Mourners from many places gather to celebrate Bruce Miller's Life

Memories of a man many called ‘uncle’ fill tribal smokehouse

Scott Gutierrez, The Olympian - Hundreds of people gathered Saturday, February 12th to honor Bruce Miller, also known as subiyay -- a Skokomish spiritual leader who should be remembered among some of history’s greatest men, one tribal member said.

Bruce Miller, 60, died February 5 of a stroke and for several years had suffered complications from diabetes.

Once an actor and playwright, Miller became known for his work to revive and preserve tribal customs and traditions. He earned recognition for his talents as an artist and his work as an educator, passing on knowledge of tribal culture to younger generations.

A service was held inside the reservation smokehouse, where people packed in to share their memories of the tribal elder, who meant so much to so many, including members of other tribes throughout the country.

Denny Hurtado, former chairman of the Skokomish Tribal Council, said Bruce Miller should be remembered among the ranks of Chief Crazy Horse, Martin Luther King Jr. and Cesar Chavez.

“He’s how great of a man he was,” said Hurtado, who also heads the state’s Indian Education program.

He described him as a true elder, who “spoke from the heart and with great thought behind it. “His legacy is our beginning to carry on the traditions and the knowledge,” he said.

Programs were handed out, showing Miller’s picture in a tribal headdress and quoting him as saying, “I may be gone, but my breath is still here.”

A cool wind blew, carrying the scent of smoked salmon, which the tribe served throughout the daylong ceremony.

“Mark Your Calendars

Per Capita Distribution
April 14th
New Tribal Center
No cash distribution to youth (all funds will be placed in their accounts)

General Body Meeting
May 7th
Youth Center Gymnasium
Elections will take place for the following:

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<th>Position</th>
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<td>Chairman</td>
<td>David Lopeman</td>
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<td>First Council Member</td>
<td>Paula Henry</td>
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<td>Second Council Member</td>
<td>Roy Perez</td>
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Continued on Page 4.
Tribal Council Resolutions

05-08: Directs payment of $20,000 in funds from Little Creek Casino and Hotel to Washington State Division of Alcohol and Substance Abuse (DASA), which discontinued funding for its problem gambling program, to restart the program in anticipation of contributions by other governmental and private segments of the gaming industry.

05-09: Approves purchase of the "Port Blakely Tree Farm".

05-10: Supports the SPIPA submittal on behalf of the Squaxin Island Tribe’s participation in Grants for Native Americans and Native American Caregiver Support Program Title VI, Part A and Part C, for the grant period April 1, 2005 to March 31, 2008 to help fund the Squaxin Island Elders program.

05-11: Amends the Interim Housing Ordinance to add a new chapter entitled "Occupancy, Ownership and Transfer of Residences" that deals with spouses, descendants, other Indians and minors’ authorization to occupy a house after an enrolled member passes away leaving them interest in the home or a person relinquishes membership at Squaxin Island and becomes a member of another tribe; and makes a provision for an individual possessing legal interest in a home to petition the Tribal Council to purchase the home.

Food Bank Hours
The food bank is open on Wednesdays at 9:00-12:00 and 2:30-4:00 if you have an emergency need of food on any other day please give me a call in advance to make sure I am here to give you food, as you know my other job duties may have me out in the field. Contact Marcella Castro at 432-3931.

Who Is It?
For the answer, see Page 19
Veterans Memorial News
The Veterans Memorial Committee will soon begin the design of our memorial. The plan is to place the memorial in the space between the Elders Building and the MLRC. We are converging on a natural park design with plants, stones and/ or South Sound petroglyphs and cedar carved artwork that represents our Native South Sound history. We currently envision two carved house posts with a carved canoe over the top of them as a park entry. We would very much like more design concept ideas from the tribal community and tribal artists before the design is finalized. If you have any ideas, please contact Glen W. Parker at 360.426.1755 or gwpark@msn.com.

Identification of Squaxin Veterans
We have identified 69 Squaxin Island veterans whose names will appear on the memorial. The last thing we want is to forget anyone who should be recognized. Please review the list on Page 5 and let us know of any more that should be included.

Veterans Memorial Committee Meetings
The Veterans Memorial Committee meets every other Monday at 10:00 a.m. Please join us.

Christopher Henry, grandson of Ruth and Stub Creekpaum, recently graduated from Marine Basic Training in San Diego, California. He is now stationed at Pensacola, Florida in the Marine Aviation Training School. Upon completion of his schooling in Pensacola, Christopher will serve as Aircrew Chief.
Attention Housing Waiting List Applicants

Reminder: If you are on the priority or secondary Squaxin Island Tribe Housing Waiting List, it is time to update your housing application. Office of Housing mailed the Application Update to all applicants the first week of January, 2005. The Application Update was mailed to the last known address that Office of Housing had on file for you. If the Office of Housing does not receive your Application Update by March 31, 2005, your name will be removed from the Housing Waiting List. Below is a list of the applications that we have not received updates for.

Housing Needs Your Application Update
Jamie Adams
Charles Bloomfield
Kevin Bloomfield
Jon Daniel Brownfield
Ronin Edwards
Allen Eggman
Darrell Eisele
Niki Fox
Patricia Green
Brandon Greenwood
Candee Greywolf-Gillette
John Harrell
Vince Henry Jr.
Margorie Hill
Mikey Hodgson
Del Allen Johns
Joyce Johns
Justin Johns
Rachel Edwards Johns
Jennifer Kenyon
Ruth Lopeman
Angie Lopeman
Christina Lopeman
Shelby Riley
Tamie Jo Rioux
Veronica Rivera
Tyrone Seymour
Thelma J. Shea
Desmond Smith
LaMetta Smith LaClair
Katrina Story
Vicky Turner
Emma Jean Valle
Patrick Whitener

Bruce Miller
Continued from Page

Miller, who was also a master weaver, was honored in June with a National Heritage Fellowship from the National Endowment for the Arts.

In 1999, he was named a “Living Treasure” by the Washington State Superintendent of Public Instruction’s Office for his lifetime of work teaching young people.

Yvette TwoRabbits, a member of British Columbia’s Haida tribe, recalled Bruce Miller as an educator, and how he bugged her in school to participate in his Indian education class, where she said she made her first coil basket.

“He taught me pride in my people that I didn’t have for many, many years,” she said.

The youngest of 15 brother and sisters, Bruce Miller had 50 nephews and nieces. He served in Vietnam as a Green Beret and completed two combat tours. He once acted in New York and Europe but left a career in the performing arts to return to the Skokomish Reservation. He was appointed as the tribe’s cultural and educational director in the early 1970s and has been recognized for his work to pass on the tribe’s traditions and Twana language.

He was known by many as “Uncle.”

The ceremony was attended by people from tribes across Washington and as far away as Canada and Oklahoma. Teachers, government officials and representatives from The Burke Museum also attended.

The cedar smokehouse and neighboring tents came alive with songs.

Some recalled his love for the “stick game,” a traditional challenge and gambling event. They also remembered Miller’s fondness for playing tricks on people and his sense of humor, even in serious situations, including when he lost a leg because of diabetes.

“You ask him how he was doing and he would say, ‘Oh, I’m on my last leg’, said George Amiotte, who met Miller while serving on the Seattle Indian Health Board. Amiotte was a nurse practitioner, and Bruce encouraged him to move to the Skokomish Medical Clinic, which didn’t have a doctor at the time.

Joseph Pavel, one of Miller’s nephews, invited those in attendance to view the ceremonies as a sharing of cultures. His uncle believed in sharing customs and knowledge with other tribes and cultures, he said.

“He worked to bring people together and to eliminate all the barriers there might be in people’s minds.”

Have You Been to Drum Practice Lately?
Stop by the MLRC Wednesdays at 6:00
Community

Tribal Member Veterans
1. Charles Bloomfield III
2. John Briggs
3. Dan Brown
4. Donald Brownfield
5. Gary Brownfield
6. Marvin Campbell
7. Donald Capoeman
8. Vernon Capoeman
9. Ed Clapanhoo
10. Francis Cooper Sr.
11. Ron Daily
12. Sallee Elam
13. Harry Fletcher
14. John James
15. Del Johns, Sr.
16. Richard Johns Sr.
17. Darrel Krise
18. John E. Krise
19. Pete Krugger Sr.
20. David (Toby) Lewis
21. Phillip Martin
22. Josh Mason
23. Francis Napoleon, Jr.
25. Glen Parker
26. William Penn
27. Bill Peters
28. Calvin Peters
29. Rick Peters
30. Steve Peters
31. Rusty Pleines
32. Dean Reeves, Jr.
33. Dave Seymour
34. Joe Seymour Sr.
35. Joe Seymour, Jr.
36. Jonella Seymour
37. Dewey Sigo
38. B.J. Whitener
39. Dave Whitener Sr.
40. Donald E. Whitener
41. Robert Whitener Sr.
42. Ronald Whitener

Deceased Tribal Veterans
1. John Bagley
2. Dan Brown Sr.
3. Ed Brown
4. Hank Brown
5. Joe Brown
6. Wesley Fletcher
7. Ed Henry
8. Lloyd Johns
9. Bob Johnson
10. Bruce Johnson
11. Delbert Krise
12. Frank Krise
13. Harry Krise
14. Harvey Krise Sr.
15. Harvey Krise Jr.
16. James Krise
17. John Krise, Sr.
18. Riley Lewis
19. Arthur Martin
20. Lewis Napoleon
21. Melvin Napoleon
22. Levi Parker
23. Vernon Parker
24. Raymond Peters
25. Donald Whitener
26. Joe Whitener

Who Are These Handsome Protectors of Freedom?

Darrel (Yum) Krise
Delbert Krise

Freedom Isn't Free
Free Tax Help
Submitted by Lisa Peters - AARP TAX - AIDE helps taxpayers file their personal income tax between February 1st and April 15th. It is important to bring means of identification and last year's tax return along with any financial activity during 2004.

AARP Tax-aide is the nation’s largest free, volunteer-run tax counseling and preparation service available to all taxpayers with middle to low incomes, with special attention to those 60 or older. You do not have to be a member of AARP or a retiree to use this service. Tax-aide volunteers take this service to hospitals, nursing homes and to those individuals who are unable to leave their homes.

Volunteers are trained to assist in filing basic forms, including 1040, 1040A and 1040EZ. Electronic filing (e-filing) is available at all sites and any refund is received faster.

### Free Tax Help Sites

#### Mason County
- **Now through April 16**
  - Tuesdays: 1:00 p.m. - 5:00 p.m.
  - Wednesdays: 8:00 a.m. - 4:00 p.m.
  - Fridays: 12:00 p.m. - 4:00 p.m.
  - Saturdays: 10:00 a.m. - 2:00 p.m.

#### Thurston County
- **Now through April 15, 2005**
  - Mondays: 1:00 p.m. - 5:00 p.m.
  - Tuesdays: 1:00 p.m. - 4:00 p.m.
  - Tuesdays: 10:00 a.m. - 2:00 p.m.
  - Tuesdays: 12:00 p.m. - 4:00 p.m.
  - Wednesdays: 12:00 p.m. - 4:00 p.m.
  - Thursdays: 12:00 p.m. - 4:00 p.m.
  - Fridays: 12:00 p.m. - 4:00 p.m.
  - Saturdays: 11:00 a.m. - 4:00 p.m.
  - Saturdays: 10:00 a.m. - 2:00 p.m.
  - Saturdays: 12:00 p.m. - 4:00 p.m.

#### Grays Harbor County
- **Now through April 14**
  - Tuesdays/Thursdays: 10:00 a.m. - 2:00 p.m.

#### What To Bring
- Identification
- 2003 Tax Return
- Records of financial activity for 2004

If you have any questions about the AARP TAX – AIDE sites, please call Lisa Peters @ Office of Housing (360) 432-3871.

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**Home Ownership**

**Dreams Can Come True!**

**TRIBAL 184 LOANS:**
These loans are offered to any Native American enrolled in a tribe, and can be used for purchases both on and off reservation lands. These are for owner occupants only.

**This loan can be used for the following:**
1. Buy an existing home, including duplex and fourplex units.
2. Buy and rehab an existing home (rehab costs are financed in and paid as work is completed).
3. Build a new home, on a one-third close, with any cost for the land and improvements included and paid as work is completed. Duplex and fourplex units can also be built.
4. Put a new manufactured home on land, as long as there will be a permanent foundation that meets FHA guidelines.
5. Buy an existing manufactured home, as long as it is on a permanent foundation which meets FHA guidelines.
6. Refinance loans, including remodeling, adding foundations, cash out, etc.

If you are interested in finding out more information on Section 184, please contact Lisa Peters at 432-3871.

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**Art Donations Needed**

**AUCTION FOR JOB’S DAUGHTERS**
Ruth and Leila Whitener are looking for art donations for Job’s Daughters annual art auction that will take place in April. Donations are accepted until the 1st weekend of April. Contact Ruth at rwhitener@sheltonschools.org

The Order of Job’s Daughters is for descendants of the Masons and was founded in 1920 to band together young ladies between 10-20 years old. “We instill qualities of respect for parents and home and loyalty to flag and nation to help build character and develop self-confidence and leadership,” Ruth said.

This is an international organization.
Did You Know?

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost Per Day</th>
<th>Cost Per Week</th>
<th>Cost Per Year</th>
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</thead>
<tbody>
<tr>
<td>Lattes, Mochas etc.</td>
<td>$3</td>
<td>$21</td>
<td>$1,092</td>
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<tr>
<td>Cigarettes (1 pack)</td>
<td>$4 per day</td>
<td>$28</td>
<td>$1,456</td>
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<tr>
<td>Going out for lunch</td>
<td>$6</td>
<td>$42</td>
<td>$2,184</td>
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<td>Small Pop</td>
<td>$.75</td>
<td>$5.25</td>
<td>$273</td>
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<tr>
<td>Movies</td>
<td></td>
<td>$20</td>
<td>$1,040 per year</td>
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</tbody>
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**TOTAL**

$6,045 PER YEAR

$504 PER MONTH

*Based on ONE person!

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**Helping Your Child Become Financially Fit**

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<tr>
<th>Age 3-5</th>
<th>Age 6-7</th>
<th>Age 8-10</th>
<th>Age 11-14</th>
<th>Age 15-18</th>
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<tbody>
<tr>
<td>Begin Discussing Money</td>
<td>Introduce An Allowance</td>
<td>Give Annual Raises</td>
<td>Start To Set Goals</td>
<td>Push Them From The Nest</td>
</tr>
<tr>
<td>Take your children on shopping trips to buy groceries or gifts. Talk about how you weigh choices, comparison shop and decide. Give them an occasional $ .50 or $ 1.00 and ask them to pick among three or four choices.</td>
<td>Start with $.50 or $1.00 a week. Don't link the money to household chores. Assign chores as part of your child's responsibility. Discuss what can be done with the money. Give the money every week at a set time, without fail. Don't take it away as punishment.</td>
<td>Increase the child's allowance and responsibility each year on an easy-to-remember date and provide opportunities to earn extra money by doing additional chores. Help your child to open a savings account and talk about what to save for.</td>
<td>Invite your child to join you in family budget conferences. Include them in purchasing decisions. Talk about long-range goals, such as college. As a savings incentive, match any amount that he or she contributes to a savings account.</td>
<td>Help your children attain independence by opening a checking account and possibly an ATM card. Consider giving them a family credit card, provided they pay their own bills. Encourage them to get outside jobs and include them in decisions about paying for college.</td>
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**Your Money**

**How the IRS can help with college costs**

*Tax credits and deductions can offset the financial pain.*

By Amy Feldman, MONEY Magazine - If you have kids, you know how expensive college can be. What you may not know is that tax credits and deductions can offset the pain.

**The basics**

Education tax breaks come in four forms: the Hope credit (100 percent of the first $1,000 you pay in tuition and related costs, 50 percent of the next $1,000, for the first two years of college); the lifetime learning credit (up to 20 percent of $10,000 in costs, or $2,000); the tuition-and-fees deduction (up to $4,000 a year); and the student-loan interest deduction (up to $2,500, once you’re repaying the loan). All are subject to income limitations.

**The twists.**

You are only allowed to claim one credit per child, and you cannot take either the Hope or the lifetime credit along with the tuition deduction for the same student during the same year. If you have two children in college at the same time, you may be able to mix and match credits and write-offs.

**The strategy.**

Use credits before deductions. A $1 credit reduces your taxes by $1; a $1 deduction, in the 25 percent tax bracket, saves you only 25¢. The exception: If you qualify only for a partial credit, the deduction may be worth more.

Which credit to start with? That depends on how much school costs. If your child attends an expensive private university that runs at least $10,000 a year, the full $2,000 lifetime learning credit is more valuable than the $1,500 Hope credit. If tuition doesn't reach $10,000 at your child's school, the Hope may be worth more.

*Be sure to check maximum income guidelines (generous).*
## Education

### Shelton School District Events
- Indian Education Banquet: May 20, 2005
- Awards Night: May 26, 2005
- Senior Prom: June 11, 2005
- Graduation: June 18, 2005

### MARCH CULTURAL ACTIVITIES CALENDAR

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>Potlatch</td>
<td>Youth Council Meeting</td>
<td>Youth Council Presents Arts &amp; Crafts</td>
<td>Lushootseed Computer Games</td>
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<td>3:00 Lushootseed Bingo 4 Youth</td>
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<td>6:00 Drum Group @ Gym</td>
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All times are in the afternoon. All cultural activities are open for everyone of all ages, please bring your friends & family. Prizes such as toys & candy can be won at Lushootseed Bingo games. Arts & Crafts are to be made for upcoming potlatches the Drum Group will be attending. For any questions, please contact Jeremiah George at 432-3968.
# Education

## Homework Help

**Monday - Thursday**

3:30 – 5:00.

This is open to anyone interested in having help with their homework.

## Instructors Needed

The Northwest Indian College is recruiting instructors to teach classes spring quarter at Skokomish, Squaxin Island and the Five Tribes Career Center. Bachelor's required, Master's preferred. Interested persons call Lila Vigil, 426-2433.

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### March 2005 Youth Activities Calendar

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Sylvan Tutor Available at The Learning Center
Tuesday and Thursday from 4:30-6:30
Classes are full, but there is a waiting list
Please call Lisa Evans at 432-3882 for more information.

Dawn Hanson was born and raised in Spokane. She graduated from Washington State University with a teaching degree. While at WSU, she was involved in track and field, competing in the shot put and discuss, student government and the Rally Squad. She just completed work on her Masters in Teaching degree at Grand Canyon University.

Dawn has been teaching in private elementary schools for 8 years and teaching at Sylvan for 7 years. At Sylvan, she teaches reading at all levels in the Beginning Reading, Academic Reading and Advanced Reading Skills programs. She also teaches the Study Skills and Math Essentials programs. She has coached track and field at the middle school level and had a competitive jump rope team at her elementary school last year.

Dawn loves to travel and learn about other cultures. She’s had opportunities through her church to visit countries in Europe and Asia. She also enjoys writing children’s stories and plays and has had poems published.

Site preparation has begun on the location of the upcoming Intertribal Professional Center

Congratulations Melissa and Kassidy Whitener

Melissa Whitener and her daughter, Kassidy, were chosen to be in the movie Rain in the Mountains by Joel Milton. Kassidy, who is only 10 years old and attends Griffin School, will play the main part. The script was originally written for a boy, but the producers were so impressed with Kassidy’s performance, they have decided to make the main character a girl. She was picked from over 1,000 people from all over the United States who tried out for the part. It will be filmed in Olympia this summer. Look for the movie next year.

Melissa also has a smaller part in the movie and is currently employed at the Little Creek Casino Hotel Gift Shop.
ATNI Winter Conference Resolutions

Supporting Tribal History, Protection of Sacred Sites

The Affiliated Tribes of Northwest Indians (ATNI) passed 23 resolutions during its Winter Conference conducted in Portland in February, some of which will now be submitted to the National Congress of American Indians Executive Board Winter Session, to be held in Washington D.C. February 28-March 2.

One resolution supports legislation to require the teaching of tribal history in public schools. “For far too long, children have been allowed to think that the history of civilization on this continent began with Columbus a half century ago,” said ATNI President Ernest Stensgar. “The truth is that civilization is tens of thousands of years old here, and it is important for kids to learn about it.”

Other resolutions demand the protection of sacred sites, including the Tse-whit-zen Village, a massive ancient village recently uncovered near Port Angeles, Washington. Assistance is urged from the U.S. Department of the Interior, the National Park Service, the Advisory Council and the National Trust for Historic Preservation in the Lower Elwha S’Klallam Tribe’s quest for short and long term protection, preservation and restoration of the village. The village was threatened by a Washington State Department of Transportation-sponsored project to construct pontoons for the new Hood Canal Bridge. The project is under a stop-work order, but some legislators from that district want to re-start the work, regardless of the impacts it would have on the site. “This is the type of situation that brings tribes together and unites our efforts,” said Stensgar. “Tribes throughout the Northwest will always stand together for Indian rights and heritage.”

Resolutions were brought by tribal delegates from throughout the Northwest, considered in committee and passed by an estimated 400 tribal representatives from Oregon, Washington, Idaho, Alaska, Montana, Nevada and Northern California.

Other resolutions direct ATNI to:

- Endorse the National Indian Education Association,
- Seek federal legislation to support Indian education,
- Support increased funding levels for the Indian Housing Block Grant,
- Support Environmental Protection Agency funding for the Indian General Assistance Program,
- Support the Bureau of Indian Affairs’ Integrated Resource Management Program,
- Urge full funding by the Bonneville Power Administration for fish and wildlife protection,
- Urge the Environmental Protection Agency to disapprove Oregon’s Water Qualities Standards (based on an inadequate fish consumption rate that fails to protect tribal members),
- Encourage Charitable Foundations to support tribal participation in Federal Energy Regulatory Commission re-licensing proceedings,
- Support designation of the Wallowa Lake Basin to the National Trust for Historic Preservation’s 11 Most Endangered Historic Sites,
- Secure a tribal appointment to the Federal Communications Commission Consumer Advisory Committee,
- Support the Northwest Regional Laboratory Comprehensive Center,
- Nominate Michael Marchand to the Indian Reservation Roads Program Coordinating Committee,
- Seek reauthorization of the Higher Education Act,
- Consult with federally recognized Tribal Veterans organizations,
- Endorse the Columbia River Inter-Tribal Fish Commission’s Salmon Marketing Program,
- Support a tribal appointment to the Veterans Administration Hospital Closure Advisory Panel and oppose closure of the Walla Walla Veterans Hospital,
- Support a $400 million increase in the FY06 Indian Health Service budget that reflects mandatory cost increases,
- Support tribal consultation for Medicaid reform.

“The Affiliated Tribes of Northwest Indians is devoted to the pursuit, protection and recognition of sovereignty and self determination,” said Stensgar. “It is also devoted to the health and well-being of Native people throughout the Northwest, and to the development of meaningful and positive relationships between tribes and the non-Indian community.”

ATNI, which is based in Portland, was founded in 1953 and currently represents 54 tribal governments. It provides a forum for the exchange of information and ideas among tribes and a vehicle to support government-to-government interactions with state and federal agencies.

“Through consistent leadership and the legacy on intertribal unity and cooperation, ATNI is recognized as the strongest regional Indian organization in the United States,” said ATNI Executive Director Lyn Dennis.

Weight Loss Tied to Vegetable and Fruit Consumption

*Low fat, low carb... what really works?*

Try a healthy lifestyle - FOR LIFE! Eating vegetables and fruits has been tied to weight loss and keeping the pounds off.

The American Institute of Cancer Research recommends these tips to help reduce the risk of cancer, heart disease, stroke and type 2 diabetes:

- Gradually make the transition to a plate that contains:
  - 2/3 or more vegetables, fruits, whole grains and beans
  - 1/3 or less: meat & dairy products

*The reason this works is because vegetables and fruits naturally contain a lot of water and fiber that tend to fill you up. In addition, foods high in water and fiber tend to have fewer calories per ounce.*

- Be more active
- Eat breakfast daily
- Eat at least every 5 hours
- Reduce portion size

Studies have shown that these tips are critical to keeping weight off.

Submitted by: Patty Suskin, Diabetes Coordinator.
For more personalized healthy lifestyle tips, contact Patty at the clinic for an appointment @ (360)432-3929

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12 Delicious Ways to Enjoy the Taste of Vegetables

Submitted by Patty Suskin, Diabetes Coordinator, Courtesy of Eat Right Montana - From a health standpoint, vegetables are a five-star food group: naturally nutrient-rich; better tasting than a vitamin pill; low in calories and fat; cholesterol-free; and packed with disease-fighting phytonutrients.

To maximize your health with vegetables, nutrition experts suggest at least 3 to 5 servings per day – in a rainbow of colors. All types of vegetables can be nourishing and delicious – fresh, frozen, canned and juiced. Here are a dozen daily ways to treat yourself to good health!

1. **Broccoli and cauliflower:** Versatile and very healthful – eat them raw (with dip if you like) or cooked, in a salad, or even a slaw.

2. **Carrots:** Sweet, crunchy, good for your teeth, eyes, and heart! Perfect raw (as a snack or salad) or cooked in a stew.

3. **Peppers:** Green, red, yellow, orange, or even purple! Enjoy peppers in a salad, stir-fry, casserole, or as a snack.

4. **Spinach:** A salad of baby spinach leaves with pears, apples, or raisins can turn anyone into a real spinach lover.

5. **Onions:** The zesty onion family (scallions, leeks, and garlic, too!) offer some powerful antioxidant nutrients.

6. **Peas:** Fresh, frozen, or even canned, peas are a treat to eat – and they are very popular with small children.

7. **Beets:** If you’ve never liked beets, try them in a new way – like roasted, grilled, or lightly steamed in the microwave.

8. **Sweet potatoes and yams:** Switch the color on your usual baked potato – and you’ll get a lot more nutrients, along with great taste.

9. **Mushrooms:** Just a mushroom or two adds rich flavor to a casserole, soup, stew, stir-fry, or even a tossed green salad.

10. **Leaf and romaine lettuce:** Rule of thumb for a healthy salad: The darker green or red the lettuce leaves, the more nutrients you get.

11. **Green, yellow or purple beans:** Like their pea ‘cousins,’ beans offer some fiber and a little bit of protein, along with vitamins and minerals.

12. **Tomatoes:** Cooking increases the availability of some tomato nutrients – so enjoy canned sauce, paste, and chunks.

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DSHS Liaison Available To Assist You

Kathy Hatch, a Native Chippewa and Department of Social and Health Services (DSHS) Tribal Liaison, is available Mondays from 11:00 - 2:00 and Wednesdays from 10:30 a.m. to 2:00 p.m. downstairs at the health clinic. Her job is to help tribal and community members with anything that pertains to DSHS.

"If you have a question and I don’t know the answer, I’ll find out!" she said.
12 Smart Ways to Right-Size Your Portions

Patty Suskin, Diabetes Coordinator - There’s no need to give up your favorite foods to manage your weight or improve your health. In addition to looking at what you eat, notice how much you eat. The key to healthful – and delicious – eating is to downsize your portions at breakfast, lunch, dinner, and especially snack time. Here are a dozen quick and easy ways to eat less – and enjoy more taste and nutrition in every bite.

1. Listen to your body’s cues: Your internal signals of hunger and satisfaction can help you eat right, if you listen carefully and honor them.

2. Prepare less food for meals: Large quantities of food make people eat more. If you want leftovers, put them out of sight – and out of mind.

3. Start with a small serving: Small servings may be exactly what you want – and you can always have more if you are still hungry.

4. Use small dishes and glasses: It really works: smaller plates and taller, thinner glasses make you think that you are getting more with less.

5. Slow down the pace of eating: Eating slowly enhances enjoyment of food and beverages – and gives your brain time to register fullness.

6. Eat half, wait 20 minutes: When you wait (and listen carefully to internal cues), you can be satisfied with smaller portions each time. If you wait more than five hours between eating, you’re likely to over eat when you do have something.

7. Never eat out of the bag: When you eat out of bags, boxes, or cartons, you usually eat more. Take a small portion; then put the bag away.

8. Think before you order: Many restaurant meals are two to four times larger than you need. Make a plan before you order.

9. Always go for the small size: At fast-food restaurants, order small or regular items (drinks, burgers, and fries) – or choose a kiddie-size meal.

10. Share, share, share: Sharing restaurant meals is a great way to save money and calories too. Share appetizers, entrées, or desserts.

11. Eat half, take half home: Ask your server to put half your meal into a to-go container in the kitchen or to bring a box to the table.

12. Eat regular meals and snacks: When you plan regular meals and snacks, it’s easier to be satisfied with smaller portions each time. If you wait more than five hours between eating, you’re likely to over eat when you do have something.

* Courtesy of Eat Right Montana

Get the Same Great Tastes in SMALLER Portions

Be a part of the Diabetes Prevention Program!

As part of a cooperative grant with the other four tribes in the area, we will begin a Lifestyle Balance Program in the fall. We are looking for Native Americans with risk factors for Diabetes (family member with diabetes, overweight, high blood pressure, high triglycerides, etc.)

The program involves a weekly commitment to working on lifestyle changes such as nutrition and physical activity, plus additional followup after the first 16 weeks. The commitment will be for 3 years – what a great way to be healthier!!

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

Supermarket Tour

On January 10, 2005, we enjoyed another supermarket tour/food label reading workshop at Fred Meyer in Shelton. We compared products available, and chose some samples of foods to try at home. Pictured here are: Patty Suskin, Diabetes Coordinator, Herb Johns, Glen Parker, Sharon Johns, Bertha Fletcher, Alene Whitener and Harry Fletcher. Join us for our next shop smart/food label reading workshop on Thursday, March 17th. Contact Patty Suskin at the clinic at (360)432-3929 if interested.
### Meal Program Menu

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<tr>
<th>Food Group</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Meat/Meat Alternate</td>
<td>Hot Roast Beef Sandwiches</td>
<td>Chili</td>
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<td>Vegetable</td>
<td>Steamed Carrots, Potatoes</td>
<td>Veggie Tray, Potatoes</td>
<td>Veggie Tray, Potatoes</td>
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<td>Grains/Bread</td>
<td>Wheat Rolls</td>
<td>Corn Bread</td>
<td>Corn Bread</td>
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<tr>
<td>Meat/Meat Alternate</td>
<td>Baked Lemon Chicken</td>
<td>Bean Soup/Sandwiches</td>
<td>Tuna Noodle Casserole</td>
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<td>Vegetable</td>
<td>Zucchini &amp; Tomatoes</td>
<td>Carrot-Raisin Salad</td>
<td>Peas</td>
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<td>Grains/Bread</td>
<td>Brown Rice</td>
<td>Wheat Bread</td>
<td>Wheat Rolls</td>
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<tr>
<td>Meat/Meat Alternate</td>
<td>Beef Stroganoff</td>
<td>Chicken Pot Pie</td>
<td>Corned Beef (St. Pat’s Day)</td>
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<tr>
<td>Vegetable</td>
<td>Broccoli &amp; Cauliflower Noodles</td>
<td>Veggie Tray</td>
<td>Cabbage</td>
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<td>Wheat Rolls</td>
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<td>Meat/Meat Alternate</td>
<td>Turkey Dinner</td>
<td>Spinach &amp; Bacon Quiche</td>
<td>Easter Meal/Ham</td>
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<tr>
<td>Vegetable</td>
<td>Green Beans, Sweet Pots, Dressing</td>
<td>Veggie Tray</td>
<td>Mixed Veggies/Potatoes</td>
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<td>Biscuit</td>
<td>Wheat Rolls</td>
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<td>Meat/Meat Alternate</td>
<td>Chowder/Grilled Cheese</td>
<td>Baked Cod in Red Sauce</td>
<td>Chicken Wellington</td>
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<tr>
<td>Vegetable</td>
<td>Spinach Salad</td>
<td>Steamed Broccoli/Potatoes</td>
<td>Steamed Asparagus Orzo Pilaf</td>
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A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entree listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and $3 for all others.

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**People with Diabetes Need to Get Their Feet Examined**

The photo at left shows Tribal member Rusty Pleines getting his feet checked during our most recent Diabetes Foot Exam Day on February 15th. Every few months, Dr Kochhar comes to the Squaxin Island Clinic. **If you have diabetes, you should check your feet every day for any red or black spots, ingrown toenails, cracking, dry skin, sores or cuts. See your doctor right away for any of these problems. By catching problems right away, you can avoid amputations.**

At least once a year, a podiatrist needs to check your feet. Dr Kochhar will be back on Tuesday, April 5th. Patty also has some great written materials to remind you how to take good care of your feet. Stop by the clinic! Call Patty Suskin, Diabetes Coordinator for an appointment at (360)432-3929 or psuskin@squaxin.nsn.us.

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**Congratulations January Raffle Winners**

*Sadie Tilsen*
Womens Health Winner

*Kim Heller*
Mammogram Winner
Outdoor Activity of the Month

Bundle up and stroll around Ellis Cove Trail, beach

Courtesy of The Olympian
Submitted by Patty Suskin

WHAT
Ellis Cove Trail and beach at Priest Point Park

WHERE
In Priest Point Park, just off East Bay Drive

TO DO
It’s wet outside, but that doesn’t slow down the wildlife you can see along the Ellis Cove Trail and the beaches. The trails themselves are scenic, with ferns and moss dangling off tree branches in the lush, rain-soaked forest. Trail hikers spot many kinds of birds, including ducks, herons, shorebirds and ravens. At high tide, Ellis Cove often is full of water, and you’ll find mallard and wood ducks in the far end, while buffleheads and other diving ducks like to bounce on the incoming water over the submerged mudflats. At low tide, the beaches become the stars of the show, with starfish, shells, flounder and the odd cutthroat trout or coho salmon breezing by. Budd Inlet beaches are popular with all kinds of birds. The Ellis Cove Trail takes visitors to several sections of beach, so be sure to check out the map at the trailhead. It’s even exhilarating to smell the salty breeze while hiking this trail on a windy, rainy lunch hour.

TO SEE
Watch for wildlife, and, when you reach the beach, terrific views of downtown Olympia and across Budd Inlet. Watch for seals and sea lions, which visit the beaches from time to time.

HIKE DETAILS
The winter rain can make the trails wet, muddy and slippery, but they are safe if you watch your footing. Parts of the trail have steps. Watch for steep slopes near the trail.

EQUIPMENT
Rain gear, warm layers of clothing, good boots, binoculars and a snack.

DIRECTIONS
From downtown Olympia, take East Bay Drive. The Priest Point Park entrance is on your right, but it can be confusing, as a “Do not enter” sign is one of the first things you see as you start to turn into the park. The “Do not enter” sign protects a one-way road, so go ahead and turn into the park -- but be careful which road you take.

SAFETY
Keep an eye on children, as the park trails can be slick and often are near steep slopes. Low tide is the best time to visit the beach sections, but don’t walk out onto the mud flats, as you can easily get stuck in the soft, gooey mud. Signs warn visitors against eating flounder or shellfish from the beaches, as they tend to have high levels of toxins in their bodies from Budd Inlet pollution. The beach water has high levels of bacterial contamination at some times of the year, so children should not wade in the water.

PARKING
There is plenty of parking at the park and near the trailhead.

SERVICES
There are restrooms and picnic areas.

RULES
No camping, fireworks or firearms. The park is open from 7 a.m. to 7 p.m. at this time of year. Leashed pets are welcome, but owners must clean up after their animals.

HISTORY
The park area once was the site of ancient Squaxin Island tribe villages and was later the home of a religious mission. The 312-acres became a park in 1905, and it is the largest urban forest in the city.

INFORMATION
Call Olympia Parks, Arts and Recreation at 360-753-8380 or visit www.ci.Olympia.wa.us. The South Sound’s wintry weather can make for interesting beachcombing on inlet beaches such as those found at Priest Point Park.

Upcoming Health Events

BRIEF WALK
Every Thursday at 12:40
Meet at the Elder’s Building

MAMMOGRAM DAY
March 24th
Call Rose Algea @ (360)432-3930

DIABETES SUPPORT GROUP
Every 1st and 3rd Monday
12:45 to 2:00 p.m.
Walk at 12:45
Talk 1:00 - 2:00 p.m.
Meet at Elder’s Building right after lunch

COMMUNITY GARDEN PROJECT
Watch the Daily Scoop for March meetings or contact Patty Suskin at (360)432-3929 or psuskin@squaxin.nsn.us

SUPERMARKET TOUR/ FOOD LABEL READING WORKSHOP
Open to the Community
Thursday, March 17th
1:00 to 3:30 p.m.
Meet at Elder’s Building
Learn how to read labels and evaluate foods for good health
Bring your Questions

Questions or to RSVP for these activities, contact Patty Suskin, Diabetes Coordinator at (360)432-3929.
New Employees

Hi, I am Eric Sparkman, your new Shellfish Biologist. I am so excited to have the opportunity to serve the Squaxin Island People in this position. I graduated from Humboldt State University with a double major in Marine Biology and Fisheries. I knew from the time I chose Marine Biology as my major that I wanted to spend my career working with shellfish. I look forward to working in the biologically diverse South Sound area.

Besides working with shellfish, I enjoy gardening, sailing and traveling. I have lived in the Shelton area with my wife for the last eight years. We have two great boys, a one-year old and a four-year old, who keep us pretty busy.

For the past five years I worked as a Shellfish Biologist for another local tribe. Prior to that, I worked in the commercial shellfish industry in a local shellfish hatchery. I love to scuba dive and have been scuba certified for 12 years. I enjoy having a job that allows me to spend time outdoors working in the field as well as time in the office working on important issues that affect the fishing community.

Please feel free to stop by the fisheries office anytime. I would love to answer your questions and get to know you better. It is an honor to serve the Squaxin Island tribe!

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Hi, I’m Rod Schuffenhauer, and I have been hired as the new Operations Manager for Salish Seafoods (formerly Harstine Oyster Company).

I have worked in the shellfish industry for over 30 years, 20 of which was spent working for Taylor Shellfish. I started out as a clam digger and worked up to a Farm Manager position.

I have a great working crew and I thank them for all their help.

When I’m not working, I still enjoy the outdoors. I like fishing and hunting and just about anything that keeps me outside.

I am really looking forward to working for the Tribe and to serving all of you.

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Hello, my name is Denese LaClair, and I have been hired to work with the Island Enterprises accounting department. This is a part-time position, and I will be lending my assistance where needed. I am a Skokomish Tribal member, and my working career has been in Indian Country, so I’m sure that my face will be familiar to many. I look forward to working here and meeting old and new friends.

Denese LaClair
Island Enterprises Accountant

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Eric Sparkman
Shellfish Biologist

Rod Schuffenhauer
Salish Seafoods Operations Manager

Denese LaClair
Island Enterprises Accountant
**New Employees/Community**

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**Frybread Theater**
SPSCC Anthropology Professor Dale Croes - Our Anthropology Club Members need your help to raise funds to attend the next international WARP (Wetland Archaeology Research Project) Conference in Edinburgh Scotland!

After being held in scenic downtown Olympia last year, the WARP program plans to try to surpass our offerings by next heading to the castles and Lochness of Edinburgh Scotland (nice try A?! in Fall 2005. Our students hope to attend and present their latest research at the Qwu?gwes Mud Bay Wet Site and need your help to raise money.

We will make homemade fry bread at the event, so forget dinner that night - they are filling! Future showings will include Black Robe, Smoke Signals, Geronimo, Pow Wow Highway, Where the Spirit Lives, Lakota Woman, Little Big Man and others.

Doors open at 6:30 and the show starts at 7:00 at South Puget Sound Community College.

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**A Blast From the Past**

*Recognize These Little Devils (Oops) Angels!*

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**Rose Blueback**

*TANF Case Aid*

Hello, as most of you know, my name is Rose Blue-Back. I have switched jobs. I was working with the Northwest Indian Treatment Center Outpatient program. Now I am currently working with SPIPA and the 5 Tribes Career Center in Shelton as the Squaxin Island TANF Case Aide. I am still going to school to work on my Associates and become a Chemical Dependency Professional. I still have a way to go, but am doing my best to finish up. I loved working with June, Sally, Astrid, Gail and Jackie and do miss them a lot, but... I am learning new things and meeting new people. I look forward to helping anyone who is in need of TANF services.

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L-R: Isaiah Coley, Jeremiah George, Jay Hall, Ed Thomas, Vince Henry Jr., Bob Koshiway and Chuckie Wilbur! Photo courtesy of Barb Henry.
Happy Birthday

Emma Valle 3/1  Billy Yocash 3/10  Jolene Peters 3/18
Christy Block 3/2  Kris Brown Garcia 3/11  Winter Snow White 3/18
Clayton Briggs 3/3  Susan McFarlane 3/11  Teresa Armstrong 3/19
Arnold Cooper 3/3  Alexandria Rivera 3/11  Michael Bloomfield 3/19
Vincent Henry, Jr. 3/3  Cindy Ehler 3/12  Raymond Castro 3/19
Serena Mickelson 3/3  Joshua Paul Penn 3/12  Calvin Peters 3/19
Chazmin Peters 3/3  Sara Naranjo-Johns 3/13  Vicky York 3/19
Daniel Snyder 3/3  Trevor Smoosk Napoleon 3/13  Lachell Johns 3/20
Adolfo McFarlane 3/4  Chantel Peterson 3/14  Doyle Foster 3/21
Nicole Hilla 3/6  Andrew Whitener 3/14  Charlene Krise 3/23
David Josiah Seymour 3/7  Lois Woodard 3/14  Nora Coxwell 3/23
Andrienne Whitener 3/7  Tashina Ackerman 3/15  Jessica Cleveland 3/23
Glen Parker 3/8  Rebecca Lezon-Ferreira 3/16  Angel Hall 3/23
Stella Yocash 3/8  Sally Johns 3/16  Gilcioio Orozco 3/23
Ida Cooper 3/9  Robert James, Jr. 3/17  Ruby Whitener Fuller 3/24
Terrah Arstein 3/10  Jamie Peters 3/17  Jerad Lopeman Fry 3/26
Adrian Garcia 3/10  Rachele Rioux 3/17  James Coxwell 3/27
Joseph Rivera 3/10  Victoria Dennis-Horn 3/18  Dewey Sigo 3/27

What's Happening

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Happy 55th Birthday Baby Sister!
Its Official - Now You’re an Elder!
And Now We Can Bond- Ha!

Happy Birthday Dump!
Love Ya Lots!

Happy Birthday Adrian Garcia
Love Gramma,
Aunties, Uncles and Cousins

Happy Birthday Krissa Brown
Love, Auntie Terri and Cousins

Happy 14th Birthday
Lachell Marie Johns
Love, Mom, Sisters and Brother David

Happy 1st Birthday
David Josiah Seymour
Love Mom, Sisters, Gramma, Aunties and Uncles

Net Pen Program Gets a New Shed
Construction is almost complete on a new shed for the Net Pen Program that is located on Salish Seafoods Company property on Harstine Island. The 24x36’ shed will house food containers and miscellaneous equipment. It has been fully insulated and heated. Seafarm Manager Will Henderson would like to thank his crew, George Krise, Mike Foster and Darren Brownfield for all their hard work and helping to get this project completed.
From the Factory…

GRAND OPENING PLANNED FOR APRIL 2nd!

Timeline of Events:
12:00 p.m. - 2:00 p.m.
Viewing for Tribal members and their families (tribal employees are also included). This is your chance to see the machines actually running.

3:00 p.m. - 5:00 p.m.
Grand Opening Ceremony at the factory

5:00 p.m. - 9:00 p.m.
Dinner & reception at the hotel

Please come and join the celebration!

If you have any questions contact: Jennifer Whitener at (360) 432-0231

New soft pack machines have arrived!

Salish Seafoods Looking for Beach Cleanup Volunteers
Salish Seafoods (formerly Harstine Oyster Company) is looking for volunteers to help with beach cleanup on Squaxin Island on March 22nd. Lunch will be provided. The barge will be available to transport people from Arcadia Boat Launch at 9:00 a.m. We would like to make this an annual event. For more information, call Dave Johns at 426-4933. Thank you!

Used Computers Needed
The Department of Information Services keeps a list of tribal members who would like to receive used computers. The list is quite long and people often have to wait months before a machine becomes available. If you have a used computer you would like to donate to this program it would be deeply appreciated (and you may be able to use your donation as a tax deduction). Please contact Mark West at 432-3947. Thank you very, very much!

The Daily Scoop
The Daily Scoop is a news email that is sent out at least once per day, but may be sent out several times a day as news comes in. The information includes events (such as what’s playing this week at Fry Bread Theater (see page 17), clam digs, what’s for lunch today, who is having a birthday today, a daily joke and thought for the day. If you would like to receive this email, please contact Theresa Henderson at 432-3945 or JeNene Miller at 432-3820. Thank you.