

Pow wow brings together many cultures in Shelton

By NATALIE JOHNSON, Shelton Mason County Journal

The Squaxin, Skokomish, Yakama, Colville, Navajo and many other tribes from across the country came together this weekend in Shelton to celebrate their culture at the Sa'Heh'Wa'Mish Days pow wow.

The Sa'Heh'Wa'Mish Days pow wow, sponsored by Squaxin Island Tourism and the Little Creek Casino and held at the Skookum Creek Event Center on Saturday and Sunday, brought together hundreds of people eager to celebrate and learn more about Native American culture.

"Pow wows are a spiritual and ceremonial event back east – this one is an intertribal pow wow," said Leslie Johnson, Squaxin Island Tourism's director on Saturday. "People can come together and share cultures ... It's about the regalia, and how they put it together ... It's a teaching time too."

Dancers came from across the country to demonstrate their skills at the pow wow. The featured dancers were Buck Wallahee of the Yakima Tribe and Leah McGurk-Brown of the Navajo tribe, but dozens of others competed in categories including Men's Traditional, Fancy and Grass, Women's Traditional, Fancy Shawl, and Jingle, as well as many children's and teen categories.

The pow wow also attracted many different drum groups who accompanied the dancers, including the host drum, The Boyz, an award-winning group out of St. Paul, Minnesota. Ray Fryberg of the Tulalip tribe was the master of ceremonies.

Johnson said that putting on a pow wow of this size took months of preparation.



2011 Sa' Heh' Wa' Mish Princess Royalty winners Tiana Little Feather Henry and Keesha Vigil-Snook. Photo by Tom McCullough

"The first year I started a year before the event, now it's three to six months," she said.

All proceeds from the event went towards the Squaxin Island Museum Library and Research center.

"The other part that's very important in the pow wow society is it's a way of life," Johnson said.

Part of that way of life, Johnson said, is behaving in a respectful way and abiding by cultural and common sense codes of conduct, as well as abstaining from drugs and alcohol.

Many of the dancers at Sa'Heh'Wa'Mish Days were pow wow regulars, who travel across the country from one intertribal pow wow to the next, like Kenny and Bobbi-Lynn

Continued on Page 2

Court Rules in Favor of Johns Creek Salmon

A Thurston County Court ruled in favor of an effort by the Squaxin Island Tribe to protect the Johns Creek watershed. The Squaxin Tribe filed suit last year asking the state to either find out how much water was available in the watershed or impose a moratorium on new wells until the determination can be made.

"We're elated that the court took the first step to protect Johns Creek," said Andy Whitener, the Tribe's Natural Resources Director.

Continued on Page 5

2011 Candidate Forum Information Sessions

Thursday April 14th at 5:00 and
Tuesday April 26th at 5:00
Elders' Dining Room

Tribal members who are running for a Council position at this year's General Body meeting are encouraged to declare their candidacy and to participate in these information sessions. Your tribal member voters want to hear from you!

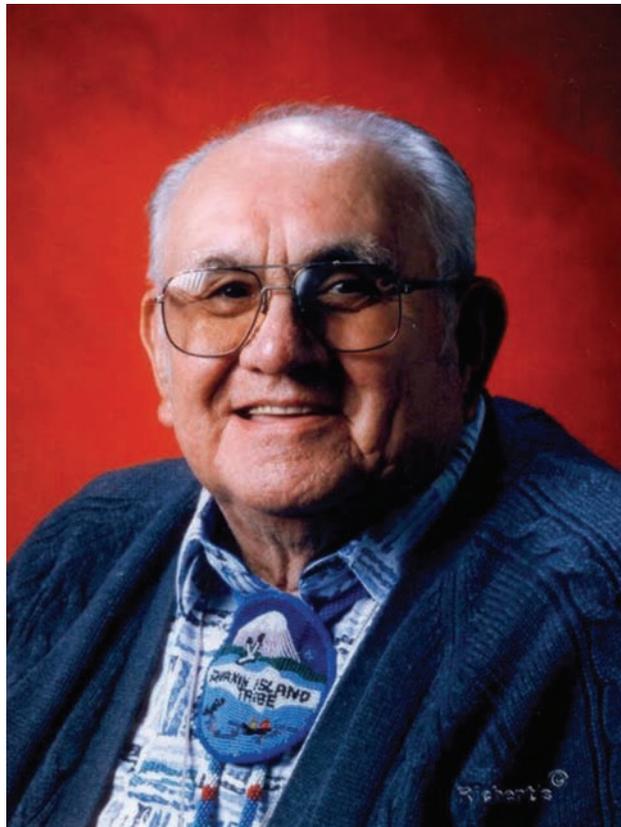
This year the forums will be a more informal open-floor format allowing candidates to share their views about important topics and to answer questions from the general body.

Come learn more about your potential future leaders!

If you have questions about the forums please call Whitney Jones at 462-0339 or to declare your candidacy in the Klah-Che-Min please call Theresa Henderson at 426-9781.



Thanks from the Family



The Calvin Peters family wishes to personally thank all those who participated in making Cal's memorial service so successful. It was gracious of the Tribal Council to allow the memorial to be held in the Event Center. Our thanks go out to the veterans posting the flags, drummers with their songs, cooks who prepared and set out the food, to those who set up the tables with spring flowers and those who made the cedar roses for the family. We heard so many positive comments on how the food was displayed and how delicious it was. Our thanks go to the audio technicians who made it possible for the speakers to be heard and for us to display the pictures we wished to share with friends and relatives. We can't overlook thanking the speakers and the emcee, Glen Parker, who kept things moving in such a manner that everyone had an opportunity to enjoy the food, visit with friends and family and share some remembrances of knowing Cal. Everyone who helped went above and beyond to make the memorial a success. You all know who you are and have our heartfelt thanks and gratitude.

Our best to all of you!
Ina, Steven, David, Richard, Mark,
Roger, Susan McKenzie and Karen Farr

Pow wow Continued from Page 1

Pratt.

"I would say we spend more than half the year traveling," Bobbi-Lynn Pratt said.

For Kenny Pratt, dancing in pow wows has been a life-long passion.

"I've been dancing all my life," he said. "We're dancing for the sick people, or people who can't be here and do what we do." Kenny Pratt said his regalia for an event, which is never called a costume, can take months to create and tells the story of who he is and where he is from, if you know what to look at.

"The colors are for your family and the designs often re-late to your tribe or where you're from," he said.

The triangles on his particular custom signify that he comes from a mountainous region, he said.

Kenny Pratt said that he picked his dancing style, the fancy dance, when he was young.

"When you're a little kid you see which one you like," he said.

"It originated on Oklahoma – it's supposed to represent a horse ... how it moves and bucks."

It wasn't just about the dancing at Sa'Heh'Wa'Mish days. Several vendors sold food like "Navajo tacos" and fry bread. Also, inside a tent at the event center, many people sold silver and beaded jewelry, drums and carving tools.

Jerry Monson, of Sequim, sold custom made, traditional-style carving tools made out of recycled metal, mostly dis-carded from western Washington sawmills.

Although \$20,000 in cash prizes was handed out over the course of the weekend, Johnson, and others, said that pow wows aren't about the money.

"It's just coming out and seeing your friends ... from all over the country," said Dave Madera, who travelled from Inchelium.

The Pratts also said that fun and community, not money, draws them to pow wows.

"This is our living but it's mostly about having fun," Bobbi-Lynn Pratt said.

Reprinted with permission from Shelton-Mason County Journal



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinisoland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



Running for Reelection

Marcella Castro



Hello Squaxin Island Tribal members! My name is Marcella Castro. I am currently on Tribal Council and plan on running for another term.

I have worked for the tribe for 15 years; the first two years I was program support for Social Services, and since then I have been the Community Advocate/Child Care Coordinator. I am a member of the Cooper family. My Mother is Rose (Cooper) Davis and my grandfather was the late Buddy Cooper.

I believe in helping our people, and

that the best way to do that is to listen to your needs. I fight for you. Anyone who knows me, knows I do. There are important issues that do need to be taken care of. I would like to see so much more in the future in the areas of health care, social services programs, a head start, housing, fishing, shellfish, and per capita.

I have lived on the reservation for 29 years, and I care about our tribal people. I grew up here and I love working for my Tribe. I hope that I can depend on your support for a vote on this coming election in May.

Thank You!

Marcella Castro

Misti Saenz-Garcia



Hello everyone! I ask your support for reelection as a Tribal Council Member #1.

I believe in preserving our past, and securing our present and future. I am a mother to four very great and very different kids - Miguel Jordan, Brittany Faye, Justin Cruz and Bianca Angelina - and have been married to my wonderful husband, Miguel, who keeps me balanced for 19 years.

I was born and raised here. My mother is Susan Henry, my grandmother Theresa Cooper, and great-grandmother Annie Jackson.

Three years ago I promised to be a Council Member that would listen to your concerns, your wishes and your hopes for your future and the Tribe's future.

I promised to support families. I promised to work on the tools and services that families need to be healthy, to be financially secure and to reunite or mend broken families.

I promised to work on additional per capita payments and I promised to work on improving access to education for preschool, K-12 and higher education students.

I promised to work on creating and retaining jobs. I promised to work on the medical needs of our community. I promised to be fiscally responsible. I promised to be honest. I promised to do my best. I kept those promises.

In three short years, we, as a Tribe, have improved; families are healthier, family services have improved, opportunities now exist, and our debt has been reduced.

We have provided financial support through discounted gas, elimination of fish and shellfish taxes, and increase of per capita distributions. We assisted the Elders and disabled by protecting their per capita dollars and created new job opportunities. If you are a tribal member, and you want or need a job, a job is available for you.

We have improved the Tribe's financial position. Debt has been reduced, spending is under control and our businesses work for the Tribe.

We have advanced the Tribe's treaty rights, including protecting our watersheds, and improved our voice in state and local development decision making.

We successfully created off-reservation businesses and advanced the Tribe's tax position as a sovereign government.

I am proud of participating and supporting these results.

I am particularly proud of the Tribe's legacy of encouraging and supporting employment where Squaxin members are honest, hardworking and respectful.

I want to continue, and ask your support to continue. If you re-elect me, again I promise to:

- Focus on policy
- Consider what is best for the long term interests of the Tribe
- Be patient
- Listen to opposing views
- Ask questions
- Participate in Tribal Council discussion
- Look to staff, commissions and committees and the members to advise me

I have been an entrepreneur throughout my lifetime, but, most importantly, I am a committed public servant. I am here to listen and help. I believe everyone deserves the opportunity to be heard.

My actions demonstrate honesty and compassion to all. I don't believe in the rumors that cause hatred and division in our tribal community.

I believe its important to walk with our people, not above them, but on the same sidewalk.

We are one family, one tribe. I ask for your support in continuing the good work that I have had the privilege and honor of doing for you.



Johns Creek Salmon

Continued from Page 1

"I think it made a big difference that so many tribal members turned up in court that day. And the legal team did a great job. I want to thank them all!"

The tribe asked DOE twice in two years to stop new water withdrawals in the Johns Creek watershed until enough information was available to know the impacts of the new wells. The state rejected both requests, citing budget constraints.

"Every year since 1984 Johns Creek has less and less water, and every year more and more wells are drilled in the Johns Creek basin," Andy said. "Not only are minimum flows set in 1984 not being met, but every year the water shortage has gotten worse."

Since the state set minimum flows in 1984, more than 200 "permit-exempt" wells have been drilled in the Johns Creek Basin. State law allows the wells to be drilled without having to first obtain a permit and allows withdrawals of up to 5,000 gallons a day.

The state's refusal to act overlooked key aspects of Johns Creek:

- Solid evidence that the creek and groundwater are interconnected, largely because Johns Creek is uniquely located on glacial outwash.
- Johns Creek is mostly fed by groundwater.
- The basin is small compared to most watersheds.
- Many residents in the Johns Creek area will soon be able to connect to a City of Shelton water pipeline that is being extended into the watershed.

"While we seek cooperation first in all of our natural resources management efforts, there are times when we must go to court to protect our culture and treaty rights by protecting the natural resources on which they depend," Andy said.





TOURISM



Photos by Tom McCullough and Shelton Mason County Journal



Kenny Pruit, from Manitoba Canada, dances in the Men's Fancy Dance category on Saturday at the Sa'Heh'Wa'Mish Days pow wow at Little Creek Casino.



Journal photo by Natalie Johnson

A dancer competes in the men's fancy dance category at the Sa'Heh'Wa'Mish Days pow wow on Saturday at the Skookum Creek Event Center.





Working together

Leslie Johnson - The Little Creek Casino Resort staff through Mitch Corbin, Martin Myers, Jennifer Johns, Stacy Larson and Josh Mason successfully worked with the Squaxin Island Tourism Department and Squaxin Island Museum to hold two great events at the Skookum Creek Event Center on February 18th, 19th, and 20th.

For the first time ever, The Pow Wow Royalty Committee received 1% funds to get ready for the pow wow. We held workshops for several months prior to Sa' Heh' Wa' Mish Days.

For the first time ever, we were able to purchase gifts for all Tribal Elders for the Coast Salish Gathering.

Skookum Creek Tobacco, Salish Seafoods and Island Enterprises joined together to purchase our seafood, including fresh Steelhead from Quinalt for the traditional dinner. Thanks go to Dave Johns for helping fillet the Steelhead for Andy Whitener and his team. Andy's team prepared our traditional seafoods to perfection. It's hard to say enough about these guys! They do it time after time. We honestly do appreciate this hard work guys!

Little Creek Resort once again stepped forward -- can you believe it, this is the 4th year? -- and provided an excellent meal to go with our native foods! Besides that, the berry dessert was to die for! Many thanks to the F&B Crew. We know you work HARD for us!

The Pow Wow Committee consisted of Mitch Corbin, Martin Meyers, Jennifer Johns and Josh Mason from the casino, Leslie Johnson, from Tourism, and Ruth Whitener, Mandy McCullough and Charlene Krise from the Museum. Others provided leadership: Rhonda Foster, Margaret Henry, Janita Raham and many others.

Mandy McCullough gave her traditional pow wow influences including teaching royalty etiquette, sewing regalia, classes for Squaxin Youth and much more! We were fortunate to have Valerie Parson and Jay Saros in November to kick-off our preparations for the pow wow.

Of course, not to be forgotten is Jeremiah George, who emceed the Coast Salish Gathering.

On February 18th, George Sharp and Heather Antanaitis from the Olympia | Lacey | Tumwater Visitor Convention Bureau showed up early and stayed throughout the dinner. They worked with us to fill 400 gift bags, including 60 Elder bags. We received 500 bags from Wells Fargo ... not to mention \$500 direct donation to the museum for future cultural events. Four hundred energy efficient light bulbs came from PUD #3. Liz Yeahquo and Lizzie Perez made sure that the Elders and veterans gift bags were loaded correctly and with all of

the goodies we had for them. Anthro Club students from SPSCC volunteered for the pow wow and in handing out honorariums.

On the pow wow days, George Sharp came and manned our booth -- in fact he was with us all three days. He is a "Secret Shopper" for Thurston County, asking questions of people to find out what is truly going on at events, gift shops, restaurants and other tourism venues. He reports that we got quite a few people from Tacoma, Oregon and Seattle!!

Overall, the teamwork by the casino, museum and tourism made for a fantastic event!

SPONSORS

As stated previously, Wells Fargo Bank gave \$500 directly to the museum and also gave us gift bags to use for our honorariums.

Twin Star Credit Union donated \$100. And Sunset Air donated \$500.

Creative Office, PUD #3, Tulalip Resort, and many others donated to our raffle. We got a lot of interest due to a free foursome for the new Salish Cliffs Golf Club. This was our best year ever for our raffles.

Leslie Johnson sold her necklaces at the Museum booth, all proceeds going directly to the museum.



March 4, 2011-- Describing what the Tribe needs for the 2012 Journey and beyond. Culinary Tourism workshop



Latins Cider culinary tour



McCray's Winery, South Thurston County Tour



Sweet on Thurston County -- Squaxin Island Tourism had a booth promoting SIT-Tourism



1 THE HONORABLE ANITA ESTUPIÑAN NEAL

2

3

4

5

6

7 SQUAXIN ISLAND TRIBAL COURT

8 YOUTH COURT

9 SQUAXIN ISLAND RESERVATION

10 IN RE: Case No.:

11 K.D.O, NOTICE OF HEARING

12 DOB 01.07.04

13 An Indian Child

14

15 THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Shawn O'Brien, Parent:

16 YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08.020 of the Squaxin Island

17 Youth code, a Petition for Preliminary Inquiry for the above named youth has been filed in the Squaxin

18 Island Youth Court. The hearing on this matter shall be held on the 6th Day of

19 April, 2011 at 10:30 am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE

20 TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD

21 BEING PLACED IN A FOSTER HOME OR RELATIVE PLACEMENT. File your written response

22 with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

23 Post: _____, 2011

24 Publish: _____, 2011

25

NOTICE OF HEARING

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WA 98584
360.432.1771



Walking On

Patrick Joseph LaClair

Patrick Joseph LaClair died February 18, 2011 as a result of a scuba diving accident. He was born on June 29, 1956 to Adam LeClair and Ada (Hysman) LeClair. He was a lifelong resident and Tribal Member of the Skokomish Nation. His mother's ancestry was Quinault and Lower Chinook Band. His father's ancestry was Yakama, Cowlitz and Puyallup. His Indian name was Ahmoose-Ahmoose meaning High Chief of The Elk People.

He married LaMetta Smith in 1987 at the Skokomish Tribal Center on the Skokomish Reservation.

He attended the Santa Fe School for Performing Arts. After completing his studies, he became a Tribal Police Officer for a few years. He then started employment with S.I.T.E. Fisheries and next Skokomish Tribal Fisheries. He opened his own commercial fishing business, fishing for most types of seafood available throughout Puget Sound and became an accomplished scuba diver. He had been in business for the last 28 years.

He enjoyed hunting, fishing and spending time with family and friends. When he was younger, he enjoyed baseball, basketball and stick games. He participated in the Annual Canoe Journey with tribal friends and family. His family shared that gourmet cooking was one of his greatest passions and his wife LaMetta was his favorite guinea pig to test his latest creation. He and his family enjoyed going to the movies. He was a baseball coach for many years starting with T-ball and moving up through the years. In addition, he coached basketball.

He was a member in the Seowin Society and a senior in the "House of Slanay." He was considered the Hereditary Tribal Chief. He also served for eight years on the Skokomish Tribal Council.

He is survived by his wife LaMetta (Smith) LaClair; daughters Angel King George, Jean Henry and Shawndra Henry; sons Patrick A. (Moosie) LaClair and Dale (Red Hawk) LaClair; brothers Tim LeClair and Darryl LeClair all of Skokomish Nation; sisters Rhea (LaClair) Dominguez, Patti LeClair-McFarlane, Donna LeClair and Corrina LeClair all of Shelton; eleven grandchildren and six great-grandchildren.

He was preceded in death by his parents and brothers Dale LeClair and Glenn LeClair.

A service was held at the House of Slanay on February 23, 2011.

Special thanks

Thank you so much, Squaxin Island community,
or everything you have given us in our time of need - thoughts, prayers, fund-raisers!
It warms our hearts and gives us courage!
Thanks with all our hearts!

Love,
Melissa Whitener, Cassidy Whitener and Nancy Archer



Important information about the \$3.4 billion Indian Trust Settlement

For current or former IIM account holders, Owners of land held in trust or restricted status, or their heirs

There is a proposed Settlement in *Cobell v. Salazar*, a class action lawsuit about individual Indian land held in trust by the federal government. This notice is just a summary. For details, call the toll-free number or visit the website listed below.

The lawsuit claims that the federal government violated its duties by (a) mismanaging trust funds/assets, (b) improperly accounting for those funds, and (c) mismanaging trust land/assets. The trust funds include money collected from farming and grazing leases, timber sales, mining, and oil and gas production from land owned by American Indians/Alaska Natives.

If you are included in the Settlement, your rights will be affected. To object to the Settlement, to comment on it, or to exclude yourself, you should get a detailed notice at www.IndianTrust.com or by calling 1-800-961-6109.

Can I get money?

There are two groups or "Classes" in the Settlement eligible for payment. Each Class includes individual IIM account holders or owners of land held in trust or restricted status who were alive on September 30, 2009.

Historical Accounting Class Members

- Had an open individual Indian Money account ("IIM") anytime between October 25, 1994 and September 30, 2009, **and**
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

Trust Administration Class Members

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, **or**
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009 where the trust interests were in probate as of that date. This means you have asked a court to transfer ownership of the deceased landowner's property.

An individual may be included in one or both Classes.

What does the Settlement provide?

- A \$1.5 billion fund to pay those included in the Classes.
- A \$1.9 billion fund to buy small interests in trust or restricted land owned by many people.
- Up to \$60 million to fund scholarships to improve access to higher education for Indian youth.
- A government commitment to reform the Indian trust management and accounting system.

How much can I get?

- Historical Accounting Class Members will each get \$1,000.
- Trust Administration Class Members will get at least \$500.
- If you own a small parcel of land with many other people, the federal government may ask you to sell it. You will be offered fair market value. If you sell your land it will be returned to tribal control.

If you believe you are a member of either Class and are not receiving IIM account statements, you will need to call the toll-free number or visit the website to register.

What are my other rights?

- If you wish to keep your right to sue the federal government about the claims in this Settlement, you must exclude yourself by **April 20, 2011**.
- If you stay in the Settlement you can object to or comment on it by **April 20, 2011**. The detailed notice explains how to exclude yourself or object/comment.

The U.S. District Court for the District of Columbia will hold a hearing on June 20, 2011, to consider whether to approve the Settlement. It will also consider a request for attorneys' fees, costs, and expenses in the amount of \$99.9 million. However, Class Counsel has fee agreements that would pay them 14.75% of the funds created for the Classes, which could result in an award of \$223 million. The Court may award more or less than these amounts based on controlling law. If approved, these payments and related costs will come out of the Settlement funds available for payment to Class Members.

If you wish, you or your own lawyer may ask to appear and speak at the hearing at your own cost. For more information, call or go to the website shown below or write to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877.

For more Information:

1-800-961-6109

www.IndianTrust.com



Sylvan Corner

Perfect attendance winners for the month of February 2011 are: Casey Badillo-Brown, Alex Brown-Garcia, Shawn Lincoln-Sigo, Lynzy Petty and Jordan Lopeman-Johns (second row in a month!)

These students only missed perfect attendance by one session: Grace Brown, Kierah Lincoln-Sigo, Billie Marie Lopeman-Johns, Fern Rodriguez, Christian Rodriguez, Laura Snyder, and Emily Whitener.

Keep up the good work, guys!

After School Homework Help

Do you need help with your homework after school or just want to brush up on your skills? Help is available Monday and Friday 4:00 to 5:00 p.m.; Tuesday, Wednesday and Thursday 4:00 to 7:00 p.m. in the TLC classroom.

Higher Education

If you or someone you know are interested in going to college, please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.

Grays Harbor Reservation Based AA Degree Bridge Program

The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreen's philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.

Available Scholarships

American Indian Endowed Scholarship: The Higher Education Coordinating Board (HECB) is now accepting applications for the 2011/12 American Indian Endowed Scholarship (AIES) awards. The application is available at the HECB web site at www.hecb.wa.gov/paying/waaidprgm/aies.asp. A hard copy must also be printed, signed and mailed to HECB.

Department of Energy, Bonneville Power Administration:

American Indian students within the Pacific Northwest. This scholarship is available for the 11/12 academic school year and available to applicants attending an accredited college, university, technical school, or graduate school program, and are engaged in a field of study related to careers at the Bonneville Power Administration. For more information and application please visit their website at:

www.bpa.gov/corporate/About_BPA/Tribes/index.cfm

The American Indian College Fund:

For information and application please visit their website at: www.indian-affairs.org/scholarships/aaia_scholarships.htm

Indian Health Services Scholarship:

For more information and application please visit their website at: www.scholarship.ihs.gov

American Indian Services Scholarship:

For more information and application please visit their website at: www.americanindianservices.org/students.



Lifeguarding Course

Do you like to swim? Need work?
Enjoy part-time employment?
Don't have a car, but live on the Rez?
Take the Lifeguarding Course starting April 12th
Become a lifeguard for the Squaxin Island Pool!

TRIBAL COUNCIL
WILL SPONSOR 10 TRIBAL MEMBERS
Location: Squaxin Island Tribe Wellness Pool
Price doesn't include books or mask, must be purchased at American Red Cross prior to start of class.

COURSE TIMES:

April 12th - 30th, 4:00 – 5:00 p.m.
Tuesdays: 4:00 – 8:00 p.m.
Fridays: 4:00 – 8:00 p.m.
Saturdays: 8:00 – 5:00 p.m.

INSTRUCTOR:

Marie Ratcliff
Call Discover Aquatics at (360)867-9283
to register or for more details.

PRE-TEST:

Tuesday, April 12th, 4:00 – 5:00 p.m.

What will Lifeguarding Training do for me?

Enable me to work at the Squaxin Island Pool
Teach me the skills to work at ANY pool
Certify me in CPR, 1st Aid and Lifeguarding
Give me the skills to act responsibly in an emergency

Tu Ha' Buts Learning Center
Squaxin Island Tribe

2011 Annual Easter Egg Hunt

Annual Easter Egg Hunt—Saturday April 23,
Ages 1-12

Squaxin Island Gym at 10:00am SHARP
Bring a basket or bag to put your eggs in.

Tu Ha' Buts Learning Center
Squaxin Island Gym
70 SE Squaxin Lane
Shelton, WA 98584

There will be a surprise Guest!
Contact:
Gordon James 432-3992



TU HA' BUTS LEARNING CENTER



<p>What is Grab Bag? Grab bag days mean we will be exploring many fun and different opportunities and experiences in arts and crafts and in the gym!</p>	<p>After school snacks: M-F 4-5pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help & GED Prep (in TLC classroom): T-TH 4-7pm</p>
---	--



Squaxin Youth Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm **Front Desk:** 432-3958
Gym/Recreation hours: M-Th 3-7pm; F 3-6

All activities are drug, alcohol and tobacco free.

Co-sponsored by DASA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Key E.R. = early release SSD = Shelton School District GSD = Griffin School District TLA = TuHa'Buts Learning Academy</p>			<p>Reminder: Tutors are available everyday afterschool 3:30-5:00pm Homework Help is available every Tuesday, Wednesday & Thursday from 4:00-7:00pm</p>		<p>1 April Fools Youth Open Gym 3-4:30 Dance Group 4:30-6 Open Swim 5-8</p>	<p>2</p>
<p>3 Shelton, WaHuLut and Griffin on Spring Break April 4-9</p>	<p>4 SPRING BREAK Open Swim 3-6</p>	<p>5 ACTIVITIES FROM</p>	<p>6 11AM TO 5PM Youth Council 5:30 Cheerleading 5-7 Open Swim 3-6 Native Stars 4:30-5:30</p>	<p>7 LUNCH WILL BE</p>	<p>8 SERVED Dance Group 4:30-6 Open Swim 5-8</p>	<p>9</p>
<p>10</p>	<p>11 Open swim 3-6 Youth Open Gym 3-7</p>	<p>12 Youth Open Gym 3-4:30 Arts & Crafts Grab Bag 4-6 Bball practice 4:30-6:30</p>	<p>13 Youth Open Gym 3-5:30 Open Swim 3-6 Youth Council 5:30 Cheerleading 5:30-7 Native Stars 4:30-5:30</p>	<p>14 WSU Nutrition 4-5:30 Gym Grab Bag 4-6 Youth Open Gym 3-4</p>	<p>15 Youth Open Gym 3-4:30 Dance Group 4:30-6 Open Swim 5-8 Movie Night 5-7</p>	<p>16</p>
<p>17</p>	<p>18 Open swim 3-6 Youth Open Gym 3-7</p>	<p>19 Youth Open Gym 3-4:30 Arts & Crafts Grab Bag 4-6 Bball practice 4:30-6:30</p>	<p>20 Youth Open Gym 3-5:30 Open Swim 3-6 Youth Council 5:30 Cheerleading 5:30-7 Native Stars 4:30-5:30</p>	<p>21 WSU Nutrition 4-5:30 Gym Grab Bag 4-6 Youth Open Gym 3-4</p>	<p>22 Learning Center & Recreation Closed</p>	<p>23 Easter Egg Hunt 10:00am Baseball field</p>
<p>24 Easter </p>	<p>25 Open swim 3-6 Youth Open Gym 3-7</p>	<p>26 Youth Open Gym 3-4:30 Arts & Crafts Grab Bag 4-6 Bball practice 4:30-6:30</p>	<p>27 Youth Open Gym 3-5:30 Open Swim 3-6 Youth Council 5:30 Cheerleading 5:30-7 Native Stars 4:30-5:30</p>	<p>28 WSU Nutrition 4-5:30 Gym Grab Bag 4-6 Youth Open Gym 3-4</p>	<p>29 Youth Open Gym 3-4:30 Dance Group 4:30-6 Open Swim 5-8 Movie Night 5-7</p>	<p>30 Disc Golf Fun 10-2 Baseball field (if raining, in gym)</p>



Business Spotlight

By Stephanie Gott - The very first time that I called the Tribe's Natural Resources department to inquire about clam digging (I had my license, but had never been before), I was told it was a "wet dig" and that these types of digs required a special kind of fork. So not knowing any better, I started searching for this "wet fork" at various local hardware stores, only to get strange looks from the sales people who had no idea what I was talking about and needless to say I left each store empty-handed.



So it was brought to my attention that these types of forks are not really manufactured on the retail market, that they are custom made (so to speak) and I could rent one. This brings me to this month's business spotlight(s), Irvin and Mary Fletcher (Whitener). Irvin and Mary definitely had the right idea in mind when they decided to custom make wet forks for diggers to rent. In school they called it "supply and demand"...and this is a perfect example of the concept.

SG: Who's idea was it to make the wet forks and rent them out on wet digs?

MF: Darren had purchased a type of wet fork from a local businessman about 17 years ago. As we were look-

ing at the fork, Irvin realized that he could probably make the same type of thing. So after checking around with a lot of different retailers for the materials it would take to make a fork, we found a place in Hoquim that sold what is called a "Coke Fork". He found that it took 3 Coke Forks to make 2 custom "Irvin-made" forks. He would take what he needed from the forks that he purchased and then turn them into a solid, sturdy, well made digging apparatus.

Steph's note: For those who have not rented, or for that matter even seen a wet fork, they are pretty extraordinary in appearance. They resemble a pitch fork. You know...the long handle and these big, long, curved prongs at the opposite end. It is quite heavy, and I remember thinking that there was NO WAY that I could wet dig, because this fork is almost as tall as I am. I was completely caught off guard when come to find out the forks are designed in such a way that they make digging (especially in water) much easier (and if you are doing it right...they hold quite a few clams in a single scoop!)

SG: How long does it take to make a fork?

MF: Since he would work on the forks during his spare time, it varied on the length of time it took to construct one from start to finish.

SG: How much does it cost to rent a wet fork?

MF: \$25.00 per fork.

Mary's note: After Irvin made his first couple of forks ("the originals") he gave one to his Dad and sold one for \$150.00 (not much profit was made by selling the forks because the cost of materials to make a fork were very expensive). However the one given to his Dad is still around and in good shape. Then we began renting them out. At that time, there were no limits for digging clams and we would rent out a fork in exchange for a bucket of clams (at the time, a bucket of clams was worth about \$40.00). But it's not that way any longer; now there are limits to the amount of shellfish a harvester can dig. So these days we charge a flat fee of \$25.00 per fork.

Well, I am sure glad that they do. "Wet Fork" digging in the Oakland Bay Channel is a lot of work, but also it is a lot of fun too!

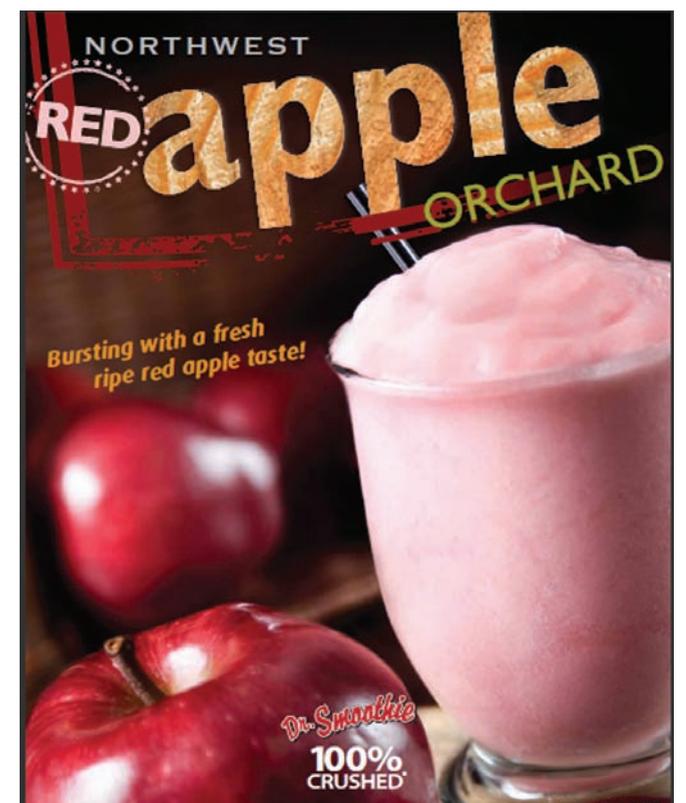
If you find yourself in need of a wet fork, you can rent one from Irvin and Mary by calling: 360-490-2186. It's always a good idea to call ahead of time as availability can be limited depending on the number of requests from harvesters...especially during the summer months.



April Showers

By Brittany Bitar - April showers might bring May flowers but until then we all need a little escape from our rainy reality. What better way to escape than to enjoy a delicious pineapple paradise or mango tropics smoothie? All of our 100% crushed fruit smoothies transport you to a tropical oasis of flavor. Our northwest red apple orchard smoothie is sure to delight your taste buds, stop in for one today!

We are currently offering delicious breakfast sandwiches, pastries and other great snacks, with a full lunch menu in the works. So save room for a maple Belgian waffle, white chocolate macadamia nut cookie or a pepperoni pizza bagel on your next trip to Kamilche Café and Espresso, see you soon!





Hoppy its spring! We are all ready to see more sunshine.

Come stop in all of the KTP stores to see what's going on. KTP #1 has introduced Skookum Red, a new wine from local winery Walter Dacon off Arcadia road. We also have a new convenient 3 oz pouch of complete tobacco from Skookum Creek tobacco company!

We hope you all are ready for the barbecue season because we have our Salish Seafood cooler with a wide variety of fresh local seafood which is great for any gathering you might have coming up. And don't forget the fresh lemons and limes!

KTP # 2 (Steamboat Island) has a very convenient shopping area. Easy right of the road access drive thru or walk up window, and now offering snacks for sale. They have Pepsi products, candy bars and 1.29 bags of chips. So stop in for your cigs and a candy bar!

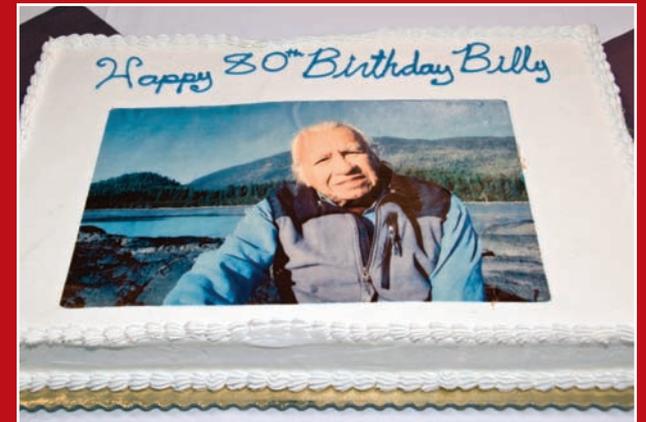
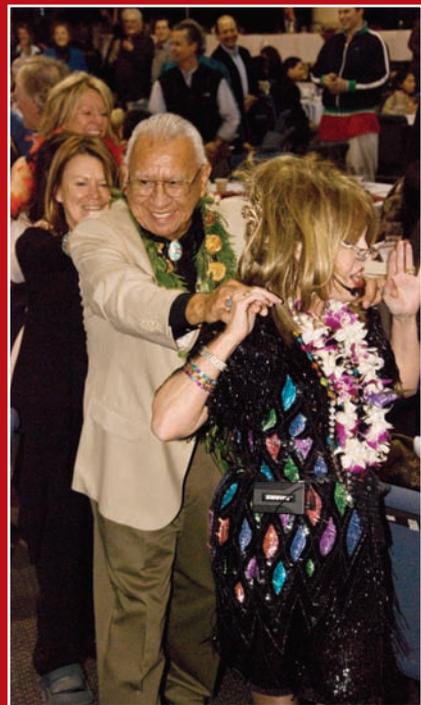
KTP # 3 (drive thru) Stop in for fast and friendly drive thru service. Check to see what specials they have going for your cigarettes and chewing tobacco!

Recently the Express has had a friendly remodel. Now you have more than enough room and more pumps to choose from! Don't forget they have pop and all of your tobacco needs.

Hope to see you all soon, have a wonderful and fun Easter from all of your friendly staff at all Kamilche Trading Post stores!



Squaxin Island Tribe hosts 80th birthday party for Billy Frank Jr. (NWIFC Chairman) at Little Creek Casino Resort Event Center Saturday March 12





Gifts for 2012

Our Squaxin Island Community has been quite busy this past year creating gifts for the Paddle to Squaxin Island 2012 Canoe Journey! Just look at who made what:

Last year the Stepping Stone participants (13 -15 year-olds) worked hard all summer on mini drums, large drums, necklaces, bracelets, dream catchers, key chains, and dozens of handmade jams and apple butter! In all they made and donated about 200 gifts!

Marcella Castro held a drum making class and numerous drums were donated by tribal members. Then she teamed up again with the museum for a Peyote style beadwork class for gift making.

Ramona Moiser donated beautiful handmade beaded necklaces and medallions.

Paula Henry's inspiration: "I know we need so much for hosting and I want to give back . . . to make our

tribe proud in all things we do. I do necklaces from mixed beads from other projects, because they are easy, colorful and fast to do. I also enjoy making cedar headbands. I like working with cedar and I do it as a social part of being at the museum and visiting while I work. I want to do something like craft aprons to cut and sew, or native designed dish cloths, things that can be used after the journey. I'm excited about the huge event."

The MLRC also held clay classes during which tribal members created canoes & paddles and small basketry broaches.

Our turn to be the Tribal Canoe Journey Host is just around the corner. Before you know it, it's July 2012! If you have any ideas you'd like to share, please do. Keep an eye out in our Klah-Che-Min newspaper, the Daily Scoop and through the bulk mail for more classes held at

the Squaxin Island Museum Library & Research Center. It's up to us to make our tribe look its best, and hold a fantastic event we can all be proud of.

Stepping Stones program youth made jars of jam and other gifts for 2012

Erickah Bartzak (R) and Tenaya Johnson (L)(below) especially enjoyed doing beadwork

Participants who completed the program (bottom left)

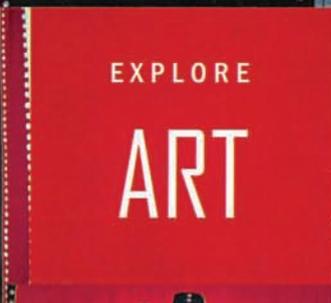




MLRC Button Robe Workshop

Bring
your
design to
Life

Grasp Native
Culture



Explore
your
creativity

EXPLORE
ART

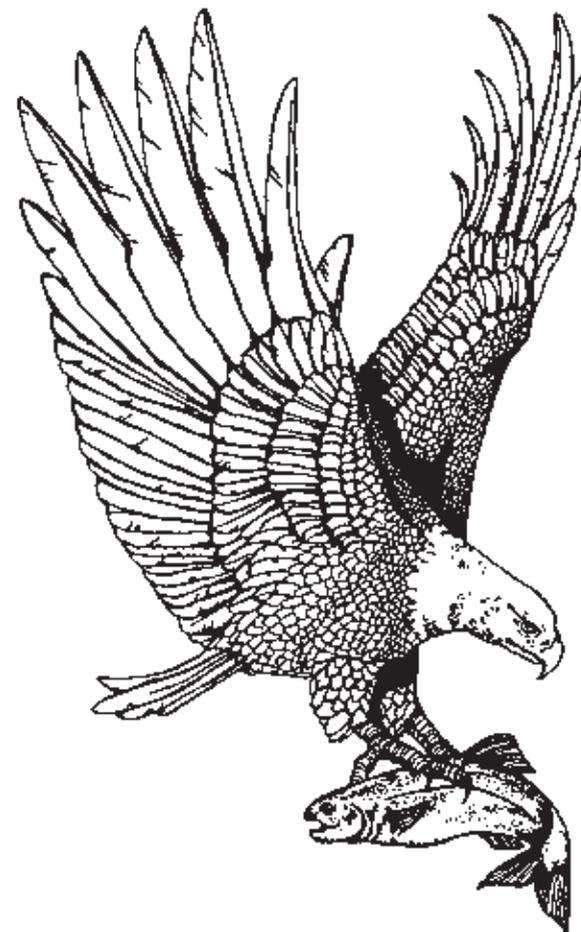


Starting April 11th 2011, Monday s and Thursday s
4:00-7:00

Ruth Whitener 432-3841

Squaxin Island Tribal community Graduates
Celebrate our high school, and higher education Graduates
2011

**For Squaxin Island community members/families
who will be graduating 2011: high school, GED or higher education**



Join us at Squaxin
Island Museum
To make
Cedar Leggings
With: Josh Mason

April 2nd 9:00 – 4:00
April 3rd 1:00 – 4:00

Josh is a Squaxin Island Tribal member who has been phenomenal basket weaver for many years. He learns and practices verity different styles of weaving by numerous teachers and master weavers through out the Pacific Northwest.

Contact Ruth Whitener at 432-3841



New Employees



Maggie Sanders
Administrative Assistant/NR

Hello, my name is Maggie Sanders and I was hired as the part-time Administrative Assistant for the Department of Natural Resources. I am honored to have this opportunity to work for the Squaxin Island Tribe. I am a member of the Makah Tribe and previously served as their Human Resource Director after being promoted from the position as the Tribal Employment Rights Office Director.

I received my Masters Degree in Public Administration with a Concentration in Tribal Administration/Governance from the Evergreen State College in 2004, which is the first program of its kind in the Nation. I received my Bachelors degree from the Evergreen State College focused in Law and Policy, Federal Indian Law and government to government relations (Federal/State/Local/Tribal). I have extensive knowledge of federal Indian law, state and federal constitutional issues, and distinct knowledge of current policy issues and extensive knowledge and work experience in intergovernmental relations and the evolving relationships between tribes, state, local governments and federal government.

I am pleased to be a member of the staff in Natural Resources and working with such a great team! Thank you.



Cathy Oppelt
Office Assistant III
Behavioral Health

Hi, my name is Cathy Oppelt. I am thankful for being given the opportunity to work with the wonderful people at Behavioral Health. I look forward to helping them grow. I enjoy spending time with my family and my dog Cissy.



Shannon Bruff
TANF

Events & Activities Assistant

Hi, My name is Shannon Bruff and I am the daughter of Misty and Nancy Bloomfield. I have work for the tribe for the past couple of years, first for Squaxin TANF and then in education. I was recently hired as the Events and Activities Assistant for Squaxin TANF and I am very excited to be back in TANF.



Gordon James
Youth Activities Manager

My name is Gordon James and I wanted to introduce myself as the new Youth Activities Manager for the Education Department. I'm from Skokomish but I have many relatives and friends here in the Squaxin Island community. No doubt, many of you are familiar with my family as well - my wife Pam, and our kids, Shannon, Brandon, Chris, Jazzy and TJ.

I've been working with youth and families for many years - having run prevention-based recreational, cultural, educational and service learning programs for youth, and working with youth and families from many tribes around the country in areas of health and wellness.

Having just started in this position, I'm still getting to know a lot more of the youth, families and program staff who are a part of this community. I look forward to meeting many more of you, and learning your thoughts and ideas about the exciting directions that this program can grow into, the partnerships we can create, and the solid foundation that this program can help establish for the youth of this community.

Office of Housing Upcoming Events

FREE Tax Preparation Site

Administration Bldg -1st floor
Tuesday and Thursday evenings
February 10 - April 14
4:30 p.m. - 7:30 p.m.
By appointment only

Screen Repair/Flower Baskets

Administration Bldg -2nd floor
Tuesday, April 26
4:30 p.m. - 5:30 p.m.

Tools For Success

Administration Bldg -2nd floor
Monday, May 2 and May 16
4:30 p.m. - 7:30 p.m.

Pet Care 101

Administration Bldg -1st floor
Tuesday, May 10th
4:30 p.m. - 5:30 p.m.

One on One Credit Counseling

(By appointment only)

Community Cleanup

Dumpsters will be here
April 1st - 11th

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.





New Employees



Rachel Buckle
Housing and Utilities Cashier

Hi everyone! For those I haven't had the pleasure to meet yet, my name is Rachel, and I'll be working in the Cashier's Office for Squaxin Island Housing and Utilities. I look forward to meeting and getting to know all of you.



Cassidy Gott
Tribal Center Receptionist

Hey everybody! My name is Cassidy Gott and I was the former Summer Youth for the Receptionist Desk, and now I'm back to be working full time. I'm very happy to be here and can't wait to see everybody.



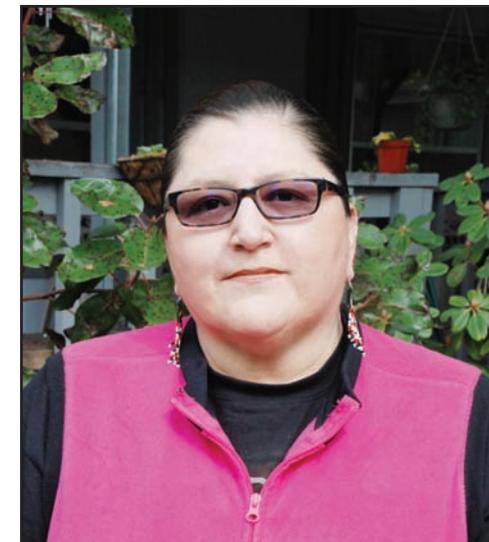
Debra Meisner
Canoe Journey Coordinator

Aang! Debbie Meisner (Whitener) asax-takuq. I am the Squaxin Island Tribe's new Canoe Tribal Journey Coordinator. I come to the Tribe as a recent retiree (January 29, 2011) with 40+ years of federal government service.

I am an Aleut from St. Paul Island, Alaska; have four grown sons and five grandchildren; and am married to Don (E.) Whitener.

Although I have visited this part of the country for short periods many times in the past, I am especially happy to be here to spend quality time with "The People of the Water." I already know many family and friends here, but if you see me around please come forward and introduce yourself. I'd love to meet you.

Ukudigatunal.



Lea Krise
TANF Intake Specialist

Hello everyone I am Leanora C. Krise. My mother is Evelyn E. Krise from Kamilche, Squaxin Island tribe. My dad is Buddy Miller from Skokomish. I grew up her in Kamilche. Worked at the Little Creek Casino Resort, and Squaxin Island Tribe. I have come aboard with the Family Services Department. I have been hired on as the Intake Specialist for the Squaxin Island Tribes TANF program. I recieved a great reception from everyone with the tribe and at SPIPA. I look forward to working with the Native American families within our service area. It is a privilege to work for my tribe again. I have 7 children and 9 grandchildren 1 great grand-child and another due in September. My life is very full. I can credit my elders with many blessings i have recieved from them. Especially my favorite teacher Robert Whitener SR. Our offices are located across from fisheries. Stop and see me. Look for ward to seeing you. HOYT



Jann Verney
Pharmacist

Hi! I am Jann Verney (Tsimshian), and I'm excited to be your new Pharmacist. I have extensive experience working for the Indian Health Service and various tribes, including Quinault, Colville, Tsimshian & Lummi. After attending the University of Washington in Pharmacy, my first assignment relocated me to the Gallup Indian Medical Center in New Mexico. Much of my professional career has been in Alaska and Washington. I am originally from Eastern Washington, but have been happily settled in the Olympia area for about 10 years now. Stop by and say "Hi!"



To contact a
Squaxin Island
Police Officer Call:
360-426-4441

If it is an
EMERGENCY
CALL 911





Safety Poster Contest

All applications need to be returned to Liz Kuntz, who will submit them at NWIHA's quarterly meeting.

Liz Kuntz
Housing Manager
Squaxin Island Tribe
360-432-3937 Office
lkuntz@squaxin.us

Safe cleaning products

There are many cleaning products on the market which are unsafe to you, your family, your pets, and the environment. As a general rule, products with labels reading DANGER, WARNING, or CAUTION are not earth friendly products. They have ingredients which promote the growth of cancer, mimic human hormones, and alter brain activity. Simple homemade cleaners are not only safer but are cheaper too!

Many common homemade cleaners use white distilled vinegar which, due to its level of acidity, effectively kills most mold, bacteria, and germs. For example, use this recipe to create an all purpose cleaner:

All purpose cleaner
16 ounce spray bottle
¼ cup white vinegar
4 teaspoons baking soda
Hot water
¼ cup liquid castile or vegetable oil based soap

Combine vinegar, baking soda and hot water. Shake to dissolve baking soda then add vegetable based soap.

For more information, try these websites:

Earth Friendly Cleaning Recipes: http://www.co.mason.wa.us/utilities_waste/solid_waste/recipes.php

1001 Uses for White Distilled Vinegar: <http://www.vinegartips.com/scripts/pageViewSec.asp?id=7>

Oregon Toxics Alliance (with detailed information about common household products, their toxicity, alternatives to their use, and disposal suggestions): http://www.oregontoxics.org/general_cleaners.html

2011 Safety Poster Contest

Official Rules

- ◆ Entry form must be filled out completely and attached to the back of the poster using tape or glue.
- ◆ All submitted posters must illustrate a "safety" theme.
- ◆ Children in kindergarten through the 8th grade during the 2010-2011 school year are eligible to participate (only one entry per child).
- ◆ Category Grades (K - 3) / (4 - 6) / (7 - 8)
- ◆ All entries must be original and created by the child using crayons, markers, colored pencils or paint. **Please do not use lead pencils.**
- ◆ Posters must be drawn **horizontally** on 8.5" x 11" paper.
- ◆ Submit / Fax Certificate of Entry form back to AMERIND for entry and delivery of special gift.

Contact your housing authority or TDHE for more information at:

IHA/TDHE: _____

Contact Person: _____

Address: _____

City/State/Zip: _____

Phone: _____

**Hey Kids,
Win A \$3,000
Savings Bond
In Your Name!**

**Three 1st place winners in
AMERIND's National
Safety Poster Contest will
receive a savings bond!**

Fire is a tool, not a toy!

**Your poster could be
shown and voted on
nationwide!**

Be sure to vote!

**Posters will be judged at
www.AMERINDRisk.org**

AMERIND 2011 NATIONAL SAFETY POSTER CONTEST

Contestant's Name:	Age:	
Tribal Affiliation:	Grade:	
Parent/Legal Guardian:		
Mailing Address:		
City:	State:	Zip:
Home Phone Number:	Message Phone:	
Housing Authority:		

The poster will be disqualified if the entry form is not **completely** filled out and **attached** to the back of each poster. All posters become the property of AMERIND Risk Management Corporation and reserve the right to modify posters as necessary.

AMERIND Risk Management Corporation sponsors this voluntary poster contest annually as a service to our members. By participating in the program you agree to allow us to publish the submitted posters. From time to time we use the posters in publications and/or on our website. If you do not want us to use such materials please e-mail Anthony Herrera, Safety Services Representative, at Aherrera@AMERINDRisk.org and indicate that you do not want your poster contest entry to be used in any company media or publications.



New Breath Tobacco Cessation Program

Are you interested in quitting smoking? The Squaxin Island Tobacco Prevention program will be starting the New Breath Tobacco cessation classes soon. The New Breath program is designed specifically to help American Indian adult smokers to stop smoking and remain smoke-free. It provides basic information about smoking, practical counseling, problem solving skills and social support. This program was designed to be done in six one-hour group sessions, meeting every two weeks for a total of three months. Research has demonstrated that the length and intensity of tobacco cessation interventions can be positively associated with the likelihood of an individual staying smoke-free. The longer the intervention, the greater the quit rate!

- Session #1 Objective: To understand basic facts about tobacco use.
- Session #2 Objective: To understand why I smoke.
- Session #3 Objective: To master the first few days off cigarettes.
- Session #4 Objective: To conquer challenges that might be faced when quitting.
- Session #5 Objective: To gain support from friends and family throughout the quitting process.
- Session #6 Objective: To explore the numerous long-term benefits associated with ending commercial tobacco use.

Cigarette Related Mortality: Cigarette smoking is the single most preventable cause of premature death in the United States.

HEALTH EFFECTS:

- 40% of all American Indian deaths are from smoking related diseases!
- Nationally, lung cancer is the leading cause of cancer death among American Indians.
- Cigarette Smoking Prevalence Data shows that among the five major racial and ethnic populations, adult smoking prevalence was highest among American Indians (40.8%).
- Smoking-attributable deaths from cancers of the lung, trachea, and bronchus were slightly higher among American Indian men (33.5 per 100,000) and women (18.4 per 100,000) than those of other ethnicities.
- Smoking triples the risk of dying from heart disease among middle-aged men and women.
- Annually, exposure to secondhand smoke (or environmental tobacco smoke) causes an estimated 3,000 deaths from lung cancer among American adults.
- Scientific studies also link secondhand smoke with heart disease.

The New Breath program focuses on making the stop-smoking experience positive and successful.

To sign up for classes contact:

Janita Raham
Prevention and Wellness Advocate
432-3972

Quit Smoking



KAMILCHE PHARMACY



Kamilche Pharmacy
hours are
from 10 to 5
Monday through Friday.

Thank you for your
patience & understanding
during the
last few months.

Squaxin Island Health Clinic

Socks awarded at Diabetes Support Group on March 14, 2011

Submitted by Patty Suskin, Diabetes Coordinator - Great work & congratulations to the following people for taking care of their Diabetes: Del Johns Sr., Glen Parker, Rose Davis, Bob Whitener, Paula Henry. Not pictured: Misty Bloomfield, Pete Kruger, Donna Wood. These eight people completed all the 2010 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes.





Plan ahead for Healthy Eating

Submitted by Patty Suskin, Registered Dietitian - Have you ever been so hungry you ate too much? Have you ever been so hungry you regretted your food choices?

Planning ahead is key to making healthy food choices.

Yes, planning ahead takes time.

Yes, we are all busy.

Yes, planning ahead can be a pain, but it can help you avoid overeating & regretting your choices.

Is your health is a priority in your life?

Taking time to choose healthy fuel for your body is an important part of good health.

Here are some tips for Healthy Eating on the Go:

1. Pack a lunch & healthy snacks for work or other activities. This way, you can choose healthy fuel. Consider preparing your bag lunch right after dinner each night while you are in the kitchen. This will make for an easier get away in the morning. Or, get up a little earlier to prepare your lunch. Choose to eat your food instead of the less healthy treats your coworkers may have brought to share. Set an example by bringing fresh fruits or other healthy treats when it is your turn.

2. Eating breakfast is one of the best ways to avoid the temptations around the office. If you are not a breakfast eater, consider a regular morning “snack” to get some fuel in your body. Instant oatmeal can be eaten from a coffee mug, fresh fruit & nuts, or toast & peanut butter can get you going.

3. Bring an ice chest or lunch box with “blue ice” when running errands. This tip is especially helpful if you know you will be gone for a while. Pack a sandwich, fruit, vegetables, cheese sticks, to bring in the car. Planning ahead this way will save you money & you can control your food choices. This is especially helpful when you have children with you. They need to eat more often to refuel their small stomachs.

4. Make a goal of eating fruits & vegetables everyday. Consider a quick snack of frozen vegetables zapped in the microwave. Add some grated cheese, pasta sauce & you know you have some tasty fuel for your body. Fresh fruits are great choices for “grab & go” foods.

5. No meal skipping—PLEASE! Eat at least 3 times a day- Consider eating 5 or 6 times a day. Be aware of your portions.

6. Are you drinking your calories? Drinking your calories can fill you up, but not provide balanced nutrition. Look at the labels for your beverages. Even too much juice can be a problem!



WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Tuesday, April 12th is WIC DAY at SPIPA

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227

If you are Native American & want more personalized tips, contact Patty Suskin, Registered Dietitian at 360 432-3929 or Email psuskin@squaxin.us for an appointment.

Walk



Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Walk



ALL AGES HIP HOP:
(Ages 5 and up)
Kids grab your parents & Parents grab your kids.

FRIDAYS IN THE GYM :
STARTING MARCH 18, 2011
4:30 TO 6:00 PM



Dance is great for physical fitness, improving balance and having a great time.

This class is supported by the Squaxin Island Family Services Tobacco Program and The Education Department.

For questions call Janita Raham,
Prevention and Wellness Advocate and Tobacco Coordinator
432-3972



HEALTH CLINIC



April Menu

Monday 4 : Pot Roast
 Tuesday, 5: Soup & Sandwich
 Wednesday, 6: Beef Stew
 Thursday, 7: Chicken Rollups

Monday, 11: Fish
 Tuesday, 12: Soup & Sandwich
 Wednesday, 13: Stuffed Bell Peppers
 Thursday, 14: Lasagne

Monday, 18: French Dip
 Tuesday, 19: Soup & Sandwich
 Wednesday, 20: BBQ Chicken
 Thursday, 21: Fish Tacos

Monday 25: Oysters & Fish
 Tuesday, 26: Soup & Sandwich
 Wednesday, 27: Biscuits & Gravy
 Thursday, 28: Chicken Teriyaki



Promoting a Happy Healthy Colon

Promoting a Happy a healthy Colon is dependent on several factors, including being physically active and maintaining a healthy lifestyle.

Spring is just around the corner, and is a perfect time to start getting motivated again to exercise. Go for a walk, go to the pool to swim laps or participate in a water aerobics class. Find that bicycle you've been using as a coat rack and start peddling around the rez. Start digging in your neglected garden or dance to the oldies on the radio. Just keep moving for thirty minutes at a time, at least five times per week.

Squaxin Island is one of seven tribes in SPIPA's Colon Health Program. We have a goal to meet each month for numbers of FIT and Colonoscopies performed. Help me make Squaxin Island the HEALTHIEST tribe by participating in the CHP.

Call me at 432-3884 or stop by my office in the Health and Human Services Building across from the clinic.

Thanks.

Glenda Loomis, RN.

Upcoming Events

Brief Community Walk

Every Thursday at 12:40 p.m.
 Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
 Tuesday through Friday
 Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
 Contact Juana Perry @ 432-3863
 to get on the waiting list to have a garden placed in your yard – for FREE.

Free Pilates classes

Community members welcome
 Mondays and Thursdays
 4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Health Promotions Programs

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

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight, we can provide support.
 If you are Native American and over 18, see if you qualify to participate.

Mammogram Clinic

Thursday, April 14
 9 a.m. to 3 p.m. @ the Health Clinic
 Contact Elizabeth Heredia at 432-3930

Community Health Walk

Thursday, April 21st
 Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ

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

Walk



Need Food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5
 Please bring: your child, medical coupons or paystub & identification
 Tuesday, April 12th
 9:00 - 4:00
 Contact Debbie Gardipee-Reyes:
 462-3227
 Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at 438-4216 or 438-4235
 Monday, April 4th
 10:00 a.m. - Noon
 Applications available at Housing, Food Bank, NR and TANF

FOOD BANK

At Health Promotions Building
 If you need access to the food bank at any time once a week, just stop by.
 If possible, Wednesday is the best day.
 If you would like to be on call list for fresh produce or bread, let me know.
 Contact Melissa Grant: (360)432-3926



FREE BLOOD PRESSURE SCREENING 2011

Thursday, April 7
 Monday, April 18
 Tuesday, May 3
 Thursday, May 19
 Monday, June 6



Blood Pressure checked by your friendly neighborhood Firefighters!

Where: Elder's Building
 When: 11:45am - 12:45 pm.
Everyone is welcome!

Walk





Got Diabetes or Know Someone with Diabetes?

Want to Live a Long, Healthy Life? We are Here to Help... Read on...

Submitted by Patty Suskin, Diabetes Coordinator - Staff at the Squaxin Island Health Center are committed to providing the best care for people with diabetes. We follow the Indian Health Services (IHS) "Standards of Care" for tribal members. The "Standards of Care" are a set of guidelines to provide the highest quality care possible to help insure a long, healthy life for those with diabetes.

Not at your target for best diabetic management? See us every three months, until you are at goal with the IHS Standards of Care.

Imagine that when you are at the clinic for your regular diabetes care appointment, your health care provider says it is time for your yearly check-up. He or she asks you to schedule a longer appointment or "diabetes physical" so you can get several things done to meet "standards of care" and stay healthy with diabetes.

1. What does the health care provider mean by "standards of care?"

Why is it important for you to "meet them"? Standards of care are guidelines that diabetes experts agree can prevent/delay diabetes complications and/or find diabetes complications early so treatment can be started right away. They include suggested medications, tests, immunizations and exams. It is important to get them done or "meet the standards" to give yourself the best chance to stay healthy with diabetes.

Most of the long-term problems of diabetes can be treated better if they are found early. Regular examinations are needed, especially of the eyes, kidneys, feet, and heart to check for problems.

2. What are some of the tests/exams/immunizations you might need at your next visit if you have not had them done in the past year?

A. The tests needed every year include:

- Urine test to check for protein (to see how kidneys are working)
- Blood test to check cholesterol level (lipid profile) and kidney function (creatinine), and more.

B. The examinations needed every year include:

- Routine physical
- Eye exam
- Dental exam
- Diabetes Education with Patty (Nutrition, Activity)
- Foot exam to check feeling in the feet
- Depression screening

C. Immunizations needed include:

- Flu vaccine every year
- Pneumonia vaccine at least once
- Tetanus every 10 years
- TB skin test once after diagnosis of diabetes

D. Other tests:

EKG (to check heart function) at diagnosis then every 1- 5 years depending on your situation

3. How can you remember to have your tests/exams/immunizations every year?

Here are some ideas to keep up to date on your tests/exams/immunizations:

- Schedule your yearly tests and exams on the same month each year (maybe your birth month?)
- Ask your health care provider at every visit if you are up-to-date with your test/exams/immunizations
- Patty may call & remind you about your appointments needed. Let her know if you would like her to check for you or if you prefer no reminders. (360) 432-3929

We will also keep you updated with the newest research in diabetes care. You may find that more medications are needed to insure you will stay healthy. Research is being done all of the time, and things change quickly. We are committed to make sure you know what we know to keep you healthy.

SOCKS AS YOUR REWARD: Besides taking care of yourself, each year you will receive a pair of cozy socks if you complete every test/exam that is due. (Only Native Americans with diabetes are eligible) For more information, contact Patty Suskin, Diabetes Coordinator at (360)432-3929

Walk



The Community
is invited to

FREE Diabetes Bingo

Wednesday, April 20, 2011

Starts between 6:30 pm & 7 pm

(After Elder's Meal)

Elder's Meal at 6 pm

Meal is \$4 for those under 55

At Elder's Building

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

or Colleen Woodard, Elder's Coordinator at
(360)432-3936 or cwoodard@squaxin.us





Benefits of Walking

Submitted by Patty Suskin, Diabetes Coordinator - Walking is one of the easiest and cheapest ways to exercise. Experts agree adults need 30 minutes of moderate-level physical activity on most days of the week for a total of at least 150 minutes each week. Walking is one of these activities. There are also several health benefits of walking, such as reducing your risk of certain medical conditions (such as high blood pressure and heart disease), reducing depression, and helping you sleep better. If walking is not your thing, find some type of activity you enjoy.

Regular physical activity, such as walking, can also make you feel better, because it:

- Helps keep your bones, muscles, and joints healthy
- Brings your blood sugar down if you have diabetes
- Reduces anxiety and depression, boosting your mood
- Helps you handle stress
- Strengthens your heart
- Helps you feel more energetic
- Lower your blood fats (cholesterol and triglycerides)
- Reduces the risk of diabetes
- Prevents long-term complications for people with diabetes
- Helps you sleep better
- Improves your self-esteem
- Gives you an opportunity to socialize actively with friends and family.

Busy Schedule?

How can you fit exercise into your routine? Here are some ideas – maybe something will work for you.

- Walk to work. If you do not live close enough, consider parking further away & walk part way. It will be worth getting up early to start your day feeling more energetic.
- When shopping, park far away from the store & walk in.
- Consider walking at your break time at work. Even taking the stairs a couple extra times a day is a great start.
- Make new family traditions of walking or playing catch. Plant the seeds with your children to enjoy the outdoors in any weather & be active.
- Invite a friend to walk with you & enjoy the time visiting.

Positive Indian Parenting Class

Squaxin Island TANF is sponsoring a Positive Indian Parenting Class April 4 - 8th from 10:00 am - 1:00 pm at the Museum. There is no cost and participants will receive a purchase order to KTP for attending. Teen and young adult participants will be utilizing the "real care" babies. Space is limited so please register early. Please contact Elizabeth Fenton at (360)432-3934 or Vicki Kruger at (360)432-3921 to sign up for the class.



DID YOU KNOW.....

GAMBLING SUPPORT GROUP MEETS AT BEHAVIORAL HEALTH OUTPATIENT ON THURSDAYS 4-5PM

EVERYONE IS WELCOME.

Take the test below and if you answer "Yes" to 7 or more questions there's a possibility your gambling could becoming a problem.

**HELP IS AVAILABLE!
TREATMENT WORKS!**

Call 426-1582 for more information.

Gamblers Anonymous 20 QUESTIONS

20 QUESTIONS		YES	NO
1.	Did you ever lose time from work or school due to gambling?		
2.	Has gambling ever made your home life unhappy?		
3.	Did gambling affect your reputation?		
4.	Have you ever felt remorse after gambling?		
5.	Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?		
6.	Did gambling cause a decrease in your ambition or efficiency?		
7.	After losing did you feel you must return as soon as possible and win back your losses?		
8.	After a win did you have a strong urge to return and win more?		
9.	Did you often gamble until your last dollar was gone?		
10.	Did you ever borrow to finance your gambling?		
11.	Have you ever sold anything to finance gambling?		
12.	Were you reluctant to use "gambling money" for normal expenditures?		
13.	Did gambling make you careless of the welfare of yourself or your family?		
14.	Did you ever gamble longer than you had planned?		
15.	Have you ever gambled to escape worry or trouble?		
16.	Have you ever committed, or considered committing, an illegal act to finance gambling?		
17.	Did gambling cause you to have difficulty in sleeping?		
18.	Do arguments, disappointments or frustrations create within you an urge to gamble?		
19.	Did you ever have an urge to celebrate any good fortune by a few hours of gambling?		
20.	Have you ever considered self destruction or suicide as a result of your gambling?		
TOTAL			



Congratulations Yolanda!

On the birth of your beautiful baby daughter, Carmela
Born: March 12, 2011
Time: 9:08 am
Weight: 7 lbs. 2.9 oz.
Length: 19 in.
Love, Sonia, Mom & Family



**Congratulations
Vicki Kruger!**
For bringing in the the biggest elk from the Tribe!
You go girl!
- Krissy Probst



**Happy 7th Birthday
T.J. Seymour!**
We love you, Son!
Love,
Dad, Mom and John



**Happy Belated
4th Birthday
Johnathan Seymour,**
We love you, Son!
Love,
Dad, Mom and T.J.

Congrats on your big Billy goat, Honey!
Only a few days left in the season. Job well done!
We love you! - Olena & the whole family



Coastal Jam: Friday, 5-10pm in the Longhouse
Come celebrate the 15th Anniversary of the Longhouse
Powwow: Saturday, Grand Entry 1pm & 7pm
In the Campus Recreation Center Gym

Master of Ceremonies: Arnold Littlehead (Fort Peck, MT)	Jackpot Dancing: All Categories Specials	Arena Director: Tony High Eagle (Sweetwater, ID)
Northern Host Drum: Indian Nation (Yakima, WA)	Invited Drums: Secret Cooley Spearfish	Southern Host Drum: Southern Express (California)

Vendor registration: [Laura Grabhorn - GrabhornL@evergreen.edu](mailto:Laura.Grabhorn@evergreen.edu)
2700 Evergreen Parkway NW, Olympia, Washington 98505



Hosted by: Native Student Alliance ♦ The Longhouse ♦ Rez Based Community
Determined Program ♦ Northwest Indian Applied Research Institute ♦
First Peoples' Advising
More info/Drum registration: Evergreen.NSA@hotmail.com



**Tiana greets the
Governor during the
birthday party for Billy
Frank on March 12th**





HAPPY
Easter!



Rock & Roll Hall of Famers!

FRANKIE VALLI & THE 4 SEASONS



Saturday
April 30th, 2011
at 5pm

Tickets on
sale now!
\$50/\$40/\$30

LITTLE CREEK
CASINO • RESORTSM

For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300

Must be 21 or older. For Skyboxes call 360-432-7300

BINGO AT THE CREEK

Over \$20,000 in Cash and Prizes!

Friday, April 15th at 6:30pm

Saturday, April 16th at 2:30pm & 6:30pm

2:30pm Session Blackout Prize • \$599
6:30pm Session Blackout Prize • \$1,199
Early Bird Specials • 6:30pm Sessions

WEAR PASTELS
Receive a free level 1 with buy-in!

LITTLE CREEK
CASINO • RESORTSM
www.little-creek.com

Restrictions apply. Must be 18 or over to play.

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96

