday

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

				1	2	3
					AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
4	5	6 <i>Criminal/Civil Court</i>	7	8	9	10
Squaxin Indian Bible Church 11:00 a.m.		Church 7:30	<i>Family Court</i>	<i>Council Mtg.</i>	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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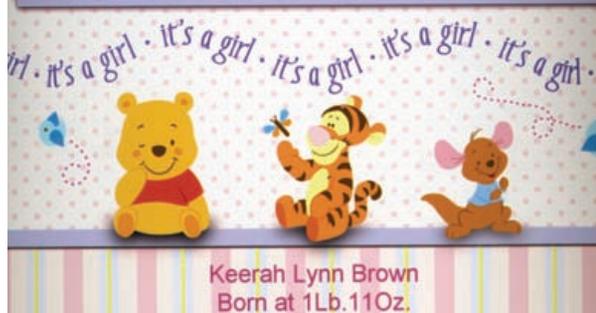


Welcome to Our World



Seth Wesley Pierce was born on February 8th at St. Peters Hospital at 8 pounds, 4 ounces and 21 inches in length to John and Amanda Pierce and Grandparents Steve and Diane Peters

Welcome Home Baby Girl!



Keerah Lynn Brown Born at 1Lb.11Oz.

Love, Mom, Dad and Big Brother, Christopher

Happy Birthday to You!!!



March 13, Sara Maria - Age 4 years and March 30, Benjamin Conrad - Age 3 years. "We Love You Both so Very Very Much!" Mom and Dad, (Rachel Mae and Ernesto) Grandma and Grandpa, (Liz & Conrad)

Happy Birthday Wilson!



WE LOVE AND MISS YOU SO MUCH!! IT'S NOT THE SAME WITHOUT YOU!!!!!!!

Love, You're Loving Family

Happy Birthday Buggy!



LOVE, Rose, Kendra, Krystal and Hailey

CELILLO LEGACY MARCH 10-11 2007
Commemorating 50 Years Since the Loss of Celilo Falls Celilo Village and Celilo Park

Open to the public
10:00 am to dusk both days

Saturday, March 10
Honoring ceremony
Traditional salmon dinner
Celilo Falls history exhibit
Informational exhibits
Canoe ceremony
Powwow
Stick games

Sunday, March 11
Washat service
Traditional salmon dinner
Celilo Falls history exhibit
Informational exhibits

for more information visit www.celilowyam.org
call toll-free for recorded information
1 (888) 289-1855

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