



KLAH-CHE-MIN



A PUBLICATION OF THE SQUAXIN ISLAND TRIBE

MARCH 2009

dibəl ti ʔacaciłtalbixʷ gʷəl ti ʃʷəlč yəxʷ ti stultuləkʷ yəxʷ ti čalčaləl.

COMPLIMENTARY

Wellness Center Update

Dan Neelands - Construction of the Wellness Center is proceeding smoothly and on schedule. The trusses and purlins were set by crane in the past few weeks with the roofing soon to follow. The expanded youth activities area in the TLC, which used to be Law Enforcement, is also nearly complete. Offices will be provided for a Receptionist, a Skill Builder Coordinator, a Skill Builder Counselor and the Youth Recreation Manager. Please watch for a grand opening this spring!



Each truss weighs 6000 pounds.



A truss being prepared behind the Mary Johns Room



There are 5 trusses and 84 purlins. The purlins are 6" by 16" and 24 feet long. The resulting structure is very strong.

Sa-Heh-Wa-Mish Days

We are still compiling photos. Stay tuned for next month's Klah-Che-Min! Photos in this issue are by Ann Parker. Please share your photos! They will also be posted on the Tribe's online photo gallery.



Squaxins' Finest!

This is a picture of Officer Kris Peters towing the bus (full of kids) up the hill during last snow. Photo by Darlene Krise





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www.squaxinisoland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
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CHARLENE KRISE: 3rd Council Member

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

Thank You

Thank you to all the veterans who helped us present the colors at the Powwow! Pete Kruger, John Krise, John Mac Brown, Will Penn, Cecil Cheeka and Glen Parker. It was the first time they wore their new vests and hats (see below). There were veterans from other tribes who assisted us as well, and we thank them too!



Veterans Meeting

March 9th @10:00 a.m. at the Tribal Center

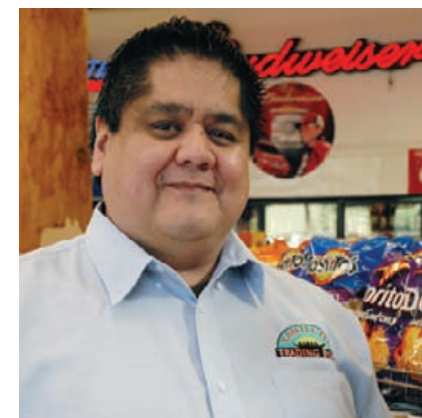
Honor Guard Gets New Uniforms

These are the new uniforms we just obtained for the Honor Guard. They wore them for the presenting of flags at the powwow.



L-R standing: Don Brownfield, John Krise, Will Penn, Bob Whitener, Glen Parker and Cecil Cheeka. Front: Harry Fletcher and Pete Kruger

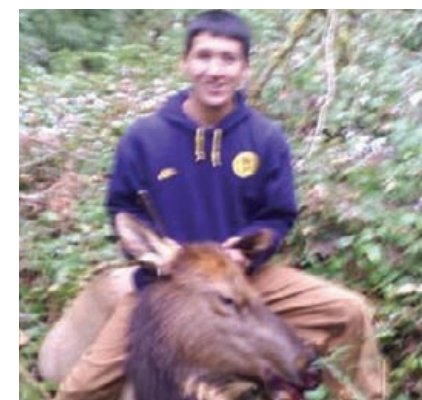
Congratulations Stephen Henry



Hi there everyone! My name is Stephen Henry. My dad was the late Edward Henry and my grandmother was Theresa Nason. My mom and dad are Ronald and Kathy Dailey.

Recently, I was promoted to Assistant Manager at the Kamilche Trading Post (KTP). I have been working at the Trading Post for the last three years and also in that time worked at Island Enterprise as an Accountant for KTP. With hard work and dedication, my job expanded to this title. I am very fortunate to have such a wonderful boss in Ron Meyers. He has been very supportive of me in this growth and opportunity. I hope to represent the Tribe very well in this job and look forward to meeting you when you stop by the store. Thank you!

Congratulations Bugga!



Love, Mom & Dad



SQUAXIN COPS VS. REZ GIRLS



Squaxin COPS vs. Rez Girls Dave Elgin Schmidt Memorial Basketball Game

Madeena Rivera - On Friday January, 16th 2009 the Squaxin Island police officers participated in the 4th annual COPS vs. Rez Girls basketball game. This year's basketball game was held as a memorial tribute dedicated in the memory of late Squaxin Island Police Officer Dave Schmidt. It's been one year since his passing on January 6th, 2008. During this year's basketball game, we opened the court with a prayer song on the big drum for Dave and his family. The song was sung by the CHUM group and youth coordinator Bill Kallappa who joined the drum group for the prayer song. As the group sang the prayer song, and everyone in the gym was asked to stand, Squaxin Island Officers and Mason County Sheriff Casey Salisbury gathered around the drum with the flag. When the prayer song was finished, Brooks Farewell said a prayer for Dave and his family and friends, while the officers remained standing around the drum with the flag. Everyone in the gym remained standing while we offered a moment of silence. The officers then followed the flag off the court and the drum was wrapped up by the drum group. After the prayer opening we then had Emily and Colton Schmidt come to the court and shoot the first shots of the game which were put on the scoreboard for both teams starting the game off with 2 to 2.

Both teams took their places at their team benches and waited for their names to be called out for the team introduction. Players then ran out to the court as their names were called. The participants of the game on the Squaxin Island Police team were, Chief Mike "Get Me the Oxygen" Evans, Sgt. Kris "Where's My Donkey" Peters, Officer Micah "Magic" Ware, Officer Josh "Air Jordan" Howell, Officer Pat "Dunkin Donuts" Lopez, Officer Tracy "Benchwarmer" Bogart, Officer Rene "Pinky" Klusman, Sgt. Alex "Air Ball" Ehler, Mason County Sheriff Casey "3 Point Shooter" Salisbury and Officer Brett "Footballer" Fish. The Cops lost because Brett wasn't there!

The players from the girl's squad were Madeena "Mathreena" Rivera, Victoria "Fast break" Sanchez, Trisha "Byrd" Blueback, Jaimie "Turnover" Cruz, Jessica "The Jet" Cruz, Shannon "The Hammer" Hunter, Sativa "Traveling" Smith, Cheyenne "Lay up" Smith, Rachel "Rebound" Smith, Latoya "Bean Stalk" Johns and Kim Heller's daughter Jamie "Jump Shot" Jhanson.

The first half started after Dave's kids shot the 1st shots and referee Bill Kallappa blew the whistle. Then it was time to jump ball; players matched up with one another to see who's guarding who and from there on out the game was on.

The COPS vs. Rez Girls game is always a great way to get the police officers involved in community interaction, getting the jokes and laughs going for both teams and the crowd watching. The best part of the game, for

me personally, was during the second half when everyone was trying their hardest to get their hands on the ball, and trying their hardest to make points. Players were getting tired and fouling like crazy. That's when the turnovers started to rise. The ball was all over the place, and nobody could even hold the ball for a few seconds before it was stolen, thrown out of bounds or rolled all the way down the other side of the court. Three of us were running after the rolling basketball, which was pretty funny. It seemed like during the second half players started having butter fingers, and couldn't catch the ball without losing it. It was such a funny thing to watch! The game was a close one, like it has been in the past 3 years, but the girls took the victory. That leaves both teams with the same victory and losing records of 2 wins and 2 losses. Next year will be more competitive to see who takes out their 3rd victory. See you all on the court next year. Good game to both teams!

During our half time we had a special guest speaker who traveled from Utah to come talk with the community. Our special guest speaker was Arnold Thomas, who's a member of the Shoshone-Paiute Tribes of the Duck Valley Indian Reservation of Idaho and Nevada. Since 1991 Arnold Thomas has been speaking to communities throughout the United States, Canada and Europe. Topics discussed were important social issues that directly effect people on a daily basis. Arnold Thomas combines both personal experience and research data to convey his message. In High School, Arnold was recognized as one of Nevada's elite football and basketball players. His goal was to play collegiate sports. As schools in the Western United States began recruiting him, he was well on his way to achieving that goal. He dreamed of becoming a professional athlete and that, too, seemed within reach. This would not come to be. In the spring of Arnold's sophomore year, his father committed suicide. His death had a great impact on Arnold and his family. He lost all harmony and balance; he was out of control. He tried to drown his grief and sorrow in alcohol and drugs. In 1988 after Arnold turned 18, he stuck a hunting rifle under his chin and pulled the trigger. The gun shot wound severely damaged his face and left him completely blind. Arnold was unable to speak for several years. On May 7, 1999 Arnold Thomas graduated from the University of Utah with a Masters degree in Social Work and bachelor's degree in Psychology. He has held various leadership roles such as: Native American Spiritual Leader conducting healing ceremonies for The George E. Whalen Department of Veterans Affairs and Utah State Prison System and President of the Intertribal Student Association at the University of Utah. Also, he has been a cultural consultant for various national, state and city programs, coached youth basket-

ball and football teams and received a variety of national and state awards. For a good number of years Arnold has been a Northern Traditional powwow dancer.

On behalf of myself and the Squaxin Island Police Department, we would like to thank, first off, our special guest speaker, Arnold Thomas, for traveling here to speak with the tribal employees at the staff luncheon and attending the COPS vs. Rez Girls basketball game to speak with the community elders and children during halftime. We would also like to send thanks to all these people who made this event possible. Special thanks to Tasheena Sanchez who helped make posters for game day and assisted with advertising the game with flyers - even when it was snowing out. Thanks to Vanessa Algea for also helping pass out flyers; Brooks Farewell for the opening prayer and getting the microphone and speakers set up for us; Michael West and Beau Henry for helping prepare the gym floor by moving big objects and assisting with the stereo system; Jeremiah George for running the clock and music; Levi Sanchez for doing the score books; Terri Capoeman for doing the score books; Bill Kallappa for being the referee; Brenda Dorsey and Heidi Chambers for providing hand outs for the community; Tom Heller and Alicia Obi for helping in concession stand; Ross Rawding for taking photos of the game; Lil Kruger for donating a pot of moose chili for concession; and Whitney Jones for donating rice crispy treats and cookies. Thank you very much, all of you, for making this special event possible and thank you to all who came to watch. We hope to see you all again at next year's game.



Photos begin on Page 8

Bagley Family Reunion

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

For more info., contact:

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

Cook Books For Sale

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Shelton High School Spring Conferences 2009

WHEN: March 10 (afternoon and evening), March 11 (afternoon and evening), March 12 (afternoon only).

In February we began our pre-registration process for next year's student schedules. During several CSI class periods that your student will have the opportunity to review the Course Catalog, his/her high-school plan of study, and make decisions about next year's course work. I need to emphasize how important this process is for you and your student. This is the opportunity to make class selections based on your student's preferred future. We need our students to set high expectations and have a goal for after high school. It is much easier for students to stay motivated in school when they understand where they are going and why the work is necessary. We encourage serious parent participation with their student in this process. To that end, this year, during parent conferences in March, we will be inviting parents to come to the school with their student during appointment times to finalize the pre-registration selections. Appointments will be scheduled for 15-20 minutes on the parent conference days in March. Appointments will be in the afternoon or in the evening. You will be getting a call from your student's CSI teacher to set up a time. We believe this opportunity for student, teacher, and parent to meet together to revisit the student course-of-study is important for student success.

- Wanda Berndtson, Principal

Shelton SD Awards Banquet

Friday, May 15th

6:00 PM

Shelton High School Sub

Squaxin Youth Cultural, Educational and Activities Calendar

March 2009

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	3 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack</i>	4 <i>B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council</i>	5 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack</i>	6 <i>3pm Snack 4pm Movie/Wii 3pm Board games No School Griffin</i>	7
8	9 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	10 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball Early Release</i>	11 <i>B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council Early Release</i>	12 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack Early Release</i>	13 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	14
15	16 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	17 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack</i>	18 <i>B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council</i>	19 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack</i>	20 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	21
22	23 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	24 <i>3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball</i>	25 <i>B-Ball 3:30-6pm 3pm Ping Pong 5pm Youth Council</i>	26 <i>B-Ball 3:30-6pm 3pm Ping Pong 3pm Snack</i>	27 <i>3pm Snack 4pm Movie/Wii 3pm Board games Early Release</i>	28
29	30 <u>SPRING BREAK</u> <u>Watch for flyer</u>	31 <u>SPRING BREAK</u> <u>Watch for flyer</u>		<i>Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm</i>	<i>Homework Help is avail- able Mon-Thur From 3:30-5:00!!</i>	<i>Any Questions Call: Bill Kallappa 463-6361 Or Wes Whitener 485-8572</i>



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Training

We offer a Business Training Program to Help People with Limited Incomes Start and Sustain Businesses!

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- Write Your Own Business Plan
- Learn Financial Planning & Marketing Skills

FREE Orientation - Call for information!

The **Orientation** is a free, one-hour meeting which provides information about our Business Training Program, entrepreneurial support services and our organization. It is also a time to gain some knowledge about prospective participants, answer questions and provide introductory materials.

Business Readiness Workshop

This six-hour workshop provides to those who are interested in starting or enhancing a small business the information they will need to decide whether they want to participate in our classes. We will look at what is required to launch a new business—risks, costs and rewards—and the commitment and hard work necessary to succeed in the Business Training Program and eventually in business.

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Or call:

Enterprise for Equity

Phone: (360) 704-3375

Email:

janice@enterpriseforequity.org

In Shelton, WA

Orientation Dates are:

March 2nd, 2009 at 12:00 noon

March 11th, 2009 at 5:30PM

March 16, 2009 at 5:30PM

A microloan fund is available for successful graduates of the training.

This program is brought to you by Enterprise for Equity and Island Enterprises, Inc. Island Enterprises staff will be on location to provide information specific to our programs. For questions, regarding IEI please contact Jennifer Ulrich at 360-870-6246 or jwulrich@ieinc.org



Enterprise for Equity is a community supported nonprofit serving people with limited incomes who want to start a business.



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

Native Business

Elders are a Treasure

One of the many things I love about our culture is the value that we place upon our elders. It is such a wonderful thing to ask an elder what they think about an issue. They can reference many decades of life's experience and share knowledge that brings clarity to a situation. Often, you can gain a perspective like that from a lookout high upon a tree telling you things to observe as you stand on the ground wondering what is beyond that which is in front of your face.



I remember sitting next to my grandmother during tribal council in the late 1990's. Her name was Violet and anybody that knew her called her "BB". We talked about how to create prosperity on a reservation through viable business. I was in college as a business major and needed help figuring out how to come to a solution. The late 1990's were the time of the dot com age. E-commerce was the new way of doing business. Information traveled over the internet at the speed of light and anything could be viewed and leaned about using a computer. The buzz from those individuals that were part of the movement was that the internet would revolutionize the world and eliminate many traditional forms of business used to deliver goods and services. It was difficult to believe otherwise since dot-com millionaires were frequently featured and promoted in the media and I perceived that anybody that knew how the technology worked could create jobs and make a lot of money. I explained this to my grandmother and waited to see what she thought. She had been a nurse during her professional career and a pretty good card player all of her life but never had a degree in business. After a brief pause she acknowledged my thoughts and noted how fast information travels then asked, "What about people?" The discussion went on but she made sure that she planted that question in my head, "What about the people?" Time and experience are teaching me how important this element is to life and in business. I am grateful for that which she has shared with me.

Today, my grandmother is gone but her influence endures. Often, when I am toiling over important matters I hear her voice and it guides me towards the right decision. This brings me to a very important point. Our elders are a treasure that have been with us for all of our lives and when they pass it seems that they have gone too soon before being able to ask all of our questions. I encourage you to connect with an elder for guidance, perspective, and a few stories that will raise your eyebrows.

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



We Honor Our Veterans



Don Whitener

In 1959 I reported aboard the USS Bon Homme Richard (CVA31), an attack aircraft carrier. I was a "boot" fresh out of boot camp. We were home ported in San Francisco, but the ship was preparing for a WESTPAC (Western Pacific) cruise which was going to last nearly a year. Myself and another "boot," after finding our rack and locker, were putting our gear in our locker when the shipboard PA system came on - whistled - and announced, "USS Bon Homme Richard departing." I looked over at the other guy and said, "You'd think they would give us some notice before we pulled out." We decided to go topside and watch us pull out to sea. We stood there, and stood there and nothing happened. Only later did I learn that every time the captain left the ship they would announce, "USS Bon Homme Richard departing."



Frybread Fridays!

Fantasia Baton Corps Fundraiser
Help get our kids to nationals and have some great frybread
Every 1st Friday of the month
Noon - 1:00 p.m. in the gym



Valentine's Day at the Museum

I want to thank everyone who gave their time and energy to the Museum's Va-Va-Voom Valentine's Day Make-Over! Joanne Decicio donated loads of Avon, and I distributed the Avon in gift bags to our volunteers and for our drawings.

Mitzi Whitener gave wonderful massages! Jolene Grover gave delightful foot bathes and steamed facials! Elise Krone provided Jolene with the goodies she needed for them. Leila Whitener and her friend, Melissa, painted exquisite nails! Surita Nixon gave Mary Kay facials.

Plus, thanks to all of those who attended this event! Everyone had a great time and enjoyed their make-overs. We got a chance to meet new people and visited with friends and family.

Keep an eye out in the Daily Scoop, Kla-Che-Min and your mail for more fun and exciting events here at the Squaxin Island Museum Library & Research Center!

Ruth Whitener
Cultural Tour Coordinator
MLRC/Tourism Department
432-3841

Tribal Council Resolutions

08-114: Agrees to the purchase the Taylor property

09-01: Rescinds the provision that education benefits be suspended for two years from the date of enrollment for new enrollees that have relinquished membership in another tribe

09-02: Imposes a moratorium on approving new enrollment applications whether previously filed or not; provided, however, the Tribal Council will consider the applications for enrollment of children one year or younger born to Squaxin Island Tribal members; provided further, the Tribal Council will consider applications filed within 60 days of the effective date for all children born to Squaxin Island tribal members. No other enrollment applications will be processed, except to the extent required by law. The effective date was February 12, 2009

09-03: Approves a grant proposal to the WA State Department of Health & Human Services for the FY09 Squaxin Island Family Violence Prevention and Services Program

09-04: In regard to development projects, recognizes "sustainability" as "meeting the needs of the present without compromising the ability of future generations to meet their own needs."

09-06: Approves membership in the National Indian Gaming Association (NIGA) and appoints Cameron Goodwin as the Squaxin Island representative and Misti Saenz-Garcia as the alternate representative

09-07: Enrolls Jeremiah Longshore

09-08: Enrolls Molly Troxler

09-09: Enrolls Rebecca Black

09-10: Enrolls Josiah Legend Perez and Roy Journey Bear Perez

09-11: Pertaining to construction of the Youth and Community Wellness Center project, certifies that a Community Development Statement was posted in such a manner to allow affected residents an opportunity to examine and comment to meet the requirements of 25 CFR 1003.604 regarding citizenship participation

09-12: Supports Northwest Tribal Tourism in its mission, vision and goals to enhance economic opportunity and cultural strength in tribes engaged in tourism



Featuring:

**Lewis Mehl-Madrona,
MD, PhD, Healer**

Author of Coyote Medicine:
Lessons from Native
American Healing; and,
Narrative Medicine

With presentations by:

- Kathryn Lyons, LMHC, CDP
'The Work' of Byron Katie
- Bill James, Lummi Indian
Nation Storyteller

Sponsored by:

- Lummi Tribal Health Center
- Lummi Victims of Crime
- Brigid Collins Family Support Center
- Whatcom County Children's Advocacy Center
- Office of Crime Victim Advocacy

March 27, 2009

8:00 Opening Song - 4:30 Closing Prayer

Wex liem

Lummi Community Building
Lummi Indian Nation
2100 Lummi View Drive, Bellingham

LEARN - COMMIT - CHANGE

To help you get the most of your experience, we recommend you review the following materials:

- Coyote Medicine by Lewis Mehl-Madrona, MD, PhD.
- <http://www.healing-arts.org>
- www.thework.com (Byron Katie website)

CEU's Available

\$10 registration fee for lunch by
Lummi caterer Ces Ballew

Registration form and directions available
at <http://www.brigidcollins.org>
or call 360-734-4616.



Walking On



Connie Napoleon

Beloved Squaxin Island Tribal member Connie Gail Napoleon died at home on Saturday, January 24, 2009. She was 54 and had resided in Shelton for many years.

Connie was born on May 12, 1954 in Crescent City, California, to Lewis and Elsie (Natt) Napoleon.

Her common law husband since 1984 is Estroberto (Astro) Sanchez Gamboa.

Connie was a custodian for the Squaxin Tribe and a Master Basket Weaver. She graduated from Northwest Indian College in 2003.

She was a member of the Shaker Church, Northwest Basketweavers Association and Squaxin Island Women's Circle. She enjoyed making baskets, Canoe Journeys, fishing, clam digging, traveling and cooking. She enjoyed supporting her family and taking care of children and friends.

Connie was preceded in death by parents, Lewis and Elsie, and by Brother, Melvin Napoleon.

She is survived by common law husband Estroberto Gamboa of Shelton; sons Monte Morris and wife Cindy of Golconda, Illinois, and Joseph Hudson Sr. of Hoh River; brother Lewis Robert Napoleon of Shelton; sisters Debbie Obi and Rebecca Napoleon both of Shelton; aunts and uncles Ed & Thelma Caplanaho, Phillip Martin, Lila Jacobs, Lizzie Perez, David Seymour, Joe Seymour and Lucille Hause, seven grandchildren; two great-grandchildren; and numerous nieces, nephews and cousins.

A memorial service and viewing were held on

Tuesday, January 27. Arrangements were by McComb Funeral Home in Shelton.

Special Thanks

Debbie and Becky Obi (Connie's sisters) and Astro Gamboa, Connie's lifetime partner, would like to express our appreciation to everyone who helped us deal with our great loss.

Thanks to:

Rhonda and Maggie for the cedar flowers
Clinic staff for the wonderful dinner
Brooks for support
Rose and Mike for officiating
Jeremiah and Chevy: flyer and PowerPoint
Annette for the pictures
KTP
Vinny, Tully, Vince Jr. and Elroy for set up
Dave Lopeman and the whole tribe
All our relations for pulling together
Lester and Jeremy for the crab
Tribal drummers
Law Enforcement for escort



Chemical Dependency Studies Through Traditional Ways of Knowing



A Partnership Between Northwest Indian College & Northwest Indian Treatment Center, a program of the Squaxin Island Tribe



The following courses meet the Washington State standards for Chemical Dependency Counselor Certification.

HUMS 223 Chemical Dependency Assessment and Treatment (3 credits)
February 6, 7, 8 and 20, 21

HUMS 230 Chemical Dependency and the Family (3 credits)
March 13, 14, 15, and 27, 28

HUMS 160 Chemical Dependency Case Management (3 credits)
April 17, 18, 19, and May 1, 2

HUMS 170 Chemical Dependency and Individual Counseling (3 credits)
May 15, 16, 17 and 29, 30

All classes are 8:30 AM - 4:30 PM each day, and held at the Northwest Indian Treatment Center in Elma.

You are welcome to bring a lunch, or eat snacks & lunch with Northwest Indian Treatment Center Community for \$20/day payable on site.

Northwest Indian College Tuition and Fees Apply
Resident* Tuition: \$220.50 per class Non-Resident Tuition: \$598.50 per class

*Residents are defined as students who are enrolled as members of a federally recognized tribe or Alaska Native Corporation or who are covered by the Jay Treaty, and can provide such documentation.
Non-residents who serve a primarily Native American demographic may also qualify for the resident rate.
Please contact Admissions below for further details.

For more information contact: **NWIC Admissions at**
2522 Kwina Rd, Bellingham, WA 98226
Toll Free 1-866-676-2772, (360) 676-2772 Web Site: www.nwic.edu
Or email jdunaway@nwic.edu



COPS VS REZ GIRLS



I didn't do it!



COPS VS REZ GIRLS



*I hope that ball don't
hit me in the head!*



Don't worry, Sheriff, I got you covered!



*Photos by
Ross Rawding*

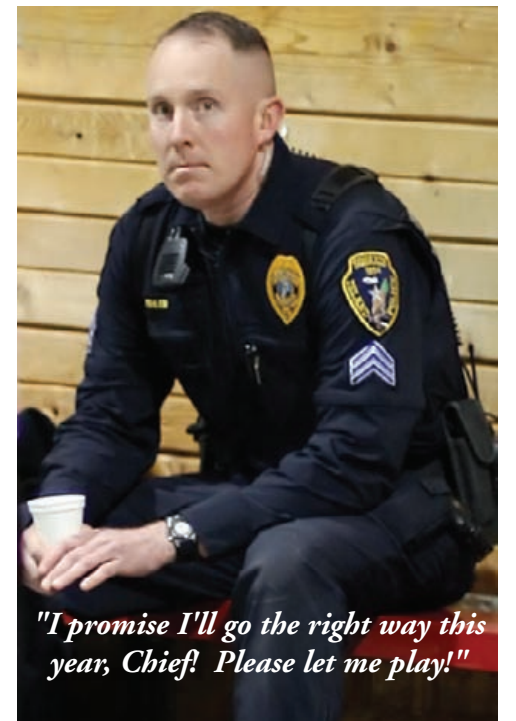
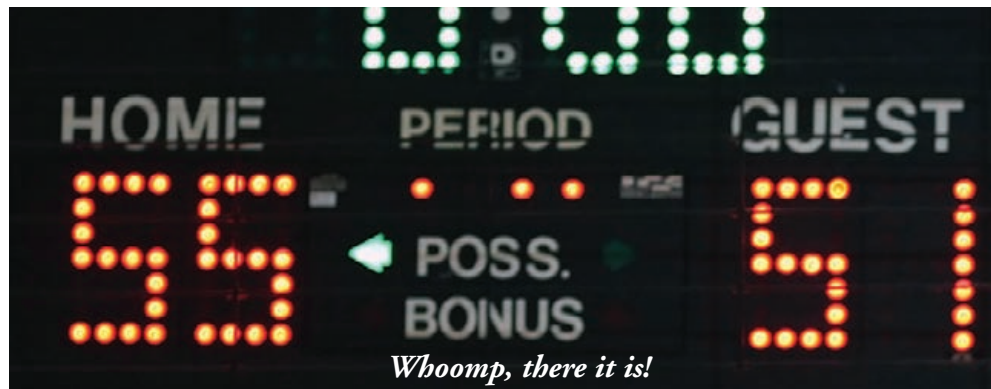


*The cops have some great outside shooters,
unfortunately, all our games are inside!*





COPS VS REZ GIRLS





Invitation to Northwest Indian Storytellers Association Retreat

Calling Northwest tribal storytellers and emerging storytellers! The NISA Advisory Council is inviting you to join us at our Northwest Indian Storytellers Association (NISA) Retreat the weekend of March 13-15, 2009 at Brighton Creek Retreat Center. This is between Roy and McKenna, Washington (98558) located 25 miles east of Olympia, 50 miles south of Seattle, and 120 miles north of Portland.

This weekend includes two nights stay in the Brighton Creek Retreat Center cabins and 6 meals from Friday evening, March 13 through Sunday lunch, March 15. There is overnight lodging for 65 people to join us at our weekend retreat. Brighton Creek Bahá'í Conference Center has the most affordable and attractive lodging and meal package we could find and is located on 24-forested acres in rural southwest Washington. It includes a main meeting hall, dining and kitchen area, heated cabins, and an alcohol and drug-free retreat style atmosphere. Wooded grounds feature a beautiful cedar grove, walking paths, towering fir trees, a meandering creek, and ample space for recreation and peaceful reflection. The center will provide full meal service, featuring wholesome home-cooked cuisine and the ability to meet special dietary needs upon request. Please let us know if you have special dietary needs.

Weekend events include plenty of time to get acquainted. We will hold open mics throughout the weekend and welcome tellers to step up to share their favorite stories and comments with the group. We will also lead discussions about NISA's 2009 festival and workshop plans, including plans for the Fourth Annual NISA Storytelling Festival in Portland on November 5-7, 2009. We will ask members if there is sufficient support to hold a second festival in the Seattle/Tacoma area in October 2009 (date to be determined).

The weekend also includes a Saturday afternoon lunch and storytelling event for the public from 1 to 5 PM so we can share the enormous wealth of our talented organization with the regional community. Tickets are available at www.brownpapertickets.com for \$30 for the public. (There is a special rate of \$20 for tribal members.) There will also be a silent auction of native arts and craft items which will be announced at the conclusion of this afternoon. Funds will be used for scholarships to the weekend retreat for those whose tribe cannot fund their trip. Therefore, we are asking that everyone who comes to bring a Native American arts or craft item for this auction.

Over this next month, we will be contacting tribes in Washington, Oregon and Idaho tribes requesting they recommend tribal storytellers and other interested tribal members to join the Northwest Indian Storytellers Association and attend the retreat. We are also asking tribes to appoint a traditional storyteller who will serve as NISA Advisory Council member to represent them at future NISA events. We will request that if funds are available, the tribe sponsor their Advisory Council member to attend the weekend retreat and provide their \$80 weekend fee. If you want us to call your tribe, please let us know.

**NORTHWEST INDIAN
STORYTELLERS ASSOCIATION
WELCOMES
THE GENERAL PUBLIC TO JOIN
NORTHWEST TRIBAL STORYTELLERS**

**SATURDAY, MARCH 14 (1 TO 5 PM)
BRIGHTON CREEK RETREAT CENTER
MC KENNA, WASHINGTON**

From Portland: Take I-5 North to Exit 88A at Centralia. At end of Exit turn Right at Stop Sign. Proceed East on (Hwy 507) through Tenino, Rainier, and to Yelm, approximately 30 miles. When you get to the first Stop Light in Yelm, turn Right onto (Yelm Ave). Go through Yelm to McKenna, approximately 3 miles. In McKenna, turn Right at Stop Light (Hwy 707), at the Exxon Gas Station and drive East 2.9 miles, almost to Milepost 3 where you will see the Brighton Creek sign on your Right. From Seattle: Take I-5 South, past Tacoma to (Hwy 512) Puyallup Exit. Proceed East on Hwy 512 to Parkland/Spans Way Exit (Hwy 7), turn Right. Drive South on Hwy 7 (Pacific Avenue) 5.1 miles to the Roy/McKenna turn off (Hwy 507) on your right. Drive South on Hwy 507 to McKenna, 12.4 miles. In McKenna turn Left at first Stop Light (Hwy 702) at the Exxon Gas Station, and drive to the Brighton Creek sign, 7.9 miles on your Right, just before Milepost 3. Phone: 360-458-3010.

**ENJOY
JOINING NORTHWEST STORYTELLERS
AT A WHOLESOME, HOME-COOKED LUNCHEON
AMONG TOWERING FIR TREES AND A CEDAR GROVE,
ALONG WITH THIS SPECIAL OPPORTUNITY TO HEAR AND LEARN FROM
THE CENTURIES-OLD ORAL TRADITION OF TRIBAL LEGENDS AND SONGS
TOLD BY SOME OF THIS REGION'S FINEST TRADITIONAL STORYTELLERS
SUCH AS**

**ELAINE GRINNELL (of the Jamestown Klallam Tribe in Sequim, Washington)
ED EDMO (Shoshone-Bannock, Yakama, Nez Perce)
DARLENE FOSTER (Warm Springs, Wasco)
ROGER FERNANDES (of the Lower Elwha Band of Klallam Indians)
AMONG MANY OTHERS**

**1 PM — LUNCH WITH NISA STORYTELLERS
2 TO 4 PM — STORYTELLING**

4 PM — SILENT AUCTION OF NATIVE AMERICAN ARTS AND CRAFTS

**\$30 TICKETS MUST BE PURCHASED IN ADVANCE
at www.brownpapertickets.com (under "Theater" category)
OR send checks made payable to WOTE, 5518 SE Flavel Drive, Portland, OR 97206
(Note: A limit of 85 tickets only can be sold. Questions, contact Debbie Russell, liaison@wisdomoftheelders.org)**

The Northwest Indian Storytellers Association (NISA) was formed in 2005 to encourage, preserve and strengthen traditional storytelling among tribes and urban Indian communities in Oregon, Washington and Idaho. In the spirit of race reconciliation, we share tribal and cultural arts with the entire regional community.
(Photo Poster: Anne Morin, ravesandhowls@yahoo.com)

It is also important to know that you don't have to be a storyteller to join NISA. NISA was formed in 2005 to encourage, preserve and strengthen traditional storytelling among tribes and urban Indian communities in Oregon, Washington and Idaho. In the spirit of race reconciliation, NISA shares tribal cultural arts with the entire regional community at our annual festivals.

The weekend rate has been reduced to \$80 per person for the entire weekend of activities. We only have room for 65 so registrations will be accepted on a first come first serve basis. Let us know if you need a 50% scholarship. Call Debbie Russell for more info at (503) 282-2910 or liaison@wisdomoftheelders.org. We look forward to this special time to get acquainted and share the harmony and good spirit that has existed at all of NISA's events since we formed in 2005. An agenda of the weekend activities will be sent to those who register later in February.

Introducing Our New Dentist



Dr. Keith Doyle

Dr. Keith Doyle attended the State University of New York at Buffalo where he received a bachelor's degree in biology. He then went onto Boston University School of Dental Medicine where he obtained his doctorate in dental medicine in 2003. While in graduate school, Dr. Doyle was awarded the Health Professional Scholarship Program via the United States Navy. He was then accepted to an Advanced Education General Dentistry residency program in which he received advanced training for complex crown and bridge cases. While in the military he was deployed to the Persian Gulf onboard an aircraft carrier where he provided comprehensive dental care for six thousand sailors and marines onboard the ship. After leaving the military in 2006, he worked in a dental firm in Olympia for the last two and a half years. He is very excited to join our team now, and is looking forward to meeting all members of the Tribe.

Dr. Doyle is passionate about dentistry and takes great pride in keeping his patients as comfortable as possible.

He is an outdoor enthusiast and moved to Washington State to take advantage of the numerous recreational activities it has to offer. In his free time, he enjoys skiing, hiking, kayaking and walking his two Pugs.



COMMUNITY DEVELOPMENT



Upcoming Events

Free Tax Preparation Site

(Basic Returns)

Administration Bldg. 2nd floor

Now through April 15

Tuesday and Thursday evenings

By appointment only

4:30 p.m. - 7:30 p.m.

One-on-One Credit Counseling

Administration Bldg. 2nd Floor

March 30

By appointment only

6:00, 7:00, 8:00 p.m.

Office of Housing

Attention Housing Applicants . . . Here's your last chance . . .

The Office of Housing has not received completed applications/information from the following individuals. These individuals will be removed from the Housing Waiting Lists unless they turn in their requested information or contact Juana Perry, Occupancy Specialist, at (360) 432-3863 by March 31, 2009.

Margaret Witcraft

Deborah Kenyon-Knott

Celia Rosander

Cassie Colbert

Loretta Case

Maryilyn McFadden

Nicole Seymour

Dorinda Thein

Marjorie Penn

Laken Bechtold

Chauncey Blueback

Mike Lindsey

Milton Obi

Kevin Bloomfield

Christina Shey

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

PUBLIC NOTICE

This notice is to provide information that funding may be available for extremely low income families through the Bureau of Indian Affairs (BIA) - Housing Improvement Program (HIP). The Department of Community Development will accept applications through March 20, 2009. In the event that Congress approves funding for the HIP program, your application will be submitted to BIA consideration.

Qualifications:

- Member of a federally recognized Tribe
- You live in an approved Tribal service area
- Your income does not exceed 125% of DHHS poverty income guideline
- Your present housing is substandard
- You must meet ownership requirements
- You have no other resources for housing assistance
- You have not received HIP assistance after October of 1986
- You did not acquire your present housing through participation of a Federal Government sponsored housing program

The application process is often difficult, but staff is available to assist you in the process. Applicants must have exhausted all other resources for housing assistance. The Department of Community Development will accept the applications and forward them to the BIA, who will make the final determination.

If you have any questions about the HIP program contact Lisa Peters at 432-3871.

Approved:


Executive Director

WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?



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

KEEP YOUR CASH!

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

GET YOUR CREDITS!

Every year in Native communities, millions of Earned Income Tax Credit (EITC) dollars go unclaimed. If your family earned less than \$41,646 in 2008, you may qualify for the EITC when you file your return. You could get up to \$4,824 depending on your income and number of qualifying children.

PUT YOUR MONEY TO WORK!

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

Oweesta Corporation www.oweesta.org/tribe 606-342-3771
Made possible by Annie E. Casey Foundation



Squaxin Island Free Tax Preparation Site

Administration Bldg. 2nd floor

Tuesday and Thursday evenings

February 10 - April 15

By appointment only

4:30 p.m. - 7:30 p.m.

Contact Lisa Peters to schedule an appointment 432-3871



COPS VS REZ GIRLS



Remembering Officer Schmidt

Photos by Ross Rawding





COPS VS REZ GIRLS



Basketball Break Dancin'

*Alex finally gets to play
the last 50 seconds of the game*





COPS VS REZ GIRLS



"Skip! Skip! Skip to my Lou, my darling!"



Photos by Ross Rawding

Looking spry during the first quarter





COPS VS REZ GIRLS



The face-off!



Chief, you didn't tell us we were gonna be dancing!

Hello wall!

Photos by Ross Rawding

Micah, what did you bring her for?





NATIVE AMERICA'S ENROLLMENT DILEMMA



Blood Quantum

A complicated system that threatens the future of American Indians

Continued from the February Klah-Che-Min

Andrea Appleton, High Country News - In a fluorescent-lit room in the basement of Fort Peck Community College, Bernadette Wind writes a series of phrases in Dakota on a whiteboard. (Dakota is one of the two dialects most commonly spoken on the reservation; the other is Nakoda.)

"Tuwe katoto," she says aloud, adding pronunciation symbols above some of the letters. "Tiopa kin yugan." Somebody's knocking. Open the door.

Students straggle in and sit at the back. A young woman undoes her ponytail and combs her fingers through black hair that nearly reaches the floor. Another opens a can of soda. Someone's cell phone rings over and over.

Wind, a jocular woman in oversized glasses, turns to face her small class. "When I was a little girl, people always came to visit," she says. "The kids weren't supposed to hang around, but I would hide and listen to them talk, tell stories, tease each other." She gestures toward the board. "What we have here is a basic conversation when somebody comes to visit you."

Wind is not fluent in Dakota, but she is as close as many people come these days. She says she grew up listening to her grandparents speak it, but was never encouraged to do so herself. Well into the 20th century, many Indians -- including Wind's grandmother -- were punished in school for speaking their Native tongue. As a result, they often did not encourage their own children and grandchildren to learn. "I don't know everything," Wind tells her class, "but what I know I want to share."

Still, her desire is only half the equation. Thirteen people are registered for Wind's class, but tonight, only six have shown up. Nakoda, the Assiniboiné dialect, was also offered this semester but was cancelled for lack of interest. While powwows, sweat lodges and Sun Dance ceremonies are still regularly held at Fort Peck, the more traditional members of the tribe tend to feel that something intangible is slipping away.

And some of them see that as all the more reason to keep the enrollment requirements as they are. In fact, Herman Pipe Jr., a 66-year-old who's three-fourths Sioux, would like to see the required tribal blood percentage raised to one-half.

"White-minded Indians have no respect for the culture or the land," says Pipe, who's retired from the Bureau of Indian Affairs. "But those white Indians have always had the power on the reservation because the big people in Washington don't like talking to Indians."

Such resentment against mixed bloods is not uncommon in Indian Country. Terms like "breed," "quarterpounder" and "droplet" are still thrown around, despite the dwindling supply of full-bloods to throw them. The animosity against "white Indians" is nothing new. In 1916, for instance, a Fort Peck member named Big Foot told a government official: "The squaw-men (non-Native men married to Indian women) and the mixed-bloods should not be allowed to share in what is coming to us old people."

These days, Fort Peck member Jerome First, a 71-year-old full-blooded Sioux, has similar complaints. "When I was growing up, the whites didn't like the Indians here," he says. First says he was called a "red nigger," and was refused service at restaurants. "Then these half-breeds found out the Indians were getting homes and other things and suddenly they wanted to be an Indian." For elders like First and Pipe, opening up tribal membership to those with a high ratio of white blood seems like a kind of surrender -- welcoming in the enemy.

Yet traditionally, before the federal government shackled resources to race, most tribes regarded ethnic boundaries as fluid. Social kinship, not biology, was the tie that

bound. Marriages between neighboring tribes were often arranged to strengthen political alliances, and a child born of such a couple would become a full member of either the father's or the mother's tribe. Some tribes, like the Tlingit of the Northwest, married outside their clan as a general rule.

By the 18th century, tribes were absorbing non-Natives as well. The Comanches, who were famous raiders, captured and adopted Mexicans and whites, as well as members of other tribes. Quanah Parker, the tribe's last great chief, was the son of a white woman and a Comanche warrior.

"Indian people have always been looking for outside genetic material, way before Europeans showed up," says Wayne Stein, a Native American studies professor at Montana State University. "Indian people were probably the best farmers in the world in the 1400s -- and farmers understand genetics."

*I'm left to defend
one lonely drop of blood.
I might terminate
if I get a nosebleed.*

*Excerpt from "Cheeky Moon,"
a poem by Ojibwe Indian Marie Annharte Baker.
("Termination" was a policy of the 1950s in which the federal
government sought to dissolve the Indian tribes.)*

Roberta Garfield's modest tribal housing unit on the east edge of Poplar is a cheerful bedlam. Neighbors, relatives and pets walk in and out like extras in a musical. A teenager in basketball shorts rummages through the fridge. In the living room, a couple of kids sprawl on the couch watching cartoons over the crackle of a police scanner. A girl pours herself a glass of milk and departs, cradling a tower of Oreos. A tangle of small dogs bursts in and has to be chased out again. In the middle of it all, Roberta Garfield, a comfortably plump 73-year-old with a proud, direct manner, sips a cup of tea.

"People say, 'Why do you give so much away?' " she says, gesturing at her raucous household. "And I say, 'So I can have enough.' My grandmother always said if you stop sharing, you'll never have nothing."

Garfield -- who is half Sioux and a quarter Assiniboiné -- is equally generous about tribal membership. She has seven children, 24 grandchildren and 15 great-grandchildren. Of these, at least a dozen can't be enrolled. Garfield has become one of the vocal few who advocate using lineal descent as the enrollment standard at Fort Peck.

Robert McAnally is another; his support is fueled by the fact that his two sons are only associate members.

"You know, being an Indian is not in your quantity of blood," he says. "DNA is not transferred through your blood. Personality is not transferred through your blood. What makes a person an Indian comes from your heart, your mind, your soul, your practices."

Some Natives have proposed using such cultural benchmarks -- knowledge of the tribe's language, residence on the reservation, participation in ceremonial activities -- as criteria for membership. But even this method has pitfalls. "Who within the tribe gets to decide what's culturally appropriate and what's not?" wonders Kim Tallbear, a Native American scholar at UC Berkeley. "Instead of the blood quantum police, then you'll have an office that polices culture?"

Garfield has no desire for such measures. "I would never force anyone to live the cultural way," she says. But she's convinced the lineal descent approach is the answer to preserving her culture, including the generosity she sees as one of its hallmarks.



Private Tideland Clam Digs

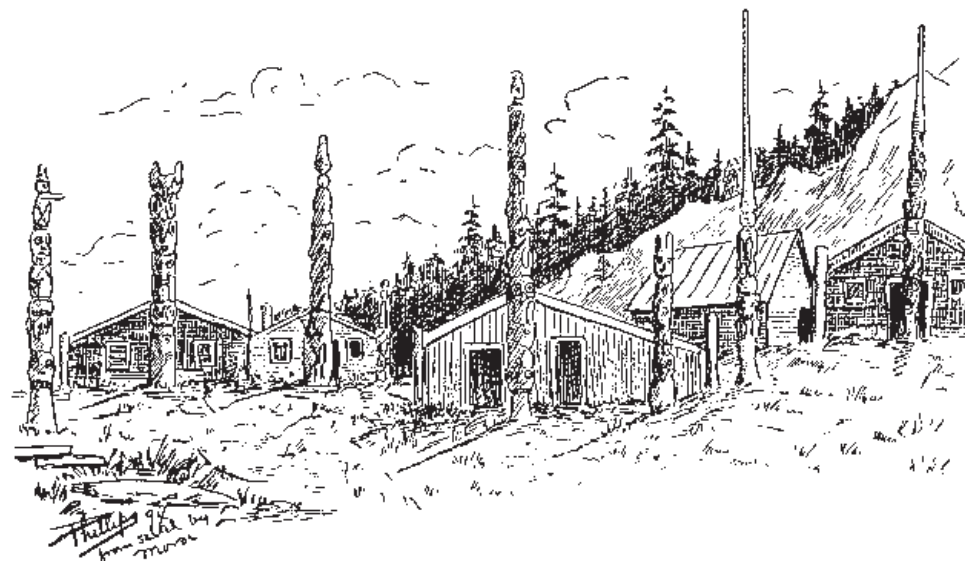
In 1995 Judge Edward Rafeedie upheld the tribes' right to harvest shellfish in their usual and accustomed fishing areas and within these areas were shellfish beds on privately owned tidelands. Here we are 14 years later finally implementing the treaty rights of the Squaxin Island Tribe on a meaningful scale. Private tideland clam digs for Squaxin Island Tribal diggers have been going on since the fall of 2005 but until recently the harvests have been few and infrequent. Starting last October we began harvests on some 20 separate properties targeting a total of 60,000 pounds of manila clams. A 60,000 pound increase represents 20% of the tribe's average annual harvest. The planning for these harvests began last winter, the resource surveys were conducted last spring and summer, and the harvest plans and notices of tribal harvest to property owners and commercial growers were worked out in the fall. In short there is a lot that goes into a private tideland harvest and in conjunction with the small size of the tidelands and multiple parties involved in the management of each parcel this is a complicated affair.

Harvesting from private tidelands is different than harvesting from areas like Squaxin Island or state held beaches like "the Dikes" or "the Westside". While a lot of planning must go into all commercial clam harvests, planning a private tideland dig takes extra work. In some cases we communicate and coordinate with growers that the tideland owner has hired to "manage" their beach. Sometimes we coordinate the digs with the owner. Either way, a lot of planning must go into the event to ensure that all parties are informed. Squaxin Island Tribe has rights to half of all naturally occurring shellfish on these particular tidelands. Our goal is to ensure that we harvest our treaty share, while maintaining good relations with homeowners and hired growers. Private tideland digs are also different because we must treat each private tideland as a separate beach. Each beach has defined boundaries (property lines), and each tideland has a different available biomass (amount of clams we can harvest).

This is why it is so important that we only dig in certain areas (within marked boundaries) and only dig the predetermined amount of clams on each separate tideland. Harvesting outside of these boundaries is something we do not want to do, as that action could lead to legal problems for the tribe and ultimately less revenue for the tribe and tribal members.

To inform harvesters of what is expected of them on these clam digs the Natural Resource Department has developed a Harvester Agreement for Limited Entry Shellfish Harvests (copies are available in the Natural Resources Office). Harvesters must sign this Agreement in order to participate in these digs. The Harvester Agreement explains how the harvests will be conducted and most importantly that harvesters must cooperate with the monitor. The monitor is charged with ensuring that the harvest are conducted as efficiently and orderly as possible and also that the terms of each harvest plan are met. Harvester cooperation with the monitor is essential to the success of these digs, without this cooperation the digs could not take place.

The Natural Resources Department is dedicated to providing new harvest opportunity for Tribal shellfish harvesters and digging on private tidelands is one way to provide that opportunity.



Tax News For You!

Individual Tribal Member Information

FREE Tax Preparation Available At Many Locations In Your Community—
Including Some Tribally Sponsored Sites

Sites in Washington listed as of January 21, 2009 (Call 1-800-829-1040 for an updated list in your zip code)

Site	Open Date/ Close Date	Appt required	Phone	Hours and Languages
Nisqually Tribal VITA Site 4820 She-Nah-Num Drive SE Olympia, WA 98513	Operates from 1/22/2009 through 4/14/2009	No	None listed	Tues 5pm-8pm, E-File; Closed 2/17. Thursdays 5pm-8pm; E-File Sat 10am-1pm; E-File, by appt -Closed 4/11/2009. Languages—English
Port Gamble S'Klallam Tribe 31912 Little Boston Road NE Kingston, WA 98346	Operates from 1/26/2009 through 4/14/2009	No	(360) 297-9667	Mon 2pm-6pm E-file or by appt. Tues 2pm-6pm E-file or by appt. Languages—English
Shoalwater Bay Tribal Center 2373 Old Tokeland Road Tokeland, WA 98590	Operates from 2/2/2009 through 4/14/2009	No	(360) 482-0783	Mon 10 am - 2 pm; E-File Tue 10 am - 2 pm; E-File Languages—English
Squaxin Island Tribe 10 SE Squaxin Lane Shelton, WA 98584	Operates from 2/3/2009 through 4/14/2009	Yes	(360) 432-3871	Appt only. E-file available Languages—English
Yakama Nation Agency Lobby PO Box 151 Toppenish, WA 98948	Operates from 2/1/2009 Through 4/15/2009	No	(509) 865-5171	Mon 9am—3pm Tues 5pm-8pm Wed 5pm-8pm Additional Mon 5pm-8pm to be determined. E-File available. Languages—English

Site in Idaho as of January 21, 2009. (Call 1-800-829-1040 for an updated list in your zip code)

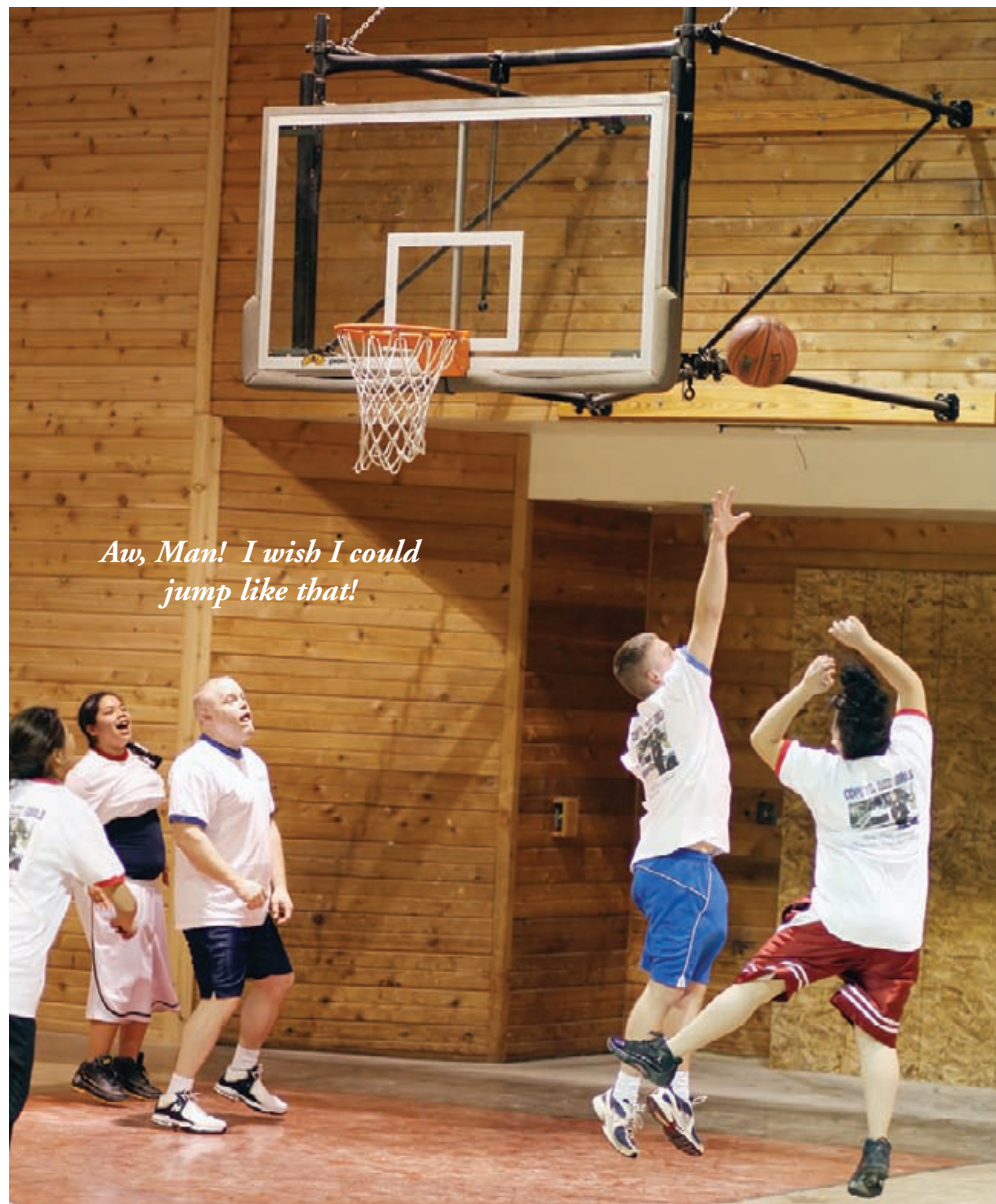
Site	Open Date/ Close Date	Appt required	Phone	Hours and Languages
SHOBAN LIBRARY (HRDC BUILDING) INDIAN RESERVATION FORT HALL, ID 83203	Operates from 2/1/2009 Through 4/15/2009	No	(208) 478-3973	Tue 10am—3:30 pm Thur 10am—3:30pm Additional: Tue 5pm-7pm Thur 5pm-7pm Info: 5:00 to 7:00 p.m. times are by appointment only. Please call (208) 478-3973 Languages- English



COPS VS REZ GIRLS



Shelley, your coaching didn't pay off!



Aw, Man! I wish I could jump like that!



ELDERS VALENTINES DAY



Elders Valentine's Day Dinner

Colleen cooked dinner for Elders and invited 'Old Time Fiddlers' to play.
We had a full house. *Photos by Lil Kruger and Colleen Woodard.*





Dangers of prescription drug abuse

Although teens are turning away from street drugs, now there's a new threat and it's from the family medicine cabinet: The abuse of prescription (Rx) and over-the-counter (OTC) drugs. Parents and caregivers are the first line of defense in addressing this troubling trend.

What's the problem?

Teens are abusing some prescription and over-the-counter drugs to get high. This includes painkillers, such as those drugs prescribed after surgery; depressants, such as sleeping pills or anti-anxiety drugs; and stimulants, such as those drugs prescribed for attention deficit hyperactivity disorder (ADHD). Teens are also abusing over-the-counter drugs, such as cough and cold remedies. Every day 2,500 youth age 12 to 17 abuse a pain reliever for the very first time. More teens abuse prescription drugs than any illicit drug except marijuana. In 2006, more than 2.1 million teens ages 12 to 17 reported abusing prescription drugs. Among 12- and 13-year-olds, prescription drugs are the drug of choice. Because these drugs are so readily available, and many teens believe they are a safe way to get high, teens who wouldn't otherwise touch illicit drugs might abuse prescription drugs. And not many parents are talking to them about it, even though teens report that parental disapproval is a powerful way to keep them away from drugs.

What are the dangers?

There are serious health risks related to abuse of prescription drugs. A single large dose of prescription or over-the-counter painkillers or depressants can cause breathing difficulty that can lead to death. Stimulant abuse can lead to hostility or paranoia, or the potential for heart system failure or fatal seizures. Even in small doses, depressants and painkillers have subtle effects on motor skills, judgment, and ability to learn. The abuse of OTC cough and cold remedies can cause blurred vision, nausea, vomiting, dizziness, coma, and even death. Many teens report mixing prescription drugs, OTC drugs, and alcohol. Using these drugs in combination can cause respiratory failure and death. Prescription and OTC drug abuse is addictive. Between 1995 and 2005, treatment admissions for prescription painkillers increased more than 300 percent.

What the Experts Say

The most commonly abused prescription medications are painkillers, like OxyContin® or Vicodin®. These produce sensations of euphoria and pleasure and are highly addictive. They can easily lead to overdose when crushed and snorted or mixed with other drugs, such as alcohol. Depressants, such as Valium® or Xanax®, are also commonly abused by teens. These drugs make users feel calm and reduce anxiety and tension. They are addictive and can be deadly when used in combination with prescription pain medications, some over-the-counter (OTC) cold and allergy drugs, or alcohol. In addition, stimulants, such as medications for ADD and ADHD – Ritalin® and Adderall® --are being abused by many teens to “help study better” in response to excessive pressure to do well in school or to suppress appetite for weight loss. These medications can be addictive, cause feelings of fear or paranoia and lead to serious health problems. Some OTC medications, such as cough medications containing dextromethorphan, are also abused by teenagers.

Talk to your teens about the risks, and be specific. Tell them that taking prescription or OTC drugs without a doctor's approval and supervision can be a dangerous — even deadly — decision. Dispel the myth that these drugs are less harmful than street drugs because they are available through a doctor or at the local drug store.

From theantidrug.com

Take inventory in your own home and other homes your teen has access to, such as grandma's or other relatives'. Lock up medications or put them in a safe place where your kids or their friends can't access them. Move your OTC medications to a safe place as well. Just as you do for alcohol, make a note of the levels in each bottle. Do the same at relatives' homes, especially older relatives, who often take painkillers and would be less likely to notice a few pills missing. Coordinate with the parents of your teen's friends to make sure access to prescription and OTC drugs is restricted in their homes, as well.

Be familiar with the signs of abuse: Slurred speech, staggering walk, sweating, nausea, vomiting, numbness of extremities, dilated pupils, drowsiness and dizziness.

Understand why teens abuse prescription and OTC drugs. People abuse drugs because drugs change the way they feel. Many teens point to personal or family-related stress as a major reason, including stress around family life and relationships; academic competition; trying to fit in; the balance between school work, grades, and extracurricular activities like sports and clubs; and the desire to have the “ideal” physical appearance.

Be vigilant about your teen's activities online. Anyone who has a computer and a credit card can order prescription drugs online even if they never see a doctor or get a written prescription. Routinely monitor the Web sites your teen has visited and track purchases made with a credit card. Be aware of what is mailed to your home.

If you suspect your teen is using drugs, take action. Talk to your teen, reiterate your rules and expectations and enforce consequences. To get help, contact your teen's school counselor, pediatrician or family physician or call the National Clearinghouse for Alcohol and Drug Information at 1-800-662-HELP for a listing of treatment centers in your area. You can also find information online at <http://dasis3.samhsa.gov>.

Come Join Us in Line Dancing It Does Make a Difference!

It's fun! It's Healthy!

It's Part of the Diabetes Awareness Program!

It's Good For Your Mind to Do Music and Body Movements!



Wednesday and Friday at Noon in the Gym!



Diabetes Support, Taste & Learn January 2009

Healthy Eating is a part of Diabetes Prevention and Care

Patty Suskin, Diabetes Coordinator - Several community members took advantage of four chances in January to both learn about Diabetes and to try new recipes. Nicolas Pouch, (farmer from Nature's Creation Farm) demonstrated how to prepare delicious farm-fresh foods such as: kale gratin, Swiss chard sauté, fennel kohlrabi, eggplant teriyaki, beet slaw, summer squash crepes, curried asparagus & joi choi and squash pie. Recipes on how to prepare these foods at home were distributed.

Funding for these events were provided by a grant from Washington Health Foundation. These events are part of learning how to prepare foods that people will receive from the farmers beginning in the spring. Contact Patty Suskin if you are Native American and interested in getting on the list for a fresh produce box in the spring or would like the recipes.

Thanks to those who participated in making these events a success including: Dave Caulfield, Jenny Gilmore, Kate Dugan. Farmers: Brittany and Nicholas Pouch (Nature's Creation Farm, Matlock), Claude Mahmood (Greenman's Garden, Shelton). Special thanks to Frank Agnello, these events would not have been possible without his coordination.

See the summer squash recipe on Page 19



Congratulations Raffle Winners



Joanne Decicio
January Mammogram Winner



Introducing



Kate Dugan

My name is Kate Dugan and I am a new FoodSense Educator with WSU Mason County Extension. FoodSense works with communities to provide nutrition education. I am working at Squaxin Island Tribe to provide healthy cooking demos and other nutrition-related events to tribal members

Before I moved to South Puget Sound, I lived in Juneau, Alaska. I traveled around Alaska, working with Native communities and schools to figure out ways they could make their communities stronger places for young people to grow up.

If you have any ideas about nutrition education, swing by the Health Promotions Building, give me a call at 432-3884, or email me at kadugan@wsu.edu. I look forward to meeting many of you in the next few months.

Contract Health Services (CHS) Reminder

Anytime you go to a doctor - outside the Squaxin Island Health Clinic - you must call the CHS Office (432-3922) for a Purchase Order (PO). Calling for a Purchase Order is the patient's responsibility. It is not the doctor's or clinic's responsibility. If you do not obtain a Purchase Order, you will be responsible for the payment of any charges you incur. If you have any questions, please call our office.



HEALTH & HUMAN SERVICES



Meal Program Menu

Monday, 2nd:	Spaghetti & Meatballs
Wednesday, 4th:	Oysters
Thursday, 5th:	Chicken Stir Fry
Monday, 9th:	Indian Tacos
Wednesday, 11th:	Cube Steak
Thursday, 12th:	Cheeseburger, Hot Dogs, Soup
Monday, 16th:	Corned Beef and Cabbage
Wednesday, 18th:	Chicken Cordon Bleu
Thursday, 19th:	BBQ Beef & Pork Ribs
Monday, 23rd:	Pizza
Wednesday, 25th:	Fish & Clam Chowder
Thursday, 26th:	Swedish Meatballs
Monday, 30th:	Chicken Fettuccini

Nutrition Myth-Busters

Submitted by Health Promotions -

Does skipping meals help people to lose weight? NO.

FACT:

Skipping meals can lead to weight gain. Maintaining a healthy body weight is not just about what we eat. It's also about how often we eat. A recent study showed that people who skipped meals or ate irregularly were heavier, had a larger waist size, had blood lipid disorders (like high cholesterol), and showed more signs of insulin resistance (prediabetes) than people who eat regularly. The researchers also found that the regular eaters in their study were more physically active and ate more fruits, vegetables and fish. Dr. Justo Sierra-Johnson suggested that irregular eaters might compensate for missed meals by over-eating or picking less healthy foods when they eat.

(from Diabetes Forecast, November 2008)

WHAT TO DO:

- Eat regularly! Do not go more than 5 hours between eating. Allow time for meals and small snacks.
- Pack a few healthy snacks (nuts, ½ sandwich, or fresh fruit) in your car to have, just in case you get hungry and don't have enough time for a full meal.

More Myth Busters in future months . . . Let us know if you have any Myth Buster ideas. Call 432-3929 (Patty) or 432-3884 (Kate), Food Sense Educator

Need Food? Check These Out..

WIC (Women, Infants and Children)

Provides healthy foods & nutrition information

for you and your child up to age 5!

SPIPA

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

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

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

Contact: Debbie Gardipee-Reyes at 462-3227

Please bring:

1. Your child
2. Medical coupons or pay stub
3. Identification

Commodities at SPIPA

Monday, March 9th, 10:00 to noon

Monday, April 6th, 10:00 to noon

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

Squaxin Island Tribe Food Bank

At Health Promotions Building

Wednesdays 9:30 to noon and 1:30 to 3:30 p.m.

If you need access to the food bank, just stop by.

Come prepared to help cook & taste!

Free Cooking Demonstrations

Learn easy recipes that keep your family healthy



2nd & 4th Thursdays in March, 2-3pm

Health Promotions Building

Thursday, March 12

Thursday, March 26

Contact Kate Dugan with questions:
432-3884 or kadugan@wsu.edu

March is National Nutrition Month!

Watch for weekly nutrition quizzes & daily healthy eating tips.

This material was funded by USDA's Supplemental Nutrition Assistance Program.



The Community
is invited to

FREE Diabetes Bingo



Wed, March 11th, 2009

Starts between 6:30 pm & 7 pm

(After Elder's Meal)

Elder's Meal \$3 for those under 55

(or a donation) at 6 pm

At Elder's Building

For more info,
contact Patty Suskin, Diabetes Coordinator
at (360)432-3929 or psuskin@squaxin.nsn.us

or Colleen Woodard, Elder's Coordinator at
(360)432-3936 or cwoodard@squaxin.nsn.us





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

Good News!

Dr. Keith Doyle DDS (Dentist) has joined the health clinic staff. He is an employee of the Tribe working 16 hours a week. Please call the office for your appointment 432-3881.

How a lost love led to true happiness

"I was young and in love. My boyfriend and I enjoyed doing lots of things together—especially eating. We ate three big meals a day, usually washing them down with a couple of beers. We ate until we were stuffed and it wasn't long before I needed medication for acid reflux. But it seemed nothing could slow me down and while my weight soared to 250 pounds I just kept eating.

Then the breakup happened. It was a difficult time for me. And in the middle of it all was my excess weight and low energy. I had been worried about my health for a while but never took the time to make changes. Now I had the time and I made the decision to begin taking care of 'me.'

I started by eating less than half of what I ate with my boyfriend. I also started walking to clear my head. Pretty soon I didn't need the acid reflux pills anymore. My red, puffy face was transformed to smooth and youthful looking skin. And just by eating less and walking I dropped 40 pounds. I was amazed at how much better I felt.

Looking back I felt like I couldn't get enough food—always living to eat. Now I enjoy what I eat but I eat only until I'm not hungry anymore. I still eat the same foods as before, just not as much of them. And I enjoy them more. I not only survived the breakup, I actually thrived by changing my life.

Sometimes I slip into old habits and eat like the old days. Too much meat, too much everything. It takes my body about two days to recover and I'm happy to return to eating just what I need.

I'm proud of myself. I don't see my old boyfriend anymore, but I can see my toes."



Desba's tips for improving your health by eating less:

- Listen to your body and eat only until full.
- Savor every bite.
- Go for a walk. Get up and move.
- Expect some setbacks, but don't let them push you back into your old habits.

I not only survived the breakup, I actually thrived by changing my life.

Health Events

Brief Community Walk

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

Free Line Dancing

Wednesdays & Fridays at
noon in the gym

Free Cooking Demonstrations

Come prepared to help cook & taste
Thursdays, March 12th & March 26th
2:00 to 3:00 p.m.
Health Promotions Building

Smart Shopping/Food Label

Reading Workshops

Contact Patty to schedule a
family & friends session

Come Visit

Our Health Promotions Programs

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

Community Health Walk

Thursday, March 19th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ

Mammogram & Women's Health Exams

March 20th
Contact Rose Cooper (360)432-3930

Want a garden in your yard?

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

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

Free Pilates Classes

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

Free Community-Wide Diabetes Bingo

Wednesday, March 11th
Elder's Building
Have fun, win prizes and
learn more about diabetes
Bingo starts about 6:30





March is National Nutrition Month

Six 'Superfoods' - Eating to live longer & healthier

Skip Supplements, incorporate more of these in your eating plan

1. Blueberries are loaded with antioxidants and have been shown to lower bad cholesterol and reduce the risk of heart disease. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried.

FIT IT IN: Mix blueberries in pancake batter
Add blueberries into your fruit smoothies
Use blueberries to layer a yogurt parfait

2. Yogurt, low-fat and non-fat, is loaded with calcium so it's great for your bones, and one of the only foods naturally containing probiotic (in the form of acidophilus). Thus, yogurt can place healthy bacteria back into your gut to prevent diarrhea. Also, the calcium and vitamin D have been shown to protect against colon cancer -- double bonus.

FIT IT IN: Yogurt-fruit Smoothies
Homemade frozen yogurt pops
Homemade yogurt salad dressing

3. Wild Salmon is loaded with Omega 3s, which act as an anti-inflammatory in the body. It helps thin the blood, lower triglycerides, and may also alleviate pain associated with arthritis.

FIT IT IN: Order salmon teriyaki at a Japanese restaurant
Scramble up eggs, lox and onions

4. Nuts and peanut butter have been shown to reduce the risk of both diabetes and heart disease. They contain large amounts of heart healthy fat (monounsaturated) and can also help to stabilize blood sugars.

FIT IT IN: Slice apples and bananas and spread with peanut butter
Peanut butter mixed in plain oatmeal
Peanuts tossed in a salad
Peanuts mixed in yogurt
Homemade trail mix
(peanuts, almonds, whole grain cereal and sunflower seeds)
Peanut butter spread on toasted whole grain waffles
Peanut butter mixed in frozen vanilla yogurt for dessert

5. Tomatoes are rich in the antioxidant lycopene, and have been shown to protect against prostate cancer. Remember, cooking the tomato makes it easier to absorb lycopene, so your best bet is tomato sauce and other cooked tomato products.

FIT IT IN: Make a whole wheat pita pizza (with marinara sauce)
Roast whole tomatoes in the oven
(add some olive oil and a drop of salt)
Add stewed tomatoes to vegetarian chili
Enjoy minestrone, vegetable and tomato rice soup
Whole wheat pasta with marinara (spaghetti) sauce

6. Spinach and other dark leafy greens like kale, collards, Swiss chard, turnip greens and bok choy are loaded with calcium, folic acid, vitamin K and iron. Spinach is also rich in vitamin C, fiber and carotenoids. Spinach may also protect against cataracts and macular degeneration with the eyes. Aim for 1 cup fresh spinach or 1/2 cup cooked per day.

FIT IT IN:

Make your salads with spinach
Add spinach to scrambled eggs
Drape it over pizza
Mix it with marinara
Spaghetti sauce (an instant dip)

QUICK RECIPE: Sesame Stir-Braised Kale: Heat 4 cloves minced garlic, 1 Tbsp. or less minced fresh ginger, and 1 tsp. sesame oil in a skillet. Add 2 Tbsp. water and 1 bunch kale (stemmed and chopped). Cover and cook for 3 minutes. Drain. Add 1 tsp. soy sauce and 1 Tbsp. sesame seeds. More super foods in future issues...

Originally from Dr. Joy Bauer on "Good Morning America," submitted & modified by Patty Suskin, Registered Dietitian. Try adding these foods to your diet to boost the nutritional value of meals, & snacks.

Try These Tasty Summer Squash Crepes

(Serves 4)

Ingredients for Crepes:

3 Eggs
1 c Flour
2/3 c Milk
2/3 c Water
¼ t Salt
3 T Melted Butter
Oil for pan

*Recipe Courtesy of Nick PouchNature's
Creation Produce Farm
360-426-6693*

Directions for Crepes:

1. Whisk milk with flour, and water until smooth.
2. Whisk in butter, eggs and salt.
3. Heat lightly greased griddle.
4. Pour about ¼ cup of the batter in the center of the pan.
5. After about 30 seconds (or until browned underside), flip and cook briefly on the other side.
6. Stack on a plate in a warm oven or freeze until ready to use.

Ingredients for Crepes Filling:

1 medium Zucchini, Summer Squash & Onion
1 Red Sweet Pepper & Green Sweet Pepper
1 Small Head of Cauliflower
Healthy pinch Oregano
Healthy pinch Thyme
2-3 T Olive Oil
Some Goat Cheese

Directions for Crepes Filling:

1. Heat skillet, add a couple tablespoons of olive oil.
2. Once hot, add minced onions. Sauté until translucent.
3. Add chopped peppers. After a minute or two, add the other vegetables.
4. Cook until tender, stirring occasionally.
5. Add oregano and thyme to taste.

Fill crepe with some of the vegetable mixture and top with goat cheese, fold (or roll like a burrito) and serve.



COMMUNITY



Happy Birthday

Emma Valle	01	Marjorie Penn	09	Jaimie Henderson	17
Sapphire Ward	01	Michaela Riker	09	Robert James, Jr.	17
Raven Roush-Lizotte	02	Billy Yocash	10	Monte Morris	17
Christy Block	02	Adrian Garcia	10	Rachele Rioux	17
Serena Phillips	03	Walter Henry, III	10	Anthony Johns	17
Chazmin Peters	03	Joseph Rivera	10	Winter White	18
Daniel Snyder	03	Terrah Jackson	10	Jolene Peters	18
Arnold Cooper	03	Alexandrea Rivera	11	Thomas Blueback, Jr.	18
Vincent Henry, Jr.	03	Chenoa Peterson	11	Victoria Dennis-Horn	18
Clayton Briggs	03	Susan Henry	11	Michael Bloomfield	19
Adolfo McFarlane	04	Steven Lehman Jr.	12	Vicky York	19
Angela Lopeman	04	Cindy Ehler	12	Raymond Castro	19
Jamaal Byrd	05	Sara Naranjo-Johns	13	Calvin Peters	19
Cedar Korndorfer	05	Justin Kenyon	14	Kathryn Keithley	19
Faith Pughe	05	Lois Woodard	14	Teresa Armstrong	19
Evan Cooper	06	Chantel Peterson	14	Nathaniel Bisson	20
Andrienne Baldwin	07	Andrew Whitener	14	Lachell Johns	20
Cody Cooper	07	Brandon Blueback	15	Doyle Foster	21
David Seymour	07	Nikki Farron	15	Tayla Logan	21
Belinda Hoffman	08	Tashina Ackerman	15	Lorane Gamber	22
Sheryl Wingfield	08	Rebecca Lezon-Ferreira	16	Evelyn Hall	23
Glen Parker	08	Adarius Coley	16	Nora Coxwell	23
Stella Yocash	08	Sally Johns	16	Charlene Krise	23
		Kenneth Green	17	Gelacio Orozco	23
				Ronin Edwards	23
				Joanna Fuller	24
				Taylor Wiley	24
				John Whitener	24
				Johnathan Seymour	25
				Shelby West	25
				Jerad Lopeman - Fry	26
				Elsie Gamber	26
				Christina Shea	26
				James Coxwell	27
				Kameron Weythman	27
				Lucke Newell	27
				Brittany McFarlane	28
				Jon Brownfield	28
				Felicia Ellerbe	30
				Matthew Pugel	30
				Ronald Whitener	30
				Benjamin Naranjo-Johns	30
				Josephine Sabo	30
				Eric Ellerbe	30
				Stephen Henry	31
				Christina Lopeman	31

What's Happening						
1	2	3	4	5	6	7
Basketry Classes Every Wednesday From 4:00 - 6:00 @ MLRC			Family Court	AA Meeting 7:30		
8	9	10	11	12	13	14
	Veterans Meeting 10:00 a.m.	Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
15	16	17	18	19	20	21
				AA Meeting 7:30		
22	23	24	25	26	27	28
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
29	30	31	Squaxin Bible Study Tuesdays @ 6:30 p.m. / 30 Ho-Mamish Court Every one is welcome! Pastors Ron and Kathy Dailey			

Happy Anniversary (March 7)
Auntie Loretta and Uncle Rick!
Love, Terri and the Whole Family



**Loads of Love Honey
On Your 29th Birthday
You Old Geezer!**



**Love, Mom
And the Rest of the Clan**

**Happy 15 Birthday Krissa!
Love Auntie Terri
and Rest of Your Family**

**To My Sister, Angie,
and Doonzie . . .
Hi Baby Sisters!
I Want To Wish You Both a
Happy Birthday!
You Are Both a Big Part
of My Life and I Love You!
Happy Birthday!
- Ruth**

**Happy 18th Birthday
Lachell Marie!
Love Mom, Your Sister and
Your Little Brother David J.**

**Happy Birthday Mom!
Love, Wicket**

**Happy Birthday EJ
When I Grow Up,
I Want to Be Just Like You,
Healthy and Full of Life!
Love You!
- LJ**

**To Latoya Johns
and Terri Capoeman
Thanks for the Load of Wood
Love ya!
Nana & Papa Brown**

**Happy Birthday to
Adolfo Douglas!
Leslie Rae!
Susan Faye!
Brittany Faye!
Krissa Brown!
Lots of Love!
- Misti Dawn**

**Happy Birthday Grandma Sue!
Love, Sophia, Monique,
Ana and Anthony**

**Happy Birthday
Grandpa Ernie!
Love Sophie, Mo,
Ana and Anthony**

**Happy Birthday Brit!
Love, Wicket & Kids**

**Happy 13th Birthday
Adrian Garcia!
Love, Gramma, Aunts,
Uncles and Rest of Your Family
Down Here at Squaxin**

**Happy 5th Birthday
David Josiah Seymour!
Love, Mom,
Latoya, Lachell,
Elena and Clara**

**Happy Birthday Stephen!
We're Proud of You!
Love You!
Mom & Dad**

**Happy Belated Birthday
Marlena Star Bradley!
(Dec. 10th)
Charlotte Sky Bradley!
(Jan. 17)
and
Adonis and Percina Bradley!
(Jan. 25)
Love, Mom & Dad**

"Living Well With Chronic Conditions"

A Free Workshop Series



Are you dealing with an ongoing health condition
such as diabetes, arthritis, heart disease, or
chronic pain?

Do you want to take charge of your health
and get relief from pain, fatigue
and other symptoms?

**Join Us for a Six-Week Workshop Series
Starting Wednesday, March 4, 2009**

**Wednesdays, 3:30 pm—6 pm
The Olympia Center
222 Columbia St. NW, Olympia**



- Discover ways to increase strength and energy, and manage pain
- Learn ways to talk with your doctor and family about your health
- Practice reducing stress, improving fitness and food choices
- Get group support, set goals, resolve issues AND feel better!

Participants receive a free copy of the book
"Living a Healthy Life with Chronic Conditions"

This successful series was developed by Stanford University School of Medicine.

There is no charge to attend, but space is limited
and reservations are required.

To register, call Carrell at Family Education and Support Services
360-754-7629, toll free 1-877-813-2828
or email at carrellsimmons@questoffice.net

Sponsored
By:





Over \$25,000 in cash and prizes will go!

Bingo at the Creek

Win big at our Quarterly Bingo!

Friday, March 13th at 6:30pm
Saturday March 14th at 12:30pm & 3:30pm
Saturday, March 14th at 6:30pm

.....

\$69 Stay*
\$8.95 Food Specials
Early Bird specials Fri & Sat 6:30pm sessions

Wear Tie-Dye & receive extra Level 1 with buy-in purchase



LITTLE CREEK
CASINO • RESORT

www.little-creek.com • 360-427-7711

Minutes North of Olympia on Hwy 101 • Located in Skookum Creek Event Center

Restrictions may apply. Must be over 18 to play.
*Valid for Bingo Participants, must show Players Club Membership

THIRD THURSDAYS: TIME FOR CAREGIVERS

A Monthly Series for Unpaid Family Caregivers


If you are caring for your elderly father who has been injured, your wife who has Alzheimer's disease, or Aunt Tilly who is bed ridden – **you are an unpaid family caregiver.**

Come to [Third Thursdays: Time for Caregivers](#) and learn about resources, supportive services, and ideas that can help you maintain your mental, emotional, and physical strength.

Thursday, March 19, 2009
LMTAAA Office @ 1651 S. Market Street, [Chehalis](#)
Afternoon Session: 1 pm to 4 pm or Evening Session: 6 pm to 9 pm
1 pm & 6 pm: John Rodgers, ["Introduction to Family Caregiving"](#)
2:30 pm & 7:30 pm: Dan Smerken,
["Planning for Change: Family Caregiver Roles, Finances, & Environment"](#)

Thursday, April 16, 2009
LMTAAA Office @ 3603 Mud Bay Road, [Olympia](#)
Afternoon Session: 1 pm to 4 pm or Evening Session: 6 pm to 9 pm
1 pm & 6 pm: John Rodgers, ["Introduction to Family Caregiving"](#)
2:30 pm & 7:30 pm: Patrick Coolen, Moderator,
["Panel Discussion: Family Caregiver Experiences"](#)

Thursday, May 21, 2009
Timberland Regional Library @ 710 W. Alder Street, [Shelton](#)
Afternoon Session: 1 pm to 4 pm or Evening Session: 5 pm to 8 pm
1 pm & 5 pm: John Rodgers, ["Introduction to Family Caregiving"](#)
2:30 pm & 6:30 pm: ["Navigating the Medical System as a Family Caregiver"](#)

 For More Information Contact:
Lewis-Mason-Thurston Area Agency on Aging
John Rodgers
Phone: 360-664-3162 x106 or 866-714-0479
E-mail: RodgeJH@dshs.wa.gov

New Weather Station for Oakland Bay

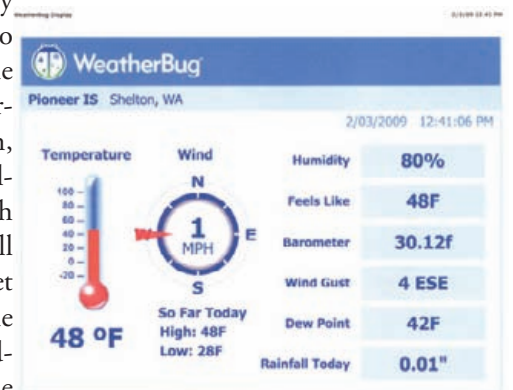
John Konovsky - The Natural Resources Department at the Squaxin Island Tribe has been a pioneer in the scientific investigation of water pollution in Oakland Bay. One of our key findings is that windy conditions stir up bacteria laden sediment at the upper end of the bay and those bacteria can close down shellfish harvest.

We have always been hampered by the lack of weather stations in the area to get more accurate wind data. Currently the data comes from Shelton Airport. To partially solve the problem,

Natural Resources developed a partnership with Pioneer School to install a King 5 SchoolNet Weather Station. The proposal received funding from the Squaxin Island Tribe's 1% commission and the weather station has been installed.

It can be viewed at:

<http://www.aws.com/FlashDisplay.asp?id=SHPNR>.



You won't want to miss our upcoming line-up!

Entertainment At The Creek

Jonny Lang • March 7th • 8pm
Carnage 5 • March 12th • 6:30pm
The Turtles • April 11th • 8pm
Lonestar • April 18th • 8pm
The Grass Roots • May 9th • 8pm

Must be 21 and over. Skyboxes available!

Our Entertainment Speaks For Itself

Just ask Jay, Bill & Huey!

LITTLE CREEK
CASINO • RESORT

Visit our website for tickets and details!
www.little-creek.com
or call our Box Office at 360-432-7300. Skyboxes call 360-432-7043

Minutes North of Olympia on Highway 101

