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SAIL Board of Directors

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- ▣ Elena Rath, Ketchikan ▣ Clark Gruening, Juneau
- ▣ Paul Douglas, Juneau ▣ Sam Wright, Hoonah ▣ Jeff Irwin, Gustavus

Public Participation is encouraged at the monthly board meetings!

Our Board meets the 4th Tuesday of the month at the SAIL Juneau office at 5:45pm.

If you are interested in attending and do not live in Juneau, you may contact us at

1-800-478-7245 to make arrangements for other locations, or to access the teleconference line.

For more information on SAIL, or how to become a volunteer,

please contact your local SAIL office.

JUNEAU 907-586-4920 V/TTY
1-800-478-7245
info@sailinc.org
3225 Hospital Drive, Suite 300
Juneau, AK 99801

HAINES 907-766-3297 V/TTY
sailhaines@aptalaska.net
23 Fort Seward Drive
PO Box 183
Haines, AK 99827



www.sailinc.org

KETCHIKAN 907-225-4735 V/TTY
1-888-452-7245
ketchikan@sailinc.org
602 Dock Street, Suite 107
Ketchikan, AK 99901

SITKA 907-747-6859 V/TTY
1-888-500-7245
sitka@sailinc.org
514 Lake Street, Suite C
Sitka AK, 99835

FULL SAIL AHEAD

ISSUE 38

www.sailinc.org

APRIL 2010

Only Fools Run at Midnight Logo Design Contest!

Design Entry Rules:

- No smaller than 6"x 6"
- Must be able to be reproduced using only black and white
- SAIL staff reserve the right to alter the design, with the artist's permission, in order to meet graphic requirements.
- Submissions may be snail mailed or emailed (digital resolution of at least 300 pixels/inch).
- No writing other than artist's signature.
- Preference given to those who experience a disability.
- Design must be original artwork, no copyrighted material!
- **Design must incorporate the event itself and promote SAIL's mission to Inspire Personal Independence.** SAIL provides a variety of services for people of all ages and all disabilities. The Only Fools Run at Midnight features a 5k run and 1 Mile walk, each with a wheelchair division. The event takes place simultaneously in Sitka, Ketchikan and Juneau with nearly 1,000 participants.

Winning artist will receive **\$100** and their design will be printed on over **1,000** t-shirts, as well as posters and advertisements all over Southeast Alaska!
Five runner-up designs will receive a free **Only Fools Run at Midnight** sweatshirt!

Designs must be received by April 30th

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Pick. Click. Give.

[Pick.Click.Give Extended!](#)

The PFD Division is committed to ensuring Pick.Click.Give is available to all online 2010 PFD applicants. Every Alaskan who already filed an online application will have a second chance to make Pick.Click.Give donations between April 5 and May 31, 2010. This option is available to people who tried unsuccessfully to donate, would like to make additional donations, or would like to make new donations.



Deaf Community News

By Pam Mueller-Guy

Deaf & Interpreter Support Group

- **First Friday** of the month from 6 to 7 pm. Note: the location has changed to the valley Bullwinkles!
- **Third Saturday** of the month *Deaf Coffee* from 10 to 11am at Mendenhall mall road, in the Heritage Coffee Cafe (across from Mendenhall mall).

Your Input Needed!

We need some new activity ideas for our Deaf Coffee gatherings for the next three months. For instance, we could go hiking at the glacier, exploring at Eaglecrest, or walking at Twin Lakes, etc. Please contact Pam Mueller-Guy with your suggestions.

For Deaf Advocacy Issues, please contact Pam Mueller-Guy

TTY users can call direct 907-523-5285, VRS, auto-answer & message machine.

Hearing callers can use Video Relay Service (VRS) number 1-866-563-9886, and you will automatically go to an e-mail message to Pam if she is not available.

The world of technology is constantly changing. If you need any assistance with adaptive technology for people with disabilities, you can contact Pam Mueller-Guy using the information above.

If you can't reach Pam and need immediate services during regular business hours (Monday through Friday, 9am-5pm), you can also call the Juneau SAIL office 907-586-4920 Voice/TTY, 1-800-478-7245 toll free in AK, and/or Fax 907-586-4980.

Please email your interpreter requests to IRL@sailinc.org

For interpreter requests after work hours, on holidays or weekends, use the IRL cell/text: 907-321-4085.

SAIL has joined the world of social media! Please check out our page on Facebook and become a Fan. We hope to use the page to distribute information about events and exciting things happening around SAIL. Hope to see you there!



In Honor of... In Memory of...

Did you know that you can make donations to SAIL in honor of someone?

Recently, SAIL received four donations in honor of Jeff Douglas. Our thanks to those who generously gave in honor of Jeff.

Note: This section will now be a regular part of our Quarterly Newsletter. What a great way to honor or remember a loved one!

Contact your local SAIL office for more information.

VOLUNTEER APPRECIATION

SAIL would like to thank the following individuals for their outstanding help during the past quarter! Being a small agency, SAIL relies on volunteers to help offer high-quality services and to keep our staff focused on meeting our mission to: *Inspire Personal Independence.*

In Ketchikan

Kara Hendricks has been an outstanding help in the office, volunteering weekly cleaning services and also helping the environment by collecting our recycling! SAIL and the earth owe you a BIG THANKS!

Many individuals helped to make the Community Dinner a success. We'd especially like to thank **Laura Atwood, Devra Milam, Kathy Wylie, Carol Cairnes, Kara Lunde, Bobbie McCreary, Willie Smith, Jos Govaars, Sr., Jessi Chapman, Pat Chapman, Fran Rhodes, Jerry Kroll, MJ Cadle.**

In Juneau

With many skiers and snowboarders interested in making it up the mountain every weekend, ORCA relies on many volunteers to keep everyone safe and happy. For ski season 2010, over 40 volunteers participated in the ski program! THANK YOU for making the 2010 ski season a success. A special thanks to **Will Riley** who is the 2010 ski season volunteer extraordinaire! Will participated nearly every day of every weekend and always had a smile on his face. Thanks Will!



Will Riley shares his passion and his smile with fellow snowboarders on the slopes.

Have you seen the Home Modifications booth? Its great! But, its also very heavy. Thanks to **Sean Janes** and **Cedar Dumount**, who donated their time and muscles to move and set-up the booth several times this winter!

Last, but certainly not least - thank you **Linda Watson!** Linda is helping with the massive reorganization of the Juneau Loan Closet. You're amazing and we truly could not have done it without you!

Miles for Personal Independence

Do you fly often? Do you fly even sometimes? In Alaska we all love our Alaska Airlines Mileage Plans! If you're a mileage plan member (which we're sure you are) please consider this great opportunity to help SAIL rack up miles while you do the same!

Through Alaska Airlines EasyBiz program, SAIL can receive miles each time you fly and the best part is: you still get ALL your bonus miles!

SAIL can use those miles to help achieve our mission to Inspire Personal Independence by helping consumers travel to receive services or explore new avenues, bringing inspiring speakers to Southeast and assisting with the overall cost of travel and training for our staff.

If you're interested in taking part in this great program, please see our website for details!

www.sailinc.org

...SITKA SAIL...

ORCA

The Sitka ORCA program kicked off the new year with some great activities! In February, we had a picnic and hike at Herring Cove. Participants bundled up and ate on a bench next to a waterfall. One participant brought a portable radio, which made for some fabulous background music! Before going on a hike, we had a discussion about what it means to "leave no trace." The sun poked its head through the clouds as we walked on a road next to the beach. We commented how nice it was to get some exercise before hopping back on the bus and heading home.

Our Blatchley Middle School adventure group said the Starrigaven cabin dinner extravaganza was the best activity yet! Once we arrived at our destination, we built a fire and unloaded our gear. We then took advantage of the sunlight and went for a hike on the boardwalk and along the river. Soon, our stomachs growled and the sun set. We returned back to our cozy cabin and played games while making dinner. Spaghetti was a big hit, and everyone ate their fill. When it was time to go, all participants expressed wishes to come back again for an overnight!



Pictured at Left: Mary Ann and Marilyn share a moment on their hike to a picnic at Herring Cove.



Right: Sage, Mark, and Daniel check out the accommodations at Starrigaven Cabin. It looks like they are enjoying themselves!

Independent Living

The Sitka IL Brigade, consisting of Evie and Rachel, has worked hard this month helping consumers. Since the new year, we have had seven new consumers benefit from Sitka SAIL's full services. One woman thanked us for giving her assistive technology that allowed her to knit and bead again. We also uploaded a program on her computer so she can now check her e-mail and browse the web without any assistance.

SAIL in Sitka has made big steps collaborating with other social service agencies in town. We have been working closely with the Division of Vocational Rehabilitation, the Division of Public Assistance, and Braveheart. Collaboration is a core value of SAIL and enables us to serve our consumers more efficiently and effectively.

THIS NEWSLETTER IS ALSO AVAILABLE IN ACCESSIBLE FORMATS UPON REQUEST. PLEASE CONTACT ANY SAIL OFFICE TO REQUEST AN ALTERNATIVE FORMAT SUCH AS BRAILLE OR LARGE PRINT, OR YOU CAN DOWNLOAD IT FROM OUR WEBSITE AT: WWW.SAILINC.ORG

...JUNEAU SAIL...

Important Taxi Voucher Update

Taxi Vouchers are available to purchase at the SAIL office.

People with disabilities and seniors can purchase vouchers to help with transportation in Juneau when Capital Transit and Care-A-Van are not viable options. Changes to this program are as follows:

- Riders must fill out the back of one of the vouchers *every time they ride*. The information is in a simple check box format and asks in what area was the rider picked up, what area were they dropped off, the approximate time of day the ride took place, and the date.
- Vouchers now expire at the end of every calendar quarter (current vouchers are good through *June 30, 2010*.)
- Riders may bring their unused expired vouchers in to the SAIL office up to 30 days after the expiration date to exchange them for the new vouchers.

Remember that you are only paying 40 cents on the dollar for each voucher!

From the desk of the ADRC

As we age, certain needs arise that may require assistance from others. Contacting your local SAIL office can be a first step to learning about services for aging in place.

SAIL staff can assist you with getting Medicare or Medicaid services, personal care attendant services, or an assessment of your house from our HomeMap team. Perhaps you need an item from our loan closet or want to join our popular Low Vision Support Group for a fun outing around town. SAIL, as an Aging and Disability Resource Center (ADRC), is a resource for long-term care supports we all can use!

This quarter, SAIL/ADRC staff completed certification from the Alliance of Information and Referral Systems (AIRS). This is an intensive training for learning how to assist a person in finding the right resource for a specific need. This certification including testing on the content of the Older Americans Act and Olmstead Act, will enhance SAIL's stellar services!

JUNEAU OFFICE CHANGES CONTINUE!

Those of you who have visited the Juneau SAIL office recently have witnessed our growing pains. Many changes are afoot. **United Way now occupies a good portion of the 2nd floor, along with the Red Cross - and the area once used by ORCA staff on the 3rd floor now houses JBAP, the Juneau Batterers Accountability Program, a program of AWARE. More changes within this building are anticipated as we join forces to become a multi-tenant, non-profit center!**

E-mail vs. Snail Mail



Want to get our newsletter in PDF format and stop the paper copies? Just email us at info@sailinc.org, with your name and email address, and we'll get you added! Please be sure to put **NEWSLETTER** in the subject line.

AARP AND SAIL JOIN FORCES

Ann Secrest, Director of Communications of AARP Alaska, joined Sara Boesser, Aging in Place & Accessibility Specialist for SAIL, on a half hour TV program on 360 North titled "Home Modifications for Aging in Place." That program aired Thursday, April 1, 9:00PM & Friday, April 2 at 7:00PM.

360 North airs on cable channel 18 in Juneau, and statewide on channel 15.

Have you considered Planned Giving?

Would you like to give a gift to SAIL that doesn't cost you anything? Ask us about the Planned Giving program. Don't have a will? SAIL can help! Contact Sierra in our Haines office for more information: 907-766-3297 or sierrakaden@sailinc.org

Legislative Update

The whirlwind 90-day session of the 26th Alaska State Legislature is flying by; slated to wrap up on April 18, 2010. If you hurry, it's not too late to have your voice heard on issues dear to you. Senior and disability advocates continue to track a number of bills.

Here's a reminder of how you can get involved in the legislative process:

- Go to <http://www.legis.state.ak.us/basis>

Bills to watch (Senate Bill = SB; House Bill = HB):

- ◆ SB 13: Denali KidCare. Raises the eligibility level for children and pregnant women to qualify for Denali KidCare from 175% to 200% of the federal poverty level
- ◆ SB 32: Medicaid Rate Review. Proposes to create a mechanism for regular review of Medicaid rates paid to providers of home and community-based services
- ◆ HB 89/SB 83: Vocational Rehabilitation Committee. Name change
- ◆ SB 109: Repeal High School Exit Exam
- ◆ SB 187: Autism Insurance Reform
- ◆ SB 199: Medicaid Coverage for Dentures
- ◆ SB 219: Establishes Traumatic Brain Injury program and registry
- ◆ SB 221: Legislative Task Force on Higher Education
- ◆ SB 238/HB 270/286: Medicaid for Medical and Intermediate Care. Changes eligibility threshold for Medicaid long-term services

MATURE ALASKANS SEEKING SKILLS TRAINING (MASST), administered by the Alaska Department of Labor, is recruiting for participants. The intent of this program is to place individuals 55 and older in community service positions and provide job training to help them become self-sufficient, provide much needed support to organizations that benefit from increased civic engagement, and strengthen the communities that are served by such organizations. This program helps Alaska retain the valuable resources of older workers while enabling this population to maintain an independent lifestyle and make meaningful contributions to their communities. For more information contact MASST Program Representative Bob Price @ 586-5717.

ADAPTED AQUATICS ADULT SWIM

Augustus Brown Pool is pleased to offer a dedicated Adapted Aquatics Adult Swim time. Their warm water pool is the perfect pool for those who have mobility issues, and who wish to participate in swim activities.

- Water is maintained at 90 degrees
- Wide and gradual steps and a railing lead back from the deck down into the pool
- A manual chairlift is available

MONDAYS AND WEDNESDAYS 2:15pm-3pm
April 5-May 19
\$3/visit or \$35/12 visit punch card (13th visit free!)

If you require assistance in order to successfully participate, you may bring an assistant into the water with you at no additional charge.

FOR MORE INFORMATION - CALL AUGUSTUS BROWN POOL AT 586-5325



Disability Advocates and Supporters Honored at Southeast Alaska Independent Living Community Appreciation Dinner

The Ketchikan Community gathered with family, friends, and supporters on Friday, January 15, to honor advocates for disability issues and businesses that support employment of people with disabilities while enjoying keynote speakers Jessi Chapman and Jos Govaars, Sr.

“People who experience a brain injury are still your loved one, neighbor, or friend... they may not talk the same or respond exactly the same, but we are still the person you knew before,” Chapman told the audience.



Mary Gregg proudly displays the generous award SAIL received from First Bank to fund the HomeMAP program

Three awards were presented during the evening, and First Bank representatives made a surprise donation of \$10,000 to expand SAIL's Home Modifications for Aging in Place (HomeMAP) program. The HomeMAP program in Juneau has helped many senior citizens live independently in their homes.

For the Jerry Kainulainen Disability Advocate of the Year award, Bess Clark, Community Connections Executive Director, was chosen by last year's award winners for her efforts beyond the scope of her work to advocate for independence for people with disabilities. Community members Ed Zastrow and Rebecca Valentine were also nominated for the award for their advocacy efforts during the past year.

Last year's winners also chose Shaub-Ellison Tire Company as Disability-Friendly Employer of the Year in memory of Alice Rocke for their efforts to create a natural support system for a new employee, relying on job coaches to assist him in learning new skills. Ketchikan Pioneer Home, Ketchikan General Hospital, and the Great Alaskan Lumberjack Show were also nominated for the award.

SAIL also recognized KJ's Raven's Roost as Small Business Donor of the Year Award. Pam Roth, of the Ketchikan Homebuilders' Association announced that proceeds of this year's raffle of a sauna built by Kayhi students will be donated to SAIL.

Approximately 120 people attended the free spaghetti dinner at the Ted Ferry Civic Center. The event was primarily educational, but more than \$2,000 was raised from a silent auction to benefit SAIL programs. “We're hearing from a lot of folks that the event was great fun. I think it even surpassed our own expectations,” said Kevin Gadsey, SAIL Ketchikan Program Director.



Jos Govaars (standing at left) and Jessica Chapman (seated at right) share their thoughts on independent living with a brain injury, at the SAIL Community Appreciation Dinner on January 15, 2010.



2008 Disability Award Winner Taylor Gregg and SAIL Board Member Mary Gregg sit with 2009 Disability Advocate of the Year Award Winner Bess Clark, Community Connections Executive Director, at the SAIL Community Appreciation Dinner on January 15, 2010.



LOW VISION SUPPORT GROUP



The Juneau Low Vision Support Group (JLVSG) continues to meet from 1-2pm on the 4th Tuesday of each month at the Mountain View Senior Center. At these meetings, attendees have been able to try out and order assistive devices that may be helpful to them. They also share tips on what works and what doesn't - in their effort to maintain independence. SAIL facilitator, Linni Esther, has assisted several to sign up for the National Association for the Blind's NewsLine, which will allow them to call in to hear articles read from selected magazines.

In mid-February, Kara Hackney and Kimala Rein from the Alaska Center for the Blind & Visually Impaired (ACBVI) in Anchorage flew to Juneau and instructed visually impaired SAIL consumers in the proper selection and use of white canes for greater mobility. As a result, several have ordered canes. Be alert to users of white canes, wherever you are. They are a courageous and adventuresome group!



Upper left: Kimala shows Mildred Boesser the proper way to use a cane.

Left: Kara instructs a small group in the shared kitchen/conference room in Juneau.

Right: Charlotte Stanbery gets one-to-one instruction from Kara.



...KETCHIKAN SAIL...

Our ORCA program kicked off 2010 with some great activities. We've been swimming, cooking, made Valentine's Day crafts for the seniors at the Pioneer Home, and had a movie night. Some community events that we have attended are The Sweet Second Saturday Dance and The Wearable Arts Show (where two of our consumers were models!). We also managed to have a bonfire on what turned out fortunately to be a very beautiful January afternoon.

Coming up this month, ORCA will be doing yoga, have a native knot tying class, and a picnic on Buggy Beach for Spring Break. We are looking forward to the springtime and many more outdoor adventures!



Left: Brittani Budge, Eric Chase, Andy Kroll, Kody Rhodes, Taylor Gates, Taylor Gregg, John Sanderson, and Cat Ivie stop for a picture on a rainy day hike at Lunch Creek Trail.



Above: Kody Rhodes presents the Alice Rocke Disability-Friendly Employer of the Year award to Ernie Corona of Shaub-Ellison Tire Company at our Community Appreciation Dinner held January 15, 2010.

SAIL BOOTH AT 2010 WELLNESS FOR CAREGIVERS CONFERENCE

The Tlingit and Haida Central Council hosted a well-attended workshop Friday, March 19th at the ANB Hall in Juneau. Participants were offered a variety of resources available to ease the responsibilities of family caregivers, spouses, sons and daughters, grandchildren, and neighbors or friends of elders.

Danielle Lindoff, an Independent Living Specialist with SAIL, signed up some elders for our Taxi Voucher program, which allows them to purchase discounted vouchers that can be used anywhere on the Juneau road system, and Paddy Stoy, Juneau ORCA Activity Coordinator gave a short presentation on SAIL services that was well-received.

Members of Alaska Legal Services were on-hand to provide consultations; there was a native panel on traditional foods and healing, memory screenings were available, and various agencies manned tables to provide information on the array of services they provide, including SAIL - which was a very popular booth! Many elders and their caregivers stopped by our booth to speak with SAIL staff who demonstrated the following adaptive technology devices:

- Easy-to-use jar openers, as well as one that is electric!
- Sock Aid Pull-ups (one with ropes and a wire-frame model)
- Door Alert Button (these can help people with low-vision or hearing loss)
- Grabbers (we have quite a variety of styles)
- An Automatic Blood Pressure Monitor
- A CCTV which allows the user to greatly magnify anything, including documents
- A Walker
- Noir Glasses, some which are worn over regular eyeglasses and can enhance contrast



Above: Administrative Assistant Rik Romerein setting up SAIL's booth at the Wellness for Caregivers Conference held recently in Juneau.

Pictured below: Independent Living Specialist Danielle Lindoff, demonstrating adaptive technology available from SAIL's Loan Closet.





HOME MODIFICATIONS FOR AGING IN PLACE

Update from the HomeMAP Team

SAIL's HomeMAP project gratefully received a **\$10,000** donation from First Bank!!!

Juneau's HomeMAP Team has taken their show on the road!

In late February, at the invitation and persistent encouragement of the Southeast Alaska Building Industries Association (SEABIA) in Ketchikan, along with transport donations from Northland Services and Alaska Marine Lines, Sara Boesser and Linni Esther took HomeMAP on the road. They packed a U-Haul truck with their booth structure, their demonstration assistive devices, and photo boards, and shipped it all off to Ketchikan.

They flew down a couple of days later and dropped into a whirlwind of PR work to promote the concept of preparing to "Age in Place!" They participated in radio interviews, presented at the local AARP monthly meeting, and gave a panel presentation at the Cape Fox Lodge.

With the help of several volunteers, the HomeMAP booth was set up at the Southern Southeast Trade Show and Sara and Linni took turns with others from SAIL-Ketchikan to staff the booth. During the trip, the team was gratified that at least 100 people were exposed to the "Home Modifications for Aging in Place" concept, a number of them contractors. An additional HUGE benefit to SAIL was that a sauna, constructed by the Ketchikan High School shop class was raffled off during the trade show and the benefits, \$4,000 - were donated to SAIL by SEABIA!

After the show was over and the booth and gear repacked in the U-Haul and off to the barge lines, the team provided four HomeMAP surveys while training Ketchikan staff in the HomeMAP process. Staff from SAIL Ketchikan, -- Kevin Gadsey, Cat Ivie, Eric Chase and Ruth Dunlin -- plus willing volunteers were an integral part of all of the above flurry of activity.

Once back in Juneau, the weary HomeMAP team advertised our presentation on KTOO in an interview with Jeff Brown, retrieved the U-Haul truck, and again with the help of wonderful volunteers set-up the HomeMAP booth for Juneau's Home Show, March 5-7. In Juneau, SAIL co-sponsored the booth with AARP and Southeast Senior Services.

The Saturday morning panel presentation in the Hammond Room included Physical Therapist Sara Stekoll from Juneau Bone & Joint, Julie Dyer from Southeast Senior Services, and Doug Fanyak, Sara and Linni from SAIL-Juneau. Those attending were offered tips on staying mobile and healthy at home, as well as lots of suggestions for fall prevention. Many assistive devices were demonstrated and suggestions were offered re: where to look for grant funding to support modifications for low-income folks. AARP volunteers thankfully staffed the booth for most of the Juneau Home Show!



Left: Ketchikan SAIL Independent Living Program Director, Kevin Gadsey, draws the winning raffle ticket!



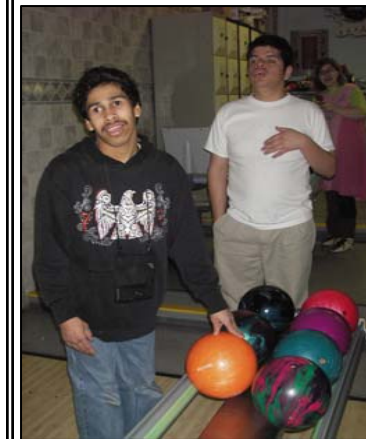
Right: The Ketchikan HomeMAP booth team gathers for a photo opportunity. From left to right are: Kevin Gadsey, Linni Esther, and Sarah Boesser.

JUNEAU ORCA



Regardless of the lack of snow at sea level, **Snow Sports** was the theme for ORCA this winter. Wherever the snow went, so did ORCA...

Ski and Snowboard Lessons were a huge success thanks to a great partnership between ORCA and Eaglecrest! Nearly fifty people carved turns, rode chairs, explored Eaglecrest Ski Area, and eight instructors received their PSIA Adaptive Certification.



For those who don't like speed... Our Young Adventure Club hit the Mendenhall Campground this winter to try out cross country skiing. Cool temperatures, cooler views and fast snow made for great skiing! The Middle and High School Adventure Clubs strapped on snowshoes and trekked through fresh snow in early March. Needless to say, snowshoes didn't slow us down as the snowballs were a-flyin'!



Spring forward with ORCA! Spring is packed with exciting activities for all ages. We are planning trips to the Avalon Therapeutic Horse Riding Stables, conducting a spring "Get Fit!" fitness course, and holding Earth Day activities at the end of April. Call ORCA at 586-0104 to sign up!

Thanks to our friends at Allen Marine, ORCA's annual spring **Whale Watch** will be May 29th from 1-3pm. Tickets are \$35 and are first come, first serve. This is open to all SAIL consumers, as well as friends, family and community members. Call the ORCA office at 586-0104 to reserve your spot!

