

Squaxin Island Tribal and Community Members

Become a merchandise or a food vendor during Paddle to Squaxin 2012

To apply online, please visit www.paddletosquaxin2012.org, look for the "Vendor" link, read the rules, scroll to the bottom, click on the "Registration" and fill it out at NO COST (for Squaxin Island tribal members). If you would like to have a vendor booth at the landing site in Olympia on July 29, please contact Ruth Whitener, 432-3841. Booths at the landing site are limited.

This will be a strong beginning to becoming an Entrepreneur!

Thank You Olympia Yacht Club!!!

Gary Ball of the Olympia Yacht Club presented Squaxin Island Tribal Council with a donation check for \$500 to support Paddle to Squaxin 2012.



L-R: Ray Peters, Pete Kruger, Arnold Cooper, David Lopeman, Gary Ball, Andy Whitener, Jim Peters and Charlene Krise

Squaxin Island MLRC Awarded Prestigious Grant

Institute of Museum and Library Services

Thanks to the federal Institute of Museum and Library Services (IMLS), the Museum, Library, and Research Center (Home of Sacred Belongings) will complete a Risk Evaluation and Emergency Planning Project. The project will allow tailoring an emergency plan to the museum. We will undertake practical mitigation steps, and develop relationships with local responders and tribal emergency management.

Continued on Page 14



HOUSE OF REPRESENTATIVES

RESOLUTION

HOUSE RESOLUTION NO. 4688, by Representatives Hunt, Reykdal, Kenney, and McCoy

WHEREAS, Next July 29th in Olympia, upwards of 15,000 visitors will enthusiastically welcome the arrival of over 100 tribal canoes as they conclude long distance journeys as participants in this year's Tribal Canoe Journey, "Paddle to Squaxin 2012," hosted by the Squaxin Island Tribe, whose homeland is South Puget Sound; and

WHEREAS, The canoes will represent approximately 60 tribes from many locations in Washington, Alaska, and British Columbia, as well as from other states and countries, and will arrive at the Port of Olympia's NorthPoint near Swantown Marina in downtown Olympia; and

WHEREAS, Following their arrival in Olympia, they will join together in multiday cultural festivities until August 5th, which are open to the public, at the Squaxin Tribal community at Kamilche, halfway between Olympia and Shelton, in Mason County; and

WHEREAS, The Canoe Journey, "Paddle to Squaxin 2012," represents a revival of traditional canoe culture so fundamental to traditional Native American life around Puget Sound, the Salish Sea, the Strait of Juan de Fuca, the Pacific Ocean, and other Pacific Northwest marine waters, which frequently involved long journeys for economic, social, and cultural purposes; and

WHEREAS, The Tribal Canoe Journeys have become a vital activity of the revitalization of cultural expression for Native American families to pass along their traditional way of life to younger generations; and

WHEREAS, The inaugural Tribal Canoe Journey, "Paddle to Seattle," coincided with the 1989 State of Washington's Centennial Celebration and brought 17 tribes together as a tribute to the Salish Seas tribal canoe tradition and cultural heritage; and

WHEREAS, "Paddle to Squaxin 2012" is a community-building, youth-focused drug and alcohol-free, waste-free event, with the motto, "Teachings of Our Ancestors";

NOW, THEREFORE, BE IT RESOLVED, That the Washington State House of Representatives heartily welcome to the State Capital the many tribal members, tribal paddlers, their support teams, hundreds of volunteers, and thousands of enthusiastic visitors, who will participate in the Canoe Journey, "Paddle to Squaxin 2012" historic gathering; and

BE IT FURTHER RESOLVED, That the Washington State House of Representatives congratulate the Squaxin Island Tribe for its leadership in organizing and hosting the Canoe Journey, "Paddle to Squaxin 2012" event, and further express its appreciation to the City of Olympia, the Port of Olympia, Mason county, Thurston county, and hundreds of volunteers for their active support of this historic event; and

BE IT FURTHER RESOLVED, That the Washington State House of Representatives express its admiration for the personal fitness and endurance of the tribal paddlers, many of whom will have paddled for hundreds of miles to arrive in Olympia; and

BE IT FURTHER RESOLVED, That copies of this resolution be immediately transmitted by the Chief Clerk of the Washington State House of Representatives to the Squaxin Island Tribe, the City of Olympia, the Port of Olympia, Mason county, and Thurston county.

I hereby certify this to be a true and correct copy of
Resolution 4688 adopted by the House of Representatives
March 8, 2012



Barbara Baker, Chief Clerk



“Blue Badge” Rotarian



Rotary members start out as “Red Badge” members. To become full members, they must do a few things, like attend another area’s Rotary meeting and attend an Olympia Rotary Board meeting. The Rotary assigns a “classification” for each member. I’m Tribal Tourism. To get the Blue Badge, each Red Badge must present a classification speech. On March 19th, I gave my Tribal Tourism classification speech. It’s only 3 minutes. So I started with my family and completed the circle about working here, at Squaxin Island Tribe as the Tourism Director. Riley Moore, Olympia Rotary President congratulating me after my classification speech.

The Olympia Rotary has a “Happy Bucks” fund-raiser. Each week, for \$5.00 any member may get up and speak about business news, personal successes, birthdays and anniversaries. I use the time to promote Paddle to Squaxin 2012. On March 19th, I announced that we have posters and brochures available.

Each Rotary (there are thousands) honors members’ birthdays. It was my turn to wish the members a Happy Birthday. Here I’m reading off the names of February and March birthdays. I asked them, “If you didn’t not know your age, how old would you be?”



Elders to Hold Raffle at General Body Mtg

This is one of the raffle items that we will have at the General Body meeting. *Tickets Now ON Sale at the Elders Building \$2 each or 3 for \$5.00.*



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinisoland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
RAY PETERS: 1st Council Member
JIM PETERS: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

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



2012 General Body Meeting May 5, 2012

Little Creek Events Center
Sign in starts at 8:30 a.m.
Lunch will be served at noon

Elections will be held for:
Tribal Council Secretary
Tribal Council Treasurer

Per Tribal Council, the General Body Meeting is for TRIBAL MEMBERS & SPOUSES ONLY.
Enrollment will be checked at the door.

For more information contact the tribal center at 360-426-9781

Native Business:

Financial Tips to Bring to General Council

General council is approaching. When financials are provided for general body review, do not let the accounting terms and information formatting scare you. Here are a few tips to make it simple to understand a profit and loss statement, also called an income statement, reported by the government or on tribally owned businesses.

Four ways money can enter a tribal government or business:

- 1) Federal funding or cash sales;
- 2) Proceeds from a loan (debt);
- 3) New investor or current owner (equity);
- 4) Accounts receivable collections.

Four ways money can leave a tribal government or business:

- 1) Purchase assets such as land, equipment, or inventory;
- 2) Payroll and expenses incurred from being in business;
- 3) Make loan payments;
- 4) Distribute earnings to the owners.



As you have the opportunity to review your tribe's income statement, just know the purpose of financials are to explain how money travels into, is utilized within, and moves out of your tribal system. Reports will differ in small ways from one tribe to the next but practically all follow the same general guidelines.



**2012 Candidate Forum
Information Sessions**

Tuesday April 10th at 5:00 and
Monday April 23rd at 5:00
Elders' Dining Room

Tribal members who are running for a Council position at this year's General Body meeting are encouraged to declare their candidacy and to participate in these information sessions. Your tribal member voters want to hear from you!

This year the forums will be a more informal open-floor format allowing candidates to share their views about important topics and to answer questions from the general body.

Come learn more about your potential future leaders!

If you have questions about the forums please call Whitney Jones at 426-3442 or to declare your candidacy in the Klah-Che-Min please call Theresa Henderson at 426-9781.

Drug Task Force

New email address: drugtaskforce@squaxin.us
Please email us with community input on ideas to eradicate drugs in our community!

Tribal Council Resolutions

- 12-10:** Authorizes SPIPA to submit a proposal to the Centers for Disease Control and Prevention for cancer prevention and control programs
- 12-11:** Authorizes SPIPA to submit a proposal to the Centers for Disease Control and Prevention for a cancer prevention and control program for women
- 12-12:** Authorizes SPIPA to submit a grant proposal to the United States Administration for Children and Families, Low Income Home Energy Assistance Program's Residential Energy Assistance Challenge Program (REACH) for a two year energy assistance program
- 12-13:** Authorizes SPIPA to submit a proposal to the United States Health Resources and Services Administration Public Access to Defibrillation Demonstration Project for two years
- 12-14:** Authorizes submission of proposals to the Department of Justice four multi-year projects through the Coordinated Tribal assistance Program, including the following purpose areas:
 - Purpose Area #1: Public safety and community policing (COPS)
 - Purpose Area #2: Comprehensive Planning Demonstration Program (BJA)
 - Purpose Area #6: Violence Against Women (OVW)
 - Purpose area #10: Tribal Youth Program
- 12-16:** Enrolls Jackson Napoleon
- 12-17:** Enrolls Armonie McFarlane
- 12-18:** Enrolls Phinatue Hodgson
- 12-19:** Enrolls Wilson and Allie Mae Johns
- 12-20:** Approves the Memorandum of Agreement between the Tribe and SPIPA pertaining to TANF
- 12-21:** Adopts recommended FY12 Pacific Salmon Treaty (PST) proposal for funds and the FY11 PST Progress Report presented in documents submitted by Joe Peters, Fish Biologist



TU HA' BUTS LEARNING CENTER



Youth Activities Update

With the beginning of spring, the hours for the Youth Activity Program are expanding. Through the winter months, the early darkness usually meant most kids were heading home at an earlier hour. Now that the daylight is lasting a bit longer, we have more and more kids who are staying until our 6:00 p.m. closing time. Starting with April, our regular afterschool hours will extend until 6:30 p.m.

With April fast approaching, we are also planning for youth activities during the Spring Break from school. Both Shelton and Griffin School Districts will take breaks during the first week, from April 2-6. As of this writing, we are expecting a schedule very similar to last year, with on-site activities at the TLC from Monday through Wednesday, and a field trip on Thursday. Kids who want to attend the field trip will need to attend

at least two of the three days prior to the field trip (could be Monday/Tuesday, Tuesday/Wednesday, or Monday/Wednesday). We'll wrap up the week on Friday with fun activities back at the TLC building.

Just a reminder to parents and guardians, for your children to participate in the afterschool program, and/or in our Spring Break activities, we will need permission slips completed and turned in prior to their attending. These forms are available at the TLC.

April also means it's time for the Squaxin Island Easter Egg Hunt. *This year's Easter Egg Hunt is planned for Saturday, April 7th starting at 10:30 a.m.* The fun will be divided into different age groups and it will all happen pretty quickly, so I encourage everyone to be on time. In fact, I encourage you to be early because we will have morn-

Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm **Front Desk:** 432-3958

YOUTH Gym/Recreation hours: M-F: 3-6:30pm (varies per school schedule)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 SSD No School GSD No School Spring Break Schedule 9-3	3 SSD No School GSD No School Spring Break Schedule 9-3	4 SSD No School GSD No School Spring Break Schedule 9-3	5 SSD No School GSD No School Spring Break Schedule 9-3	6 SSD No School GSD No School	7 Easter Egg Hunt Starts at 10:30am (in the ball field)
9 Open Gym: 3-6:30 Rec Room: 3-6:30 Open Swim: 3-6 Teen Room: 4-6	10 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Crafts: 5-6	11 GSD ER Open Gym: 2:30-6:30 Rec Room: 2:30-6:30 Open Swim: 3-6 Teen Room: 4-6	12 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Crafts: 5-6	13 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Open Swim: 5-8	14
16 Open Gym: 3-6:30 Rec Room: 3-6:30 Open Swim: 3-6 Teen Room: 4-6	17 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Crafts: 5-6	18 GSD ER Open Gym: 2:30-6:30 Rec Room: 2:30-6:30 Open Swim: 3-6 Teen Room: 4-6	19 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Crafts: 5-6	20 SSD ER 1.5 Open Gym: 1:30-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Open Swim: 5-8	21
23 Open Gym: 3-6:30 Rec Room: 3-6:30 Open Swim: 3-6 Teen Room: 4-6	24 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Crafts: 5-6	25 GSD ER Open Gym: 2:30-6:30 Rec Room: 2:30-6:30 Open Swim: 3-6 Teen Room: 4-6	26 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Crafts: 5-6	27 Open Gym: 3-6:30 Rec Room: 3-6:30 Teen Room: 4-6 Open Swim: 5-8	28
30 Open Gym: 3-6:30 Rec Room: 3-6:30 Open Swim: 3-6 Teen Room: 4-6	Afterschool Snacks: M-F, 4-4:45pm Computer Lab: M-Th, 3-6pm, F 3-5pm Sylvan: M-Th, 4:30-7:30pm Homework Help, GED Prep: T-Th, 4-7pm		Key: ER: early release SSD: Shelton School District GSD: Griffin School District TLC: Tu Ha' Buts Learning Center		REMINDER Tutors: everyday afterschool, 3:30- 5:00pm. Homework Help is Tuesday - Thursday, 4-7pm, TLC classroom



ing refreshments – muffins, pastries, juices, coffee, hot chocolate and more. Hint: some of the Easter Eggs will be specially marked. If you find one of these, you can trade it in for a special prize.

The Teen Room will be available for use in April, weekdays from 4-6 p.m. We'll be asking teens to share their thoughts on what the hours should be, and what they would like to see in the Teen Center. Based on what they share with us, the teen room will continue to evolve into a place for teens to socialize, get help with homework, participate in workshops, and more.

We are always open to volunteers – to help with arts and crafts, play indoor or outdoor games, teach new skills to the kids, and lots more. If you are interested in helping out with the afterschool program, call Gordon James at (360) 490-2701 or drop by the TLC. We do expect that all volunteers will pass a background check before working with the children.

After School Homework Help

Do you need help with your homework after school or just want to brush up on your skills? Help is available Tuesday, Wednesday and Thursday 4:00 to 7:00 p.m. in the TLC classroom.

Sylvan Corner

These students have achieved perfect attendance for the month of February: Trinity Byrd, Emily Whitener, and Jackson Cruz. You guys are AWESOME, keep up the great work!!

These students only missed perfect attendance by one session: Tiana Henry, Cleveland Johnson, Thomas Kennedy, Kierah Lincoln-Sigo, Shawn Lincoln-Sigo, Lynzy Petty, and Jordan Lopeman-Johns.

KEEP UP THE EXCELLENT WORK GUYS & GALS

GED Instruction & Testing Assistance

GED instruction & testing assistance is available in TLC on Tuesday, Wednesday, and Thursday 4:00 to 7:00 p.m. in the TLC classroom. Ask for Jaimie.

Higher Education

If you or someone you know are interested in going to college, please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.

ALL STUDENTS (new and returning) interested in Higher Education please be aware that the due date for the 2012/13 FAFSA was Friday March 2, 2012. You can complete your 2012/13 FAFSA online, the free website is www.FAFSA.ed.gov.

Summer Quarter

Summer quarter is right around the corner, summer quarter requires a special request letter from the student and an approval from the Education Commission. Summer quarter is not automatically funded. Please turn in your paperwork for summer quarter no later than Friday May 25, 2012. The information needed is: special request letter specifying

the need to attend summer quarter classes, Memorandum of Commitment, summer class schedule, receipts for tuition and books from spring quarter, if you have not already turned them in. If you have questions or need assistance, please contact Lisa Evans in TLC at 432-3882 or levans@squaxin.us.

Grays Harbor Reservation Based AA Degree Bridge Program

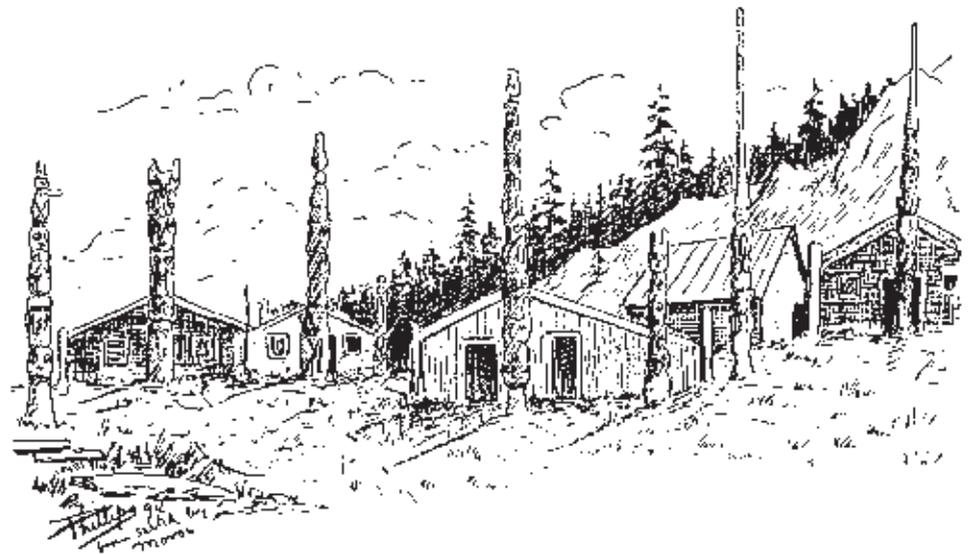
The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.

Available Scholarships

Please contact Lisa Evans if you are interested in available scholarships to help with your Higher Education endeavors. Currently there is a booklet available with approximately 75 different scholarships for Native Americans students. Please come into TLC to pick up the booklet as it is too heavy to mail out. I can email the booklet to interested parties with a working email address.





Tu Ha' Buts Learning Academy News

TLC offers many options to support student learning and high school completion. One of these options is our learning academy located at TLC. We have a partnership with East Valley School District in Spokane. When students enroll at the learning academy, they are actually enrolled in East Valley School District but going to school here. Part of the work is online; some is completed through doing work packets and projects to go along with the learning. We hope to also develop internships within our enterprises for career learning and work experience. We expect students to apply themselves, to make adequate progress and to do quality work. An individual work plan is created for each student. On March 1st, we added a full time teacher to work with our TLA students. Her name is Lynn White. Please stop by to meet Lynn and to find out more.

Student Work:

Book Review by AJ Krise

Indian Shoes

Cynthia Leitich Smith is the author and it is published by Harper Collins. The main characters are Ray Halfmoon and Grandpa Halfmoon.

Ray Halfmoon and his Grandpa, Halfmoon, live in New York City. They were in a store, and they saw the moccasins, but they could not afford to get them.

My favorite part was when they got their moccasins and how they got them.

I would give the book an eight or a nine because it's a really cool book. It got me too finish the whole entire Book.

http://4.bp.blogspot.com/_-5oAyjIP-wHQ/TJJ4vciCNII/AAAAAAAA7Rw/h0d-m-6jysE/s1600/Indian+Shoes.jpg

New Employee



Lynn White
Online Teacher

Hi! My name is Lynn White. I was recently hired in the TLC building as the online teacher. I graduated from Central Washington University in 2007 with my teaching degree. In the past I have worked the Summer Rec Program here at Squaxin Island. I am excited to be back and working here with the students.

Available Scholarships

Apply to be a Fall 2012 White House Intern:

White House Interns have the chance to work with government officials in offices such as the Office of the First Lady, the Office of the Chief of Staff, the Office of Public Engagement, Intergovernmental Affairs, the National Economic Council and the Domestic Policy Council. Assignments vary dependent on an intern's office, but interns conduct research, attend meetings with officials, write memos and requests, participate in speaker series' with senior staff members, engage in service projects, and staff and plan events. By dedicating the time, talents, energy and service, interns become part of the White House team and work to improve the community and nation. Deadline is April 1, 2012, apply at www.whitehouse.gov/about/internships/apply/application.

2012 New Leadership Institute:

New Leadership Puget Sound at the UW Women's Center is currently accepting applications for our undergraduate women's leadership program. The Institute consists of an intensive six-day program which runs from 8am to 7:30pm, Monday, June 11 through Friday June 15 and 8am to 2:30pm on Saturday, June 16 at the University of Washington -Seattle campus. Participating in New Leadership Puget Sound allows undergraduate women to: Gain insight from women leaders in the public and private sector. Enhance their leadership skills including public speaking, networking, and communication. Join a strong alumnae network of women leaders in Washington State and the nation. The deadline is April 1, 2012, apply at: www.catalyst.us.edu/webq/survey/newlead/141358.

Burlington Northern Santa Fe Foundation Scholarship:

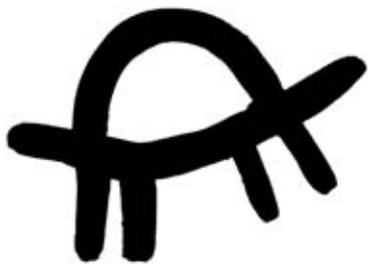
Administered for the Burlington Northern Santa Fe Foundation, this scholarship is made available to American Indian high school seniors every year who reside in states service by the Burlington Northern and Santa Fe Pacific Corporation and its affiliated companies. The award is for four academic years (eight semesters) or until the baccalaureate degree is obtained, whichever occurs first. Applicants who are not selected as recipients will be given consideration in the A.T. Anderson Memorial Scholarship program if all criteria is met. The Deadline is April 15, 2012. Must be a member of AISES. To obtain an AISES membership go to www.aises.org/membership.

Study Abroad in Brazil Fall quarter 2012:

This study abroad course addresses disability within low and middle income countries. Using Northeast Brazil as a cultural, political and socioeconomic context, students will explore a wide range of issues related to disability including human rights laws, prevalence and demographics, measurement, access and barriers to health care and rehabilitation, availability of assistance and support, accessibility of built environments and information technologies, and barriers to education an employment. The Deadline to apply is April 30, 2012, apply at: http://studyabroad.washington.edu/index.cfm?FuseAction=Programs.ViewProgram&Program_ID=11073&Type=O&sType=O.

Master of Accounting (MAcc) program:

The UW Tacoma Milgard School of Business is pleased to announce the new Master of Accounting (MAcc) program and is now accepting the first class of students for this fall 2012. The Milgard MAcc program is designed to help students successfully launch their accounting careers and make valuable contributions to the communities they serve. In addition, the Milgard School of Business supports students' pursuit of education through a variety of grants and scholarships, including the Business Scholarship Fund for Native American Students, which covers up to \$7,500 of educational costs per year. The deadline to apply is April 15, 2012, apply at: www.grad.washington.edu.





Walking On

Becky Napoleon



Squaxin Island Tribal member Becky Napoleon was born on May 22nd 1956, and passed away on March 6th, 2012.

Becky loved clam diggin in Alaska, weaving baskets, beading and working on puzzle books.

A celebration of life was held in on Monday March 12, 2012 at 11:00 a.m. with a meal following in the Community Kitchen.

Becky was preceded in death by her father, Lewis Napoleon; brother, Melvin Napoleon; mother, Elsie Natt Napoleon, and sister, Connie Napoleon.

She is survived by her children, Lolita Black of Taholah, Stanley Black of Taholah, and Daniel Napoleon of Squaxin Island; sister Debbie Napoleon Obi; and brother Robert Napoleon of Squaxin Island.

We want to thank the Squaxin Island community from the bottom of our hearts for all the love and assistance we have received. We love you all so much!

- Stanley Debbie
Lolita Robert
Daniel



Jami Tisdale



JamiLou Tisdale, born July 30, 1960, passed peacefully March 1, 2012 after nearly a year long battle with metastasized Melanoma. Jami was a 1978 graduate of Columbia River High School, Vancouver, WA. She earned her Associates in Arts and Science-Chemical Dependency Counselor from Clark College in 1991.

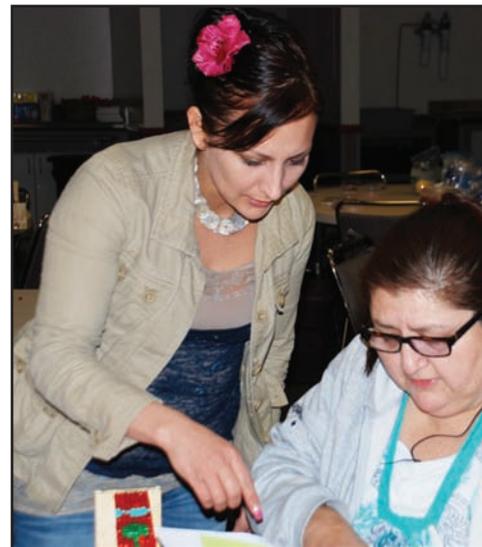
Jami spent the last 14 years working for the Squaxin Island NW Indian Treatment Center in Elma, WA. In addition, she traveled the country as a CARF team member surveying mental health and chemical dependency facilities in many states. She was a dedicated counselor and helped many find a life of recovery. She will be greatly missed.

A celebration of life was held in Jami's honor on Saturday March 17, 2012 from 1 p.m. to 5 p.m. at Grays Harbor County Fairgrounds (32 Elma McCleary Road Elma, WA 98541) in the Meeting Room. Jami's family and friends enjoyed a traditional potluck, memories and companionship for the many people whose lives Jami touched.



Please join us in making gifts for Paddle to Squaxin 2012 Thursdays from 5:00 - 7:00 p.m. Community Kitchen

Photos by Shannon Bruff





Elders Events

Welcome our new officers:

First Chair: Elizabeth Heredia
 Treasurer: Carolyn Hoosier
 Secretary: Dorinda Thien

Our first meeting with the new officers was March 1st, and we had a great turn out. If you want to know first what's going on, come to our Elders meeting. The Elders next meeting will be April 4th at 6:00 p.m. The new officers thought they would like to try an evening meeting so that all the Elders that work will be able to attend. So be sure and come. (Dinner at 6:00 and then the Elders meeting.) We will have a Guest speaker (subject Drug Awareness) with a film.

Welcome back our Coordinator Colleen Woodard!



April 21st

1:00 at the Paramount in Seattle, a musical, CATS will be playing. If you are interested, please call Colleen and get signed up (432-3936). The bus will leave at 10:30. Cut off date for sign up is April 6th.

April 26th

TULALUP Host Luncheon. Be sure and sign up as soon as you can so we will know what size of bus we need. Bus leaves 6:30 a.m. The cut off date to sign up is April 13, 2012

MAY 5th GENERAL BODY MEETING

The Elders will have a fund-raiser bake sale and a raffle. We welcome your donations of bake goods and raffle items. Once again, call Colleen to donate 432-3936. These donations will help pay for the trips that the Elders take, so be generous with your donation.

May 9th

Chehalis Tribal Community Health Fair from 10:00 a.m. to 3:00 p.m. Chehalis has invited the Squaxin Elders to join their Elders. The Bus will leave 8:00 a.m. Let's get signed up. It will be fun.

May 11th

Warm Springs Host Luncheon, be sure and get signed up. Bus leaves at 4:30 a.m.- and returns very late at night. If the Elders would like to spend the night, they are welcome to pay for their own hotel stay. Let us know what you want to do. Cut off date to sign up is May 1, 2012

May 16th

MUCKLESHOOT Host Luncheon at Emerald Downs. Bus Leaves at 7:00 a.m. Hurry and sign up so we will know what size of bus we will need. Cut off date is May 1st.

June

Swinomish Host Luncheon

During the rest of June and July we will all finalize preparation for the Canoe Journey.

Thanks a Million to Little Creek for EVERYTHING!



Thanks A Million1 - The Squaxin Island Tribal Elders!





Business Spotlight



By Stephanie James (Gott)
 Happy Spring! Wow! Funny thing is that while I am writing this article...it is snowing outside! Crazy weather! There is no doubt that Spring has Sprung (my wild violets poked through the ground this morning!). This is the time of year when (and I should only speak for myself) the business center gets super fun! This month the business center staff will attend the 10th Annual Trading At The River Conference & Tradeshow. For those involved in business, this is the one to attend! Hosted by ONABEN and held at the Embassy Suites in Portland, Oregon, the conference is a wonderful place to meet fellow entrepreneurs. There will be keynote speakers, breakout sessions, lots of great information

will be exchanged and as always a beautiful tradeshow with many vendors will be there as well. The dates are April 19-20, 2012 and you can find out more by visiting www.onaben.org. It's worth the drive!

In last month's edition of the Klah-Che-Min Newsletter, I wrote a little preview about this month's Business Spotlight. The purpose of doing that was to share (in a fun way) some fun facts about Jennifer Johns. But before I get started, I would love to share a little history pertaining to the writing of this spotlight.

For those of you who do not know her, Jennifer Johns, she is a busy girl. She wears many hats...all different! She works full time in Marketing for Island Enterprises, Inc. She harvests things, things like: manila clams, geoduck and fishes. She's family oriented, so much so that when I first met her I thought she was a mother...she is a devoted sister. She is also my neighbor and she once told me that her door is always open to me (I showed her! I'm not even sure how many times I've stopped by...just because). She is always very welcoming and she is ALWAYS making SOMETHING. During my last impromptu visit, she was "knee-deep" in making moccasins and feather earrings. Now mind you, I must look like a child in a candy shop because I can't stop staring at how easily she makes things look. I have a deep appreciation for art and those that make it...I have to (trying to make anything stresses me out way too much!). She is also very good at making me pace the floor....after all, I have a deadline. Just as I am really starting to sweat things a bit, here she comes! She pulls in to the parking lot (in my favorite truck of hers...it's an old Chevy and it's beautiful!), picks me up and takes me to Salish Cliffs Golf Course for lunch (another favorite). She makes me feel very V.I.P and I love that! So now that I have her undivided attention, the chatting (interview) begins. Here's what she says:

What is the name of your business?

Salish Creatives

Coast Salish Artwork, photography and specialty requests

What type of artwork do you make?

My main focus is the Coast Salish Art form, painting and working with cedar. I also like photography and other crafts like earrings, clothing, and working with charcoal. Being an artist you are always thinking of new ideas and how you can make new and exciting pieces of artwork.

How long have you been making your creations?

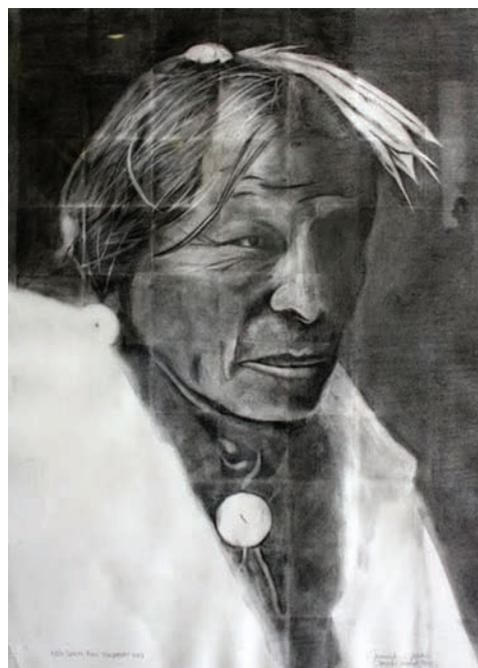
I have always had a creative mind, as a child I was always making stuff from pressing flowers to painting and making forts. During school, I always seemed to get A+ on projects that were related to some type of art form. It was during high school when I found my talent in our ancestral way of art, I had an awesome Art Teacher who had an "open" art class, and we were allowed to work on anything we wanted to. I had entered a juried school art show and won an sponsorship and a few other awards for my painting and photography. This really spiked my interest to continue with my artwork. After high school I had the chance to work with Steve and Andrea Sigo for a little while, they helped me understand more about the form of coast Salish art and how it is different from other tribal art around the Northwest and also how to work with cedar and carve.

Where do you get your inspiration?

My artwork is created through emotional and spiritual connections, or feelings I have experienced sometime in my life. I like to develop my artwork to reflect a meaning, and try to capture that feeling visually.

Where do you see yourself in 5 years?

I plan to continue working on my artwork, traditional and adding new contemporary



WANT TO START YOUR OWN BUSINESS?

New Orientation Date:
Monday, April 2: 12 Noon-1pm in Olympia. Please call 704-3375 Ext 2 for more information.



PADDLE TO SQUAXIN 2012



THURSTON COUNTY

Proclamation

WHEREAS, on July 29, 2012, the Squaxin Island Tribe, whose homeland is South Puget Sound, will be proud host of Tribal Canoe Journey 2012, a tribute to the First Nations' historic canoe culture and representation of the centuries-old tradition of travel by Coast Salish tribes for custom and trade; and

WHEREAS, more than 100 canoes representing over 60 tribal communities from the Pacific Northwest, Alaska, Canada, and beyond will land at the Port of Olympia's NorthPoint near Swantown Marina, with an estimated 15,000 visitors expected to welcome the arrival of the tribal canoes as they conclude their long distance journeys as participants in this year's Tribal Canoe Journey, "Paddle to Squaxin 2012"; and

WHEREAS, Tribal Canoe Journey 2012 will culminate with the Native tradition of honoring guests and sharing culture through Potlatch ceremonies and other activities from July 29 to August 5, 2012 at the Squaxin Tribal community center at Kamilche, Washington; and

WHEREAS, Paddle to Squaxin 2012 is a community-building, youth-focused, drug and alcohol-free event with the theme of "Teachings of Our Ancestors" with canoe families participating in cultural presentations known as "protocols" that include traditional drumming, singing, dancing, storytelling, and gift giving; and

WHEREAS, since the first Tribal Canoe Journey in 1989, the planning of canoe journeys has considered environmental, social and cross-cultural impacts and efforts to join Native and non-Native people in planning, staging and participating in these events. County Commissioners wish to acknowledge the revitalization of this cultural expression for Native American Families passing their traditional way of life along to younger generations.

NOW, THEREFORE, BE IT RESOLVED, the Thurston County Board of County Commissioners recognizes the Squaxin Island Tribe for their leadership in planning, organizing, and hosting the 2012 Annual Canoe Journey, expresses appreciation to the hundreds of volunteers for their active support of this historic event, and heartily welcomes to Thurston County the many tribal members, canoe families and tribal paddlers, their support teams, hundreds of volunteers, and thousands of enthusiastic visitors who will participate in the Paddle to Squaxin 2012 historic gathering.

ADOPTED this 13th day of March, 2012

BOARD OF COUNTY COMMISSIONERS



Corky Hoyle
Karen Velazquez
Judith Jones



Paddle to Squaxin 2012 Community Dinner

April 18, 2012 @ 5:00 pm
at the Squaxin Community Kitchen

Don't forget; mark your calendars!!!!

Everyone is invited to attend. The 2012 Tribal Canoe Journey is about all Squaxin Island community members (Side dishes or desserts are ways welcome)



See you there. Bring a friend!

Prizes Will Be Drawn!

Contact Debbie Meisner for more Information 360.432.3849

How Kute!! How Kool!!!!



Nine year old Aynsleigh Dragon (daughter of Squaxin Island Tribe Public Works/Facilities Engineer, Kevin) has been excited about the Tribal Canoe Journey since last

year when she participated in a Story Telling event held in Council Chambers. She was given a Squaxin Island 2012 Canoe Journey sweatshirt and has been so impressed by the Tribe and the upcoming Canoe Journey that when it came time to think of a pinewood derby car design for a recent church-based group activity Aynsleigh and her Dad thought of a Canoe Car!!!! Not only did Aynsleigh spend quality one-on-one time with her Dad while building the canoe car, her car got First Place in Design and First Place in the People's Choice Award!!! Way to go, Aynsleigh.

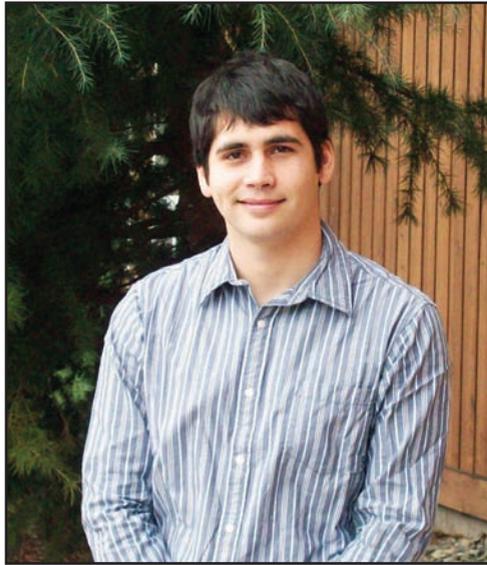


Canoe Journey Activities April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Cedar Hat Class 4-7 @	Community Kitchen Museum at 4	Cedar Hat Class 4-7 @ Bldg from 4-6 (Craft TBD)	Kitchen From 3-5	@ Museum	
			Longhouse 1:00-3:30			
8	9	10	11	12	13	14
	Cedar Hat Class 4-7 @	Community Kitchen Museum at 4	Cedar Hat Class 4-7 @ Bldg from 4-6 (Craft TBD)	Kitchen From 3-5	@ Museum	@ 12
			Community Kitchen from 5-			
15	16	17	18	19	20	21
	Cedar Hat Class 4-7 @	Community Kitchen Museum at 4	Cedar Hat Class 4-7 @ Bldg from 4-6 (Craft TBD)	Kitchen From 3-5	@ Museum SPIPA Cancer Survivor	Dedication for Tumwater
22	23	24	25	26	27	28
	Cedar Hat Class 4-7 @ Train the Trainers with	Community Kitchen Museum at 4 Cont. Train the Trainers	Cedar Hat Class 4-7 @ Bldg from 4-6 (Craft TBD)	Kitchen From 3-5	@ Museum	Olympia
29	30					
	Cedar Hat Class 4-7 @					
		NOTES: For Questions please contact: Jeremiah George @ 360-432-3869, Aleta Poste @ 360-791-1797, or Jolene Grover 360-580-9781 ALSO: Regalia, quillows & any sewing projects or crafts you may need help with for the Canoe Journey				



New Employees



Josh Whitener
GIS Database Manager Intern

Hello everybody. If you don't know me, I'm Joshua Whitener, son of Sadie Whitener and BJ Whitener. I'm a Squaxin Island member, and I'm starting my first job for the Tribe in the Information Services Department. For the past several years I've been away from the Tribe. After graduating with a B.A. at the University of Washington, I began volunteering in Cameroon, West Africa. Over the two years in Cameroon, I worked in various development areas, teaching I.T. at a deaf school, teaching video recording/editing and website design, sensitizing the public to HIV Prevention methods, and developing financial records for NGOs/Schools.

I am really excited to be back and to be working here as a GIS Database Manager Intern. This basically means, as I learn the ropes, I'll be developing a system for mapmaking on the computer. This will help departments create maps that can be used to better visualize the information they have, allowing for better planning decisions in the future.

As this is my first job with the Tribe, I am most excited to finally have my foot in the door and see the professional aspect of our Tribe from the inside. I'm looking forward to seeing you all a bit more often.

Thanks.



Richard Wells
Director of Planning and Community Development

Hi! I am the new Director of Planning and Community Development.

I am a member of the Gros Ventre Tribe from the Fort Belknap Indian Community in Harlem, Montana. I grew up in Hoquiam, WA. I attended Central Washington State College (now University) where I played football and participated in Track & Field. Then, I attended graduate school at The Ohio State University in Columbus, Ohio where I received a Master's in City and Regional Planning (MCRP). I have over 30 years of experience working with tribal governments, federal agencies, and local governments. Previously, I was employed by the Quinault Indian Nation as the Director of Community Services, which was a very similar position to what I am doing now.

I am married to Michelle Aguilar-Wells, and we have five grown children between us. Michelle works for the Evergreen State College. Formerly, I was very active in Indian basketball tournaments in the Northwest and nationally. Currently, I mostly enjoy golf and sailing. Throughout the year, I participate in Indian golf tournaments, and our sailboat crew won the inlet series races this year for our fleet.

I am very excited about working

with the Squaxin Island tribal community. My Department is busy preparing for the 2012 Canoe Journey Paddle, as well as many other important projects. My family has been active participants in previous Canoe Journeys. I want to thank everyone for welcoming me to the community.



Waynette Tyler
Financial Specialist One

Hi! My name is Waynette Tyler. I am the new Financial Specialist One.

I'm married to an Air Force retiree. My husband, David, and I both have an accounting background with the Air Force. I left my senior accounts payable job of five years at Simpson Door. in December, 2011. I really enjoyed working there. I'm excited to be a part of the receivables team and learn about the Squaxin Island tribal receivables.

I look forward to meeting and working with all of you.



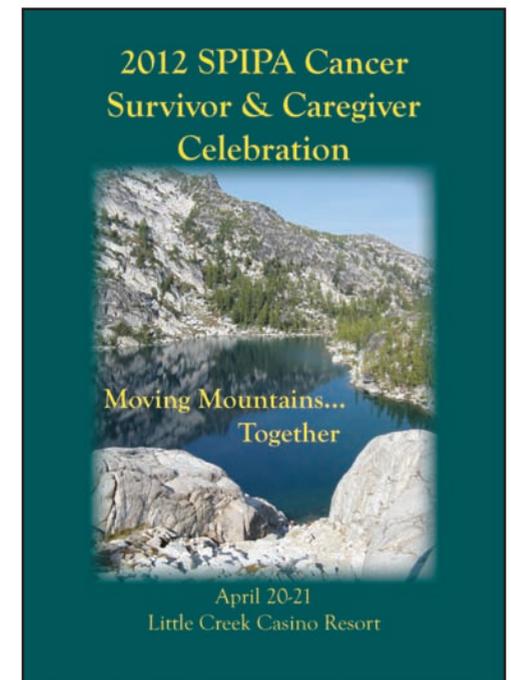
Cancer Survivor & Caregiver Celebration

Cancer cannot
...shatter Hope
...destroy Peace
...silence Courage
...or conquer the Spirit.

Words from this poem are words to live by. Cancer affects all of us, and this year SPIPA's Comprehensive Cancer Control Program is working hard to organize the annual Cancer Survivor & Caregiver Celebration.

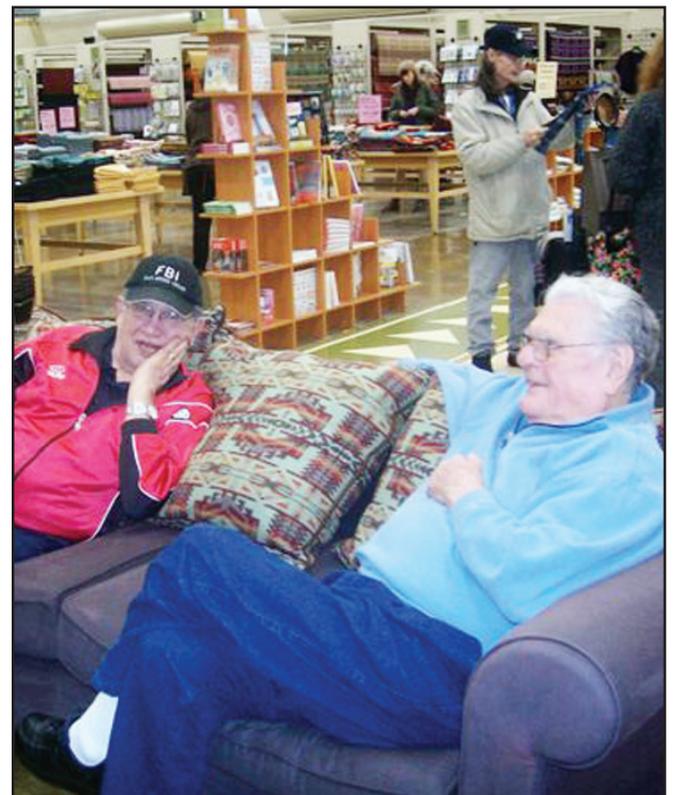
This year the Celebration will be held April 20 and 21 at the Little Creek Casino Resort. Once again, the celebration will start Friday evening with dinner and a presentation; Saturday is reserved for speakers, workshops, the healing room and more. Space is limited so register early. Go online to www.spipa.org or call Kathryn at 360-462-3241. Remember, together, we can move mountains.

This Conference is made possible with grants from the Nisqually Tribe, the Choctaw Nation of Oklahoma, and the Centers for Disease Control.



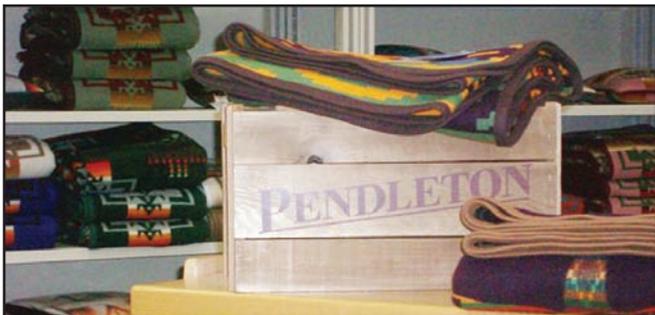


ELDERS SUPERBOWL MADNESS





— AND TRIP TO PENDLETON —





Hazel Pete Institute of Chehalis Basketry
137 Anderson Rd, Oakville, WA 98568

Basketry Workshop **Weavers Teaching Weavers**

Friday & Saturday, May 18th & 19th, 2012
9:00 – 4:00 (Doors open at 8:00 a.m.)
I-5, Exit 88 Great Wolf Lodge, Grand Mound, WA
1-800-640-WOLF (9653)
Use code: 1205WEAV when reserving rooms by April 17th



Registration Cost:
\$125.00 Payment by May 1st to reserve your place or pay \$130.00 at the door
Make check payable and send to: HPICB or Hazel Pete Institute of Chehalis Basketry,
137 Anderson Rd, Oakville, WA 98568

Call Trudy at 360-273-7274 for more information.

Join master weavers in "sit beside" art - basketry. Challenge yourself, relearn, and adapt basketry techniques with new and old friends. Each master weaver will have kits priced. (Participants need to bring cash for the purchase of kits.) Most classes will be 1/2 day in length. You will be able to complete 2 projects per day. Breakfast on your own. There are box lunches daily and dinner Friday night with a program. Coffee, tea, and water service throughout the day. Door prizes, silent auction and raffle daily.

Are you only able to attend 1 day? Register for \$75.00 and bring kit fees! Want a vendor table – contact Yvonne Peterson at (cell) 360-490-9659 to discuss options.
(yvonnepeterson1@comcast.net)



SAVE THE DATE

April 21-22

*Interested in starting your own business?
Want to prepare your existing business
for opportunities at Canoe Journey?*

The TBC invites:
**ARTISTS, FOOD VENDORS, FIREWORK STANDS,
CONSTRUCTION WORKERS
AND ENTREPRENEURS IN ALL FIELDS**

*Join us for two days of training with
Enterprise for Equity's
"Business Readiness Workshop."*

Workshops require attendance of one orientation.

Orientations offered:
Mondays April 2nd & 9th from 5-6pm at the TBC in Kamilche
Mondays April 2nd & 9th from 12-1pm in downtown Olympia
RSVP required

**For questions or to RSVP contact:
Sarah Fiskness @ the TBC 360.462.1338**



MLRC Awarded Prestigious Grant

Continued from page 1

The museum will hire a project manager to work with current museum staff categorizing and prioritizing essential records and objects. The project manager will also implement an environmental monitoring system and protocols for the museum; develop an emergency preparedness and disaster recovery plan for the museum collections; and participate in training for staff and volunteers. Museum services will now meet the needs of the tribal community and the community at large through these plans.

"People may not realize the Squaxin Island Tribe museum is our Home of Sacred Belongings. We need to be prepared in case of emergency to protect our collections and the museum," said MLRC Executive Director Charlene Krise

"These projects highlight the important work of Native American, Alaskan Native and Native Hawaiian cultural heritage preservation. By enhancing museum programming and staff professional development, these institutions can continue to share knowledge and experiences through art, science and traditions," said IMLS Director Susan Hildreth.

Program Statement

The Native American/Native Hawaiian Museum Grant Program funds a variety of activities and services, including those that support the educational mission of a museum; build the skills and knowledge of individuals who provide museum services; or improve museum services, such as disaster preparedness, strategic planning, improvement of technology, collections care and management, and hiring of staff.

The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 17,500 museums. The Institute's mission is to create strong libraries and museums that connect people to information and ideas. The Institute works at the national level and in coordination with state and local organizations to sustain heritage, culture, and knowledge; enhance learning and innovation; and support professional development. To learn more about the Institute, please visit www.imls.gov.



In the Spirit NW Native Art Market and Festival

The TESC Longhouse is teaming up with the Washington State History Museum again who will host the Native art exhibition for the annual In the Spirit NW Native Art Market and Festival. The art show is open to all Native artists in any media. They would love to have more Squaxin artists represented in this show.

2012 In the Spirit Art Show entries are being accepted through April 17, 2012. Applications available at <http://www.evergreen.edu/longhouse/nativeartexhibits.htm>

Or give Laura Grabhorn a call at 867-6413 to have an application, or e-mail her at grabhorL@evergreen.edu

Up to two images of two individual pieces of original art work can be submitted for consideration for the show. Images can be e-mailed with your application, or sent with the paper application to the address listed above.

Work should be your original concept and design. Pieces you consider should be available for loan from May 11, 2012 to September 14, 2012.

The Washington State History Museum will offer prizes for Best of Show, Best of the Northwest, Honoring Tradition, Honoring Innovation and the public will select people's choice. We are so pleased that the show will be in a larger gallery this year. We'd love to have your work be a part of In the Spirit Northwest Native Art Market and Festival.

The one day festival will start at 10 a.m. on August 11, and end at 7 p.m.

Art Show Application (PDF) Deadline April 17, 2012
Market Vendor Application (PDF) Deadline June 25, 2012

The festival includes an expanded one day Native arts market featuring customary and contemporary art work from some of the region's best Native American Artists as well as fine artists from around the country. The festival will also feature performances by Native groups from Washington State representing a variety of cultures.

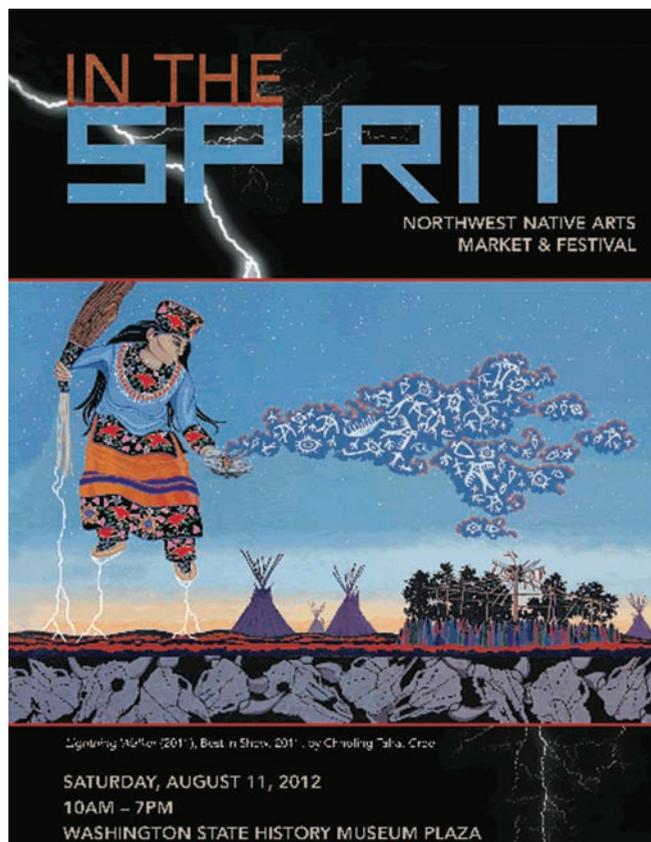
All events will take place at the Washington State History Museum at 1911 Pacific Avenue in downtown Tacoma, Washington.



Lewis-Mason-Thurston Area Agency on Aging

The Lewis-Mason-Thurston Area Agency on Aging (LM-TAAA) would like to remind Mason County residents that there is an Information and Assistance/Case management Office in Shelton to help seniors get information and receive assistance in accessing state funded or private programs and helping them manage services that would help them stay independent and safe in their homes. The Assistance Specialist is a good person to assist you in any issue. The Information & Assistance program staff has a wealth of knowledge of the many resources in the community- from housing to long-term care, health care, prescription drug discount and free programs, or general information on aging. We also have a Family Caregiver Support Program which has services to support unpaid caregivers and help them through the journey of caregiving.

The Mason County office is 427-2225 ext. 101 or 1-877-227-4696.



Domestic Violence

You won't know me by name, but you will recognize me. I am your daughter, your mother, your sister, your aunt, the lady that lives next door. It took me half of my life to realize that I was a victim of domestic violence, that what I had seen growing up was not normal. I am not going to blame anyone as I know it is a cycle and it was just the way it was. We didn't talk about it; we aren't supposed to. We go about our lives as if all is perfect. At least that was what I did.

Looking back, I wish so many things were different, yet if they were, I wouldn't have my children. Then realizing that if I didn't have my children, they would not have had the pain and suffering they have gone through.

I am out of that place now. It has taken what seems like a lifetime. I guess it has been. I look around me, though, and see it more now than ever before. The lies told to cover the bruises, the endless string of excuses. Women sacrificing themselves and their children. They can see no way out or are afraid of making the journey.

You can't make them leave unless they want to. This I know. I was there. So many years my family and friends tried to make me see what he was doing. It wasn't always the physical violence that was the worst. In fact, it was often easier to take than the verbal abuse. The scars left from years of verbal abuse I still carry today.

I am raising my children to know that being loved does not come with bruises. That it is never okay to let someone hit you, and that your self-worth is not defined by a man. I protected a man that blackened my eyes, put a gun to my head, and isolated me from my family. A man that had me convinced that I was nothing without him. Truth of the matter is, he was nothing without me. I see that now.

To all my sisters struggling to break free, I say a prayer and hope that you, too, will find your way and remember the first step to stopping the cycle begins with each of us. You are more powerful than you give yourself credit for.

Shaker Church Ministers Rose and Mike Davis

Available for:
Prayer
Services
Special requests

360-877-2929
360-529-1115





Fireworks stand sign up is now!

The drawing will be held
Thursday, April 12
in Council Chambers at 4:00 p.m.
Must be present.

Permit fees this year are \$450

*Permit fees, License fees, fines, penalties,
payments and taxes must be paid by
Wednesday April 11;
and current by the time of the drawing*

For more information contact the
administration building at 426-9781



Marge Witcraft Turns 80

Husband, George Witcraft; son, Steve Witcraft, and wife, Marti; daughter, Debbie Mattson, and husband, Eric; and grandchildren, great-grandchildren, nieces, nephews, cousins and friends helped Marge celebrate her "80th" at the Elders building on February 25th.

The cake depicting a golf fairway and green was designed and baked by niece Penni Giles and was served to more than 80 guests.

Thank you to Eric Witcraft, grandson, for the great table decorations made of wheat grass, gerbera daisies, hyacinths, and golf balls and tees. A three piece guitar group, known as "Almost Country" played several songs while the crowd enjoyed refreshments.

Marge wishes to thank all for the beautiful cards.



CALLING ALL ARTISTS !!!



Invites you to Participate in our
22nd Annual Juried Show
Painting - drawing - sculpture - photography -
mixed media

Entries accepted
Sun. April 15 1:00 PM to 5 PM
& Mon. April 16, 11:00 AM to 5 PM

At Shelton Civic Center, 525 W. Cota
Prospectus available on website:
www.peninsulaartassociation.com
or call 360-426-6623 or
360-426-8906

Fine Art Show 2012





HEALTH CLINIC / FAMILY SERVICES



Lacey Family Fish-in

Saturday, April 21, 2012, 8:00 a.m. - 2:00 p.m.
Woodland Creek Community Park

For Information: Lacey Parks and Recreation, (360) 491-0857

Cost: \$5 per youth participant
Ages: 5 - 14



This day of fun is designed to encourage fishing as a family activity. Great for grandkids, too! Kids 5 to 14 years of age are eligible. Volunteers are onsite to help both beginner and experienced young anglers. Pre-registration is currently being accepted at Lacey Parks and Recreation with a completed registration form and \$5 fee. Each participant will get a rod and reel to keep! Pre-registration is required for this event.

Offered in cooperation with Cabela's, Capital City Bass Club, Go Play Outside Washington (GoPAW), Puget Sound Anglers, Saint Martin's Alumni Association, South Sound Fly Fishers, Stream Team, Trout Unlimited, Washington State Department of Fish and Wildlife, Wholesale Sports and Zebco.

Long's Pond is located within Woodland Creek Community Park. The pond is regulated by the Washington State Department of Fish and Wildlife (WDFW) for youth fishing (14 years of age and younger) year-round.

April Menu

2 Beef Teriyaki	3 Soup and Sandwiches	4 Baked Ham Holiday Dinner	5 Chicken and Dumplings
9 Meat Loaf	10 Soup and sandwiches	11 Lasagna	12 Stuffed Peppers
16 Burritos	17 Soup and sandwiches	18 Dinner at Community Kitchen	19 Hot Turkey Sandwiches
23 Chicken Fried Steaks	24 Soup and sandwiches	25 Pork Chops	26 Taco Soup
30 Baked Potato Bar			

Need food?

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub & identification
Tuesday, April 10th, 9:00 - 4:00
Contact Debbie Gardipee-Reyes: 462-3227
Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at 438-4216 or 438-4235
Call for the date
April 9th from 10:00 a.m. - Noon
Applications available at Housing, Food Bank, NR and TANF

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

Diabetes Support

On February 16th, Diabetes Support met at the Elder's Building after lunch. Patty shared the latest info from the IHS Diabetes website, including the new instant downloads now available to all. Topics include heart health & nutrition. Check them out at: <http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesInstantDownloads>.

Patty also shared progress with the Diabetes Grant for FY2011 plus the plan for FY2012 to focus on both Depression & Heart Disease. The group discussed diabetes management including carbohydrates & blood sugars.





WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Tuesday, April 10th is WIC DAY at SPIPA

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227



Dr. Ott is the New Provider at Clinic



We are pleased to welcome Dr. Carl Ott, MD, an Internal Medicine Specialist. Dr. Ott has been treating patients for the past 28 years. He graduated from University of Washington School of Medicine. We are fortunate to have him join us.

Leslie (Maniccia) Conner, ARNP has left for another job closer to her home.

Here is an easy, tasty, versatile recipe *Mexican Crockpot Mix*

Place in crockpot & cook on low for about 6 hours:

- One 15 ounce can each:
 - Kidney beans
 - Black beans
 - Baked beans (one large can) or use 2- 15 ounce cans
 - Corn (or frozen)
 - Diced or crushed tomatoes

- ¼ cup or one envelope taco seasoning
- 2-4 boneless chicken breasts or other meat of your choice

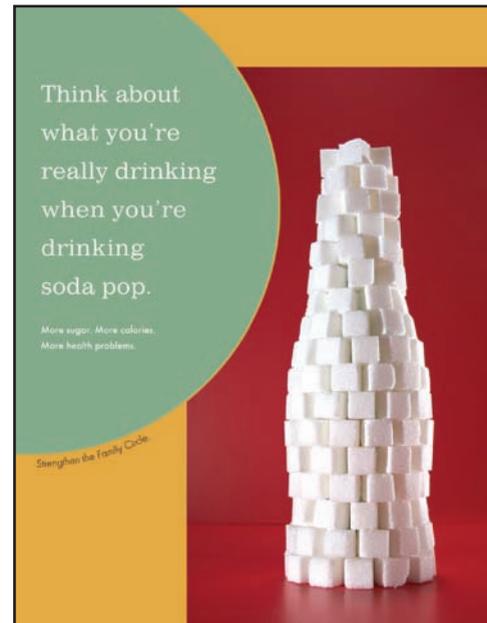
Shred chicken, return to pot. Serve over baked potatoes, rice, noodles, or in tortillas. Serve with a tossed green salad to round out your meal.

Variations: Add cut up sweet peppers or other vegetables & choose other bean types or amounts to your liking.

Quit soda to reduce your risk of pancreatic cancer

A long-term study has confirmed that drinking soda pop even just a few times a week significantly increases the risk of getting pancreatic cancer. If soda pop is consumed over two or three times a week, (not a day) this doubles the risk of a person developing pancreatic cancer.

The information of this study has only just been released today, after following 60,000 people over a 14 year time-span. Pancreatic cancer is one of the most lethal types of cancer, with only 5% of people surviving more than five years after diagnosis.



TAKE THIS POP QUIZ. Find out why water is wise.

Eleven of the statements below are true. Can you find the one false one?

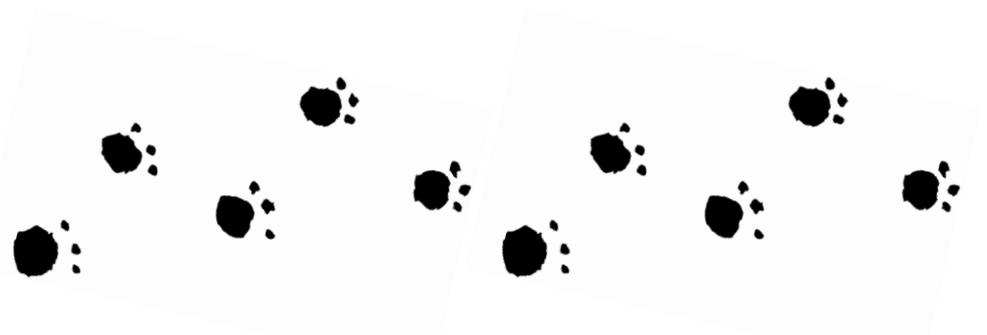
1. One can of cola has more sugar in it than a Snicker's® candy bar.
2. The average person can lose 15 pounds by cutting one can of soda pop a day.
3. Water is a good thing to offer children instead of juice or soda pop.
4. One can of cola contains about 10 teaspoons of sugar.
5. Kool-Aid®, Gatorade® and soda pop all have about the same amount of sugar and calories.
6. Twenty years ago teens drank twice as much milk as soda pop. Now they drink twice as much soda pop as milk.
7. Water can prevent constipation.
8. Six cans of soda pop contain 1 ½ cups of sugar and 840 calories.
9. Soda pop has been linked to obesity, weak bones and tooth decay.
10. Children can become addicted to the caffeine in soda pop and suffer when they don't get it.
11. Water can help you lose weight by making you feel full.
12. It is difficult to switch from soda pop to water.

Which statement is false? The last one. It's easy to switch from soda pop to water. You will feel great and save money. Help your child develop a taste for water. It is a gift that will last a lifetime.

Your children deserve the best. Give them water.

Easy ways to get kids to drink more water:

- Keep water cold and visual. Store a pitcher of water in the refrigerator.
- Make water fun. Serve it with a straw or in a fun cup.
- Fill pop-top bottles with water. Take them with you on walks or in the car.
- Make a game of looking for drinking fountains. Stop and drink at each one you find.
- Add flavor to water by adding juice now and then. Add about 2 tablespoons juice to each cup of water.
- Ask for water instead of soda at fast food restaurants. Refill glasses with water before leaving.





HEALTH CLINIC



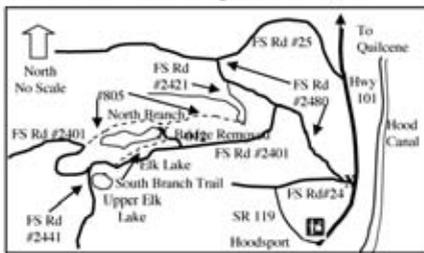
RECREATION OPPORTUNITY GUIDE Olympic National Forest

<http://www.fs.fed.us/r6/olympic>

Elk Lake Trail #805

Hood Canal Ranger District – Quilcene Office
295142 Highway 101 S. P.O. Box 280
Quilcene, WA 98376 (360) 765-2200

ACCESS: Travel Highway 101 to FS Road #25 (Hamma Hamma Recreation Area) 14 miles north of Hoodspport. Turn west on FS Road #25 and drive 6.5 miles to the junction of FS Road #2480. Then turn left and travel 3 miles to the FS Rd. #2401 and turn right on FS #2401,



then go 2.5 miles to FS Rd. #2401-012. See Note under “Facilities.”

FACILITIES: Small parking area and toilet at trailhead. The trailhead is located at the bottom of a fairly steep spur road –012 off of FS Road #2401. Note: Instead of driving the steep spur road, you can park on the side of the road and walk to the trailhead.

SETTING: This trail has both old and second growth forests and views of Jefferson Creek Drainage area.

TRAIL INFORMATION: Left Fork to Cedar Creek (from the –012 spur): Follow the trail for a short distance to a junction, go left and the trail leads to the south shore of Elk Lake, through old growth forest to Cedar Creek, where the trail pops up to FS Rd. #2401. There are several campsites along the lake in this area.



Recommended Season
SPRING SUMMER FALL WINTER



For a loop hike, continue along the FS Rd. #2401 to the north branch of trail and return to the trailhead.

Destination	Miles	Elev.
Trailhead (Rd.#2401-012)	0.0	1,100'
South Branch Trail (Left Fork) to Cedar Creek (south shore of lake) Road #2401	0.25	1,150'
Road #2401	0.27	1,180'
Trailhead to North Branch Trail (across bridge) Bridge was removed due to unsafe condition structure 5/08.	0.2	1,100'
Jefferson Ridge FS Road #2421 (right fork of North Branch Trail)	1.1	1,100'
FS Road #2401 (left fork of North Branch Trail – north shore of lake)	0.7	1,200'

North Branch of Trail: Hike for a short distance to a junction, go right and cross Jefferson Creek, this will lead to the North Branch of the Elk Lake Trail.

Right fork of North Branch Trail: This fork goes through a second growth stand of timber and older stands of Douglas-fir, Hemlock, and Pacific madrone. This portion of trail meets FS Road #2421 (Jefferson Ridge Road).

Left fork of North Branch Trail: The left fork travels along the edge of Elk Lake and through old growth forest and ends 0.7 miles at FS Road #2401.

OPPORTUNITIES: Day hiking, fishing, wildlife observation, bird watching, and camping.

CLOSURES: Motorized vehicles are prohibited.

Chiropractic Care for Low Back Pain

By Dr. George Blevins DC - Chiropractic is a health care profession dedicated to the treatment of disorders of the nervous system and/or musculoskeletal system, generally through chiropractors maintaining a unique focus on spinal manipulation and treatment of surrounding structures.

Among people seeking back pain relief, most choose chiropractic treatment. About 22 million Americans visit chiropractors yearly. When you choose chiropractic care for low back pain, you are choosing care with a high level of clinical certainty. The results you experience speak for themselves, and the literature backing up those results gives you further confidence that you have chosen the proper treatment.

“Patients with chronic low-back pain treated by chiropractors showed greater improvement and satisfaction at one month than patients treated by family physicians. Satisfaction scores were higher for chiropractic patients. A higher proportion of chiropractic patients (56 percent vs. 13 percent) reported that their low-back pain was better or much better, whereas nearly one-third of medical patients reported their low-back pain was worse or much worse.” – Nyiendo et al (2000), Journal of Manipulative and Physiological Therapeutics

Upcoming events

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 Juana Perry @ 432-3863
to get on the waiting list to have a garden placed in your yard – for FREE

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Health Promotions Programs

We have exercise videos in the building across from clinic
Work out alone, with us or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

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

Mammogram Clinic

April 3rd from 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia at 432-3930

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

Ideas to enjoy the outdoors this spring

Submitted by Patty Suskin,
Diabetes Coordinator

Check these out:

(Computers are available for use in the Museum)

<http://www.squaxinisland.org>
click on “Government”
then “Departments”
Under Health Clinic click on
“Outdoor Activities”

for ideas of places to visit.
Check out over 30 local hikes with directions on how to get there.

Here is another source:

http://www.co.mason.wa.us/forms/parks/trails_map.pdf

These hiking maps are available at the Health Promotions building.

Want some health information from IHS? Check out the instant downloads from the IHS Diabetes website. Information available on hidden sugars, heart healthy habits, and more.

Check back often for updates.

<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesInstantDownloads>

From the IHS Diabetes Prevention & Treatment website:

<http://www.ihs.gov/MedicalPrograms/Diabetes/>



3 money tips for every income

Financial advice should be tailored to income level, from families below the poverty line to earners in the upper 20%.

If you've ever read money advice that didn't seem to apply to your situation, you may have been right.

Guidance that makes sense for a middle-income household might not apply if you're under the poverty line. If your income is on the lower end, you'll have different priorities and concerns than if your W-2 has six figures before the decimal point.

Here's some tips using five income brackets that correspond, roughly, with the five income quintiles defined by the latest Current Population Survey, conducted jointly by the Bureau of Labor Statistics and the Census Bureau. Each bracket represents about 20% of U.S. households. There's plenty of overlap, since tips that apply to one bracket often apply to the ones above it as well. But these bits of advice will give you some idea of what you should focus on now.

Low income: Below \$20,000

The official poverty line for a family of four is just under \$22,000. Even if you don't consider yourself poor, you don't have a lot of financial wiggle room at the bottom of the income ladder. So here's what's most important:

- Save \$500. Forget, for now, all the advice about saving three to six months' worth of expenses. That's a worthy "someday" goal, but you just need to save a few hundred bucks to start getting ahead. Having \$500 set aside can help you cover minor emergencies and avoid payday lenders and bounced-transaction fees. These days, consider a credit union instead of a bank. The fees tend to be less, which is important when every dollar counts.
- Get a break. If you earn income from a job or business, make sure you file a tax return and claim the earned income tax credit. This refundable credit, which is designed to help low- to moderate-income individuals and families, can put hundreds or even thousands of dollars in your pocket. Yet the Internal Revenue Service estimates one-fifth of taxpayers who qualify for this credit don't claim it. Another overlooked credit is the Savers Credit for low- to moderate-income workers. If you can put even a few bucks a year into a retirement account, you can get a tax credit for those contributions on top of being able to deduct them from your taxable income.
- Avoid businesses that will rip you off. Some types of businesses will charge you outrageous amounts of money because you're poor and may not have access to mainstream credit. These include payday lenders, rent-to-own outfits and buy-here-pay-here car lots. If you want to hang on to the little money you have, you need to

Lower middle income: \$20,000 to \$40,000

Review the tips for those earning under \$20,000, since they probably apply to you as well. Then consider the following advice to help you get by:

- Limit your overhead. If you want to have money enough to pay off debt, save for the future and still have a little fun today, it's important to limit your overhead. Keeping your "must-have" expenses -- the costs for shelter, transportation, food, insurance and minimum loan payments -- to 50% of your after-tax income isn't easy, but doing so can ensure you have money left over for other goals.
- Save for retirement. Social Security will provide a good-sized chunk of your income in retirement, since the system is set up to replace more of a lower-income worker's earnings than those of a higher-earning worker. (Someone earning \$20,000 will get Social Security benefits equal to nearly 70% of his or her working income in Social Security, while someone making \$40,000 will get a benefit equal to about half of pre-retirement income.) But you'll still want to put something aside to prevent a big drop in income

once you quit work. Take advantage of any available workplace retirement plans. If you don't have a plan at work, open an individual retirement account at a discount brokerage or mutual fund, and set up automatic transfers to fund it.

- Set up savings buckets. Consider setting up separate savings accounts for irregular and non-monthly expenses -- car repairs, holidays, vacations, property taxes, insurance payments. Online banks make this easy, since they typically don't have account minimums or monthly fees. You can set up automatic transfers so money is funneled into each account every payday. That way, the cash to cover bigger and unexpected expenses is there when you need it.

Middle income: \$40,000 to \$60,000

You're smack in the middle of U.S. incomes, but the tips that apply to the folks in the \$20,000 to \$40,000 bracket also apply to you. Here are the additional steps you need to take:

- Nuke your credit card debt. The percentage of households with credit card debt really starts to climb as income rises. More than half (54.9%) of middle-income households had credit card debt, according to the Federal Reserve's latest Survey of Consumer Finances, compared with 25.7% in the lowest quintile of income and 39.4% of those in the second-lowest quintile. Credit card debt is a cancer on your finances, since you're paying interest on stuff that has little or no current value. Getting in the habit of paying off your credit cards in full every month will save you a ton of money and help you reduce your risk of bankruptcy.
- Step up your retirement savings. You should be getting your full company 401k match, if a match is offered. Keep boosting your retirement contributions by 1% a year until you're saving at least 10% of your income (15% is even better). The more you save now, the more options you'll have later.
- Boost your emergency fund. Once you're on track for retirement and your credit card debt is paid off, start funneling the money you once dedicated to debt into your emergency savings account. Accumulating an emergency fund equal to three months' worth of expenses could take you a few years, but that cash can help you sleep better at night.

Upper middle income: \$60,000 to \$100,000

In high-cost areas, your income may not feel lavish, but you're now earning more than 60% of your fellow Americans. With higher incomes come new challenges, so follow the tips for middle-income earners and consider the following new ones:

- Add a Roth IRA. Most people will be in a lower tax bracket in retirement, so it makes sense for them to grab tax breaks now by making deductible contributions to 401k's and other retirement plans. If you have a decent income and are a good saver, though, when you retire you could be in the same or even a higher tax bracket. In that case, it may make sense to contribute to a Roth independent retirement account in addition to funding a 401k. Contributions to Roth IRAs aren't deductible, but withdrawals in retirement are tax-free. Your future tax bracket is tough to predict, but if you're young and earning a good income or you expect higher tax rates down the road, contributing to a Roth now can pay off. If it turns out you don't need the extra money for retirement -- a big if -- you could use it to pay your kids' college expenses or leave tax-free money for your heirs.
- Pay cash for luxuries. Your access to credit usually expands as your income rises, which means it's easier to overdose on debt. Try not to borrow money for anything that will decline in value, and save up to pay cash for luxuries such as vacations, new cars and home improvements.
- Save for college. A college education will be increasingly important if you want your kids to succeed financially. You may qualify for some financial aid, but don't expect



much in the way of "free" money; you're more likely to get loans than grants. Every dollar you can save for their future education can spare them a dollar or more in debt.

Upper income: Above \$100,000

Here's a bonus tip: If you make six figures, don't complain in public how strapped you feel. The 80% of Americans who make less than you don't want to hear the whining.

Of course, you know the reality: that money problems exist at every income level. Here are some tips for coping, in addition to the ones you've already read:

- Boost your liability coverage. A six-figure income can make you more of a lawsuit target, so max out your liability coverage on your auto and homeowners or renters policies. If your net worth exceeds those liability limits, consider adding an umbrella or personal liability policy that can offer even more protection. A \$1 million policy typically costs between \$300 and \$400 a year.
- Hire a tax pro. Getting tax help can make sense at any income level if you own a business or have a lot of investments outside of retirement accounts. Once you're in a higher tax bracket, though, it can make sense to have someone who can not only file your returns but also help you plan to reduce your taxes and answer any tax-related questions you might have.
- Talk to a fee-only financial planner. A session with a financial planner (one who is compensated only by the fees you pay, rather than by commissions on financial investments he or she sells) can be a good idea for anyone. But good advice doesn't come cheap, which is why many lower-income folks opt for a do-it-yourself approach. At your income level, you should make the investment in someone who can help you make sure you're on track for retirement, college savings and other goals. Expect to pay a few hundred bucks for a portfolio review and \$2,000 or more for a complete financial plan.

Liz Weston is the Web's most-read personal-finance writer. She is the author of several books, most recently "The 10 Commandments of Money: Survive and Thrive in the New Economy." Weston's award-winning columns appear every Monday and Thursday, exclusively on MSN Money.

Strategies for Spring Cleaning Success

Did you ever think about how the spring-cleaning ritual developed? Before the advent of electricity, homes were heated with coal, oil and/or wood, and lit by gas or candlelight. Soot and grime were the natural companions of winter. Once spring arrived, the doors were thrown open, and everything was aired out, cleaned out, swept out, and scrubbed out. Although today's centrally heated homes don't collect the intensity of dirt, somehow the winter dingies seem to creep inside. Some recommendations to get you started are:

Clear It Out. Start by getting rid of the things needlessly filling up your home.

Recycle it. Even with the availability of reading online, some people still prefer the paper versions. Gather up any newspapers and those magazines no one has ever quite gotten around to reading. If your community also recycles mixed papers, check the regulations, and start a bin where you can toss those papers as you clean.

Sell it. Garage sales, tag sales, or consignment shops are a great way to get rid of items in excellent condition but you no longer need. Collect them in one spot, and then, once spring cleaning is done, decide how to dispose of them.

Donate it. Items in good condition but no longer fit your lifestyle can be donated to a charity or "free-cycled" away. Free-cycle is a grassroots, web-based, nonprofit movement of people who are giving and getting stuff for free in their own towns. Each local group

is moderated by a volunteer, and membership is free. Visit www.freecycle.org for more information.

Inventory Your Supplies. Before you start cleaning, make sure you have all the necessary supplies on-hand. The basics should include:

- all-purpose spray cleaner (for small, washable areas)
- all-purpose powder or liquid cleaner (for large washable surfaces like floors and walls)
- abrasive cleanser (to remove heavy amounts of soil in small areas)
- non-abrasive cleanser (for gentle cleaning on easily scratched surfaces, including porcelain sinks and ceramic tile)
- chlorine bleach (an effective disinfectant, particularly where mold and mildew are present)
- glass cleaner
- furniture-dusting product (such as a spray and a clean cloth, or a microfiber cloth, mitt, or duster)
- toilet bowl cleaner

You may also need to add cleaners specific to your surfaces, such as metal polishes and granite cleaners, or your personal preferences, such as wipes and special purpose sprays. Don't forget to check your supply of vacuum cleaner bags and trash bags.

Make a Plan. Decide on your cleaning style. Some people find it more effective to clean one room at a time. Others prefer to group tasks — such as cleaning windows in several rooms at once or leaving all the vacuuming until the end.

Prioritize. If one room at a time is your style, decide on the order. Generally, it's best to do the rooms needing the most work or gets the most traffic first. That way, if your cleaning plans get derailed, you can still be proud of what you've accomplished.

Consider the big stuff.

Do the curtains need to be laundered? What about comforters, blankets, bed skirts, slipcovers, and shower curtains? Are your area rugs and draperies due for professional cleaning? Once these items are removed from the room and on their way to getting cleaned, it will be easier to tackle the rest of the space.

Recruit Help. It's not necessary to do everything yourself.

Enlist family members. Establish a spring cleaning day. Start early. Assign tasks according to age and ability. Have lunch preplanned — maybe even delivered — so your helpers don't lose momentum. And make it fun. Hide some favorite treats in places needing to be cleaned. Playing lively music keeps everyone's energy up.

Pair up with a friend. If you live alone or family members can't help, find a like-minded friend and clean together — your house in the morning, his/ hers in the afternoon. If needed, schedule a second day.

Call in the professionals. If your budget allows, you don't have to do every bit of cleaning yourself. Someone else can come in and wash the windows, buff the floors, shampoo the carpets, clean the upholstery, or even do the majority of the cleaning after you've removed the clutter.

Source: American Cleaning Institute

Happy Birthday

Duane Cooper	01	Carolyn Hoosier	07	Grace Pugel	15
Rene Vigil	01	Marcella Castro	08	Ronald Schaefer	16
Seattle Morris	01	Nolah Cousins	08	Jeffery Peters	17
Famie Mason	01	Mi'chelle Mach	08	Dena Cools	17
Colby Smith	01	Rodney Krise Jr.	08	April Melton	17
Daniel Hall	02	William Henderson	09	Skylehr Henry	17
David Peters, Sr.	02	Juan Araiza	09	Douglas Johns	18
Kaitlyn Sweitzer	02	Cheryl Hantel	09	Daniel Kuntz	18
Tamika Krise	03	Andie Cousins	09	Trinity Byrd	19
Deborah Knott	03	Alexander Henry- Castellane	09	Sande Smith III	19
Jacqueline Crenshaw	03	Lila Jacobs	09	Elisha Peters Guizzetti	19
Janice Leach	04	Kiana Henry	09	Jolene Grover	20
Elizabeth Fenton	04	Kenneth Selvidge, Jr.	10	Vicky Turner	20
Kathy Brandt	04	James Giles	10	Louise Rioux	20
Tyler Hartwell	04	Antonia James	10	Pamela Peters	20
Traci Coffey	04	Joanna Cowling	10	Elizabeth Obi	21
Joseph Harrell	04	Talon Beattie	11	Chasity Villanueva	21
Matthew Block	05	Darren Ford	12	Joshua Whitener	21
Robert James	06	Russell Harper	12	Tyrone Seymour	21
Chauncey Blueback	06	Dorinda Thein	12	Emily Sigo	21
Marie Snyder	07	Latiesha Gonzales	13	Edward Henry I I	21
Tania Korndorfer	07	James Peters	14	Jon Vanderwal	21
Rolando Rocero	07	Debra Peters	14	Tracy West	21
Keesha Vigil-Snook	07	Haelee Hernandez-Smith	14	Sarah Koshiway	22
Michael Kruger	07			Randy Koshiway	22
				Rebecca Keith	23
				Tristian Isaiah Villanueva	23
				Ronald Bell	23
				Cameron Goodwin	24
				Syncere Ho	24
				Casey Krise	25
				Cynthia Parrott	25
				Larain Algea	25
				Dawn Caasi	25
				Chauncy Blueback	26
				Russel Algea	26
				Becky Barker	27
				Douglas Zura	27
				Anthony Johns	28
				Wesley Whitener	28
				Claudia Guijosa-Hernandez	29
				Redwolf Krise	29
				William Lopeman	29

What's Happening

1	2	3	4	5	6	7
		Drum Group 6:00 p.m.	<i>Family Court</i>	<i>TANF Craft Class</i> 3-5, C Kitchen AA Meeting 7:30	<i>Easter Egg Hunt</i> 10:30 Ball Field	
8	9	10 <i>Criminal/Civil Court</i> <i>Candidates Forum 5 p.m.</i>	11	12 <i>TANF Craft Class</i> 3-5, C Kitchen <i>Council Mtg.</i> AA Meeting 7:30	13	14
15	16	17 Drum Group 6:00 p.m.	18	19 <i>TANF Craft Class</i> 3-5, C Kitchen AA Meeting 7:30	20	21
22	23	24 <i>Criminal/Civil Court</i> Drum Group 6:00 p.m.	25	26 <i>TANF Craft Class</i> 3-5, C Kitchen <i>Council Mtg.</i> AA Meeting 7:30	27	28
29	30					

Men and Women Elder Regalia

If you would like made-to-fit regalia to wear at tribal events and the Canoe Journey, please contact Robin Smith by telephone at 360-426-6644. There is no cost, only measurements and appreciation to the talented seamstresses are needed!



Happy 80th Birthday Margie Witcraft

A room full of friends and relatives gathered to celebrate Margie's 80th birthday Feb 25 at Elders building. Margie introduced everyone, We all sang happy birthday and performed three of her favorite songs.

-Rose Brownfield

Happy 28th Birthday Jolene Renee



**We Love You Lots!
And We Are So
Proud of You!
- Your Loving Family**

Happy Belated 1st Birthday To Brooklyn Byrd, daughter of Jamaal Byrd, son of Sally Byrd, daughter of Lucille Hause, daughter of Clara Bagley-Seymour, daughter of Lottie Bagley, daughter of Mary George, daughter of Chief Tye George



**Love
Meloney**



Happy 8th Birthday T.J.! Your Becoming a Great Young Man Son! Happy Birthday!! Love, Mom,Dad, Johnny & the Rest of the Family

Happy 25th Birthday To My Brother, Sonny! Love, Marlene and Family

Happy 5th Birthday Johnny! Love You Big Boy! Love, Mom,Dad, Tj and the Rest of Your Family

Happy 10th Birthday Kiana Jean

Happy Birthday Marie

Happy 22nd Birthday Son!



**Love,
Your Sisters,
Gloria & Margaret**



**We're Proud of You!
Love, Mom and Dad**



**We Love You Lots!
- Your Loving Family**

Happy Birthday Joey



**Love You Lots!
- The Seymour Clan**

BINGO AT THE CREEK

Over \$20,000 in Cash and Prizes!

Friday, April 6th at 6:30pm

Saturday, April 7th at 2:30pm & 6:30pm

2:30pm Session Blackout Prize • \$599

6:30pm Session Blackout Prize • \$1,199

Early Bird Specials • 6:30pm Sessions

\$69 Hotel Stay for Bingo Participants!

**WEAR PJ'S OR LAZY DAY
ATTIRE AND RECEIVE A**

FREE LEVEL 1 WITH BUY-IN!

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

Restrictions apply. Must be 18 or over to play.

CONCERTS AT LITTLE CREEK

◆ **CRYSTAL GAYLE
AND TANYA TUCKER**

Saturday, April 28th ◆ 8pm

Tickets on sale now! \$50/\$40/\$30

◆ **CHEAP TRICK**

Saturday, May 19th ◆ 8pm

Tickets on sale now! \$55/\$45/\$35

◆ **TONY ORLANDO**

Saturday, June 9th ◆ 8pm

Tickets on sale April 12th! \$40/\$30/\$20

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

For tickets and more information
visit the box office, online or call 360-432-7300.

Must be 21 or older. Call for Skyboxes.

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

