TLC
ANNUAL EASTER
EGG HUNT
Saturday, March 28th
From 10am to 11am
At the Baseball Field
Ages 0 to 12 years.
Please join us for brunch in the Gym

If you have questions, please contact Jerilynn at 432-3992 or jvail@squaxin.us

Island Enterprises, Inc. / Trading Post Stores
Scholarship
Island Enterprises, Inc., together with the Kamilche Trading Post stores, has an exciting scholarship opportunity open to enrolled Squaxin Island tribal members, as well as their descendants. If you are currently enrolled and working towards a four year degree from a college or university, or you are presently working towards a graduate degree such as a master's or PhD, this is the scholarship for you.

There are 2 scholarships available. Each scholarship is $1250.00. Funds may be used for tuition, books, lab fees and/or living expenses. Priority will be given to students who are seeking a degree in the fields of business or management. Secondary priority will be given to students who are seeking to earn a degree related to key positions within the Island Enterprises, Inc. family of companies.

To be considered for the scholarship, you must complete an application. Applications are available at Island Enterprises, Inc. The deadline to submit your completed application to IEI is May 15th, 2015.

Please review the scholarship application for additional information. If you have any questions, contact Island Enterprises at 426-3442.
Council Corner

Knowing that our Klah-Che-Min newsletter is distributed to a wider readership than just Tribal members, their families and the local Kamilche-based community, it requires a thoughtful balance in deciding what to write and/or post sometimes. While we certainly welcome a wider readership, occasionally there are topics that might be easier to keep a little closer to home. But I really feel that I can’t write again this month without first acknowledging the high number of deaths that our Tribe has experienced during the last few months and the heaviness it creates in the community. Some of them have been sudden and unexpected and some have been freeing for the individual, but all are painful in their own way and the sheer number and rapidity recently has left many people practically spinning. We express condolences to family members when we see them, but there are so many of you affected by these numerous passings that it is nearly impossible to reach out to everyone. Deaths, just like births, tend to bring people closer, and in the end it’s a positive thing to see friends and loved ones leaning on each other. So I’m thankful for the blessing of being part of a large family and community even when it is a sad or difficult event that brings us together.

I would also like to formally say thank you to the tribal employees and volunteers who work so often at the funeral and memorial services that the Tribe hosts for tribal members. It is a complicated system, one that administration agrees still needs modifications. But in the meantime you provide a great service to a family in a time of sorrow, and it certainly is not an easy task. Thank you for what you sacrifice in order to contribute in a whole other way to the Tribe.

The Council hosted another quarterly Talking Circle in the Community Kitchen on Tuesday February 10th. It was also partly a make-up for the postponed mid-year General Body meeting. It was great to have the people who attended and thank you to Kim Elam for providing the meal. Some of the questions brought up and topics discussed included:

- Home ownership opportunities
- Tribal member management opportunities in high level positions at Tribal entities
- Tribal interest in marijuana business opportunities
- TERO (Tribal Employment Rights Ordinance)
- Mixture of low, medium, and high income housing on the reservation
- Fish consumption rate update
- Outside jurisdiction law enforcement presence on reservation

I continue to be excited that we have scheduled these Talking Circles in order for the Council to hear from, and be available to, the community on a regular basis. There is one every three months - August, November, February, and May - the General Body Meeting.

And last, I want to put in a plug for everyone to go over to the Mary Johns room next to the gym to check out the art mural project that is being created by the community under the vision and guidance of Taylor Krise. We are excited to have had lots of youth participation recently, but we need Elders, middlers, and everyone else too. You can participate by including a simple brushstroke or thumbprint and the final combined effort will really be amazing. Please go learn more about the mural and how it supports recovery efforts and beautification in our community in cooperation with the Safe Streets project.

Our People,
Our Community,
Our Solutions.

Veterans Committee Meeting
March 16th @ 10:00 a.m.
Tribal Center
Everyone welcome!
Youth Activity Program
Jerilynn Vail - Just as a reminder for parents and families of youth in the afterschool program – the afterschool activity program closes at 6:00 p.m. If you have checked the box for your child's registration paperwork that you will pick your child up each day, but you would now like your child to walk home, please stop by or contact us to update the registration form.

The Intertribal Basketball League season has ended for the elementary-aged team. Good job to all the youth who participated for showing up to practice and the games each week! It was great to see a huge improvement from last year - the team was working together and encouraging one another. We will still be planning to participate in a few tournaments as the school year continues. We want to continue team-building skills and we will continue to have practices on Monday and Tuesday from 5:00 - 5:45 p.m.

Youth Education, Recreation and Activities Calendar

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TLA: M: 1:4pm & 5-7pm; T: 1:4pm; W: 3-6pm; F 1:4pm
After School Snacks: M-F 3:45-4:45pm
Computer Lab: M-Th 3-7, F 3-5pm
Sylvan: M-Th 4:30-6:30pm
Homework Help, GED Prep: T-TH 4-7pm

**ER = Early Release**
WHL = Wa-He-Lut Indian School
SDD = Shelton School District
GSD = Griffin School District
TLA = Tu Ha’ Buts Learning Academy

I.T.B. = Inter-Tribal B-Ball
High School: 9-12 Grade
Middle School: 7-8 Grade
Elementary: 4-6 Grade
## Teen Center / CHUM Project

Laurel Wolff - Congratulations to our teens that finished the snowboarding program together. Before each snowboarding lesson a core value is was discussed: Courage, Integrity, Discipline, Wisdom and Compassion. Each teen showed and improved on these values and I was very proud of everyone who participated in the program. These teens did a great job on the mountain: Shawn Lincoln, Josh Lopez, Machiah Rivera, Sierra Blueback, Fern Rodriguez, Austin Bone, Billie Marie Lopeman Johns, Shalee Allen, Jayde Smith and Nicole Rowell. Special thanks to Chris Sigo who helped facilitate and lead the snowboarding instruction.

* See Photos on Page 5

### CHUM Calendar

Teen Center hours 3:00-6:00pm unless otherwise noted
Laurel Wolff teen advocate: 432-3842

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<td>Girl's Circle 5-6</td>
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Happy spring! The Teen Center continues to be busy and we’re always looking for more teens to join our activities. Check the March calendar so you won’t miss out:

- March 3rd, 17th, 31st
- March 6th and March 27th
- March 9th
- March 13th
- March 23rd
- March 24th and 26th
- March 28th

(Teen Center will be closed)
Mural Project continues in Teen Center
Youth Council
Early Release days / Beading with Elders
Basketball Jamboree at Nisqually
(Van leaves at 11:00)
**GED Prep and Homework Support**

Jamie Burris - Whether you need help to prepare for GED testing or help with your homework, come to the TLC classroom ready to learn on Tuesdays, Wednesdays and Thursdays from 4:00 – 7:00pm. Spring break is just around the corner. Don’t spend your spring break catching up on homework. Get it done now! I am here to help and encourage you.

For more information or if you have any questions, please feel free to contact me: Jamie Burris at jburris@mccleary.wednet.edu.

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**Education Liaison News**

Peggy Peters - Bullying is not just a school problem for children and teens. Bullying can occur in the home with siblings or relatives; on the way to and from school; in parks, playgrounds, swimming pools and at sports games; and in all kinds of relationships. All four basic types of bullying - emotional, verbal, physical and cyber bullying - are harmful and should be dealt with immediately.

Bullying can have long-term consequences through school and even after graduation. Both the bullied and the student who is bullying may need to be counseled. No one wants their child to be bullied by another adult or child. However, what if it was your child doing the bullying? Parents find it difficult to consider their child might be the one who is bullying another child. You may need to take action with a plan to help your child.

When Bullying happens it needs to be reported. Students who see bullying sometimes don’t know what to do, or fear they may become bullied if they step in trying to resolve the situation. If you are aware that bullying is happening at school, check with your school to see if there is a policy or form for reporting harassment. If your child goes to a school in Shelton School District you can find an HIB Incident Reporting Form on the District’s website home page under “bullying information.” Make sure to submit this form to your child’s principal so an investigation can be started.
Community

Walking On

Ron Dailey
February 4, 1929 - February 6, 2015
Ronald Leroy Dailey was been promoted to Heaven on February 6th.

Brother Dailey (as he was known among the American Indian Fellowship) lived and died as an outstanding minister of the Gospel. He exemplified everything a minister should be. He was a great preacher, a faithful friend, and a champion for the cause of the American Indians. He was loved by everyone who came under his pastorate. He carried himself like a statesman; his manner of dress was always immaculate, and his speech was appropriate in every circumstance.

Ron’s survivors include his wife, Kathleen Dailey; son, Leroy Dailey, and his wife, Laurel, of Tahuya; son, Matthew Dailey, and his wife, Laurie, of Anchorage, Alaska; daughter, Mary Ford, and her husband, Don, of Arkansas; stepsons, Stephen Henry and Ryan Shepard of Shelton; sister, Colleen Tyler, and her husband, Ray, of Renton; grandchildren, Ben, David, Zach, Shane, Bradly, Lennea, Trevor, and Misti; and a great-grandchild, Daelli Grace.

He was preceded in death by his wife, Trudy; sisters, Pat Scarano and Nancy Rose and two brothers.

Ron’s funeral service was held at the Squaxin Island tribal gym on Wednesday, February 18th at 11:00 with a meal following at the Community Kitchen. Out of respect for the family, tribal offices were closed on that day.

Ray Krise. Sawalas
February 4, 1965 - February 15, 2015
Ray Krise, a Puyallup tribal member with roots at Squaxin, and a resident of Yelm, passed away on February 15th at St. Peters Hospital at 5:30 p.m.

Ray Krise was known throughout numerous states and countries as a Salish cultural leader who imparted a legacy of generational teachings of the Canoe Way and of Traditional Tribal Protocol (etiquette). His spirit will be heard when Salish songs are brought to the floor of cultural houses or are being heard on the marine waterways in the power pulls of the Canoe Journeys. His love of Salish cultural teachings will live on through all those he touched. He was also involved in the drug and alcohol awareness dinner and traveled all over the western United States and Canada to learn teachings of Native American cultures. He was involved with the Indian Shaker Church religion, the Longhouse/Smokehouse, and the Sundance beliefs.

He is survived by his daughter, Kisa Krise; son, Talon Krise; father, John Krise, Sr.; Step-mom, Gloria Krise; sister, Pam; brothers, Adam Sr. and John Jr. Krise; sister-in-law, Shayla Wilkins Krise; best friends Kendall and Janell; and several other family members.

He was preceded in death by his grandmothers Noami Johns and Evelyn Krise-Miller; grandfathers, Steve Johns and Bud Miller; mother, Marguarite Johns.

Ray’s funeral service was held at Little Creek Casino Resort Event Center on Thursday, February 19th at 10:30 a.m. with a dinner and burial following at the Squaxin Island Cemetery.

Ray’s family would like to thank David Lopeman, Janell, Kendall, Kenny Farmer of the Sundance family and all the others who helped and comforted us in our time of loss.

Patty Brown
June, 1945 - February 15, 2015
Patricia Dodds Brown, a lifetime resident of the Shelton area, passed away Sunday, the 15th of February at her home in Kamilche.

Born in June, 1945 in Shelton to Ronald and Inez (Satra) Dodds, Patty graduated from Irene S. Reed in 1963. She continued her education at Eastern Washington University and Gonzaga University.

Patty married Dan Brown in 1968 and had four children - John, Paul, Jennifer, and Amy. Though family came first, Patty had many passions, including bowling, softball, and playing cards with friends and family.

She held many jobs over the years, but was most proud of her accomplishments while working with the Squaxin Island Tribe’s Housing Authority, Alpine Way assisted living, and her management position at Little Creek Casino Resort, where she worked until her retirement in 2011.

She was preceded in death by her parents, Ronald and Inez; her husband, Danny; her sisters, Joann, Shirley, and Dawn; and her brother, William.

Patty is survived by her sister, Julie; her sons, John Mac, and Paul Dan; her daughters, Jennifer Louise, and Amy Kathleen; her grandchildren, Erica, Krissa, Alex, Abigail, Grace, Casey, Journey Bear, and Josiah, Autum; and many nieces and nephews.
Stephanie James - Creating a Monthly Budget doesn’t have to be overwhelming or difficult. In fact, if you are anything like me, you enjoy tasks like this when they are made simple. There is also a “wealth” of information and resources available to you at the business center, as well as on the internet. Here is an example of a monthly budget. The most important thing to remember is to include ALL sources of income and ALL of your monthly expenses.

My Monthly Budget

Month:

Income:
Salary (after taxes and benefits):
Other income (Per Capita, Dividends, Child Support):

TOTAL MONTHLY INCOME:

$_______________
$_______________
$_______________

Expenses:
Mortgage/Rent:
Utilities (electric/gas, water, garbage):
Internet, Cable TV, Phones:
Car Payment:
Gas:
Insurance (auto and home):
Food:
Entertainment:
Other (like clothing, health & beauty):
Debt (credit cards, loans):

TOTAL MONTHLY EXPENSES:

$_______________
$_______________
$_______________
$_______________
$_______________
$_______________
$_______________
$_______________
$_______________
$_______________

Income: $_______ - Expenses: $_______ = $_________ (If your income is greater than your expenses, this is the amount you have to spend or better yet, save. If your expenses are greater than your income, look at your budget to find expenses to cut. That’s it!)

Next month: Bank Accounts, Credit Cards, & Loans.

New Employee

Acacia Baker
Certified Medical Assistant

Hi, I am Acacia Baker recently hired part-time in the Health Services Department at Squaxin Island Tribe. I have worked as a Certified Medical Assistant for 21 years and am also an x-ray technician. I was working some ‘on call’ days here at Squaxin Island Health Clinic this winter.

I think the staff and facility are really great and it’s been so nice to meet new people in this community as well as seeing some familiar faces!

My grandparents live at Skokomish, and I have grown up with a deep appreciation of the history and traditions of the local indigenous peoples.

I have 3 children, Mat age 21, Kara age 21, and Raney age 17 (I am very proud of them) and live with my best friend and partner in life Caleb.
We have built a business providing marine mammal monitoring under federal safety guidelines. We feel healthy diverse ecosystems are important and worth all the hard work.

When I am not working, I enjoy being in the woods or on the water, and grooming or riding our horses. I am looking forward to my role here with the Healthcare team in this wonderful area.
Community Development

Office of Housing

Attention Housing Applicants...

Here’s your last chance...
The Office of Housing has not received completed update application forms from the following individuals. These individuals will be removed from the Housing Waiting List unless they turn in their requested information by March 31, 2013. If you have any questions, please contact Lisa Peters, Housing Counselor, at: 432-3871.

Priority Waiting List
Dillon Decicio
James Coxwell
Gelacio Orozco
Sheryl Wingfield
Tiffany Sizemore
Kui Tahkeal
LaMetta LaClair
Dakota Lorentz
Adam Mowitch
Lindsey Mike

Youth Environmental Art
Two more on back page

RAISINS, GRAPES, AND DOGS

ASK OUR VET

Susan Neary, D.V.M

Q: Can raisins and grapes really poison dogs?
A: Yes - fresh grapes of both red and white varieties from grocery stores or vines in private yards and fermented grapes from wineries. In the cases reported, the estimated amount of ingested raisins or grapes to cause toxicity ranged from 0.41 to 1.1 oz/kg. Because 4 pounds of grapes equal about 1 pound of raisins, fewer raisins need to be ingested to reach toxic levels.

Dogs can exhibit problems ranging from acute gastrointestinal signs to life-threatening renal failure or even death.

Vomiting occurs in all dogs and begins within the first few hours of ingestion. Because there are still many unknowns about the toxic potential of grapes and raisins, the ASPCA Animal Poison Control Center had advised that grapes, raisins, and any food containing grape extracts not be given to pets in any amount. If ingestion should occur, owners should seek veterinary assistance immediately to initiate aggressive medical management.

For more information on the toxicity of grapes or raisins, see the ASPCA APCC web site (www.apec.aspca.org).

We welcome your pet health questions and will answer as many questions as possible. We also welcome your suggestions for future topics.

Please write:

Nose To Toes - Ask Our Vet
P.O. Box 2029
Lynnwood, WA 98036

Or email:
NITAskOurVet@hotmail.com
Evan Welkin - We’ve had beautiful weather in February and Squaxin Safe Streets took inspiration with some great progress on our work. We set the stage at the end of January actually, as Audelia Araiza and Evan Welkin took the Recovery Coach Academy class taught by the Northwest Indian Treatment Center. This class teaches “coaches” how to mentor people in recovery that are reentering the community as they overcome addiction. Squaxin Safe Streets recognizes a piece of addressing alcohol and drug abuse in our community is making sure that people who have struggled with addiction get support and a second chance to choose a healthier path. Right now, at least 3 members of our advisory board are trained Recovery Coaches and we encourage folks interested in learning more to come out to our next meeting to get support. Anyone is welcome to our meetings, regardless of where you are in your recovery.

Taylor Krise and John Ackerman also geared up this month to begin work on a mural project with young people of the tribe. After receiving support from the Family Services, Education, and Community Development Departments as well as encouragement from Tribal Council and the Museum, Taylor and John took all the ideas they had gathered from the community to sketch out an amazing design on four 4 foot x 8 foot panels. While Taylor can give you the best explanation if you ask him directly, the themes of the mural focus on the seasons, cycles in the life of Tribal members, and living in balance with cultural traditions. We hope that by bringing together different programs supporting youth as well as youth themselves, we can offer this project to the community as a living, lasting witness to healthy living and creative expression for coming generations. Keep an eye out for continued work on this project and an unveiling ceremony in the spring!

Finally, the Squaxin Safe Streets group itself is taking our work to the next level. Samantha Ackerman won our logo contest with over a third of all 98 votes cast at the Drug and Alcohol Awareness dinner. Her design is currently being “vectorised” into a high resolution format by the Squaxin Information Services Department. Keep an eye out for it on decals, T-shirts and posters soon. The Advisory Board (made up of community volunteers, anyone can join!) has set some goals for success of the project. We are taking next steps to bring the work of mobilizing the community to our neighborhoods. This month our first offering was a training on neighborhood block watch and community safety on February 25th, coordinated with our contracted Safe Streets Campaign partners who last joined us in September at our kickoff. We looked at tips for landscaping and maintenance to reduce criminal activity, the best ways community can support law enforcement case building, and celebrated successes. Also, the Squaxin Island Police Department’s Youth Explorer Program, which will offer Squaxin youth an opportunity to learn skills in law enforcement, natural resources management, security, traffic control, first response, and emergency management, will open up for applications soon. Please stay tuned for this exciting opportunity and we encourage youth to apply.

**Our next Squaxin Safe Streets dinner and meeting is March 17th at 5:00 p.m. in the Community Kitchen.** Everyone who is interested in helping make the community safer is welcome!

**Drug and Alcohol Related Police statistics January 1st - 31st**

- 26 total drug and alcohol related incidents reported
  - (19 drug related, 7 alcohol related)
- 8 arrests
- 3 citations/infractions
- 6 referred to other agencies
- 5 to Tribal court
Squaxin Island Museum
Would like to help Squaxin Island tribe members with creating Button Robes
For HIGH SCHOOL, GED, or COLLEGE GRADUATES

If you have a graduate, honor their hard work with a hand made (by you & your family) button robe!
Space is limited!!!!!!!!

Where: Squaxin Island Museum classroom
Starts: Tuesday March 10th
When: Every Tuesday 5:00-7:00 pm
Contact: Ruth Whitener 432-3841
Squaxin Island Tribe - Klah-Che-Min Newsletter - March 2015 - Page 11

SEAHAWKS SUPERBOWL TAILGATE PARTY

Seahawks Superbowl tailgate party
**Health Clinic**

**Smoking Cessation Classes**

*Beginning March 2 at 4:00 p.m.*

Community Kitchen

Have you ever wondered why smoking is so enjoyable? Are you thinking about quitting, but not sure how to begin to do that? Come to the Smoking Cessation classes and you will find the answers to these questions plus more! The classes are held every Monday at 4:00 p.m. in the Community Kitchen. These classes are educational, and fun, but more importantly, supportive. You are welcome to join in at any time. New participants are always welcome and encouraged to join. If you or someone you know is considering quitting, please come and join us.

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**HOW FOOD AFFECTS YOUR BODY**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart and Circulation</td>
<td>A healthy diet helps your heart and blood vessels work better. It helps protect you from heart disease and high blood pressure as you get older.</td>
</tr>
<tr>
<td>Energy</td>
<td>Foods like fruit, vegetables, whole-grain bread and potatoes have carbohydrates. Carbohydrates are the body's main source of energy. These foods not only give your body energy, but they help your body stay healthy. For good health, eat a variety of grains, vegetables and fruits each day.</td>
</tr>
<tr>
<td>Brain and Moods</td>
<td>Eating regular meals may help you feel more alert and you may be less likely to get stressed or depressed. It may also help you do better in school.</td>
</tr>
<tr>
<td>Hair, Skin and Nails</td>
<td>The vitamins and minerals in a balanced diet make your skin, hair and nails shine with health.</td>
</tr>
<tr>
<td>Bones</td>
<td>Foods like milk, yogurt, cheese and spinach have an important mineral called calcium. Calcium makes your bones stronger. Children and teens need at least three servings of calcium a day.</td>
</tr>
<tr>
<td>Teeth</td>
<td>Calcium also helps keep your teeth and gums strong and healthy. Sugary foods like candy and soda can lead to cavities. Try drinking low-fat milk or water instead of soda.</td>
</tr>
<tr>
<td>Weight and Body Fat</td>
<td>When you take in more food than your body needs, it gets stored as fat and you gain weight. Everyone has some body fat, but too much can affect your health. The key is to eat a variety of healthy foods, and to stop eating when you are full.</td>
</tr>
</tbody>
</table>

Eating too many high-sugar and high-fat foods like soda, candy, potato chips or cheeseburgers can cause you to gain weight and add to other health problems. You don’t have to give up these foods completely, just eat them less often and make sure you eat plenty of healthy foods too.
**Mammogram Clinic**
February 24th
Contact Traci Lopeman
360-432-3930

**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

**Smart Shopping/ Food Label Workshops**
Contact Patty to schedule

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

**Lifestyle Balance Program**
If you are ready to lose weight, we can provide support.
Native American and over 18

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

**FREE BLOOD PRESSURE SCREENING 2015**
The First Thursday of each month

Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 1:45 pm
Everyone is welcome!
Kamilche Pharmacy Auto Refill Program

1. Auto Refill—How does it work?
When you have less than a week’s worth of medication left on your current prescription, we’ll automatically refill it for you. There is no need to call the pharmacy.

2. Which prescriptions are eligible?
Most maintenance medications. A maintenance medication is a prescription that is filled on a regular schedule for an ongoing medical condition. Please keep in mind that some prescriptions are not eligible, such as controlled substances, topical products, and items used as needed.

3. What if I am out of refills?
Don’t worry! We will contact the prescriber to request refills for you. If you do not pick it up in ten days, we put it back on the shelf, but we can always fill it again for you.

4. What is my prescriber changes my prescription or I do not need to take it anymore?
Just let us know and we will take it off Auto Refill.

5. I’ll be going out of town when my prescription is due to be picked up. What do I do?
Let us know a few days before you’re leaving & we will make arrangements so you can get it before you leave town.

Questions? Call Bob or Doug at Kamilche Pharmacy 360.432.3990
Living a Healthy Lifestyle
(Article from www.4woman.gov)

Traci Lopeman, Outreach Specialist - A healthy lifestyle can help you thrive as you move through the seasons of life that every woman experiences. But, making healthy choices isn't always easy! It can be hard to find the time and energy to exercise regularly or prepare healthy meals. Your efforts, though, will pay off in many ways, and for the rest of your life.

Steps you can take:
Be physically active for 30 minutes most days of the week. Break this up into three 10-minute sessions when pressed for time.

Eat a well-balanced, low-fat diet with lots of fruits, vegetables, and whole grains. Choose a diet low in saturated fat and cholesterol; moderate in sugar, salt, and total fat. Choose vegetable oils and soft tub margarine rather than solid fat (meat and dairy fats, butter, lard and shortenings). Use the Food Pyramid as a guide.

Avoid injury by wearing seatbelts and bike helmets, using smoke and carbon monoxide detectors in the home, and using street smarts when walking alone.

Drink alcohol only in moderation. Never drink before or when driving, or when pregnant.

Don't smoke, and quit if you do. Ask your health care provider for help.

Use prescription drugs wisely—read the label, ask your health care provider or pharmacist for details about the medicine, keep a record of the medicines you use, take medicine(s) correctly, and report side effects to your health care provider.

Ask someone you trust for help if you think you might be addicted to drugs or alcohol.

American Diabetes Association Alert Day®

American Diabetes Association Alert Day® is a one-day “wake-up call” asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. In 2015, Alert Day will take place on Tuesday, March 24.

The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.

Take the Risk Test!
Happy Birthday

Sapphire Pricilla Ward
Alyssa Mary-Ida Henry
Emma Jean Valle
Jennine Marie Jacob
Luke Grey Falcon Rodriguez

Raven Haaq Roush-Lizotte
Christy Marie Peters Block

Clayton John Briggs
Serena Rae Phillips
Daniel Rodney Snyder
Vincent Gene Henry, Jr.
Arnold E. Cooper
Chazmin K. Peters

Mayella Frankie Jean Roberts
Adolfo Douglas McFarlane
Angela Renee Lopeman

Cedar Michael Korndorfer
Jamaal Jason Byrd
Faith Elizabeth Pughe

What's Happening

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<thead>
<tr>
<th>1</th>
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<th>5</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Criminal/Civil Court</td>
<td>2</td>
<td>Family Court</td>
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</tr>
<tr>
<td>8</td>
<td>Criminal/Civil Court</td>
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<tr>
<td>15</td>
<td>Safe Streets Dinner/Mtg</td>
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<td>22</td>
<td>Criminal/Civil Court</td>
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<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>AA &amp; ALANON Every Thursday 7:30 p.m. in the Elders Building</td>
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</tbody>
</table>

Community

Easter Egg Hunt

Criminal/Civil Court

Council Mtg.

Council Mtg.
Happy Birthday Aiyanna and John Krise III
Love, Gramma and Grampa John and Gloria Krise!

Happy Birthday (February 27)
to My Beloved Wife Gloria
Love, John

Tribal Police Drug Tip Hotline
360-462-7104
Leave anonymous messages on this newly reactivated, regularly monitored message line direct to the Squaxin Island Police. You will be asked to leave a message on this non-emergency line and not be required to speak with anyone, but please leave as many important details as possible to help law enforcement pursue tips: the who, what, when, where of your tip are really important, especially with as much up-to-date, factual information as possible. If there is an emergency or you need immediate assistance, call 9-1-1.
Youth Environmental Art

By Justin Case

Another on Page 4

NEW RESCHEDULED DATE!

WEDNESDAY | MAR 11 | 7PM

JENNY McCARTHY’S

Dirty Sexy Funny

A night of comedy hosted by Jenny McCarthy featuring four of today’s hottest female stand-up comedians

TICKETS $40 | $30 | $20

For tickets visit the box office, online, or call 800-667-7711

2015 SEATTLE MARINERS

WE ARE FAMILY

SUN., APRIL 26
1:10 PM

Event Details

Tickets start at $12 and include a Mariners We Are Family Day giveaway. Join the Mariners at Safeco Field as we say Thank You to foster, kinship and adoptive families and the agencies, social workers and community members that support them.

Caregiver Recognition Event: 10 – 11:00 a.m. Ellis Pavilion; doors open at 9:30 a.m.

Tickets

• $12 View Level
• $27 Main Level

To buy tickets or for more information, please call or visit:
(206) 346-4540 Mariners.com/WeAreFamily