



Tribe Welcomes Whale as Sacred Gift



Photos by Margaret Henry and Gary Chittim, King 5 News

Lynda V. Mapes, Seattle Times - Here on this inlet in far South Sound, a visitor recently arrived from distant waters, and the Squaxin Island tribe did what their ancestors taught them: They welcomed an honored guest.

Biologists studying the carcass of a whale that washed up near Vaughn Bay in Case Inlet had no signs of obvious trauma.

"We felt very sure it was a gift from the Creator," said David Lopeman, Squaxin tribal chairman. "And we were going to treat it right."

Based on eyewitness reports, biologists believe the rare Bryde's Whale was swimming in the Sound for at least two weeks before it died.

"It hadn't been eating. Its stomach contained no food," said John Calambokidis, Senior Research Biologist and co-founder of Cascadia Research. "Its blubber layer was also very thin."

Those are indications the whale may have died from lack of food and exposure to much colder water than it is used to. Bryde's whales (pronounced: BROOD-es) are warm water whales that rarely venture north of California.

Usually when a dead whale washes ashore, federal fisheries officials tow it to deep water to decompose. But Squaxin tribal members decided this animal chose this place to die because it would be treated with respect. They asked, and were given permission, to keep the whale. Scientists from the nonprofit Cascadia Research Collective in Olympia, as well as state and federal agencies, extensively sampled the carcass.

First reported dead on Jan. 16, the whale was just under 39 feet long, and immature. It had a tough life: There were healed prop scars on its back, and marks on its flukes from an entanglement.

Calambokidis said his group's initial research shows there has never been a sighting or stranding of a Bryde's whale recorded in the Northwestern United States. The group is awaiting DNA confirmation of the species, but is convinced at this point it is a Bryde's whale and will now try to figure out why it would venture this far north.

For the past two weeks, tribal members have been pressure-washing the flesh from the whale's bones, and paring the last bits away with a knife, the blade making a soft scraping sound against the great, white bones.

Next the bones will be soaked in hydrogen peroxide, then dried, then sealed. Eventually, the tribe intends to hang the reassembled skeleton in its museum, near Shelton, for all to share.

"This is everyone's whale," said Rhonda Foster, director of the Squaxin Island Tribe's Cultural Resources Department.

The Squaxin Island people have long and deep ties to whales. Fire pits at a South Sound archaeological site included bits of cooked whale bone, Foster said. If this whale had washed ashore 300 years ago, her people would have celebrated with a feast.

They did a version of that Friday, February 12, inviting guests to watch the last of the bones being cleaned, and serving elk chili and homemade biscuits split open and covered with a sauce of tiny wild blackberries and vanilla ice cream.

This whale isn't the first surprise they've had; the Salish Sea is forever bringing something unexpected in on its green tides, most recently a six-foot sturgeon, caught in a fisherman's net.

"Our ancestors said all life begins here," Rhonda said. As she spoke, a tumultuous rain began to fall in great silver curtains. It rinsed tribal members who had been pressure-washing the bones clean, and rattled the tent put up over their work area.

Then, as the last of the whale's bones were packed away for safekeeping, a great gust blew up the beach, and sent the tent flying. It was an emphatic punctuation point ending the first chapter of a whale tale that likely will be retold in this tribe for generations to come.

Congratulations Sa-Heh-Wa-Mish Days Princesses



L-R: Junior Princess Tamika Krise, Princess Malia Henry and Queen Willow Henry Beautiful!



Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

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

Tribal Council Resolutions

- 10-01:** Enrolls Moses Kruger
- 10-02:** Enrolls Hayden Seymour
- 10-03:** Enrolls Taeahni Fox
- 10-04:** Enrolls Naraiah Gray
- 10-05:** Enrolls Grace Scout
- 10-06:** Enrolls Olivia Mason
- 10-07:** Enrolls Leah Gentile
- 10-08:** Requests property purchased from Taylor to be put into Trust status
- 10-09:** Requests additional property purchased from Taylor to be put into Trust status
- 10-10:** Requests property purchased from Taylor to be put into Trust status
- 10-11:** Accepts the Housing Pump Station/Force Main and Re-use Pipeline Project
- 10-12:** Authorizes submittal of plans, specifications and engineers estimate for construction of improvements to Section 10 of Klah-Che-Min Drive to BIA for BIA and FHWA review and approval, and requests allocation of the Tribe's share of ARPA funds to this project when approval is granted
- 10-13:** Directs the Department of Natural Resources to administer a tax refund and future exemption from the tax authorized by SITC (geoduck stumpage tax) for seniors for 2009 and subsequent years, and amends the Code and regulations accordingly
- 10-14:** Authorizes the submission of a funding request to the BIA for implementation of a Tribal Noxious Weed program to be provided through the Tribe's Self-Governance Annual Funding Agreement

The General Body Meeting is May 1st Are You Planning to Run For Tribal Council?

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

Join Us for Our First 2010 Candidates Forum!
The Candidates Forum will be held Thursday, March 25th at 5:00 p.m. in the Elders Building. Candidates will share their views about several important topics and will be available to answer questions. Come learn more about the people hoping to serve you and our community as your Tribal Council representative. Look for more information about April forums and other pre-election activities in next month's issue of the Klah-Che-Min and your Friday mail-outs!

Jim Peters Running For Tribal Council

Hi, I am Jim Peters, and I have been asked to run for Tribal Council. After talking with some tribal members, I have decided I would accept a nomination for a Tribal Council position. Most of you know that I am fair, honest and will work hard for all tribal members.

There are many issues facing the Tribe and, with the economic condition, we have to think things out and make good sound decisions for today and seven generations in the future.

I will work on continuing to improve our education department and guiding children in the direction they need to graduate from school. I believe that higher education is very important and we need to provide this opportunity to every tribal member who chooses to take this path, whether it is junior college, university, technical or business school.

Health Care is another issue that is high on the priority list. We need to look first at the funding and then work with staff to continue improving the service to our tribal members. Other important issues are Elder care and programs, law enforcement, public safety, housing, economic development and enrollment.

For thirty years I have worked on natural resource issues at all levels. The one thing that ties us together is our connection to the water, salmon, shellfish, wildlife, trees and plants. These resources are our link to the past, present and future. They are a part of our way of life, culture and spirituality.

Thank you for your support in the past and your continuing support in the future.



April 2010 Per Capita Distribution

Please contact Joanne F. Decicio, Accounts Payable Manger @ (360) 432-3942 to update your address and/or update any other relevant personal information.

In order to ensure that per capita checks are mailed to the correct address, changes need to be reported by Friday, March 12, 2010. Any changes reported after this date will put your per capita at risk of being mailed to the incorrect address. In addition, other changes will not be corrected if the information was not received prior to distribution.



Kamilche Church, 1947

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

Can you help us identify any of these people?

Here are the ones we know:

- 1: Lorine Marshall Whitener
- 2: Verna Abbott Ellison
- 3: Angus Ellison
- 4: David Whitener
- 5: Don Whitener
- 6: Christine Marshall Ellison
- 7: Tony Ellison
- 8: Annie Krise
- 9: Pete Kruger
- 10: Sally James
- 11: Ron Whitener
- 12: Donnie Whitener
- 13: Ray James
- 14: Ralph Krise
- 15: David Whitener
- 16: Phil Simmons
- 17: Darrell Freeman
- 18: Roland Simmons

- 19: Bob Whitener
- 20: Charlie ?
- 21: Myrtle Strickman
- 22: Alvin Strickman
- 23: David Lopeman
- 24: Arlene Strope
- 25: Mary Whitener
- 26: Martha Whitener
- 27: Mr. Freeman
- 28: Johnny James
- 29: Gary Strankman
- 30: Francis Simmons
- 31: Gracie Simmons
- 32: Ethel Whitener



Tribes Praise Obama Administration's Increase in 2011 Rights Protection Budget

Tribal leaders in western Washington are praising the Obama Administration today for a long-sought funding increase for tribal treaty rights-based natural resource management.

The president's FY 2011 budget increases the Rights Protection account in the Bureau of Indian Affairs budget to \$28.5 million, a 60% increase in funding levels over the past decade. The increase comes after more than a decade of stagnant funding and a strong message from Congress through its FY2010 appropriations bills that tribal resource management has been long neglected.

"It is gratifying to know that the administration is listening," said Billy Frank Jr., chairman of the Northwest Indian Fisheries Commission. "We have been talking about these needs for many years, but this time we have been heard."

Rights Protection, located in the Department of Interior's Bureau of Indian Affairs budget, supports co-management by treaty tribes in the Pacific Northwest, Columbia River and Great Lakes areas. Tribal harvest management, research, enforcement and participation in international agreements, such as the Pacific Salmon Treaty, are all supported through the Rights Protection account.

"This is a new day for us," Frank said, adding that tribal co-management has become more vital as state budgets for natural resource management have declined. "This funding increase will benefit not only natural resources, but everyone who lives in the state and region," Frank said.

For more information, contact: Tony Meyer, information and education manager, NWIFC, (360) 528-4325, tmeyer@nwifc.org





Short-Term Emergency Hires and On-Call Application Pools

Astrid Poste - Squaxin Human Resources receives requests for Short-Term Emergency Hires (E-Hires) and On-Call positions when temporary assistance is needed in various tribal departments. These opportunities are a great way to increase your employability and expand your skills. If you are interested in submitting an application for any On-Call or Temporary E-Hire position(s), please feel free to stop by or call Astrid Poste at (360) 432-3865. Applications and complete job descriptions are also available online at squaxinland.org



Ben Parker



Stella Yocash



Michael West

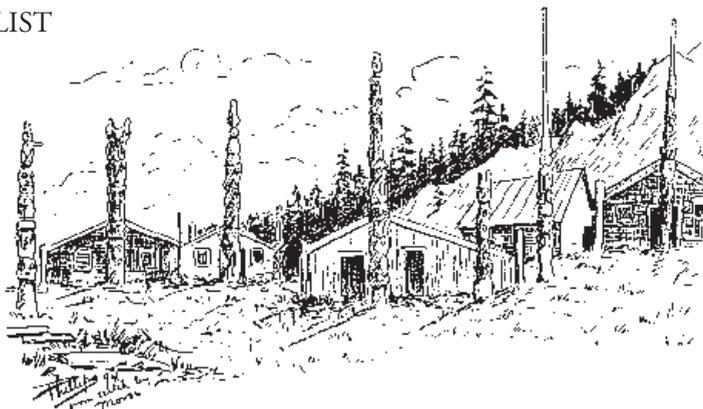
Office of Housing

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, 2010.

PRIORITY WAITING LIST

Alan Steehler
Lametta LaClair
Vanessa Algea
Marilyn McFadden
Martin Sequak
Donna Peratrovich
Tamika Green
Aleta Poste
Danielle White
Kui Tahkeal



SECONDARY WAITING LIST

Milton Obi
Lindsey Mike
Lisa Penn

Window Safety Tips

Although windows are a useful addition to a home, they also carry a degree of risk potential. Safety should always be your first priority when dealing with your windows. Here are some tips to help you maintain your windows and keep your family safe:

- Make sure your windows are in good, working condition yearly. A loose window could fall and hurt a nearby child.
- Keep your windows closed and locked when children are around. When opening windows for ventilation, open windows that a child cannot reach, or in the case of a double-hung window, open the top sash only.
- Keep objects, including furniture, a child can climb away from windows to prevent accidents.
- Keep children's play away from windows or patio doors. Falling through the glass can be fatal or cause serious injury.
- Don't rely on insect screens to prevent a fall. Insect screens are designed to provide ventilation while keeping insects out; they are not designed to, nor will they prevent a child's fall from a window.

Windows play a vital role as a secondary means of escape from a burning home.

Keep your family safe by using the following emergency tips:

- It is important to develop an emergency escape plan for your family and practice it regularly. Remember to establish a meeting place so that you can make sure everyone was able to get out of the house safely.
- Never paint or nail windows shut. You must be able to open them to escape in an emergency.
- If you have young children in your home and are considering installing window guards or window fall prevention devices, be aware that the window guards you install must have a release mechanism so that they can be opened for escape in a fire emergency.
- Do not install window air conditioners in windows that may be needed for escape or rescue in an emergency. Always be sure that you have at least one window in each sleeping and living area that meets escape and rescue requirements.
- Plant shrubs and soft edging like wood chips or grass under windows to cushion potential falls.

Safety is no accident!

For more information, please visit AMERIND Safety Services' web page at www.amerindrisk.org

The Office of Housing is in the process of building multi-family housing units

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

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

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

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



Free Tax Preparation Sites

(Basic Returns)

AARP SITES (sponsored by AARP)

LOCATION

Tumwater Timberland Library

7023 New Market Street SW
Tumwater 98501
943-7790

**No appointment necessary*

Lacey Timberland Library

500 College Street SE
Lacey 98503
491-3860

**No appointment necessary*

Mason County Senior Center

826 W Railroad Ave.
Shelton 98584
426-7374

**By appointment only*

Shelton Library

710 W Alder Street
Shelton 98584.

**No appointment necessary*

Hours of Operation

February 1 – April 15

Mondays 1:00 – 5:00 p.m.

Wednesdays 1:00 – 5:00 p.m.

February 1 – April 15

Tuesdays 12:30 – 4:30 p.m.

Thursdays 12:30 – 4:30 p.m.

Saturdays 12:00 – 4:00 p.m.

February 3 – April 15

February 6 – April 10

Saturdays only 11:00 – 3:00 p.m.

What to Bring to Have Your Taxes Prepared...

- W-2's from your employer, 1099's for miscellaneous income, and W2-G's for gambling income
- 1099's for interest, dividends, unemployment, retirement, and other income
- Social Security cards or ITIN letters (for you, your spouse, your children, and other dependents)
- Copy of last year's tax return (very helpful)
- Child care information (provider's ID number and address and receipts for amount paid)
- Blank check or savings account information for direct deposit
- Statements of student loan interest, mortgage interest and property tax
- List of any other income and expenses

Stretching Your Vacation Dollars

Vacation time is fast approaching. Vacations need to be a time for family fun and relaxation without making a big cut in the budget. In order to do this some careful planning must take place. Start by deciding how much your family has to spend on vacation. Next, look into the many options available. Do some brainstorming with the family to come up with ideas and places to visit. As you are deciding where you want to go and what you want to do, there are some things that can help keep the costs manageable.

- Place limits on the amount of money family members can spend on souvenirs.
- Take your vacations by staying home, but plan local trips with the family. Enjoy local museums, zoos, historical attractions, parks and recreation sites.
- Carry food for snacks and mini meals instead of stopping at restaurants. Select foods that remain safe to eat under traveling conditions.
- Camping vacations are fun and economical, especially for a family. Try low cost, well run campgrounds and parks.
- Plan to vacation in an area where you have family or friends you can stay with
- Attend community celebrations planned for the public at no or low cost.
- If you are traveling with children, look for hotels/motels that don't charge extra for children sharing their parents room.
- Stay in small or middle size towns or the countryside .Lodging and meals tend to be less expensive than in metropolitan areas.
- Explore taking a package tour. Because tour companies purchase the parts of a tour in bulk, costs may be lower.
- You can lower the price of a round trip air fare by as much as two thirds by making certain your trip included a Saturday evening stay and by purchasing the ticket in advance.
- Rental car rates vary greatly - shop around for the best basic rates and special offers.
- Ask hotels about their telephone surcharges for making long distance calls from your room. Sometimes it is more economical to use the lobby pay phone than the phone in your room.
- Watch for special offers for places of interest for your family to visit.

Don't Forget to Clean Often-Forgotten Places

- Inside bottom of dishwasher door- Spray a non-abrasive, all-purpose cleaner along it, then sponge clean it. You'll be amazed at what you pick up!
- Interior walls and shelves of refrigerator - For health and cleanliness, always remember to wipe up spills immediately. This keeps your refrigerator looking its best, and helps prevent the growth of bacteria. Use a non-abrasive, all-purpose cleaner or a solution of baking soda and water.
- Insides of light fixtures -Even a thin coat of dust can cut down on light output. First, unplug the light and allow to cool. Then, use a disposable dust cloth to clean.
- Tops of ceiling fan blades-Capture dust with special dusting mitts or dusters designed for getting to these hard-to-reach surfaces.
- Ovens - Cleaning spills as you go will make this tough job easier. First, allow surfaces to cool before cleaning. Then, use an oven cleaner; however, don't use an oven cleaner on a self-cleaning or continuous cleaning oven because it may damage the surface. Always read the product label directions before using.
- Exterior cabinet of range - Again, allow cooling surfaces to cool before cleaning. Then, use a nonabrasive, all-purpose cleaner.
- Telephone receivers, door handles, computer keyboards -Use disinfectant wipes on these surfaces to whisk away dirt and germs!



LEARNING CENTER



EDUCATION:

Sylvan
 After-School Tutor (Homework Central)
 GED

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

RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym
 (Fun, Games, and Club)
 Monday-Friday 3:00 - 7:00

HIGHER EDUCATION:

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

Monday - Friday 8:00 - 5:00

SQUAXIN ISLAND POOL

Open Swim
 Mondays & Wednesdays 3:00 - 6:00 p.m.
 Fridays 5:00 - 8:00 p.m.
 Saturdays 1:00 - 4:00 p.m.



Squaxin Youth Cultural, Educational and Activities Calendar March 2010



All activities are Drug, Alcohol and Tobacco Free!!
 Co-Sponsored by DASA

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Snacks are served daily between 4-5 PM	1 Lushootseed Art 3:30-6pm B-Ball	2 Lushootseed Games 4pm Nutrition Class 3:30-6pm B-Ball	3 3:30pm-6pm B-Ball 5pm Youth Council	4 Lushootseed Reading 4:30-6pm B-Ball	5 No School Griffin District 2-4 PM March Madness Activities, Wear your Favorite Team Colors! 5-7pm Education Forum and CD Release	6
7 M-W 4-7PM Homework Help GED Preparation In main classroom	8 Lushootseed Art 3:30-6pm B-Ball	9 Lushootseed Games 4pm Nutrition Class 3:30-6pm B-Ball	10 3:30pm-6pm B-Ball 5pm Youth Council	11 Lushootseed Reading 4:30-6pm B-Ball	12 No School Shelton District 2-4 PM March Madness Activities Wear your Favorite Team Colors!	13
14 M- F 3-7 PM Recreation Room Open	15 Lushootseed Art 3:30-6pm B-Ball	16 Lushootseed Games 4pm Nutrition Class 3:30-6pm B-Ball	17 3:30pm-6pm B-Ball 5pm Youth Council	18 Lushootseed Reading 4:30-6pm B-Ball	19 4pm Movie/Wii	20
21	22 Lushootseed Art 3:30-6pm B-Ball	23 Shelton Early Release 2-4:00 March Madness Activities 4 PM Nutrition Class	24 Shelton Early Release 2-4:00 March Madness Activities 5 Pm Youth Council	25 Shelton Early Release 2-4:00 March Madness Activities	26 Shelton Early Release 2-4:00 March Madness Activities	27
28	29 Griffin Early Release 2-4:00 March Madness Activities	30 Griffin Early Release 2-4:00 March Madness Activities 4PM Nutrition Class	31 Griffin Early Release 2-4:00 March Madness Activities 5 PM Youth Council			



March Madness at the Learning Center!

During the month of March we are taking advantage of No School and Early Release Days by offering "March Madness" Activities at the Learning Center. Kids are encouraged to join in the fun from 2-4:00 any day there is no school or an early release.

On Fridays, we encourage kids to wear colors representing their favorite teams, college or professional, in recognition of the College Basketball Playoffs. We have tons of fun things planned, Scavenger Hunts, Science Experiments, Games, and more, all so we can learn more about Teamwork and Sportsmanship.

Kenneth J. Minnaert Center for the Arts Gallery

Call for Entries Native American Art Exhibit

Running April 7th - May 3rd, 2010
Entry Deadline: 5:00 P.M. March 19, 2010

For more information contact:
Eileen Yoshina (360)596-5383 eyoshina@spscc.ctc.edu
Mandy McCullough (360)790-7902 mandyandtom2003@yahoo.com



Museum Library and Research Center

Hours of Operation

Tuesday open by appointment ONLY
Wednesday - Saturday: 9:00 a.m. - 5:00 p.m.
Sunday: 1:00 p.m. - 5:00 p.m.
Call (360)432-3839 for closures of the MLRC



The Library has regularly scheduled hours corresponding with the MLRC's hours. There are eight networked PC's with Internet access, material available to users include approximately 800 volumes of Northwest and South Puget Sound Native historical books, Tribal newsletters and periodicals.

The MLRC staff would like to thank Mary and Richard (Dick) Cook for the donation of baskets and other Native American items. Several items from the Cook Collection are currently displayed at the MLRC and more will be displayed in the coming months.

Many of the items came from Mary's aunt, Edamarie Speece, who was a nurse who lived on Chambers Creek Road in Tacoma. She was from Chehalis. Edamarie would go to swap meets and thrift stores and buy baskets. Mary recalls one basket was tagged 5 cents.

This basket is from the Cook Collection currently displayed at the MLRC. If you have any questions about the process these items go through before being displayed, please contact the museums Curator Mandy McCullough (360)432-3843.

Scholarships

AMERICAN INDIAN COLLEGE FUND: Variety of scholarships available to students attending a tribal college, 5000 awards given yearly. Award amounts and deadlines vary. Contact: American Indian College Fund, 8333 Greenwood Blvd., Denver, CO 80221, www.collegefund.org.

AMERICAN INDIAN GRADUATE CENTER: Variety of scholarships with varying awards and deadlines. Contact: American Indian Graduate Center, 4520 Montgomery Blvd. NE Suite 1B, Albuquerque, NM 87109 (505) 881-4584.

AMERICAN INDIAN SERVICES SCHOLARSHIP PROGRAM: Enrolled member of any federally recognized tribe, 2000 awards given yearly. Award amounts range from \$500-\$1,500. Deadlines are 8/15/10 for fall 2009, 11/15/10 for winter 2010, 02/15/10 for spring 2010, and 05/05/10 for summer 2010. Contact: American Indian Services Program Attn: Scholarship Department 1902 North Canyon Rd. Suite 100, Provo, UT 84604.

AIEF - American Indian Education Foundation: Variety of scholarships to students who are registered with a state or federally registered tribe. Contact: www.aiefprograms.org.

TOO many scholarships to list! Please contact Lisa Evans in the Education Department at (360) 432-3882 or levans@squaxin.nsn.us for a complete listing of scholarships.

MARCH 2010 IMPORTANT DATES

ACT Registration Deadline for April 10 Test	March 5
No School, Staff Training	March 12
HSPE Testing (Sophomores)	March 16-18, April 13 & 15
ASVAB Testing (Juniors)	March 17
Spring Conferences/Early Release	March 23-25
Early Release/Staff Training	March 26



Reminder: Sophomores and Juniors will be pre-registering for classes for the school year 2010-2011 during the month of March in their CSI classes and during Parent/Teacher Conferences .

Spring Athletic Season Is Coming! The start of the season for boys and girls golf, baseball, fast pitch, girls tennis, boys soccer and boys/girls track is Monday, March 1. Before student-athletes can begin practicing, they need to become eligible through the athletic department. Eligibility information is available in the main office. Students who played a fall or winter sport will need to turn in a new emergency card to receive a clearance slip.



THE SHELTON HIGH SCHOOL MUSIC DEPARTMENT CORDIALLY INVITES YOU to ATTEND

the UPCOMING CONCERTS in the SHS AUDITORIUM

ALL DISTRICT CHOIR:	March 7 at 7:00 pm
SHS/OBJH BAND:	March 11 at 7:00pm
SHS/OBJH CHOIR:	March 30 at 7:00 pm

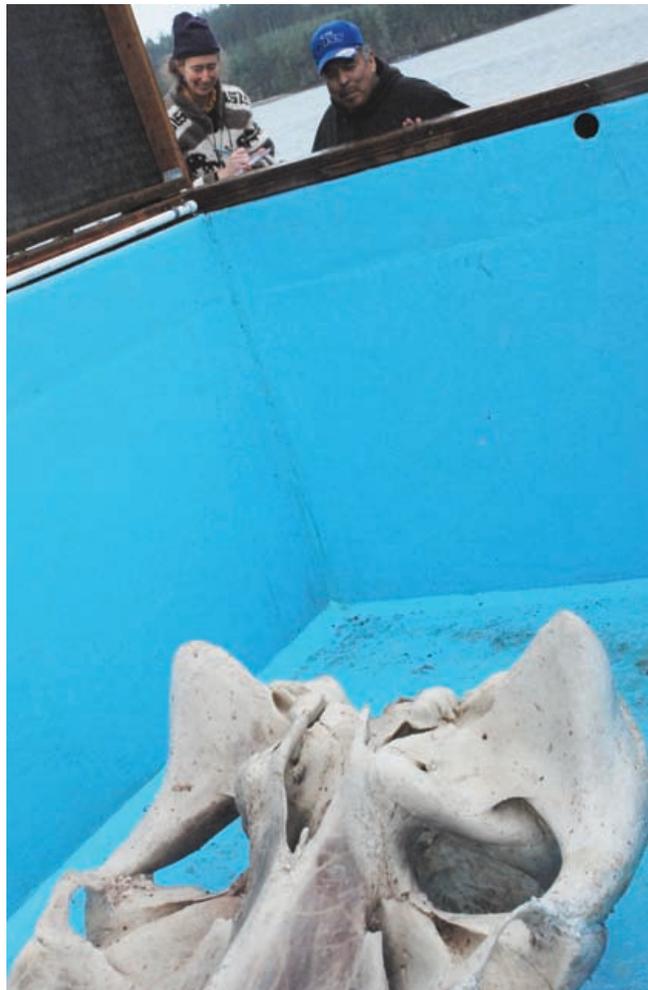




BRYDE'S WHALE



Photos by Margaret Henry and Theresa Henderson

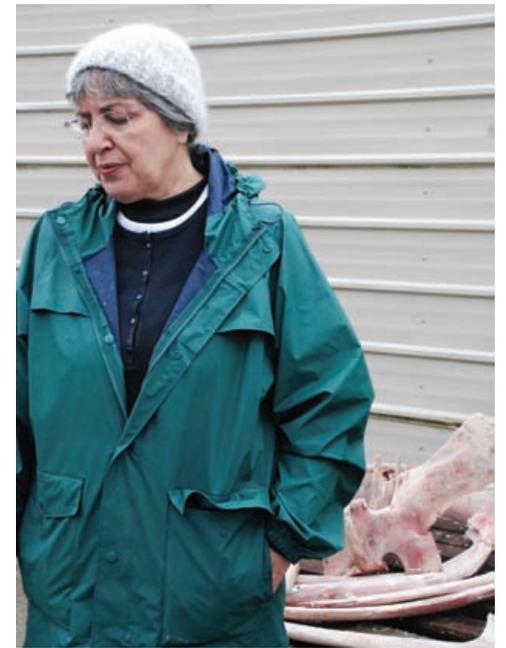




BRYDE'S WHALE



Photos by Margaret Henry and Theresa Henderson



Alan Berner - Seattle PI





Rocking the Rez: Squaxin Island Youth Create Innovative Music CD

Twenty-two youth and 18 adults gathered in January 2010 for the inaugural "Squaxin Island: Tribal Youth Music Academy." The group collectively participated to create, record and perform stories and songs devoted to cultural awareness, Lushootseed language preservation and addiction prevention during the 3-day academy.

Under the guidance of Music Mentor Academies (MMA) program directors Todd Denny and Jose Gutierrez, the tribal teens dug deep to create their poignant CD. Members of their national-award-winning Washington State Music Mentors team helped fuel the teens' contagious passion for creativity. MMA staff, including professional recording engineers and musicians worked with youth, parents, cultural specialist and elders to create, record and perform both traditional and contemporary music. Gutierrez stated; "Both youth and adults opened their hearts and minds to express personal thoughts and feelings. It was incredible to witness the transformation of shy, attendees into active, engaged academy participants."

Artists from across the state including members of The "Savage Family" attended the academy supporting the wide range of talents, from budding poets to traditional drummers and dancers. The academy included daily addiction prevention workshops, music and poetry project development as well as jam sessions. Said Denny, "Our goal is to help youth develop as confident speakers and performers. Music and prose are powerful ways to support tribal youth in making healthy lifestyle choices." Denny's inspiration for the work began with David Whitener, his teacher and mentor at the Evergreen State College in 1982.

Though the academy ended in January, the music and poetry created by the teens lives on. Weekly meetings with the Squaxin Island youth music mentors are preparing them to present their music as peer educators at a community CD release celebration, on Friday March 5th, 2010 at 6:00 in the tribal gym. All student songs were professionally recorded for distribution to the participating teens and the community. The final CD will include over 16 songs created by youth, most of whom had never had such an opportunity.

Program partners included Tribal Education Director Sally Brownfield, Tribal Youth Program Coordinator Bill Kallapa, Research assistant Aleta Poste, Education Liaison Shannon Bruff, Language Specialist Zeke Zalmai, Cultural Specialist Jeremiah George, parents, elders and family.

Other presentations include: a Feb 25th, 2010 Prescription Drug Conference at Little Creek Casino (funded by Washington Attorney General, Rob McKenna) and an April 23rd Violence Prevention Conference at the Squaxin

Island Tribes center, hosted by Family Services staff member Gloria Hill.

An important program component of Music Mentor Academies enables youth to create a Music Mentor performing team that continues to attract more youth. This diverse group of students could evolve into a nationally-recognized peer education team. It is both a possible and worthwhile vision to embrace.

Todd Denny
Music Mentors Director
Olympia, WA
(360) 866-7140



Congratulations On Your Retirement!!!



**Carolyn Hoosier
27 Years of Service!**





Squaxin Island Tribe Harvesting on Private Tidelands in Vaughn Bay



FIGURE 1. Vaughn Bay, located in the Northern portion of Case Inlet, Puget Sound, WA.



FIGURE 2. Areas that are approved for the commercial harvest of shellfish within Vaughn Bay. Note the closure area in the eastern portion of the bay.

By: Rana Brown (Natural Resources Shellfish Dept.) - February, 2010 - Conducting treaty harvests on private tidelands is invaluable to the Squaxin Island Tribe and all of its members. As shellfish growing areas are upgraded to an approved status within our Usual and Accustom area, we could potentially harvest our treaty share in those expanding areas. In addition to upgraded areas, each year, other areas within our Usual and Accustom area are being identified and surveyed by the Squaxin Island Shellfish department in order to increase our opportunities on private tidelands. More clam resources equal more revenue for tribal members and that is something we are promoting through these clam digging opportunities.

During the summer of 2009 Squaxin Island Natural Resources Shellfish employees conducted shellfish population surveys on several privately owned tidelands in Vaughn Bay (Figure 1). This area had previously been closed to harvesting due to pollution (see <http://www.doh.wa.gov/ehp/sf/default.htm> for more information on area closures). Upgrades in water quality status allowed us to survey the area and determine if commercial densities of clams occur in this area.

Some private tidelands within Vaughn Bay still fall within a pollution closure area and are not safe for commercial harvest and subsequent consumption (Figure 2). This is why we can harvest clams from some beaches and not from others in this particular area (even if the beaches are next to each other).

Harvesting from private tidelands is different than harvesting from areas like Squaxin Island or large 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. These harvests are governed by the 2002 Shellfish Implementation Plan, which is a product of the federal court decision that, among other things, upheld treaty shellfishing rights on private tidelands in Washington State. Therefore, Squaxin Island Tribe has rights to half of all naturally occurring shellfish on these private tidelands, but must abide by certain agreed upon rules and procedures set forth in the Implementation Plan.

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).

It is important that we only dig in authorized areas (within marked boundaries) and only dig the predetermined amount of clams on each separate tideland. The area and amount of clams on each beach varies, and this is what determines how many people we can have on each parcel. Sometimes, for example, we might have 10 people digging in one area, and 20 people digging in another separate area. 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. Our goal is to ensure that we harvest our treaty share, while maintaining good relations with homeowners and hired growers.

In order to participate in these private tideland harvests, a tribal member must be a currently licensed shellfish harvester. Also, to participate, one must sign a current harvester agreement for the Vaughn Bay area. Harvester agreements from 2009 will not be valid for Vaughn Bay harvests, and Natural Resources must have a current agreement on file before a harvester can sign up to participate in these digs. Please contact Natural Resources if you have additional questions regarding the harvester agreement, or to inquire about Vaughn Bay harvesting opportunities. The digs are scheduled to begin in the end of March 2010, and conclude in May 2010.

Natural Resources Technician



Danny Snyder

Danny Snyder has been employed for nearly a year as a Fisheries Technician for the Department of Natural Resources (Sorry for not catching you sooner, Danny). He and other Natural Resources employees monitor smolt traps in our local streams. A belated welcome aboard!



DRUG & ALCOHOL AWARENESS DINNER



Approximately 300 people attended the third annual drug & alcohol awareness dinner held at the Squaxin Island Tribal gymnasium on January 31st.

Event organizer Christine Semanko said the purpose of the event is to raise awareness about the effects that drugs and alcohol can have on individuals, families and communities who suffer through the trauma, grief and loss. "We bring families together for support and to facilitate the healing process," Christine said.

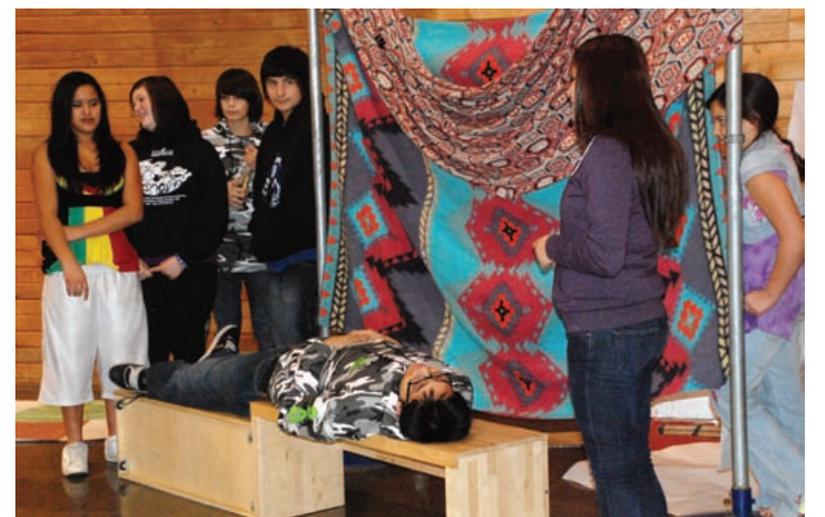
The Squaxin Island Youth Council put on a short play dramatizing the effects of drugs and alcohol on young people. Tribal member Tyler Wiley created a T-shirt that was given away free to all attendees. Guest speakers included Tribal Chairman David Lopeman, Sally Heath, Alexandra Espindola and the SAVAGE FAM (Standing Against Violent Adversaries & Genocidal Environments - Forever Always Movement). The group promotes wellness through following the lifestyle of Native American ancestors and removing substance abuse from communities.

MADD (Mothers Against Drunk Driving) hosted a candlelight vigil in memory of loved ones lost to drugs and alcohol. Other participants included Squaxin Island Family Services Prevention and Wellness, SPIPA-Roche Hepatitis C Prevention Program, Students

Against Destructive Decisions and mason County Drug Abuse Prevention.

Sponsors included the Squaxin Island Tribe 1% Fund, Squaxin Island Family Services Prevention and Wellness, the Squaxin Island Youth Council, Washington Traffic Safety Commission, Island Enterprises Inc. and the Stymacks-Semanko family.

Christine would like to thank everyone for coming and asks that anyone with ideas for next year's T-shirt design to contact her at cree2sober@aol.com or 402-7297.





DRUG & ALCOHOL AWARENESS DINNER



Written and submitted by Sally Heath, MSW, LICSW, CDP - We know that trauma can happen anywhere, at any time. But, trauma does not necessarily affect other people only. We can go to great lengths in our attempts to reduce personal risks, but still, we (i.e., you and I) can unexpectedly become a trauma survivor any time. There are no easy answers to the challenges associated with the fact that we live in an increasingly complex world.

Recently, a whale was found in our local waters. It had become disoriented and lost and eventually, as a result of being out of its normal grounds, passed and floated to the shore. A number of you went to see this and paused to wonder what had happened to a creature so incredible.

If you had read the front page story of the San Francisco Chronicle, you would also have read about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle and stay afloat. She had hundreds of yards of line rope wrapped around her body, her tail, her torso and a line tugging in her mouth.

A fisherman spotted her just East of the Farallon Islands (just outside of the Golden Gate) and radioed a local environmental group for help. Within just a few hours, the rescue team had arrived and determined that she was so bad off that the only way to save her was to have someone dive in and untangle her. This in itself was a very dangerous proposition. One slap of her tail and her rescuer could be killed or caught in the same lines which encaptured her.

The rescuers worked for hours with curved knives and eventually freed her. When she was free, the divers said she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them. Pushing them gently around, she thanked them. Some said it was the most incredibly beautiful experience of their lives.

The man who cut the rope out of her mouth said that her eye was following him the whole time and he will never be the same.

As I tell this story again to each of you, I can't help but think that when we are bereaved, or mourning the loss of someone we have cared about, whether this loss was expected or tragic, how we also get tangled in webs and restraints which are similar to that of the whale's. This entanglement threatens our very existence. Every part of us becomes immobilized in pain and we are held captive, often incapable of freeing ourselves.

Often, we feel as if we are swimming (and even drowning) in a strange, foreign place where don't recognize our surroundings and we aren't sure whether we can trust those who may have come or offered to rescue us. We lose our way and we don't know how to free ourselves and we find it difficult to think that anyone else could free us either. We are sometimes so frenzied that "one slap of our tail" could "kill" our would-be rescuers.

When we are lucky, along comes someone, like the fisherman in the story, who cares about us and views us with compassion (but often has no idea of how to help us), and that caring soul goes for aid from those who are experienced with our kind of pain and distress.

The whale waited for hours, but sometimes we must wait for days, weeks, months and even years. Finally, help arrives on the scene for us, but we are still so entangled in our own grief that even our mouths are impotent. We don't believe we can communicate with our caregivers and even if we could, we have no idea what to tell them. We don't know what we want or need beyond our passionate desire to have our loved ones "back again."

Eventually, many who are captive give in to exhaustion and frustration and decide to relax a bit while cautiously "watching," to see what kind of help might be offered. Caring and compassionate souls can then approach very carefully and begin to cut away the things that are tangling our minds and souls. Gently, patiently and very carefully, they persistently work away at their life giving task. It often takes a long time, but if we don't fight or resist their efforts, if we just cooperate and stay still and wait for them to help, then we find that we can be free at last. This process doesn't happen suddenly, it takes TIME, and WORK and COURAGE and more than anything else, it requires TRUST and FAITH. All of these are also things which many of us feel we have lost in the process of our grieving.

When we are finally released, we must remember to not just swim away and forget those who have helped. Instead, we, like the whale, need to hang around for awhile and gently nudge our helpers..encouraging them to keep going, to keep trying, to be brave at times when we cannot, and to be ready again to help those who are still lost and struggling.

May you, and those you love

Be so blessed and fortunate...

To be surrounded by people

Who will help you to get untangled

From the things that are binding you.

And may you also know the joy

Of giving and gratitude.





Thank You

We wanted to make sure everyone knows how much our family greatly appreciates everything you all did for us. Casey has made remarkable strides towards rehabilitation and you all had a huge part in his recovery. All of your prayers and donations and help made us realize (now more than before) what a loving community we come from. Our family is so thankful to all of you.

Thank you! - Krise Family



We love you mom & dad!

We just wanted you to know how much we love you and appreciate everything you do for us.

Love, Your kids - Casey, Jill, Eli, Julito, Tamika, and Kiona!

Happy Anniversary Liz and Conrad!



We would like to wish Uncle Conrad and Aunt Liz a Very Happy 40th anniversary. You have been through so much together for so long. Congratulations. May you share many more years of love, laughter & friendship. You're the best anyone could have, and we love you so very much! So again, happy 40th anniversary!

**- Love always and forever,
Ernesto, Rachel, Sara and Ben**

Squaxin Island Tourism at the Go West Summit

As you know from the February Klah-Che-Min, Leslie Johnson attended the Go West Summit the first week of February, in Sacramento, CA. Over 100 tour operators from all over the world set up to meet with "providers" – venues like the Little Creek Casino Resort and Squaxin Island Museum . . . or, providers of a place to stay, things to do or see. The operators want to learn about and sometimes reserve or buy trips for their travel clients from the providers.

Before the event, the provider (in this case Leslie Johnson, Squaxin Island Tourism) signs into the Go West Summit website and reviews all tour operators' scheduled to participate at the summit. The tour operators briefly describe their clients' interests, and identify what type of travel they want to "buy" for their clients. The operators also list their clients' interests like, Fly/Drive, business conventions and conference, gaming, national parks, Native Americans, cultural, golf, hiking, luxury accommodations, RV or 4-wheeling, to name only a few. The majority of the operators also list the amount that their clients spend per day.

The providers request appointments with the operators. Then, the operators confirm if they want to meet with these providers. Each appointment is between 5 to 7 minutes long. The Squaxin Island Tourism Department attended the summit through the Washington State Office of Tourism with the Olympia | Lacey | Tumwater Visitor Convention Bureau.

Some operators had never heard of Olympia, Shelton or the Olympic Mountains. Ms. Johnson quickly added that the Squaxin Island Tribe is a member of North-West Tribal Tourism, 10-member tribes located along the Kitsap and Olympic Peninsulas.

A Japanese operator had experienced a significant downturn mirroring the global economy. Until 2008, tourism trade was so busy the Japanese operators had no time to explore new venues. "Because of this economic downturn, we have a breather and are looking for fresh ideas for our clients." The Japanese tourists like escorted tours as well as Fly/Drive tours. Interestingly, tourists from India enjoy customized guided tours and special treatment rather than self-guided Fly/Drive tours. India is just beginning to grow into a major travel population with decent disposable income.

A few operators were specifically interested in combining cultural/Native America with geo-tourism – a pride and respect for the place and leaving that place the same as it was found. According to National Geographic Traveler, geotourists spend more than the traditional destination tourist does.

Of course, tourists looking for Native American venues and cultural experiences were very excited about the Squaxin Island Museum, Library and Research Center, the cultural events, tribal member art and the upcoming golf course at Little Creek Casino Resort. A traveler can now book at least three NorthWest Tribal Tourism museums (Squaxin Island, Suquamish and Makah) along the Olympic and Kitsap Peninsulas.

Congratulations Newlyweds!



Mike and Rose Davis 2.20.2010

Happy 40th Anniversary Rhonda and Mike Foster!



Married March 20th, 1970



Elders Activities

These photos are of the seniors and company beading class every Tuesday, which is taught to us by our beloved Gloria Hill (thank you so much Gloria for your patience). The other is Colleen's "new" office. Hang in there, Colleen . . . the guys are working.



Walking On

Lucille Cecelia Hause

Lucille Cecelia Hause, a beloved Squaxin Island Tribal Elder and a longtime (Grays) Harborite, died on Wednesday, February 3, 2010, at Providence St. Peter Hospital in Olympia. She was 77. She was born on April 26, 1932, in Taholah, Washington to Edwin and Clara (Bagley) Martin. She spent her early years at Taholah, attending school in Taholah, Crescent City, California, Schneiders Prairie, Chemawa and Hoquiam. While at Chemawa, they attended school six days a week and there they learned vocational skills alongside of the "three R's."

As a youth she enjoyed singing and dancing. When she was at the Cushman Indian Hospital in the Tacoma area she would compose letters home for the children that couldn't write. She was asked by some dance people if she would like to go to Hollywood to show her ability to do the "Jitterbug". She said "no thank you" as she was too shy. She did sing on the radio with her sister, Lavina when they were young.

In 1954, she married Donald Joe Washburn Sr. in California, and they divorced a few years later.

For several years she had been in building maintenance and worked as a high school counselor at the North Beach High School in Moclips until an injury forced her to quit in 1976.

In 1961 Lucille was married to Gerald S. Hause in Montesano. He died in 2005.

She enjoyed clam digging, cooking, music, studying her Bible, following the Quinault and Squaxin Tribal Canoe Journeys, attending fish bakes and going to the Olympia Farmer's Market.

Lucille attended the Kingdom Hall of Jehovah's Witnesses. Her travels had taken her to various parts of the West and East Coasts and to Mexico.

Lucille is survived by: her sons, Donald Dawson Reynolds of Grants Pass, Donald Joe Washburn Jr. of Hoquiam and Douglas J. Washburn of Taholah; her daughters, Marilyn Helene Mowitch Clauson of Aberdeen, Charlene



Elizabeth Mowitch Capoeman of Taholah, Suzanne Reynolds of Tigard, Ore., Sally Byrd of Vancouver, Wash. and Meloney Rose Hause of Aberdeen; her brothers, Ed Claplanhoo of Neah Bay, Phillip Martin Sr. of Taholah and David Seymour of Shelton; her sisters, Lila Jacobs and Elizabeth Perez Seymour, both of Shelton; numerous grandchildren and great-grandchildren.

Lucille was preceded in death by a son, Shayne Hause in 1980 and her brothers, Lewis Napoleon, Roy Harold Seymour, Joseph Seymour Sr., Francis Napoleon Jr. and Arthur Martin; also her sisters, Thelma Capoeman, Lavina Reeves, Marjorie Seymour Hill and Mabel Seymour.

Visitation was from 10:00 a.m. until 4:00 p.m. Saturday, February 6, 2010, and from 1:00 p.m. until 5:00 p.m. Sunday, February 7, 2010, at the Coleman Mortuary, 422 - 5th Street in Hoquiam. The funeral service was held at 10:00 a.m. on February 8th at Coleman Mortuary Chapel with Jack Eddy officiating. Burial followed at Taholah Cemetery. Dinner was held at the Taholah Community Center. Out of respect for the family, Squaxin Island tribal offices were closed on that day. Please take a few moments to record your thoughts for the family by signing the online register at www.colemanmortuary.net

Special Thanks

We would like to take this time to thank the people of Squaxin Island Tribe and Quinault Nation for all the food that was donated to the dinner to honor Mom/Auntie Lucille Hause. The family greatly appreciates all the donations, cedar roses (Melissa & Patti), vegetable trays, elk burger, clams, oysters, the music CDs put together with some of Mom/Auntie Lucille's favor-

ite songs and so much more. We're sorry we don't remember everything . . . There was so much help . . . things that we don't even know . . . It is so much work putting together a dinner to honor a relative, and wanting to make sure everything turns out well. We appreciate all of it, and are so grateful for everything!

We want to thank Jolene, Marissa and Margie for taking over and setting up the tables and chairs. We couldn't have done it without you. You 3 are great! Thanks to the cook, Joanne. Your clam chowder was great!!! And thanks to all her kitchen helpers. Thank You, Mikey, for cooking all the fried bread. Thanks to all of you that were there to help clean up. You are all great!!! Thank you, Rose and Mike, for coming to Mom/Auntie Lila's for a prayer service. We know it helped all the family. We want to thank all of you who came to the service and the dinner. It was a great strength to the family of Mom/Auntie Lucille Hause.

We love you Cousins!!!

Meloney Hause and Gloria J. Hill

Motherless Daughters

My sisters and I lost our Mom back in Dec 24, 1974, so I think I know a little about not having Mom in my life. This is a subject that we don't like to talk about, let alone think about. This book has helped me a lot, going through the different stages we go through with our own children . . . we want to share things with our Mom and this book helps. I would strongly suggest it for reading. The book is called 'Motherless Daughters' by Hope Edleman.

This book can be difficult reading; it will bring up your own issues, not having Mom in your life. I would suggest reading some of the book, putting it down and doing some writing or at least talking to someone you can trust. This is a very good tool to get through some tough times. If you would like to come talk to someone who can relate to not having Mom in your life, I am here to help/support in anyway I can.

- Gloria J. Hill

432-3927 or ghill@squaxin.nsn.us



Cub Scouts Visit Squaxin Island

Joseph Peters - On Saturday January 23rd, Tiger Cub Den from Cub Scout Pack 1 of Olympia visited the Squaxin Net Pens via a Squaxin Island Police Boat. The boys learned a little about the Squaxin Police and Natural Resources departments. They all enjoyed feeding the Net Pen coho and the boat ride around Squaxin Island. District 35 Rep. Fred Finn also joined us on our trip; his grandson Vast is a Tiger Cub. Nairn Peters (son of Joseph and Amy Peters) and Kody Peters (son of Kris and Brandi Peters) are members of this Tiger Cub Den, beginning their path to Eagle Scout.



Nairn Peters and his Father, Tiger Den Leader Joseph Peters

FACTS: Of boys who enter Boy Scouts only 2% will achieve Eagle Scout status. Squaxin Island Tribal members on record that have achieved the rank of Eagle Scout are Joseph Peters, Kristopher Peters, and Michael Peters (all sons of Mike and Linda Peters).



Front Row: Maxwell, Nairn Peters (son of Joseph and Amy Peters), Kody Peters (son of Kris and Brandi Peters), Dale, Vast, Lee, Kai.

Back Row: District 35 Rep. Fred Finn, Scott Boyd, Rusty Duncan.

Domestic Violence in the Workplace

Domestic Violence doesn't begin or end in the home. For approximately millions of women who are assaulted each year, domestic violence is a safety and health issue that carries over into the workplace. It is estimated that domestic violence costs American employers \$3 to \$5 billion in lost productivity every year, according to the Centers for Disease Control. Employers lose another \$100 million in lost wages, paid sick leave and absenteeism linked to domestic violence cases. Laws alone cannot prevent abuse, but employers can help provide a safety zone for victims.

Here are some actions in the workplace that can be considered domestic violence:

- Intimidation or verbal harassment
- Disorderly conduct
- Display or discussion of weapons

Please

- Don't downplay the danger, or what your friend shares with you
- Don't judge or criticize
- Don't downplay domestic violence

The above comments/actions can trigger traumatizing events in a victim. The comment/action may not have been directed at the victim, the action may not seem very serious to you, but for the victim of domestic violence it can be very traumatizing.

BATTERING OF WOMEN IS THE MOST UNDER REPORTED CRIME IN AMERICA!!!

Long Term Effects of Domestic Violence

Battered women suffer physical and mental problems as a result of domestic violence. Battering is the single major cause of injury to women, more significant than auto accidents, rapes or muggings. In fact, the emotional and psychological abuse may be more costly to treat in the short-run than physical injury. Many of the physical injuries sustained by women seem to cause medical difficulties as women grow older. Arthritis, hypertension, and heart disease have been directly caused or aggravated by domestic violence suffered early in their lives.

How can you help?

We have learned not to let family/friends drink and drive. We have learned to help stand up against crime. We must refuse to accept the deadly myth that we must 'mind our own business' and no longer turn our heads when domestic violence is happening in our home, in our family, with our Elders or our neighborhood. **DOMESTIC VIOLENCE must be treated for what it is, DOMESTIC VIOLENCE IS A CRIME!!!**

Domestic Violence and Men

I have worked with women who are victims of domestic violence for almost 10 years. I do know that domestic violence doesn't just happen to women. If you men out there think you are going through domestic violence, I do understand that it can be very difficult for men to open up and admit that you, too, go through domestic violence. I just want you to know that I'm here. I can meet you somewhere else rather than here at the office. We can talk about where, when you call me. Please call me at my office 432-3927, Gloria J. Hill -Domestic Violence Project Coordinator/Advocate
ALL CALLS ARE KEPT CONFIDENTIAL





Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

25 Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these snacks.

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
8. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.

 American Dietetic Association



March is National Nutrition Month!

15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
18. Sprinkle grated Parmesan cheese on hot popcorn.
19. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
20. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
21. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
22. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
23. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
24. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
25. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

Now that you are refueled, take a trip to Planet Power. Play the MyPyramid Blast-Off game at www.mypyramid.gov.

Dip it! Bonus Snacks

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in salsa.
- Dip a granola bar in low-fat yogurt.
- Dip mini-toaster waffles in cinnamon applesauce.

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Patty Suskin, Registered Dietitian
Squaxin Island Health Center
voice mail: (360) 432-3929
Email: psuskin@squaxin.nsn.us

Authored by American Dietetic Association staff registered dietitians.

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Coming Soon...



DSHS is introducing its new **Services Card** for medical, dental, and vision services.

It is a plastic card that will take the place of the paper Medical Assistance ID (MAID).

- Clients won't have to do anything! If they are eligible for services, **the card will be mailed to them automatically**, along with instructions for using it. The card is free!
- Clients simply take their card with them each time they visit their medical, dental, or vision provider.
- Each eligible member of a household will receive his or her own Services Card.
- The provider will check the client's eligibility each time they visit for an appointment.
- The Services Card is permanent! Clients use it as long as they are eligible for medical, dental, and vision services.
- If their eligibility for services ends, they should keep the Services Card. Clients can use it if they become eligible for services again in the future.

For more information, visit the ProviderOne website at:

<http://hrsa.dshs.wa.gov/ProviderOne/Clients.htm>

Take Care of your Feet For a Lifetime

Proper foot care is especially critical for people with diabetes because they are at higher risk for foot problems such as:

- Loss of feeling in their feet
- Changes in the shape of their feet
- Foot ulcers or sores that do not heal

Simple daily foot care can prevent serious problems. According to the National Institute of Health, the following simple everyday steps will help prevent serious complications from diabetes:

1. **Take Care of Your Diabetes**
Make healthy lifestyle choices to keep your blood sugar close to normal. Work with your health care team to create a diabetes plan that fits your lifestyle characteristics.
2. **Check Your Feet Every Day**
You may have foot problems that you may not be aware of. Check your feet for cuts, sores, red spots, swelling, or infected toenails. Checking your feet should become part of your daily routine. If you have trouble bending over to see your feet, use a mirror to help. You can also ask a family member to help you.
Important Reminder - Be sure to call your doctor immediately if a cut, sore, blister, or bruise on your foot does not heal after one day.
3. **Wash Your Feet Every Day**
Wash your feet in warm, NOT HOT, water. Do not soak your feet because your skin will get dry. Before bathing or showering, test the water to make sure it is not too hot with your elbow or a thermometer. Dry your feet well. Be sure to dry between your toes. Use talcum powder to keep the skin dry between the toes.
4. **Keep the Skin Soft and Smooth**
Rub a thin coat of skin lotion or cream on the tops and bottoms of the feet. Do not put lotion between your toes, because this might cause infection.
5. **Wear Shoes and Socks At All Times**
Wear shoes and socks at all times. Do not walk barefoot, not even indoors. It is extremely easy to step on something and hurt your feet. Always wear seamless socks, stockings, and nylons with your shoes to help avoid the possibility of blisters and sores developing. Be sure to choose seamless socks that are made of materials that wick moisture away from your feet and absorb shock and shear. Socks made of these materials help keep your feet dry. Always check the insides of your shoes before putting them on. Make sure the lining is smooth and there are no foreign objects in the shoe, such as pebbles. Wear shoes that fit well and protect your feet.
6. **Protect Them From Hot and Cold**
Always wear shoes at the beach or on hot pavement. Put sunscreen on the



Coming Soon!

**State Financial Worker
in the Clinic**

**No need to go downtown to
see if you qualify.**

**Call Kathy Hatch
for more information**

427-9006



tops of your feet for protection from the sun. Keep your feet away from radiators or open fires. DO NOT use hot water bottle or heating pads on your feet. If your feet are cold, wear seamless socks at night. Lined boots are good to keep your feet warm in the winter. Choose socks carefully. DO NOT wear socks with seams or bumpy areas. Choose padded socks to protect your feet and make walking more comfortable. In cold weather, check your feet often to keep your feet warm avoid frostbite.

7. Keep the Blood Flowing to Your Feet

Put your feet up when you are sitting. Wiggle your toes for 5 minutes, 2 or 3 times a day. Move your ankles up and down and in and out to improve blood flow in your feet and legs.

1. DO NOT cross your legs for long periods of time.
2. DO NOT wear tight socks, elastic, or rubber bands, or garters around your legs.
3. DO NOT wear restrictive footwear or foot products. Foot products that can cut off circulation to the feet, such as products with elastic, should not be worn by diabetics.
4. DO NOT smoke. Smoking reduces blood flow to your feet.

8. Be More Active

Work with your health provider to set up an exercise program that is right for you. Walking, dancing, swimming, and bicycling are good forms of exercise that are easy on the feet. Avoid activities that are hard on the feet, such as running and jumping. Always include a short warm-up or cool-down period. Wear protective walking or athletic shoes that fit well and offer good support.

9. Communicate With Your Health Provider

Each time you go to the clinic, take off your shoes & socks and ask Dr Hoptowit, Tiff or Dave to check the sense of feeling and pulses in your feet & ask them if they notice any problems. If you would prefer to see Dr. Kochhar, Podiatrist, contact Patty at (360)432-3929 to schedule an appointment. Dr Kochhar will be here on Friday morning, March 12th.



Outdoor activity of the Month

Hiking idea: CHEHALIS RIVER SURGE PLAIN NATURAL AREA PRESERVE TRAIL (*from The Olympian*)

HIKE DESCRIPTION:

This easy trail is a converted railroad grade that follows a route along the edge of the "surge plain" of the Chehalis River, which is the place where the tide mixes with the fresh water. As you walk along the trail, you will find yourself puzzling over how the mix of saltwater and fresh water seems to work well in some habitats and not in others. Where is the line drawn, or the tipping point reached, that the salinity of the water is no longer hospitable for certain plants and trees? This 2,643-acre preserve contains the largest and best quality tidal surge plain wetland in the state. The site protects sloughs that wind through the site, providing important shelter for young salmon and other fish.

In the summer of 2009, a 6-foot-wide, compacted-gravel surface was completed for the entire length of the trail. The trail passes through a variety of low-elevation, river-bottom habitat, with some large trees, including Sitka spruce and western red cedar.

There are parking lots at each end, 3 1/2 miles apart, with informal fishing access at the end of Preacher's Slough Road.

DIRECTIONS:

In Montesano, take Highway 107. Turn right on Preacher Slough Road, 3 1/2 miles from Montesano. Cross the trail and turn into the parking lot on the left. The trail crosses a slough on a bridge and continues 3.5 miles west to a smaller lot off Blue Slough Road. Difficulty rating: 1 (1 is easiest, 5 is most difficult)

MILES ROUND-TRIP:	7
ELEVATION:	Minimal
BEST TIME OF YEAR:	Year-round
PASS:	None needed

ALSO: On all outdoor excursions, carry the 10 essentials and clothing appropriate and adequate to the conditions you might encounter. Montesano has restaurants for an after-hike meal or snack.

DEPT OF NATURAL RESOURCES

Phone: 360-902-1600

E-mail: information@dnr.wa.gov

This *Hike of the Week* is presented by Hiking/Backpacking Committees of the Olympia and Tacoma branches of The Mountaineers.

If you have high blood pressure or high cholesterol, work with your health care team to lower it.

Glen Parker is serious about taking care of his feet. He is having his feet examined by Molina Kochhar, DPM Podiatrist in October. Dr. Kochhar will be back the morning of March 12th. If you would like Dr. Kochhar to check your feet, contact Patty Suskin at (360)432-3929.



Upcoming Health Events

Mammograms and Women's Health Exams

Thursday, March 25th at the clinic
Contact Lea Cruz @432-3930

Brief Community Walk

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

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

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

Free Pilates classes

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

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Foot Exam Morning for People with Diabetes

Friday, March 12th at Clinic
Call Patty for an appointment

Come Visit

our Health Promotions Programs

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

Interested in our Nationally Recognized Lifestyle Balance Program?

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

Community Health Walk

Thursday, March 18th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa to be
in the drawing for a gas card!
First place: \$25 gas card & small gift;
2nd place: \$25 gas card
3rd place: small Nike item
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!

The tribe with the most walkers each
month wins the walking stick.
We won it in October ...
can we get it back in February?

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

American Diabetes Association EXPO/Seattle

WASHINGTON STATE CONVENTION & TRADE CENTER

Everything you need to know about diabetes & healthy living under one roof!

- Exhibits Featuring the Latest Products, Services and Medications
- Ask the Expert: Questions Answered by Medical Professionals
- Exciting Speakers on Diabetes Related Topics
- Healthy Eating Cooking Demonstrations
- Active Living Fitness Demonstrations
- El Mundo Latino (Spanish Information)
- Interactive Kids Corner for kids of all ages
- FREE Health Screenings
- ADA Bookstore where books are available at 25% off member prices



EVENT COORDINATOR: Mark Johnson
CONTACT INFO: mjohnson@diabetes.org or (206) 282-4616 x7212.
DATE: Saturday, May 1, 2010
TIME: 9:00 AM - 3:00 PM
ADDRESS: 800 Convention Place, Seattle, WA 98101

Elders: Sign up with Colleen to go with the group: (360)432-3936
or cwoodard@squaxin.nsn.us

Need Food?

Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition
information for you
and your child up to age 5

NEW: Bring your child to WIC to have their teeth checked on March 1st

Please bring: your child, medical coupons
or paystub & identification

Monday, March 1st, 9 a.m. to 4 p.m.

Contact Debbie Gardipee-Reyes:
462-3227

Dates subject to change

COMMODITIES AT SPIPA

Monday, March 8th, 10 a.m. to noon

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

Dates subject to change

FOOD BANK

At Health Promotions Building
If you need access to the food bank at any
time once a week, just stop by.

If possible, Wednesday is the best day.
If you would like to be on call list for
fresh produce or bread, let me know.

Contact Melissa Grant: (360)432-3926

Meal Menu

Meal Program Entrees March 2010

Mon., Mar 1: Baked Halibut
Tues., Mar 2: Soup & Sandwich
Wed., Mar 3: Stuffed Peppers
Thurs., Mar 4: Tacos

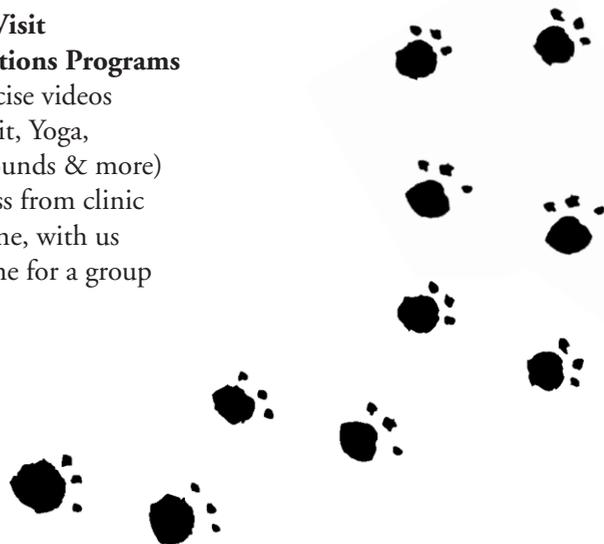
Mon., Mar 8: BBQ Baked Chicken
Tues., Mar 9: Soup & Sandwich
Wed., Mar 10: Pepper Steak
Thurs., Mar 11: Pork Roast

Mon., Mar 15: Spaghetti
Tues., Mar 16: Soup & Sandwich
Wed., Mar 17: Corned Beef
Thurs., Mar 18: Pizza

Mon., Mar 22: Ham & Scalloped potatoes
Tues., Mar 23: Soup & Sandwich
Wed., Mar 24: Baked Fish
Thurs., Mar 25: Sandwich & Soup

Mon., Mar 29: Stir Fry
Tues., Mar 30: Soup & Sandwich
Wed., March 31: Enchiladas

Menu Subject to Change





March is Colon Health Month.

Did you know that colorectal cancer is the second leading cause of cancer related deaths in the US? And the third most common type of cancer in both men and women? In WA State, Native Americans have the highest incidence of colorectal cancer. However, it is a preventable and treatable form of cancer. When diagnosed early, colon cancer has a five-year survival rate of 90%.

Colorectal cancer has no symptoms and usually develops from small growths in the rectum or colon called polyps. As polyps silently grow, they can become cancerous. Polyps often bleed, and the blood can be detected in a small stool sample. This simple, yearly screening can help detect a growing polyp, which if removed early on, can prevent cancerous growths. Screening is recommended for anyone 50 yrs of age and older. Anyone who has had a polyp removed, or has a family member who's had colorectal cancer should be screened at a younger age. The test is actually painless, and only takes a few minutes to complete, but most people don't want to do it? Why? Yes, it's inconvenient, but not as inconvenient as cancer treatments.

If we can catch colorectal cancer early, we can easily treat it and stop its deadly progression. Ask your health care provider about colorectal cancer screening, and make it part of your health care plan.

(above section written by Cindy Beck, ND, Chehalis Patient Navigator)

SPIPA Colorectal Cancer Grant

Colorectal cancer is one of the few cancers that can be screened for and treated in a "pre-cancerous" stage. The medical community has shown that colon cancer can be prevented or treated at the earliest stage possible through routine screening of patients age 50 and older. Routine screening includes either a colonoscopy every ten years or an annual "stool test". Previously, many of our tribal clinics could not afford to provide a colonoscopy for all patients or have staff available to manage annual "stool tests" as recommended by the American Cancer Society. Now we have the resources to tackle colorectal cancer.

The South Puget Intertribal Planning Agency (SPIPA) has been awarded \$600,000 per year for five years by the Centers for Disease Control to work with seven SW Washington Tribes to design and implement a Tribal-based colorectal cancer control program. The seven tribes include the five SPIPA tribes plus Quinault and Cowlitz. Twenty-two states and 4 tribal organizations (SPIPA and three Alaska Native organizations) were selected for funding through the Center for Disease Control's objective review process.

The overarching focus of the national program is to increase colorectal cancer screening rate in the United States for all person 50 years of age and older. This will be achieved through two main goals:

1. Community-wide activities including education activities to increase community awareness and patient assistance with making appointments for colorectal cancer screening.

GOAL: Achieve an 80% colorectal cancer screening rate of population

2. Free colorectal cancer screening and diagnostic services for those 50 and older without insurance or assistance with co-pays for those with insurance.

GOAL: Provide screening and follow up to at least 800 eligible patients per year

This Colorectal Cancer Screening Program will help SPIPA achieve the second Comprehensive Cancer Control Program goal to detect all screenable cancers at the earliest stage for tribal and community members of all SPIPA tribes, and surpass the CCCP fourth

objective to work with the Tribal Clinics to screen at least 50% of the age-appropriate population for colorectal cancer.

This new SPIPA program is modeled after our successful Native Women's Wellness Program and our Comprehensive Cancer Control Program. The Colorectal Cancer Program will work closely with staff from these two programs. The Colorectal Cancer program will also fund a half-time Medical Assistant position at each of the seven participating Tribal clinics to help with patient navigation and case management of services related to colorectal cancer. Additional resources funding through this grant include provider education and the development of educational materials.

The SPIPA Colon Health Program, as the only lower-48 Tribal Colorectal Cancer Program, will be involved in state and national efforts to bring the message forward on how to best address colorectal cancer for Indian Country. We look forward to learning together how to create an effective and quality colorectal cancer control program for the seven Tribes.

Facts about the Colon Health Program

(written by Cheryl Mahlberg, MA, Squaxin Island Patient Navigator):

- There are 7 Tribes included in this CHP. They are:
 - Squaxin Island
 - Quinault
 - Chehalis
 - Cowlitz
 - Nisqually
 - Shoalwater Bay
 - Skokomish
- Who is eligible for this program
 - Those without insurance or limited insurance at or below 250% Federal Poverty Level.
 - 50 to 64 years of age
 - Direct family history of colon cancer (first degree family)
- When will this start?
 - SPIPA hopes to have screening services in place at all seven Tribal Clinics by March 1st (in time for Colon Cancer Awareness Month)
- What will the CHP pay for?
 - Screening for colorectal cancer and an office visit
 - Annual take-home test for average risk (FIT Test)
 - Screening colonoscopy for those at increased risk
 - Diagnostic services (if needed)
 - Extra staffing at each Tribal Clinic to help with Patient Navigation through these services

Call the Health Clinic at 427-9006 or 432-3933 to speak with Cheryl the Patient Navigator if you have any questions or would like to set up your screening.



COMMUNITY



Happy Birthday

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

What's Happening

	1	2	3	4	5	6
			Family Court	AA Meeting 7:30	CD release celebration	
7	8	9 Button Robe Workshop Criminal/Civil Court	10	11 Council Mtg. AA Meeting 7:30	12 Bingo @ LCCR	13 Bingo @ LCCR
14	15	16	17	18 AA Meeting 7:30	19	20
21	22	23 Button Robe Workshop Criminal/Civil Court	24	25 Council Mtg. Candidates Forum 5 p.m. Elders Bldg	26	27
28	29	30	31			

Shaker Prayers and Services

Rose and Mike Davis are available for Shaker prayers and services

Please call 877-0820

Squaxin Bible Study

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



COMMUNITY



Who Are They?



Emory & Ruth Peters Family

BACK:
Mike & Jim

MIDDLE:
Peggy, Cheryl, Kathy (in gray),
Linda (red sweater), Cindy & Ray

FRONT:
Kim, Debra & Diana

Happy Birthday Dump



**Loads and Loads of
Love From Mom**

**Happy Birthday
Crystal
Love and Miss You!
Dad (Ed)**

Special Thanks

The MLRC staff wants to send out a huge Kudos to those who volunteered their time for our 3rd annual Valentines Day Make Over!

THANK YOU TO:
Joanne Decicio for donating Avon to our dice game and to the volunteers' gift bags; Surita Nixon for her time doing facial make-overs (all the gals looked very beautiful!); Elise Krohn for her wonderful warm foot baths (It's one of the girls' favorites!); Bridget Ray for the sensual lotions, oils and lip balms; Krystal Koenig for prettying up all the girls fingernails; Stephanie and her mother, Pat, for helping out at the end; and I can't forget my daughter, Leila ,for helping out everywhere (Thanks sweetie!).

Great Job Ladies!!!! I really appreciated everything and everyone - those who came to enjoy the day and those who helped pamper all the girls. - Ruth

**Lordy, Lordy
We Can't Believe Our
Daughter is 40
and a Gramma
of 2 Healthy Boys!!!**



Love, Mom & Dad

**Happy Birthday
Becky
We Are So Proud of You!
Keep it Up!**



Love, Mom & Dad

**Happy Birthday
Mom**



**From Your Daughter
Elizabeth**

**Happy Birthday to Our Little Precious Ones
Sara & Ben
We Love You So Very Much
- Mom & Dad**



**Happy 7th Birthday
To You, Sara,
March 13, 2003
Grandpa Conrad
& Grandma Liz
LOVE YOU VERY
MUCH!**

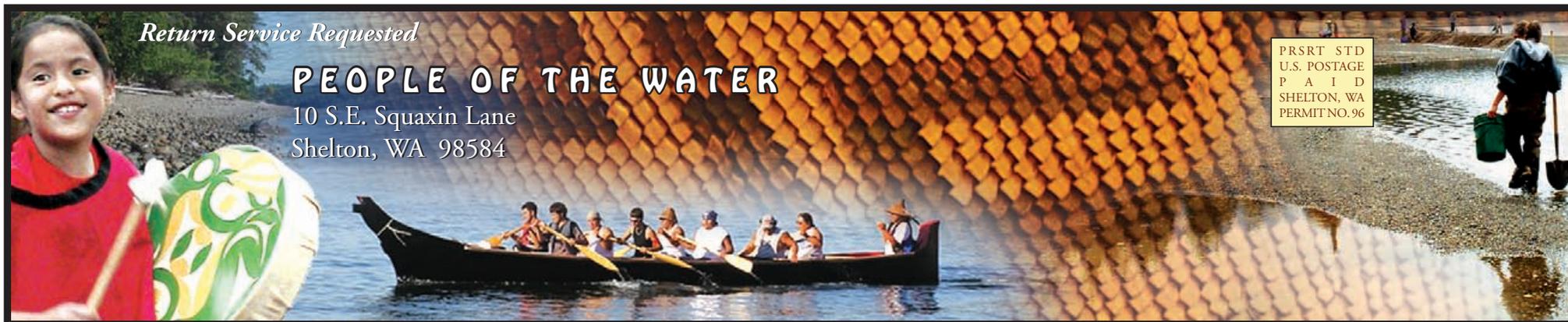
**Happy 6th Birthday
To You, Benjamin,
March 30, 2004
Grandpa Conrad
& Grandma Liz
LOVE YOU VERY
MUCH!**

**Happy Birthday
Sue**



**Loads and Loads of
Love,
Your Sis Barb**

**Happy 3rd Birthday
Kameron Marshall
Weythman
We Love you bunches.
Love, All Your Aunties,
Uncles & Cousins**



Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96

Hearty Chili

(Serving size: 1 cup; 76 cal; 1g Fat; 3g Fiber;
11g Carbohydrate) Recipe makes 20 cups.

- 10 ounces extra-lean ground turkey breast
- 1 medium onion, diced
- 2 (28 ounce) cans diced tomatoes
- 2 medium zucchini, diced
- 2 medium yellow squash, diced
- 1 (15 ounce) can of black beans
- 2 (15 ounce) cans fat free, reduced sodium beef broth
- 4 celery stalks
- 2 green bell peppers, diced
- 1 package dry chili seasoning.

Spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add the turkey and onion and sauté until browned, about 5 minutes. Transfer the turkey and onion mixture to a large soup pot. Add tomatoes, zucchini, squash, beans, broth, celery, bell peppers and chili seasoning. Bring to a simmer over medium heat. Continue to simmer until the vegetables are tender - about 30 minutes.

(Recipe courtesy of *Weight Watchers*)



Jasmine Nelson & Tashenna Ackerman enjoy Hearty Chili. This recipe was also a big hit at Lifestyle Balance Program. For more healthy, tasty recipes and information, contact Melissa Grant at 432-3926.

2010 Button Robe Schedule For High School Seniors	
All meetings at 5-7 P.M. at Bordeaux Elementary	
February 9	
February 23	
March 9	
March 23	
April 6	
April 13	
April 20	
April 27	
May 4	
May 11	
May 14	**Awards Banquet**



\$250,000 ROYAL FLUSH

You're off to a winning start...
Players Club members receive one free swipe per day!

Swipe your club card daily at the Royal Flush kiosk to earn entries into the Game Show and a chance to instantly win \$25,000!

Weekly contestants selected to play Royal Flush game show for a chance to win \$250,000!

LITTLE CREEK CASINO RESORT
www.little-creek.com

Minutes North of Olympia on Hwy 101 • 360-427-7711
Must be present to win, see Players Club for details.

Over \$20,000 in cash and prizes will go!

BINGO AT THE CREEK

Win big at our monthly bingo sessions!

Friday, March 12th at 6:30pm
Saturday, March 13th at 2:30pm & 6:30pm

*Early Bird specials Fri & Sat 6:30pm session
Wear tie-dye receive extra level 1 with buy-in purchase
\$69 Hotel Stay**

LITTLE CREEK CASINO RESORT
www.little-creek.com

IT'S NOT HOW FAR YOU GO, IT'S HOW FAR YOU GET AWAY
Restrictions may apply. Must be over 18 to play. Located in the Skookum Creek Event Center.
*Valid for Bingo participants, must show Players Club Membership.