

# KLAH-CHE-MIN

?acaci?albi? GeA te HeIV yex ti stultuleI . A PUBLICATION OF SQUAXIN ISLAND TRIBE ?acaci?albi? GeA te HeIV yex ti stultuleI .

MARCH 2003

► *People of the Water* ◄

COMPLIMENTARY



*Bruce Miller and a student putting final touches on the Salish Weaving Exhibit.*



*Peg Deam (Suquamish weaver) and Bruce Miller discussing attributes of the exhibit.*



*Misty Kalama Miller (Puyallup weaver) in front of one of her projects.*

## "Weaver's Spirit Power"

Charlene Krise - On February 8th the museum hosted the Southern Puget Salish Textile Guild's Traveling Exhibit reception. The reception was well attended by many people. Vi Hilbert addressed the group with Lushootseed greeting, and she praised the Salish Weavers and Squaxin people for listening to the teachings of the ancestors. Ralph Munro welcomed everyone with encouraging words about the Museum's mission to promote tribal culture and about the honor of hosting such an important exhibit. Bruce Miller (Skokomish) is the Southern Puget Salish Ceremonial Teacher for the guild. He told a Salish legend about how the people came to the knowledge of textile weaving. Bruce has been one of three (Bill & Fran James the others) in Pacific Northwesterners who have taught the ancient techniques of Salish weaving. Susan Pavel is one of the first students of Bruce, and she is now the Executive Coordinator of the Guild's Traveling exhibit. She will be coordinating the class schedules for the introduction to Salish weaving and on-site demonstrations with Bruce Miller. Please contact Karissa White at (360)432-3843 or [kwhite@squaxin.nsn.us](mailto:kwhite@squaxin.nsn.us) for class availability and cost. Susan Pavel introduced the Salish Textile Guild from several surrounding tribes: Skokomish, Nisqually, Puyallup, Suquamish, Chehalis, Muckleshoot.

## Annual General Body Meeting

SATURDAY, MAY 3RD

*Tribal Center Gymnasium*

Sign-in begins at 8:30 a.m.

First Roll Call at 9:00 a.m.

Elections will take place for two Council positions:

SECRETARY (currently held by Pete Kruger, Sr.)

TREASURER (currently held by Steve Sigo)

## Annual Art Auction to Benefit the MLRC

SATURDAY, MAY 17TH

*On Site This Year!!!*

Salish Design Workshop	1:00 - 4:00 p.m.
Salish Design Presentation	4:00 - 5:30
Cultural Performance	5:30 - 6:00
Reception/Preview	6:00 - 7:00
Auction (Both Live & Silent)	7:00

For more information, or to donate artwork, contact Dale Clark @ 432-3853



## KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

70 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
FAX: (360) 432-0858

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 & staff.*

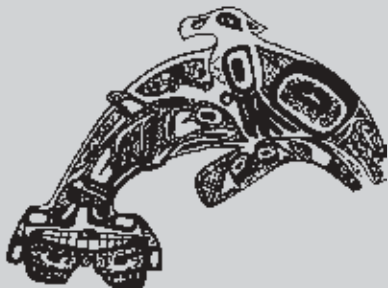
**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*  
ANDY WHITENER: *Vice Chairman*  
PETE KRUGER, SR.: *Secretary*  
STEVE SIGO: *Treasurer*  
PAULA HENRY: *First Council Member*  
ROY PEREZ: *Second Council Member*  
CHARLENE KRISE: *Third Council Member*

### Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.nsn.us](mailto:thenderson@squaxin.nsn.us)



# COMMUNITY



## Volunteers Needed For Tribal Events

Vicki Kruger - It's that time of year again! We are looking for volunteers! There are two very important Tribal events coming up in the next 6 months.

The first event coming up is the 4th Annual Potlatch. On April 12th, beginning at 11:00 a.m., tribes will be visiting us for this annual event. Last year the potlatch was attended by over 400 people from about 10 different tribes. This year we expect more. We need volunteers to help prepare the food and to help make gifts. If you can sew, bead, carve, do art work, or are experienced canning with a pressure cooker and have some time to spare to make some gifts to donate it would be an enormous help. The Potlatch Committee has some budgeted money set aside to help purchase supplies for making gifts, so if you are interested in helping, contact Carolyn Hoosier, Leah Cruz, Penni Giles, Cathy Humphries, Jennifer Whitener, Roy Perez or Vicki Kruger. We are also in need of help in the kitchen, so if you can spare the time, we would love to see you there! Since a majority of our guests come from a great distance (if the Squamish people come from BC that's a 9-hour journey), we need volunteers to open their houses to allow our guests to spend the night.

The second important event that will be here before we know it is the Canoe Journey. We need to make gifts for our canoe family to distribute during the journey and for the big potlatch at the end of the journey. This year the journey is to Tulalip. There are a couple of invitations, one from a Chief in Canada and a challenge from the Makah people, to join other canoes at their home.

Please take a look at your calendars and see if you can spare the time to help in any way you can!

On Tuesday evenings we are having a craft making class, please check postings for the time.

Thanks in Advance from the Potlatch Committee!

## Canoe Family News

Vicki Kruger - The Squaxin Island Canoe Family was well represented at the canoe meeting/potlatch in Suquamish on January 18th. The Suquamish people recently finished carving a new canoe and celebrated its completion. Our tribe had in excess of 30 people at this event.

On February 13th we traveled to Nisqually for their Canoe Family dinner. Nisqually visits us every Monday for drum/dance practice at the museum.

On February 15th, 23 people traveled across the border to Vancouver, BC to a canoe meeting with the Squamish Nation.

The canoe family travels once per month to attend meetings (which include drumming & singing) at different tribes. Occasionally the tribe hosting the meeting also has a potlatch. There are two purposes of the monthly meetings: the main purpose is to plan for the 2003 Canoe Journey to Tulalip, and the other purpose is to continue to support each other by supporting culture and having fun.

For a schedule of these monthly events, please contact Davey George Krise or Vicki Kruger.

A very special thanks to tribal elders Myrtle Richards and Lizzy Perez for always traveling with us.

## Who Is It?



*For the Answer, See Page 9*



## What's Happening at the Casino?

Mike Peters - You may have noticed a new parking lot on the Northwest side of the casino along highway 108. This is a temporary lot with over 300 parking stalls. The lot is waiting for lights to be installed before it is opened to the public. We are hopeful this will be completed by the end of the month.

At one time we were looking at developing a huge parking lot stretching from the casino to the BPA power lines. We are now exploring the idea of a parking garage. Available land suitable for building is limited within our commercial area. We are bound by highway 108, the freeway (101), the BPA power lines and Skookum Creek (and associated wetlands) setbacks. The question was asked, is this the best use for the land? Although all costs related to a garage have not been finalized, the preliminary figures indicate it may be as cheap to build a parking garage as it would be to pave the field. There are positive environment aspects to this idea as well. The garage has positive marketing impacts also. Everyone would be within 150 feet of the door. Covered parking in Kamilche? Who would have ever thought.

BJSS Duarte Bryant from Olympia is the architectural firm working on a hotel design. Korsmo Construction from Lakewood was selected as our general contractor. We have not finalized drawings for the hotel. Korsmo Construction is currently creating a list of potential tribal members and Indian owned companies interested in working on this project. Please contact them at the construction trailer (behind the casino) or call Lorna at the tribal center for more information.

The Tribal Council has appointed Doug Boon as our new Little Creek Casino General Manager. Doug is a member of the Tulalip Tribe and has worked for the Nisqually Red Wind Casino for the past several years.

## Introducing



**Russell Harper**  
*Little Creek Casino  
Employment Liaison*

Squaxin members and Little Creek Employees, I am your new Employment Liaison. If you have any concerns relating to initial employment or existing employment that you feel needs resolution, please feel free to contact me. If you feel more comfortable having your concerns addressed by someone who is outside the management hierarchy of the Little Creek Organization, I am here to help.

I am looking forward to hearing from you. Together we can find resolution and work to make Little Creek the best environment possible.

Thank You.

## A Special Thank You

I would like to thank the elders who selected me as their president at the last elders meeting. I will do my best to do the right things to benefit the elders.

Again, thank you.  
- Lila Jacobs

## Committee Vacancies to be Filled

Each of the following committees and commissions have terms which are up for reappointment at this time. The Squaxin Island Tribal Council is seeking members who would be interested in serving on any of the following committees and commissions:

- Aquatics: 2 positions, 2 alternates
- Fish: 2 positions, 4 alternates
- Hunting: 2 positions, 5 alternates
- Shellfish: 2 positions, 6 alternates
- Gaming: 1 position
- Housing: 3 positions
- Education: 1 positions, 1 alternate
- Law & Order 2 positions, 1 alternate

If you are interested in serving on one or more of these committees or commissions, please contact Ruby Fuller or Erika Poste at the Tribal Center, 360.426.9781. All interested individuals are requested to submit their names no later than Friday, March 7th. Appointments will be made at the March 13th Tribal Council Meeting.

## Happy 9th Birthday to Adolfo Douglas McFarlane



**Lots of Love From Your  
Mom Lorraine**



# HEALTH & HUMAN SERVICES



## Peak Fitness

Are you exhausted after a session of clam digging? Does canoe pulling have you worn out for hours? Do you get out of breath after a brief walk? Are you thinking you want to get in better shape? Are you a couch potato, but want to take better care of yourself? Do you want to get stronger, so you can prevent injuries when you are active? Are you already physically active, but sometimes just need a little push to keep going? Join Peak Fitness- a way to track your activity & "climb" eight mountains (on paper).

### What is Peak Fitness?

An 8-week program that challenges you to increase your fitness level by being active consistently – while challenging yourself to "climb" 8 of America's most majestic mountains: Mount Washington, Mount Mitchell, Guadalupe Peak, Mount Hood, Mauna Kea, Long's Peak, Mount Rainier, and Mount McKinley.

Kea, Long's Peak, Mount Rainier, and Mount McKinley.

**Novice:** If you are just getting started. Fill in one footprint for each 10 minute session of activity.

**Advanced:** If you are already active (active at least 3 times a week). Fill in each footprint for 15 minutes of activity.

### Why should I participate?

If you're like many people, you may find starting and staying on a consistent exercise program is tough. Work, family, and social responsibilities often crowd out time to do something good for yourself. Lack of direction or goals can make it even easier to let fitness slide. But Peak Fitness helps you get back on track and stay there, by making

## Peak Fitness Registration Form

Registration Form:

(Registration is not required, but is necessary to be eligible for drawings and incentives)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Registration Deadline: March 14, 2003

Program begins March 14 with a Walk/Run kickoff. Program ends May 10.

Return your completed registration form to Patti Suskin at the clinic.

## Peak Fitness Log Form

### Instructions:

Your goal is to "climb" all 8 mountains in the next 8 weeks by exercising your way to the peak. Track your progress by filling in the boot prints on the Peak Fitness mountains. Each boot print equals 1,000 feet of elevation.

Strive for 3 boot prints a day, 4-5 days a week. Date the spot where you finish after each exercise session (just fill in the date next to your last boot print). To encourage consistent activity, credit no more than 4 boot prints (4,000 feet) on any single day. You can go higher than the goal of 96,000 feet by filling in the boot prints labeled "Above & Beyond." See the list of Peak Fitness activities on the back of this form.

Good luck!


Start date:

End date:


Name:

Return your completed log form to:

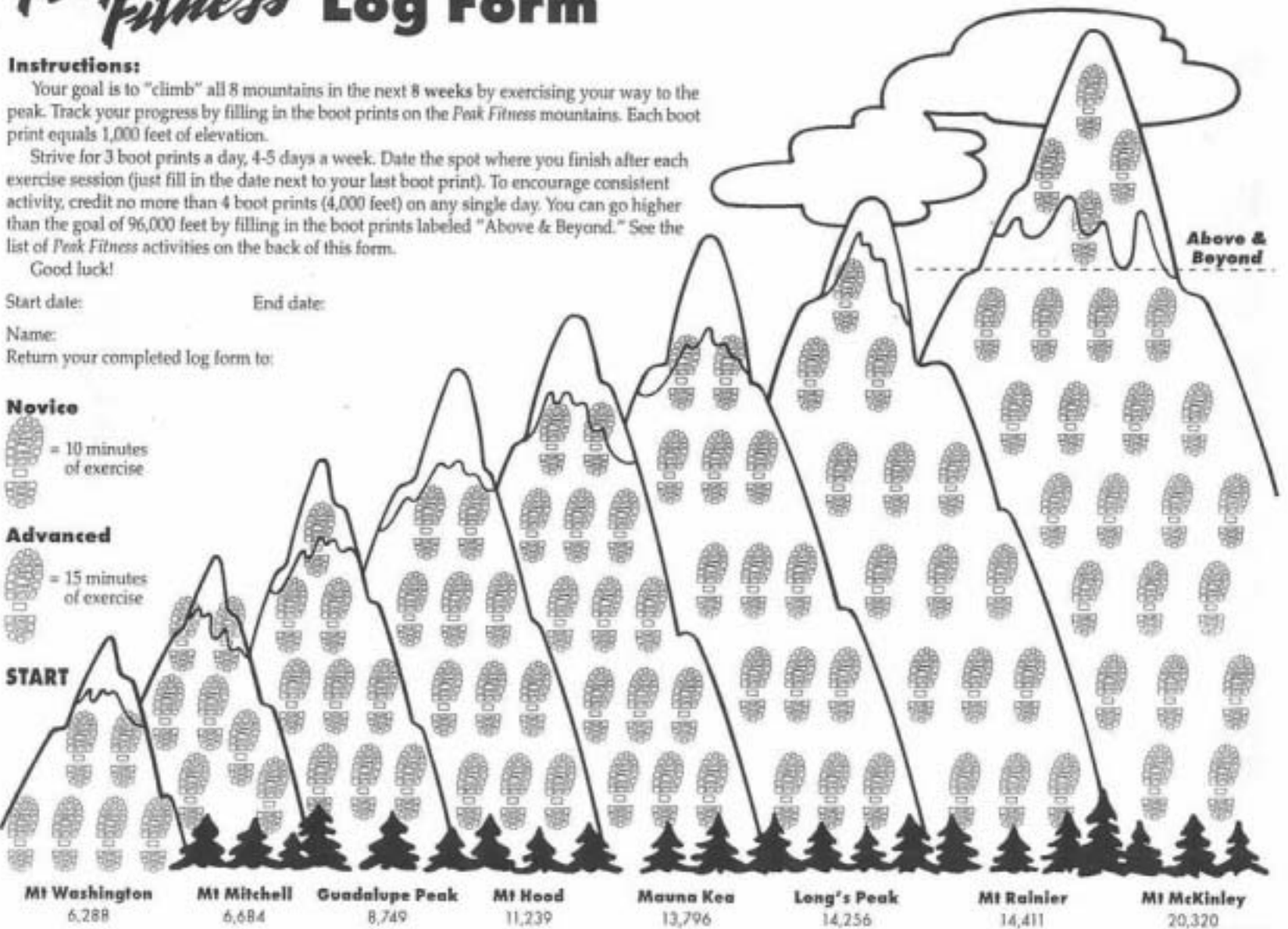
### Novice

 = 10 minutes of exercise

### Advanced

 = 15 minutes of exercise

START



Mt Washington  
6,288

Mt Mitchell  
6,684

Guadalupe Peak  
8,749

Mt Hood  
11,239

Mauna Kea  
13,796

Long's Peak  
14,256

Mt Rainier  
14,411

Mt McKinley  
20,320

1025-PF03 100



fitness fun with a theme, challenging yet achievable goals, and motivating rewards – whether you're just starting out or are already a regular exerciser.

### How do I sign up?

Complete the registration form below and return it to your Peak Fitness coordinator, Patty Suskin. You'll receive everything you need to "head to the hills" and get started on Peak Fitness today.

### Dear Nutritionist:

HELP!! I am now over 200 pounds; I'd like to be 175 again, or maybe even less. I have tried every diet out there, and I'll lose a few pounds, but then I gain it back after the diet is over. Can you give me some tips so I can keep it off??

Signed,  
Desperate to Lose

Dear Desperate to Lose:

Thanks for your question. I have listed some general tips below, but feel free to call me to talk more individually.

First, look at look at the diets you have followed. Could you see yourself eating that way for the rest of your life? If not, then maybe it is not the right way to lose. Often diets are so restrictive and boring, that a person can lose weight, but then go back to their usual eating habits. Making small changes over time such as eating pretzels, vegetables, or fruit instead of chips can cut calories here and there.

Second, look at the way you eat now. Do you skip meals? Do you feel guilty when you eat that special treat? Do you eat a lot of fried foods? Are you eating larger portions than you need to feel full? Do you use snack time to eat high calorie foods such as chips and cookies? How about vegetables and fruits how often do you enjoy them? (As you may know, vegetables are only 25 calories per 1/2 cup, and full of nutrients and fiber.) Knowing what you are doing now can be very helpful to get ideas on what to change.

Third, ask yourself how you would be willing to change. YOU CAN CHOOSE to be healthier.

\* Is it just a habit to eat that second helping or large portion? Could you eat more vegetables and cut back on chips or large portions of meat?

\* Are you restricting yourself so much that when you finally do eat you over-eat? Are you willing to give yourself permission to eat at least 3 times a day?

\* What about beverages do you get a lot of calories from soda or juices? Are you willing to drink more water and other lower calorie beverages?

\* Are you a couch potato? Are you willing to increase your activity to burn some calories, strengthen your muscles and generally be healthier?

\* Are you able to listen to your body and know when you are hungry or just bored or under stress? Awareness of emotional eating is the first step to changing. Calling a friend, taking a walk, brushing your teeth, drinking some water can be helpful ways toward new, healthier habits.

\* Do you feel pressured to eat more than you'd like because you think you might hurt someone's feelings? Would you be willing to eat a smaller portion and let the cook know you enjoyed what you ate?

\* Do you want to plan ahead more so that you don't get caught hungry & end up eating something less healthy on the go? Planning ahead takes time, but is well worth it. If you plan ahead, it is much easier to control the food you eat.

How you answered the questions above may help you with ideas on how to eat healthier. Choosing and making one small change at a time can help you to be healthier over the rest of your life.

Have you heard of the New American Plate?

Here is another idea of how to eat healthier. I would be happy to meet with you to help you with other ideas. Looking at a traditional meal, a plate contains a large piece of meat, a small serving of vegetables, and some form of potatoes & rice.

The New American Plate is to aim for 2/3 or more of your plate from vegetables, fruits, whole grains & beans, with 1/3 or less from fish, poultry, or red meat. Serving 2 kinds of vegetables as well as a whole grain such as brown rice, or a whole wheat roll is one way to do this.

What is a good rate of weight loss? 1/2 pound to 1 pound a week is a good rate of weight loss. To lose one pound, you need to eat 3500 fewer calories or burn off the equivalent through exercise/activity. If you cut back on 500 calories a day, or increase your activity by using up 500 more calories a day, you could lose a pound a week. (500 x 7 days = 3500) Walking a mile burns about 100 calories. A 12-ounce soda is about 150 calories.

Remember, it took some time to increase your weight, it will take some time to decrease it again---and keep it off!

Note: I prefer to use the term healthy eating or healthy habits when helping people to be eat healthier.

For more information, or if you are interested in a starting a healthy habits support group, call me at 432-3929.

Patty Suskin, RD, CDE, Diabetes Coordinator

### Diabetes Awareness Day

Tuesday, March 25, 2003

Do you have Diabetes?  
Diabetics are Invited to Join Us for Lunch & Get a Diabetes Update

Lower Conference Room Health Clinic  
Noon to 2 pm

- \* Have you had your A1c checked lately?
- \* Would you like to know what's new with diabetes?
- \* Have you met our new Diabetes Coordinator, Patty Suskin?
- \* Would you like some Nutrition Tips?
- \* Let us know what you would like to see for Diabetics in the Squaxin community!

Here is your chance to stay on top of your diabetes.

Join us,  
Rose Algea (CHR)  
Pam Bartley (Registered Nurse)  
Patty Suskin (Certified Diabetes Educator)  
Questions?  
Call Patty Suskin at 432-3929



## Interested in the Higher Education Program?

Are you thinking about taking college courses or attending college in the 2003-2004 school year?

Are you an enrolled Squaxin Island Tribal member?

Do you need additional financial support to help you through school?

If so, you may qualify for funding through the Squaxin Island Higher Education Program. For more information you can contact Walt Archer at 432-3826, or you can pick up an application from the Tu Ha' Buts Learning Center. Applications must be submitted to the Education Commission no later than March 15, 2003.

## Educational Achievement

The Tu Ha' Buts Learning Center would like to congratulate Patti A. Puhn for being placed on the President's List (4.00 GPA) at Olympic College. Again, congratulations on your outstanding academic achievement, keep up the good work Patti!!

## Scholarship Corner

There are currently several Pre-College workshop opportunities available, but time is running out. Please come to the Tu Ha' Buts Learning Center for more information and program descriptions, or call Lisa at 432-3882. These are the programs open at this time:

• **AIGC/COLLEGE HORIZONS:** A pre-college workshop for Native American students, June 14-18, 2003, Whitman College, Walla Walla, WA or June 28-July 2, 2003, Washington University, St. Louis, MO. College Horizons is a five-day "crash course" in preparing for college. Expert college counselors, teamed up with admission officers from 21 colleges will help you:

- Select college suitable for you
- Complete winning applications and write memorable essays
- Learn what turns an applicant into an admitted student
- Become a test-prep "whiz kid"
- Find your way through the financial aid/scholarship jungle

• **WASHINGTON INTERNSHIPS FOR NATIVE STUDENTS (WINS):** The (WINS) program offers American Indian students the opportunity to gain impressive work experience, learn first-hand the inner workings of a government agency, and meet other American Indian students from across the country.

(WINS) is a visionary effort founded on the idea that young people of the sovereign Native American nations can build leadership skills while living, studying, and interning in Washington,

D.C., and bring those skills back to their communities. Participants attend, at no expense, an intense academic program for 10 weeks in the summer or 15 weeks in the fall or spring. They gain skills, knowledge, academic credit, and practical experience. Eligibility requirements:

- Current enrollment in a college degree program
- Completion of the sophomore year of college before the internship begins
- Minimum 2.5 GPA
- Membership in a recognized tribe

• **VISION SUMMER 2003 PROGRAM AT CLARKSON UNIVERSITY:** What's your vision of the future? Do you like to travel? Like to explore new ideas? Like to meet new people? Want to prepare for graduation and beyond?

- Native American junior or senior in high school
- 2002 high school graduate
- Carrying (or carried) average grades (80) or higher;
- Have an interest in new educational and employment tools,
- Willing to reach out and grab this opportunity
- Spend July 5-26, 2003 at Clarkson University

## Staff Hours

The Tu Ha' Buts Learning Center staff is available during the following hours:

- KIM COOPER, Director:** 8:30 – 5:00 @ 432-3904
- MARK SNYDER, Youth Coordinator:** 9:30 – 6:00 @ 432-3872
- WALT ARCHER, Education Liaison:** 7:30 – 4:00 @ 432-3826
- LISA EVANS, Administrative Assistant:** 8:30 – 5:00 @ 432-3882
- SALLY SCOUT-MOORE, Cultural Act. Assistant:** 12:00 – 8:00 @ 432-3882 (Wed.-Sat.)

## Cultural Program

Over the next month the Learning Center Cultural Program is calling all youth to come and learn how to basket weave and make dream catchers. We strongly encourage parents to be involved also.

This is all in preparation for the Evergreen Youth Art Exhibit on March 1, 2003 (See Below). All permission slips for monthly activities are available in the Tu Ha' Buts Learning Center.

### *Generations Rising Youth Art Exhibit For Ages Up To 21*

Art Exhibitions, Craft Stations, early Dinner and Potlatch for the artists  
EVERGREEN STATE COLLEGE LONGHOUSE

Interested youth are asked to select their one favorite piece of artwork to include in the exhibit.

For more information, contact Sally Scout-Moore at 426-9781.



## Learning Center Update

The computer lab is now open for students doing homework or research. TLC is currently allowing the use of educational software. If we have anymore problems with vandalism or misuse of software we will close the lab immediately. Please read and abide by the computer lab rules listed below.

### Computer Lab Rules:

- 1) Each participant receives 30 min. on a computer at a time.
- 2) ABSOLUTELY NO use of chat rooms.
- 3) People who have homework get first choice of computer.
- 4) Appropriate music (no swearing, vulgar, or suggestive language) is permitted. Headsets are required before 5:00 pm.
- 5) Be respectful to other children and TLC staff.
- 6) Educational games and/or research are permitted once homework is done.
- 7) Please keep noise to a minimum.
- 8) NO food or drinks allowed in computer lab.

Anyone interested in the Squaxin Island Tribe Youth Council, please contact Sally Scoute-Moore in the Tu Ha' Buts Learning Center between the hours of 11:00 – 6:00, at 426-9781, or feel free to stop in anytime.



## Planning Department Hosts Meetings Regarding Youth Concerns

*“Our greatest natural resource is our elders. They are our history. Another valued resource is the children. They are our future. It is the privilege and the responsibility of the young adults to see to it that the elders and the children are honored and nurtured.”*

- excerpt from Squaxin Island Tribe mission statement

Various tribal departments and some community members have come together to talk about youth. While these folks want to understand how they can better serve community youth, they know they cannot understand the problem without more community members involved in the process.

**Currently, we meet on Wednesdays, from 1:00 - 3:00 p.m. in Sally Selvidge Health Center, Conference Room.**

In addition to these working meetings, we plan to host a **public meeting the week of March 17-21**. More information will be forthcoming about exact meeting location and date. We need your ideas regarding what topics should be addressed or the format in which to address them. We hope this may be a starting point for increased communication on ideas and concerns for community youth. Please call Nia Wellman in the Planning Department at 432-3955 if you have any questions.

## Baseball Season Starts

Mark Snyder - Squaxin Youth Activities is starting to form the T-Ball and Majors teams. T-Ball ages are 4-6 and Majors are 7-8. T-Ballers will start practicing on March 3rd from 4:30 - 6:00 p.m. Majors will start on March 4th from 4:30 - 6:00 p.m. If the weather is bad, we will practice in the gym. If you are nine or older and wish to play, then you must go to Loop Field for tryouts. Tryouts for the youth nine or older are on March 1st at 10:00 a.m. Youth Activities will pay your league dues. Opening day is April 5. The season runs until June. Call 432-3872.



## OOps

Sorry, Deanna Hawks. Deanna also volunteered her time at the Holiday basketball Tournament. She was accidently left out. My fault, once again, Deanna.



# HEALTH & HUMAN SERVICES



March is National Nutrition Month. Here's a Little Fun With Fruits and Vegetables

## *Fruit Scramble*

## *Veggie Scramble*

trapico \_\_\_\_\_  
 plape \_\_\_\_\_  
 nabaan \_\_\_\_\_  
 beerslibuer \_\_\_\_\_  
 sheerric \_\_\_\_\_  
 tead \_\_\_\_\_  
 ifg \_\_\_\_\_  
 truiprafge \_\_\_\_\_  
 prage \_\_\_\_\_  
 nomrempis \_\_\_\_\_  
 fwiikrtui \_\_\_\_\_  
 penur \_\_\_\_\_  
 omang \_\_\_\_\_  
 mille \_\_\_\_\_  
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graspusaa \_\_\_\_\_  
 trackhoie \_\_\_\_\_  
 teber \_\_\_\_\_  
 cribcool \_\_\_\_\_  
 bagcabe \_\_\_\_\_  
 starorc \_\_\_\_\_  
 wolfelicaur \_\_\_\_\_  
 reelcy \_\_\_\_\_  
 rocn \_\_\_\_\_  
 legtapng \_\_\_\_\_  
 lake \_\_\_\_\_  
 macija \_\_\_\_\_  
 cuteelt \_\_\_\_\_  
 roak \_\_\_\_\_  
 doovaac \_\_\_\_\_

**A Very, Very  
 Happy Birthday to You,  
 Jade!  
 Love, Barb**



## SENIOR MENU

Food Group	Monday	Wednesday	Thursday
Meat Vegetable Fruit Grains/Bread Milk	Turkey Melt on Wheat <b>3</b> Vegetable Soup, Peppers/Dip Fresh Oranges Crackers Milk, Tapioca Pudding	Lasagna <b>5</b> Salad, Vegetables Fruit Salad Garlic Bread Milk	Ham & Eggs <b>6</b> Baby Carrots Fresh Berries Apple Pancakes Milk
Meat Vegetable Fruit Grains/Bread Milk	French Bread Pizzas <b>10</b> Veggies, Salad Fruit kabobs French bread Milk	Meatloaf <b>12</b> Green Beans, Baked Potatoes Fruit Salad Whole Wheat Rolls Milk	Chicken & Bean Burritos <b>13</b> Steamed Broccoli Fresh Strawberries Rice, Tortillas, Angelfood Milk
Meat Vegetable Fruit Grains/Bread Milk	Corned Beef <b>17</b> Cabbage & Red Potatoes Fresh Oranges Whole Wheat Rolls Milk	Teriyaki Chicken <b>19</b> Stirfry Vegetables Fresh Fruit Brown Rice Milk	French Dip <b>20</b> Minestrone Soup, Veggies/Dip Fresh Fruit Tray Rolls Milk, Chocolate Pudding
Meat Vegetable Fruit Grains/Bread Milk	Baked Elk <b>24</b> Green Bean Casserole Mixed Fruit Salad Mashed Potatoes Milk	Chalupa <b>26</b> Fresh Veggies & Dip Pineapple, Mandarin Oranges Corn Chips, Banana Bread Milk	Baked Salmon <b>27</b> Steamed Broccoli Fresh Fruit Brown Rice Milk
Meat Vegetable Fruit Grains/Bread Milk	Chili <b>31</b> Broccoli, Corn, Potato Bar Fresh Fruit Tray Corn Bread, Oatmeal Cookie Milk		





## Office of Housing Department of Community Development

ATTENTION HOUSING APPLICANTS...  
*Here's your last chance...*

All applicants on the Priority and Secondary Housing Waiting List have been mailed update application forms that must be received by March 31, 2003 in the Office of Housing or your name will be removed from the list. Please make sure that you fill out the update application form completely before you return it to the Office of Housing.

The Office of Housing has not received update applications from the following individuals. These individuals will be removed from the Housing Waiting Lists unless they turn in their update application forms or contact Jennifer Kydland, Occupancy Specialist, at (360) 432-3937 by March 31, 2003.

Adam Krise  
Allen Eggsman  
Connie McFarlane  
Darla Whitener  
Greg-Anthony Glover  
Isaac Johns  
Joe James  
Joe Whitener  
Jolene Grover  
Josephine Sabo  
Kim Arnold  
Letti Machado-Olivo  
Lincoln Villanueva  
Lois Thadei  
Melissa Henry  
Rachel-Edwards Johns  
Raymond Krise  
Richard Harper  
Richard Johns, Sr.  
Robert Napoleon  
Ronin Edwards  
Russell Pleines  
Ruth Lopeman  
Sheena Marie Glover  
Shelby Riley  
Stanley Bluehorse  
Tammy Ford  
Tarry Lee Jack  
Toni Marshall  
Violet Garcia Perez  
Walter John Henry III

## Who Is It?

*Answer From Page 2*



**Sue Henry**

**A Very, Very Happy Birthday to  
My Baby Sis, Susan!  
Loads of Love  
Love Your Older Sister Barb  
(Act Your Age!)**

## A Very, Very Happy Birthday to My Baby Dump on His 23rd Birthday



**Love Ya Honey  
Love, Mom**



**Way to go Matt & Mike**

Your accomplishments in wrestling and swimming this winter really impressed us.

Micheal Trotter, first year swimmer with the Shelton Highclimbers, had qualifying times in both the 100 Butterfly and 50 meter freestyle. The swim team had an undefeated season and finished 3rd in the district. Michael had two practices a day, six days a week and still managed to keep his GPA at 3.50. Way to go Michael.

Matt Trotter finished his first season as a member of the Shelton Highclimber

wrestling team. Matt showed tremendous dedication and lost a total of 42 pounds to compete in the 250 pound weight class. Matt suffered a separated shoulder just before Christmas and was unable to compete the remainder of the season. He also practiced six days a week and managed to maintain a 3.45 GPA.

We just wanted everyone to know how proud we are of you both.

Mom, Dad, Tyler & Kaitlyn



## The Most Beautiful Flower

Submitted by Lori Hoskins

The park bench was deserted as I sat down to read  
Beneath the long, straggly branches of an old willow tree.  
Disillusioned by life with good reason to frown,  
For the world was intent on dragging me down.

And if that weren't enough to ruin my day,  
A young boy out of breath approached me, all tired from play.  
He stood right before me with his head tilted down  
And said with great excitement, "Look what I found!"

In his hand was a flower, and what a pitiful sight,  
With its petals all wore - not enough rain or too little light.  
Wanting him to take his dead flower and go off to play,  
I faked a small smile and then shifted away.

But instead of retreating he sat next to my side  
And placed the flower to his nose  
And declared with overacted surprise,  
"It sure smells pretty, and it's beautiful too.  
That's why I picked it; here, it's for you."

The weed before me was dying or dead.  
Not vibrant of colors: orange, yellow or red.  
But I knew I must take it, or he might never leave.  
So I reached for the flower, and replied, "Just what I need."

But instead of him placing the flower in my hand,  
He held it mid-air without reason or plan.  
It was then that I noticed for the very first time  
That weed-toting boy could not see: he was blind.

I heard my voice quiver; tears shone in the sun  
As I thanked him for picking the very best one.  
You're welcome," he smiled, and then ran off to play,  
Unaware of the impact he'd had on my day.

I sat there and wondered how he managed to see  
A self-pitying woman beneath an old willow tree.  
How did he know of my self-indulged plight?  
Perhaps from his heart, he'd been blessed with true sight.

Through the eyes of a blind child, at last I could see  
The problem was not with the world; the problem was me.  
And for all of those times I myself had been blind,  
I vowed to see the beauty in life,  
And appreciate every second that's mine.

And then I held that wilted flower up to my nose  
And breathed in the fragrance of a beautiful rose  
And smiled as I watched that young boy,  
Another weed in his hand,  
About to change the life of an unsuspecting old man.

## Right From the Heart

### *A Tribal Member's Account of the Effects of Drug and Alcohol Abuse in His Life*

Hi, my name is Gary Brown. I am currently doing time on a one year sentence. I want to share my story with others, hoping they will make the right decisions in their lives.

I started using drugs and alcohol at the age of 11. It was mostly pot at the time. I was in the seventh grade. I met some friends (so I thought). They asked if I smoked pot, and I said "yes" just wanting to fit in. So I tried it out. I didn't really like it, but didn't want them to think I was weak. So I got used to it. Next thing you know, I'm drinking with the same "friends" and started to do bad in school. Then I started to skip school a lot. By the time I was 12, I had already been to juvenile hall twice. But I thought I was "cool."

The courts made me a "ward of the court" at the age of 12, and I was put into a foster home. They took me out of public school and put me into Wa-Heh-Lut. I stopped using alcohol and drugs for the time being. And, hey, what do you know, I started getting good grades, started art, sports and finding out about who I was and about my culture as a Native American. I was really liking myself for the first time in over two years.

Well, I finished Wa-Heh-Lut and went back to Shelton. Instead of going back to the high school, I went to Choice High School, and there was what was left of my old friends (the one's that were still to school).

I went right back into that crowd and ended up back in juvy again. The Tribe sent me to a lock down treatment center in Oregon. From there, I went back to a foster home and started doing good again. I went to Shelton High School and met new friends. But I allowed drugs and alcohol to come back into my life. I dropped out of school at the age of 17. The courts told me I was a lost cause.

I got into dive school, luckily, because of my oldest brother, Rodney Krise and friend Jeremie Walls. I got into good money, but with that money I started partying hard. It didn't take long before I got a DWI and for the next few years I was in and out of jail. Even having a kid didn't slow down my drinking and using. It got worse. I got into crank at the age of 23. I am now 25, going on 26 in a few more months. I've lost everything - family, diving, respect and a whole year of my life. But if you look at it the way I do, only now, I've lost my whole childhood, and now my young adult life. That is 15 years.

I am through with it all. I have found God and asked him to come into my life. I'm doing time, yes, but I'm finally happy. Because I am alive and clean today and that is all that matters.

I still got a long way to go, but I know I can do it, because I'm drug and alcohol free!

---

Happy Birthday Adrian  
From,  
Auntie Terri

---

Happy 12th Birthday Lachell Marie  
Love,  
Mom and Sisters



# HAPPY BIRTHDAY



Christy Block	3/2	Susan McFarlane	3/11	Doyle Foster	3/21
Clayton Briggs	3/3	Alexandria Rivera	3/11	Charlene Krise	3/23
Arnold Cooper	3/3	Cindy Ehler	3/12	Nora Coxwell	3/23
Vincent Henry, Jr.	3/3	Trevor Smooks Napoleon	3/13	Jessica Cleveland	3/23
Serena Mickelson	3/3	Chantel Peterson	3/14	Ronin Edwards	3/23
Chazmin Peters	3/3	Andrew Whitener	3/14	Angel Hall	3/23
Daniel Snyder	3/3	Lois Woodard	3/14	Gilocio Orozco	3/23
Angela Lopeman	3/4	Tashina Ackerman	3/15	Ruby Whitener Fuller	3/24
Adolfo McFarlane	3/4	Brandon Blueback	3/15	John Whitener	3/24
Nicole Hilla	3/6	Rebecca Case	3/16	Taylor Wiley	3/24
Andrienne Whitener	3/7	Sally Johns	3/16	Shelby West	3/25
Belinda Hoffman	3/8	Robert Anderson, Jr.	3/17	Jerad Lopeman Fry	3/26
Glen Parker	3/8	Monte Morris	3/17	James Coxwell	3/27
Stella Yocash	3/8	Kenneth Napoleon	3/17	Lucke Newell	3/27
Ida Cooper	3/9	Jamie Peters	3/17	Dewey Sigo	3/27
James Krise	3/9	Thomas Blueback, Jr.	3/18	Brittany McFarlane	3/28
Marjorie Penn-Wolf	3/9	Jolene Peters	3/18	Eric Ellerby	3/30
Terrah Arstein	3/10	Teresa Armstrong	3/19	Felicia Ellerby	3/30
Adrian Garcia	3/10	Micheal Bloomfield	3/19	Ronald Whitener	3/30
Walter Henry III	3/10	Calvin Peters	3/19	Stephen Henry	3/31
Joseph Rivera	3/10	Vicky York	3/19	Christina Lopeman-Fry	3/31
Billy Yocash	3/10	Lachell Johns	3/20	Jennifer Shelton	3/31
Krissa Brown Garcia	3/11	Mykolas Parker	3/20		

## WHAT'S HAPPENING

ALSO UPCOMING:							1
Annual General Body Meeting						May 3rd	Good News Book Club 10:30
Annual Art Auction to benefit the MLRC						May 17th	
Annual Bike-A-Thon						June 14th	
2	3 Drum practice 6:00 p.m. MLRC Shellfish Mtg. @ 9:00	4 Church 7:30 Court	5 Aquatics Meeting 9:00 Bingo @ 6:45	6 Scrapbooking @ 1:00	7 Housing Commission 9:00 in the Annex AA Meeting 7:30	8 Good News Book Club 10:30	
9	10 Drum practice 6:00 p.m. MLRC	11 Church 7:30	12 Canoe Family Meeting 4:00 in the MLRC Bingo @ 6:45	13 Tribal Council Sr. Mtg. @1:00 Sr. Room Scrapbooking @ 1:00	14 AA Meeting 7:30	15 Good News Book Club 10:30	
16	17 Drum practice 6:00 p.m. MLRC	18 Court Church 7:30	19 Canoe Family Meeting 4:00 in the MLRC Bingo @ 6:45	20 Scrapbooking @ 1:00	21 Housing Commission 9:00 in the Annex AA Meeting 7:30	22 Good News Book Club 10:30	
23/30	24/31 Drum practice 6:00 p.m. MLRC	25 Church 7:30	26 Canoe Family Meeting 4:00 in the MLRC	27 Tribal Council	28	29	

# March Youth Activities

<p>T-Ball and Rookie League practices will be on the ballfield, weather permitting. If its raining, then practice will be in the gym. T-Ball ages are 4-6 year olds and Rookie League ages are 7-8 year olds. If you are above the age of 8, you must go to Loop Field for try-outs. Loop Field try-outs are March 1 at 10:00 a.m.</p>						<b>1</b>	
<b>2</b>	<p><b>Homework 3</b> Help 3:00 - 5:00 Baseball Practice T-Ball (4-6 years) 4:30 - 6:00</p>	<p><b>Homework 4</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<p><b>Homework 5</b> Help 3:00 - 5:00 Baseball Practice T-Ball (4-6 years) 4:30 - 6:00</p>	<p><b>Homework 6</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<b>7</b>	<b>8</b>	
<p>Basketball Tournament at Muckleshoot</p>						<p>Gym Closed Baton 3 - 9</p>	<p>Open Gym 3:00 - 8:00</p>
<b>9</b>	<p><b>Homework 10</b> Help 3:00 - 5:00 Baseball Practice T-Ball (4-6 years) 4:30 - 6:00</p>	<p><b>Homework 11</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<p><b>Homework 12</b> Help 3:00 - 5:00 Baseball Practice T-Ball (4-6 years) 4:30 - 6:00</p>	<p><b>Homework 13</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<b>14</b>	<b>15</b>	
<p>Open Gym 3-7</p>						<p>Gym Closed Baton 3 - 9</p>	<p>CLOSED</p>
<b>16</b>	<p><b>Homework 17</b> Help 3:00 - 5:00 Baseball Practice T-Ball (4-6 years) 4:30 - 6:00</p>	<p><b>Homework 18</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<p><b>Homework 19</b> Help 3:00 - 5:00 Baseball Practice T-Ball (4-6 years) 4:30 - 6:00</p>	<p><b>Homework 20</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<b>21</b>	<b>22</b>	
<p>CLOSED</p>						<p>Gym Closed Baton 3 - 9</p>	<p>Open Gym 3:00 - 8:00</p>
<b>23/30</b>	<p><b>24/31</b> <b>Homework</b> Help 3:00 - 5:00 T-Ball Practice 4:30 - 6:00</p>	<p><b>Homework 25</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<p style="text-align: center;"><b>26</b> <b>Homework</b> Help 3:00 - 5:00 T-Ball Practice 4:30 - 6:00</p>	<p><b>Homework 27</b> Help 3:00 - 5:00 Baseball Practice Rookies (7-8 years) 4:30 - 6:00</p>	<b>28</b>	<b>29</b>	
<p>Open Gym 3-7 / CLOSED</p>						<p>Gym Closed Baton 3 - 9</p>	<p>CLOSED</p>

SQUAXIN ISLAND TRIBE  
70 S.E. SQUAXIN LANE  
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