

Marysville Tulalip *Life*

Winter 2015

Native American Beadwork
Senior Awareness
Women in Business



Publisher's Message

2016 has arrived, and we're well into the new year. Have you already broken a resolution or two? Or are you keeping strong and steady? Either way, check out our article on page 10 to learn a better way to stay the course.

This issue we are spotlighting women in business. All business owners have inventiveness and qualities that drive their passion. You can read about two women in our region and their business starting on page 16.

We have a special feature on senior awareness. Seniors face problems and obstacles. Some of the issues we as a community understand, but other difficulties we have a hard time grasping until we reach that age. One of the issues we are addressing is what we're calling "the invisibility factor." You can read this informative article on page 12.

This is the time of year to begin new projects and crafts. Beading is a wonderful craft and art that the Native Americans have been doing for many years.

Read about the distinct way they use beads on page 4.

It's a new year! It's time for new goals and new dreams. As we keep the annual events and traditions that make Marysville and Tulalip unique and special, we'll also observe the exciting growth and change of a full community.



Mary Salamon



MARYSVILLE **Spring**
CRAFT & GARDEN SHOW
Saturday, April 9
10am-4pm

You're invited to the Marysville Spring Craft and Garden Show at Totem Middle School Cafeteria. With over 75 vendors of handmade crafts, commercial gifts as well as vintage and upcycled treasures - it's the perfect time to shop for Mother's Day, the garden, home goods, the kids and your pets!

Admission is free for shoppers.

Interested in being a vendor? Booth fee is \$50.

For complete details and a vendor application, call 360-363-8450 or email burgess@marysvillewa.gov

Treasure Trove
ANTIQUE APPRAISAL SHOW
Saturday, March 12, 2016 ★ 10AM to 2PM
City Hall • 1049 State Avenue • Marysville

Is it trash or treasure? Come discover the value of your treasures with professional appraisers as they verbally evaluate your items. Register in advance to be assigned an appraisal time and avoid waiting in line. Drop-in guests will be accommodated as time permits. The cost is \$10 per item. Up to two items may be evaluated. No coins, stamps, money, knives, guns or other weapons. Large furniture cannot be accepted but a photo is allowed if the measurements are included. Approx. 5-8 minutes with the appraiser is allotted.

For complete details call 360-363-8450 or email mburgess@marysvillewa.gov

Course #: 15151 1 items/\$10
Course #: 15152 2 items/\$20



Marysville Tulalip Life

Marysville Tulalip Life Magazine is published quarterly. We mail directly to homes in the Marysville Tulalip area. Marysville Tulalip Life is the premier lifestyle magazine and provides local news, events and stories about people and businesses that are of interest to our community.

Marysville Tulalip Life Magazine is also available at select businesses and online at: MarysvilleTulalipLifeMagazine.com

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Marysville Tulalip Life magazine welcomes editorial submissions or suggestions, please mail or email your stories or ideas to the following addresses. Be sure to include your contact information.

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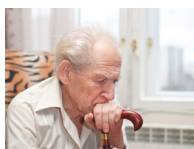
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Check us out online at MarysvilleTulalipLifeMagazine.com

NATIVE AMERICAN BEADWORK

The season of winter here in the Northwest brings us indoors. Many bring out their crafts, hobbies or art projects to work on during the long, still nights. One of these crafts is the art of beadwork.

Did you know there is a difference between beadwork, and work done with beads? According to Jamey D. Allen in his essay on beadwork, "Typically, when a group of beads are strung together, as with a necklace, the stringing is simple and straightforward, and the presentation causes us to focus on the beads themselves. The beads are the important parts, not their placement, though their placement should ideally enhance the beads and make the construction more than just the sum of its parts.

"In beadwork, it's just the opposite. The beads in beadwork (basically—don't hold me to this rule



in all instances) are plain but consistent, and do not hold great interest in themselves. However, their placement causes considerable interest.

"In other words, it is the work done with the beads that is exciting, being derived from any number of skills and techniques that demand precision, patience, consistency, and vision."

Beading has been around for hundreds of years, but now through various channels the beading world has exploded. All kinds of beadwork exist for people to create and enjoy. There are beading magazines, stores, classes and online tutorials to learn every kind of technique.

Native Americans have unique beading skills and techniques in their history and culture. Traditionally, beads were used to decorate every type of clothing, including tunics, dresses, skirts, blouses and capes. Beadwork was done on belts, garters, pouches and bags. Beautiful beaded pieces contained motifs and symbols pertaining to one's own particular tribe.

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The traditional colors red, yellow, black and white hold several meanings. Each color can have its own particular meaning; for instance, white can mean mourning, but also peace. Together all colors above can stand for the stages of life, the races of man or even the elements. It all depends on the person doing the beadwork and what they want to convey through the created piece.

One of the most widely used bead is the seed bead. Seed beads are used with the well-known technique called peyote and with the lazy stitch. Of course there are many other stitches as well, but these two are well known and have been around for quite a number of years.

If beading is something you would like to learn, the Tulalip Tribes Hibulb Cultural Center and Red Door Beads in Marysville offer classes.

http://www.globalbeads.com/downloads/essay_on_beadwork.pdf

Employment Opportunities

"I feel proud to work for The Tulalip Tribes and the benefits are great!"



Tulalip Central Employment is located behind Tulalip Resort Casino
10200 Quil Ceda Boulevard
Tulalip, WA 98271



We are open Monday through Friday
9:00 a.m. to 5:00 p.m.

Apply for jobs at
careers-tulalip.icims.com

360.716.1562

Contact us by e-mail at:
centralemploymentinfo@tulalipresort.com



Visit our Facebook page!



Easter Egg Hunt

Saturday, March 26, 2016 • 10-11 AM 🌸 Jennings Park - Ages 0-8 FREE

The annual Easter Egg Hunt is a fun event for the entire family. More than 10,000 plastic eggs filled with candy and prizes will be hidden in and around the Jennings Memorial Park Rotary Ranch. Limit 8 eggs per child. Participants are asked to bring a canned food item for the Marysville Food Bank. For more information, please contact Marysville Parks and Recreation at 360-363-8400 or akingsford@marysvillewa.gov

Presented by Marysville Parks and Recreation, Marysville Noon Rotary Club, Steve Fulton State Farm Insurance, Grandview Village and Kids'N Us

Additional parking is available at the Marysville Middle School until noon. Please leave pets at home, thank you!



H I B U L B E V E N T S

- January 10 Quilting Class** 12 pm to 3 pm
Sunday Sandra Swanson, Tulalip Location: Classroom 1
Tribal elder Sandra Swanson shares her quilting expertise Sundays with a block of the month pattern. Some sewing experience required. Bring your own fabric.
- January 14 Lecture Series: Lushootseed** 6 pm to 7 pm
Thursday Natasha Gobin and Michelle Myles Location: Classroom 2
Occupation: Tulalip Lushootseed Language Teachers
Natasha and Michelle will discuss the beautiful Lushootseed language and their journey in teaching the young people.
- January 16 Children's Reading** 1:30 pm to 2 pm
Saturday Dustin Smith Location: HCC Library
Dustin Smith will read one of his favorite children's book.
- January 16 Craft Activities for Youth** 2 pm to 3 pm
Saturday HCC Staff Location: Canoe Hall
We will have craft projects available to share with youth on Saturday afternoons, a different craft each Saturday. Fun activities for creative minds.
- January 17 Quilting Class** 12 pm to 3 pm
Sunday Sandra Swanson, Tulalip Location: Classroom 1
Tribal elder Sandra Swanson shares her quilting expertise Sundays with a block of the month pattern. Some sewing experience required. Bring your own fabric.
- January 30 Crocheting Demonstration** 1 pm to 2 pm
Saturday Cindy Ham, Tulalip Location: Classroom 2
Cindy will demonstrate her intricate crocheting art skills.

THE WHITE BUFFALO

A white buffalo is a gorgeous person inside and out. They define themselves through fashion and poise. They are untouchable. This is a person you would love to be like. You love her fashion, beauty, education, personality and everything else. You want to catch her, but she is unstoppable. She can go from a being a fashionista with friends on the weekend to creating a successful business plan. People adore anyone that is their white buffalo. She is seen as a goddess in many people's eyes. She is similar to the unicorn but if you believe this person is your one and only they are not your unicorn, they are your white buffalo. The white buffalo is unique in every way possible.

Photograph and Beaded Sculpture by Betsy Youngquist



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For more information, call:
Sarah Sense-Wilson
Problem Gambling Coordinator
(360) 716-4304

Tulalip Tribes Family Services
2821 Mission Hill Rd.
Tulalip, WA 98271

The Family Table: Part 2

Gathering at the family table is one of the best ways to bring the family together at one time in one sitting. Dinner time is the meal that comes at the end of the day, so it is a good time to wind down together and check in with each other.

At the end of the day, everyone is at different energy levels and emotions can vary depending on what type of day occurred. Gathering at the table may not always be enjoyable if some of the family members are tired, stressed or burdened. This doesn't mean a family shouldn't gather for the meal. That's why there are different things parents can do to insure that the table time is peaceful as well as productive.

Dinner time is an opportunity to focus on the people we love. The best way to come to the table with that focus is to choose, as a family, to

unplug. It's a good idea to ask everyone, including adults, to shut off cell phones, tablets and television. These types of devices cause everyone to be in their own world, instead of focusing on each other.

When the family is finally seated at the table and dinner is served, it's sometimes hard to make conversation using the typical questions that only bring yes and no responses. In order to avoid the regurgitating of the same old small talk, the questions should be open ended. For instance, instead of asking, "Did you learn anything today at school?" the question can be probed this way, "What subject did you enjoy more today, math or history?"

TheFamilyDinnerProject.org has come up with conversation starters and dinner games. These can help keep the conversations lively and everyone engaged.

For children 2-7:

- If you could change one thing about your family or about school, what would it be?
- In the book *Green Eggs and Ham*, Sam-I-am refuses to try green eggs and ham. Then he does and he likes them. Has something similar ever happened to you?
- What do you think about rules? Do you think they're important? What rules do you have in your home or at school?

For children 8-13:

- What was your favorite book or movie from last year? What did you like about it?
- Have you and your friend ever left someone out on purpose? Do you think that was bullying? Why or why not?
- In the famous marshmallow study by Stanford University, children were presented with one marshmallow or other treat, which they could either eat immediately or not eat for 15 minutes in order to get more. What would you do?

For children 14 and up:

- How is this year at school different from last year?
- Who is/was your favorite teacher? Why?
- Can you tell me one thing that you learned today that you think I might not know?

Check out TheFamilyDinnerProject.org for more resources and creative ways to enhance the family table.

Fictionary

The "picker" chooses an obscure or strange word from the dictionary and announces (and spells) it. Make sure no one else knows the word! Then everyone writes down a made-up definition, initials it, and puts them in a pile. The picker writes down the real definition and puts it in the pile too. The picker reads all the definitions aloud and everyone votes for what they believe is the correct definition. The person who wrote the definition that gets the most votes gets a point. If no one guesses the correct definition, the picker also gets a point.

Contributed by The Family Dinner Project Team

Salad Bowl Game

Before dinner each family member writes down the names of 5 people they admire on 5 pieces of paper. These people can be real, fictional, or historical figures. Even people you've never met. Mix up all the names in a bowl and place it on the table during dinner. Each family member takes a turn drawing a name from the bowl and describes this person to the rest of the family, without saying any part of the person's name. Once the person is identified, try to guess who put the name in the bowl, and then talk about why they are admirable.

Contributed by The Family Dinner Project Team



Father-Daughter Valentine's Dance

Fathers and daughters of all ages are invited!

Enjoy a special night of lasting memories as you dance with your daughter! Refreshments and a 5x7 photo to commemorate your evening is included. The cost is \$25 per couple and \$5 for each additional daughter attending the same session of dance.

The cost is \$25 per couple and \$5 for each additional son attending the same session. You won't want to miss this new and exciting event!

Registration begins Jan. 5, 2016. Pre-registration is required. No paper tickets.
 Questions? Call Parks Office at 360-363-8400 or email akingsford@marysvillewa.gov
 Location: Cedarcrest Middle School



Kiwanis, HomeStreet Bank,
 ProAction Physical Therapy, Golden
 Coral, Clear Image Photography and
 Sound Source Seattle

- Saturday, February 6 • 5:30 - 7:00 pm
(Course #15290)
- Saturday, February 6 • 7:30 - 9:00 pm
(Course #15291)
- Saturday, February 20 • 5:30 - 7:00 pm
(Course #15292)
- Saturday, February 20 • 7:30 - 9:00 pm
(Course #15293)



SAVE the DATE!

Summer Camp Registration

Summer Camp Registration begins March 1, 2016. Plan early and give your kids a summer they won't forget. Programs include sports camps, day camp and specialty camps for youth ages 4-14. Full camp schedules will be available at marysvillewa.gov or in the Parks and Recreation Office 360-363-8400.

Do you have a talent, hobby or class idea you would like to teach? Tell us about it!

City of Marysville Parks and Recreation is always looking for new ideas for classes, and instructors to teach them. If you have a special talent or are interested in teaching a class that you are qualified to teach, call Recreation Coordinator Andrea Kingsford at (360)363-8400, or e-mail akingsford@marysvillewa.gov.

All instructors are independent contractors and not considered City employees.

Mother-Son Superhero Dance

Calling Superhero moms and sons of all ages!

You are invited to the 1st ever Mother-Son Superhero Dance. This is what you have been waiting for! This is your night to dress up, meet a superhero and show off your super dance moves! Whether you dress fancy formal or superhero fabulous, it's a night that you and your son will remember for years. Refreshments are provided and all couples receive a 5x7 photo with a superhero to commemorate your evening!

The cost is \$25 per couple and \$5 for each additional son attending the same session. You won't want to miss this new and exciting event!

Pre-registration is required. No paper tickets.
 Questions? Call 360-363-8400 or email akingsford@marysvillewa.gov
 Location: Cedarcrest Middle School



- Saturday, April 16 • 5:30 - 7:00 pm
Course #: 15345
- Saturday, April 16 • 7:30 - 9:00 pm
Course #: 15346

HomeStreet Bank,
 Bob's Burger and Brew,
 Clear Image Photography
 and Sound Source Seattle



Bowling for Beginners

Have fun learning the basics of bowling with Strawberry Lanes. Bowling technique and scoring will be covered during the session. Shoe rentals are included in the class fee. Class is not held on holidays.

Instructor: *Strawberry Lanes*

Location: Strawberry Lanes Bowling Alley

Age: 6-17 Cost: \$35

Course #: 14681	Mon	February 1-29	4:30 - 5:30 pm
Course #: 14682	Mon	March 7-28	4:30 - 5:30 pm

Fishing Derby • May 7, 2016

22nd Annual free Fishing Derby at Jennings Park. Children may bring their own equipment or use the equipment provided. A limit of one fish per entrant is enforced. Door prizes and grand prizes are determined by a random drawing of all participants.

There's a Pancake Breakfast from 8-11am in the barn. Please bring a canned food item to be donated to the Marysville Community Food Bank. Leave pets at home.

Questions? Call 360-363-8400 or email dhall@marysvillewa.gov

Ages: 2-12 • Derby Cost: Free
 Pancake Breakfast • \$5 adults, \$3 kids

New Year's Resolutions: 2016

Why bother?

The start of the new year is often the perfect time to turn a new page in your life, which is why so many people make New Year's resolutions. 40% to 45% of American adults make one or more resolutions each year. The top three New Year's resolutions regard weight loss, exercise programs, and stopping smoking. Also popular are resolutions about better money management and debt reduction. How many of these resolutions are maintained as time goes on? 75% past the first week; 71% past two weeks; 64% past one month; and 46% past six months.

It's not necessarily going to be easy to succeed with each New Year's resolution, but it will be easier if you are prepared. Research shows that a proactive attitude is useful: People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions. But why do so many people have a hard time keeping resolutions? Researchers have looked at success rates of people's resolutions: The first two weeks usually go along beautifully, but by February people are backsliding, and by the following December most people are back where they started—often even further behind.

“Make only one resolution. Many people make the mistake of trying to achieve too much.”



Resolution: a resolve; a decision or determination: to make a firm resolution to do something.

Hints for achieving New Year's resolutions:

Make only one resolution. Many people make the mistake of trying to achieve too much. The chances of success are greater when people channel their energy into changing just one aspect of their behavior.

Plan ahead. Don't wait until New Year's Eve to think about your resolution. Last-minute decisions tend to be based on what is on your mind at that time. Instead, take some time out a few days before and reflect upon what you really want to achieve.

Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment. Choose something new, or approach an old problem in a new way. For example, instead of trying to lose weight, try exercising more.

Be specific. Think through exactly what you are going to do, where you are going to do it and at what time. Vague plans fail. For

“Be persistent. New habits take time to learn, and once in a while you will slip up and revert to the old you, [but] don't let the slip hold you back!”

example, instead of saying that you will go running two days of the week, tell yourself that you will run on Tuesdays and Thursdays at 6 p.m.

Make it personal. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life, so think about finishing that novel or learning to play an instrument rather than just losing weight and getting to the gym. Set S.M.A.R.T. goals that are Specific, Measurable, Achievable, Realistic and Time-based.

Be persistent. New habits take time to learn, and once in a while you will slip up and revert to the old you. People on diets might suddenly give

in to temptation, or those trying to exercise more might not find the time to go to the gym for a week. Remember that everyone messes up from time to time. Don't blame yourself if you falter, nor allow the experience to make you give up.

And finally, don't take yourself so seriously. Have fun and laugh at yourself when you slip, but don't let the slip hold you back from working at your goal.



Senior Dances

Senior Adults (50 and older) can enjoy a monthly dance at Marysville's own Opera House. Dance and listen to an array of swing and jazz tunes as well as music from the 40's and 50's. \$3 drop in fee includes light refreshments.

February Dance *Sponsored by Grandview Village*

Course #: 15317 Tue February 16 1:00 - 3:30 pm

March Dance *Sponsored by Gencare Granite Falls at The Village & Windsor Square*

Course #: 15318 Tue March 15 1:00 - 3:30 pm

April Dance *Sponsored by Vintage at Lakewood*

Course #: 15319 Tue April 19 1:00 - 3:30 pm

Spring Senior Dessert Dance

Senior adults can enjoy an evening at the Marysville Opera House dancing to music of their generation from the 20's, 30's, 40's and 50's. This special night includes an array of all you can eat desserts and live music. Whether you dance or just want to enjoy the atmosphere, this is a great night to get out and have fun. The cost is \$8, pre-registration required.

A special thank you to our sponsors: Grandview Village, Windsor Square and Gencare Granite Falls at the Village.

Course #: 15316 Wed April 13 6:30 - 8:30 pm

Grandview Village

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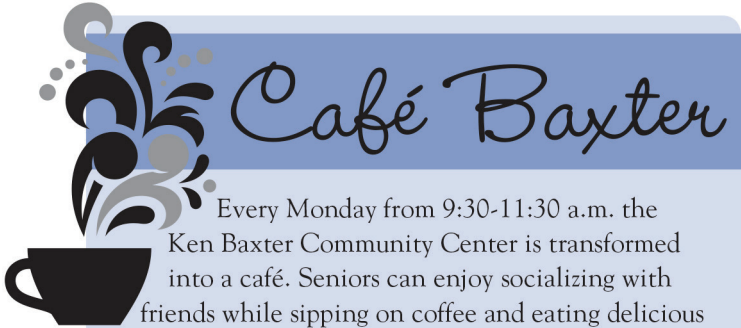
Senior and Assisted Living
Whole Life Living.

WINDSOR SQUARE

The Invisibility Factor

Everyone knows a senior. When you start to think about the seniors in your life, do you picture them happy, healthy, active and full of life? Or do you picture them secluded, lonely and depressed? Could you tell if that senior was happy by saying hi or making small talk? Would you talk to them if you saw them in the community, or would you keep walking by? The biggest concern by seniors is that they feel invisible. The invisibility factor happens when society believes that seniors no longer have a place or voice with it. That even as seniors walk and live among us, there are those that treat them like they're already gone.

Seniors who live alone have a high chance of suffering from social isolation. Social isolation is defined as "a state in which the individual lacks a sense of belonging socially, lacks engagement with others, has a minimal number of social contacts, and is deficient in fulfilling and quality relationships." Seniors are particularly vulnerable



Every Monday from 9:30-11:30 a.m. the Ken Baxter Community Center is transformed into a café. Seniors can enjoy socializing with friends while sipping on coffee and eating delicious pastries. Read the paper, sit by the fire, and enjoy good conversation. This is your time to relax! Open on Mondays except holidays. We would like to thank our café sponsor, The Cottages at Marysville, for providing the goodies each week for our enjoyment.

Center Information:
Monday - Thursday • 9AM to 4PM
Friday • 9AM to Noon
(360) 363-8450

to social isolation due to the loss of family and friends. The number of aging adults age 65 or older is expected to more than double within the next 25 years. Seniors will then make up 20% of our population; 90% will live at home. (Information provided by the AARP Foundation.)

Seniors who suffer from social isolation experience multiple side effects. The biggest one is a link to poor health and shorter life expectancy. They have an increased risk of dementia, depression, rehospitalization and mortality by suicide, and an increased number of falls they have at home. Seniors living in their homes rather than in a community have a 43% higher rate of social isolation. Suicide in seniors is higher than any other age group. (http://www.seniorscouncil.gc.ca/eng/research_publications/social_isolation/page05.shtml)

It is not always easy to recognize if a senior is suffering from social isolation. Here are some red flags to alert you: spending a lot of time at

home without talking to anyone, avoiding human contact, missing extended relationships, suffering from anxiety, verbally saying they are lonely and no longer attending church or social outings.

Befriending a senior offers lonely and isolated seniors vital companionship and emotional support. It restores their confidence and provides friendship. Their self-esteem goes up and they feel self-worth. It also promotes a sense of purpose. That purpose also benefits the person befriending a senior. Seniors have experience, knowledge and wisdom. They have experienced many seasons of life ahead of us and can offer advice and encouragement.

Many seniors do not want to give up their home they have lived in for years. Most believe they will end up in a nursing home. Only 4% of seniors will need to move to a nursing home in their lifetime. Retirement communities are able to provide meals, housekeeping, personal care, maintenance, yard work, friendship, activities and much more!

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Seven-A-Side Youth Soccer Ages 7-14

Registration for the 7v7 Soccer League has begun! This recreational soccer program is offered in cooperation with PSA and is for boys and girls ages 7 to 14 years. Registration will continue through February 19th. Team registration deadline is Wednesday, February 17th. Coaches of established North County Youth Soccer teams may register players from their 2015 fall roster as a team. Team registrations must be submitted in person with completed registration forms and payment for each player. Boys typically play on Tuesday/Thursday and Girls play on Monday/Wednesday.

Practices/games held between 5:00 pm and 8:00 pm on week nights. Practices/games are 1 hour.

Location: Marysville Youth Soccer Complex



Boys

Age: 7-8 boys	Cost: \$65
Course #: 15194 Tue/Thu April 11-June 9 5:00 - 8:00 pm	
Age: 9-10 boys	Cost: \$65
Course #: 15196 Tue/Thu April 11-June 9 5:00 - 8:00 pm	
Age: 11-12 boys.....	Cost: \$65
Course #: 15198 Tue/Thu April 11-June 9 5:00 - 8:00 pm	
Age: 13-14 boys.....	Cost: \$65
Course #: 15200 Tue/Thu April 11-June 9 5:00 - 8:00 pm	

Girls

Age: 7-8 girls	Cost: \$65
Course #: 15195 Mon/Wed April 11-June 9 5:00 - 8:00 pm	
Age: 9-10 girls.....	Cost: \$65
Course #: 15197 Mon/Wed April 11-June 9 5:00 - 8:00 pm	
Age: 11-12 girls.....	Cost: \$65
Course #: 15199 Mon/Wed April 11-June 9 5:00 - 8:00 pm	
Age: 13-14 girls.....	Cost: \$65
Course #: 15201 Mon/Wed April 11-June 9 5:00 - 8:00 pm	

Be a Volunteer Coach!

Give your time on the field to develop tomorrow's leaders.

Marysville Parks and Recreation needs adult volunteer coaches who are ready to give something back to our growing community and tomorrow's generation. Are you willing to step up? Can you make the time? Find out more! Please call the Parks and Recreation Office for details at (360)363-8403.

MARYSVILLE LIBRARY EVENTS

ADULT EVENTS

Computer Basics

Learn to recognize cursors, operate a mouse, and use common keyboard commands. Taught on library laptops using Windows 7 and Microsoft Office. Registration is recommended.

January 7
2:30 pm to 3:15 pm

Learn Lynda.com

Take a tour through Lynda.com. Discover courses on web development, animation, business practices, design, photography, and more! Registration is recommended.

January 12
9:30 am to 10:15 am

Help with Health Insurance

Need help signing up for health insurance? Get in-person assistance from WithinReach. Walk-ins welcome.

January 13, 27
3 pm to 5 pm

Intro to the Internet

In this hands-on class, you'll learn how to use the Internet, what it can do, and how much fun it can be to surf the Web. Registration is recommended.

January 14
2:30 pm to 3:15 pm

Library Resources for the Workplace

Discover occupations that match your skills and interests. Create an engaging resume. Prepare for occupational exams. Find and apply for jobs. Registration is encouraged.

January 21
2:30 pm to 3:30 pm

LinkedIn Basics

Manage your professional digital story with LinkedIn. Join us for this overview to learn how to create and use a LinkedIn account. Uses Windows 7 and Internet Explorer. Registration is recommended.

January 28
2:30 pm to 3:15 pm

The Gifts of the Artist's Way

Get to know your creative-self more fully & genuinely. Kate Gavigan is passionate about The Artist's Way. Join her for an interactive talk about the powerful tools of creative recovery.

February 13
10:30 am to 12 pm

TEEN EVENTS

Be An Architect

Age: 4th Grade and Up

Be the architect of your own creation, using LEGO®, K'NEX and Roylco Straws! Spark interest in science, engineering and math. Supported by Friends of the Marysville Library.

January 17
4:30 pm

Teen Advisory Group

Location: Marysville Small Mtg. Room

Join the Teen Advisory Group to help plan teen activities for Teen Tech Month in March and brainstorm events for the summer! Funded by the Friends of the Marysville Library.

January 13
3:30 pm to 4:30 pm

CHILDREN EVENTS

Stories & Sing-Alongs

Age: 3 to 5 yrs. Caregiver required.

Let imaginations run wild with fun books, sing-alongs, and creative activities that prepare young minds for the adventures of reading.

Jan 11, 12, 19, 25, 26
10 am

Storytime

Rhythm-n-Rhyme

Age: 18 to 35 mo. Caregiver required.

Stories, songs and rhythm-n-rhyme fun that celebrate and inspire the joy of reading. A playtime follows, so please bring a few of your child's favorite toys.

January 13, 20, 26
10 am

Stories & Songs in English and Español

5 pm to 5:30 pm

Age: All Ages. Caregiver required.

Join us for stories, songs and actions in both Spanish and English to teach the joys of reading and other early literacy skills in both languages.

January 13, 20, 27
5 pm to 5:30 pm

Storytime

Age: 0 to 17 mo. Caregiver required.

Enjoy stories, music and other fun activities celebrating the joy of reading with babies. A playtime follows, so please bring a few of your child's favorite toys.

January 14, 21, 28
10 am



WOMEN IN BUSINESS

Spotlight



Thi Camacho

THE SMOKEY POINT SPA & WELLNESS CENTER

The Smokey Point Spa & Wellness Center was established in 2012 at the Medallion Hotel in Arlington. The Smokey Point Spa & Wellness Center aims to provide quality spa services at reasonable prices. The Spa offers a relaxing atmosphere and strives to come through on their promise to be the place where “the pampering never stops.”

The Spa has been open at the Medallion Hotel since the early 2000’s but was taken over by Thi Camacho and her husband. Thi, an Honors graduate of Evergreen Beauty College, has done an incredible job of making her Spa the relaxation destination of North Snohomish County. Thi was born in Vietnam and has been a resident of the United States for over ten years. She has meshed American and Asian spa staples and styles, and the result is fantastic.

She is passionate about her work, so setting a time to sit and ask some questions took a little maneuvering. Thi has wanted to be a businesswoman since she was nine years old. In Vietnam, every house is a business. As a young girl, she watched as her neighbors and relatives beautified the women by doing hair, makeup, and nails. This is where her dream began. That dream was to own a business that makes women beautiful.

Smokey Point Spa & Wellness Center *Valentine's Day!*

Champagne, Roses, and a Dessert! All this in a candlelit room. It doesn't get more romantic, so let us pamper you and your true love with one of our Valentine's Specials.

**Call the Spa to
Schedule an
Appointment**



360-657-0507
www.smokeypointspa.net
spa.salon.medallion@comcast.net

As stated above Thi graduated top of her class with English as a second language. She attributes her accomplishment to hard work and focused vision. One of her motivations that keep her steady is the goal to give her daughter a better life than her own. Thi and her husband have formed a blended family and with that come several challenges, but they work as a team to balance work and home. There are some weeks when Thi will work seven days a week. On those weeks, her husband will help with the chores and the shopping. But not the shopping for boot and high heels, which is one of Thi's favorite things to do- Buy Shoes!

Thi defines success as doing the thing she loves while being able to help her family in Vietnam. Because of her determination, she can bring her family to the Pacific Northwest for extended visits and send them back with smiles on their faces.

Thi's expertise is hair and nails, but she is licensed to do many things that the spa offers. She has an incredible team that works alongside her. As a team, they all provide hair care, nail care, massage, skin care, waxing, eyelash extensions, body wraps. The Spa accepts gift certificates from Spa Finder as

well as Spa wish, but Smokey Point Spa also have gift cards available in any denomination and their cards are good for all services. They also offer VIP memberships that give customer special discounts and service upgrades as well as appointment priority. Gift cards from the Spa are the perfect gift for Valentine's Day. There are a variety of packages available, some including food and libations.

PACKAGES INCLUDE:

Loving Life - \$240

Couples will love spending 90 minutes together in our spa treatment room, where they will enjoy a 60-minute couples massage followed by 30 minutes of Paraffin treatment on their hands and feet while sipping a Champagne toast and enjoying a special "Rose" dessert for two.

Be My Valentine - \$155

As a couple, enjoy luxury pedicures with chocolate masks, hot stone massages and warm Paraffin treatments on your feet and hands. Sip on Champagne as you are pampered with our special "Rose" desert!

The Smokey Point Spa has professionals waiting to take care of you!

The Marysville Opera House is a performance hall and special event venue built in 1911. It was added to the national Register of Historic Places in 1982. Built by the local chapter of the Order of the Oddfellows, it provided the citizens of Marysville with a location to host social functions. It also provided the then remote community with a place for traveling groups to offer theatrical performances. Most recently it has been used for weddings and private rentals.

Parks and Recreation will be managing the venue presenting a calendar of both family and adult oriented cultural art events as well as managing the building for special events, private rentals and various classes with a focus on the arts.

The Opera House calendar of events will be maintained on the City's web site at marysvillewa.gov. Use of the building for private events or weddings can be scheduled a year in advance.



Marysville Opera House



Weddings, Parties,
Performances & More
www.marysvillewa.gov
360.363.8400

WOMEN IN BUSINESS

Spotlight



Merrilee Bradshaw

THRIVENT FINANCIAL: CONNECTING FAITH & FINANCES FOR GOOD

Thrivent Financial formed as a company over a century ago to help the Christian community with their finances. They are member owned, and their membership is an organization of Christians. They believe money is a tool to strengthen your family, your church and your community. They have financial principles they follow and incorporate into their life.

The five principles are:

- Spend less than you make
- Be wise with debt
- Protect yourself against setbacks
- Have a short and long-term plan
- Give back

Merrilee Bradshaw is a Financial Associate for Thrivent. She has been an entrepreneur since she was ten years old making beaded jewelry and selling it. As a business woman, she appreciates the fact that she can plan her schedule and appointments. Many women need flexibility and the space to take care of their family without the push back of a rigid 9-5 work schedule. Being a business woman gives that flexibility, but there is also the weight of responsibility of maintaining your own business with clients. She has learned over the years what works best for her and follows her own compass.

Merrilee believes ardently in the principals above. One of the first things



Connecting faith & finances for good.®



WHAT'S A SECOND OPINION WORTH?

A lot—when it comes to your investments. As a Thrivent Financial representative I can look at your portfolio with fresh eyes to determine if it is aligned with your goals.

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Merrilee Bradshaw
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she does with a perspective client first is a process called, "Protect the family first." This process begins with insurance, becoming debt-free, and saving for emergencies. After the foundation is laid, a family can build further with other financial strategies.

Thrivent offers a full suite of financial products that grow with you through all your life cycles. They have a full suite of financial services and products. These products include retirement income planning, fee-based financial planning, managed account services, educations funding options, charitable giving solutions, trust services, business owner solutions, traditional IRAs and Roth IRAs, mutual funds, fixed and variable annuities, retail brokerage, life insurance, disability income insurance, and long-term care insurance.

Merrilee enjoys helping people get on the right track financially. Thrivent's particular target is the Christian community of all age groups. Whether you are the beginning stages

of starting your life or thinking about what you have to do to prepare for retirement, she will help you understand your financial goals based on your specific needs and preferences.

After talking with Merrilee about Thrivent, one of the reasons she is so passionate about this company is because of their principal of giving. Being a giver at heart, it thrills her to know that Thrivent works diligently to help members live generously. In 2014 alone, Thrivent members gave in total outreach 209.8 million dollars to nonprofits and individuals, along with 54.9 million dollars in grant funds.

One of the organizations they give generously to is Habitat for Humanity. Half of all Habitat's operating expenses come from Thrivent's member outreach. Success is not only about numbers, though. When asked what success meant to Merrilee, she said, "When you love what you do, and people appreciate the work you do for them. Also, success means having the time and resources to give back; that's everything."

BUSINESS SHOWCASE



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