

# KLAH-CHE-MIN

ʔacaciɬalbixʷ gʷɬ tə xʷəlɕ yəxʷ ti stultuləkʷ. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciɬalbixʷ gʷɬ tə xʷəlɕ yəxʷ ti stultuləkʷ.

APRIL 2004

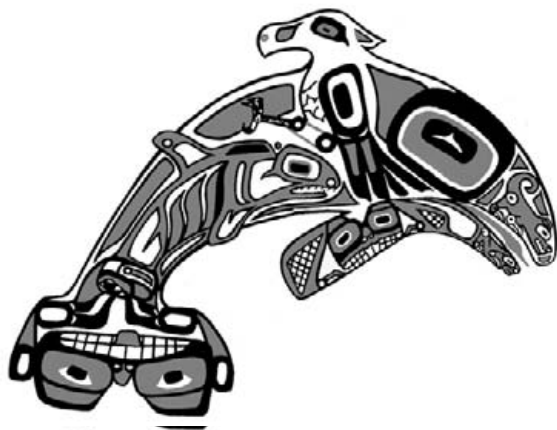
► *People of the Water* ◄

COMPLIMENTARY

## Annual General Body Meeting

SATURDAY, MAY 1ST

Sign in starts at 8:30 and door prizes start at 9:00  
First Roll Call is at 9:30



be held for Vice Chair (currently held by Andy Whitener) and  
Council Member (currently held by Charlene Krise)



Construction of the 'Tu Ha' Buts Cultural Center is nearing completion. Occupation of the final phase, the administration building (R), should take place this month.





## KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

70 S.E. Squaxin Lane  
Shelton, WA 98584

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

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

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

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

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

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*

ANDY WHITENER: *Vice Chairman*

VINCE HENRY: *Secretary*

PATTI PUHN: *Treasurer*

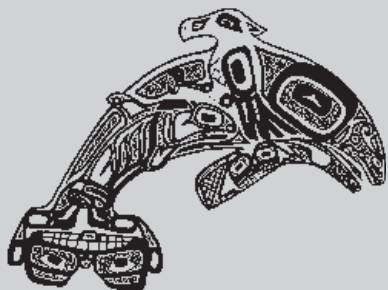
PAULA HENRY: *First Council Member*

ROY PEREZ: *Second Council Member*

CHARLENE KRISE: *Third Council Member*

### Klah-Che-Min Staff:

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



## COMMUNITY

### Walking On

#### *Eleanor Krise*

Eleanor Krise, beloved member of the Krise family and longtime educator for the Squaxin Island Tribe and Shelton School District, passed away Friday, February 27, at Saint Peters Hospital in Olympia. She was 78. She had many friends and will be greatly missed.



Eleanor was born November 2, 1925 in Marysville to Elsie (Squally) and Norbert Patrick Thomas. She married the love of her life, John Krise, on January 15, 1955 in Spanaway.

Eleanor, a wellspring of tribal history and culture, was the Squaxin Island Tribe's Living Cultural Treasure 1999 and taught for more than 35 years. She worked as the Indian Education Coordinator at Bordeaux Elementary School, taught preschool at Kamilche Valley School and was the Child Development Director for the Squaxin Island Tribe.

She enjoyed Little Creek Casino and traveling to Reno, Nevada. She made baskets and did bead work. She enjoyed children and made them feel like they were her own, her family said.

She was a superintendent at the Kamilche Church for many years.

She was preceded in death by her husband John Krise in 1995; by son Charley Krise in 1974; and by daughters Viola Hartman in 1958 and Etta Dines in 1997.

Surviving are daughter Darlene Krise of Shelton; sons Alan Krise of Shelton and Spencer Martin of Omak; brother Marvin Thomas of Alderton; sister Maxine Clark of Springdale, Arkansas; grandchildren Lonny Dines, Guy Dines and Amy Nelson of Oregon, and Lois Boome, Faith Wilbur, Chuck Wilbur, Ken Wilbur, Nathan Shelton, Jennifer Shelton, Kasia Krise, Kristy Krise, Kenna Krise and A.J. Krise of Shelton; 11 great-grandchildren and numerous nieces, nephews and cousins.

A funeral was held Wednesday, March 3, at the Squaxin Island Tribal Center. Nicholas Wilbur officiated. Burial was at Shelton Memorial Park.

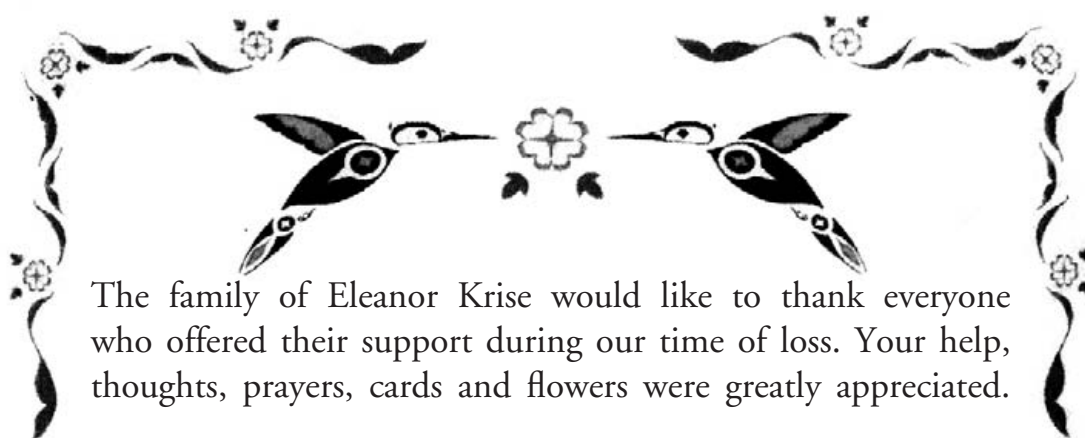
Eleanor touched each of our lives, from our children to our grandchildren and made our community a better place to live. Starting with the youngest members, she was the touchstone for whole families.

*Eleanor Krise, when you think of her, it warms you deep inside. She had always said she was blessed to be surrounded by loved ones. When in fact we were blessed to be with her. She had a place in her heart for everyone, and everyone had a place in their heart for her. It is with our deepest love and gratitude we send our mother, grandmother, sister, auntie, our teacher on to the next stage of her journey. She brought joy and light to this world and gave each of us happiness and memories. Her light is neither diminished nor extinguished, instead it is bright, it spreads and grows within each of us, bringing with it Love, Joy and Happiness. ~ Eleanor Krise Family*



**A life well lived doesn't end any more than music ends . . . It echoes through time with whispers of beauty and grace . . . If we listen, we can hear the encore with our hearts, for the song plays on, just as love, lives on . . .**





The family of Eleanor Krise would like to thank everyone who offered their support during our time of loss. Your help, thoughts, prayers, cards and flowers were greatly appreciated.



## Artifact Finds at Mud Bay Village Site Provide Excitement for Summer Program

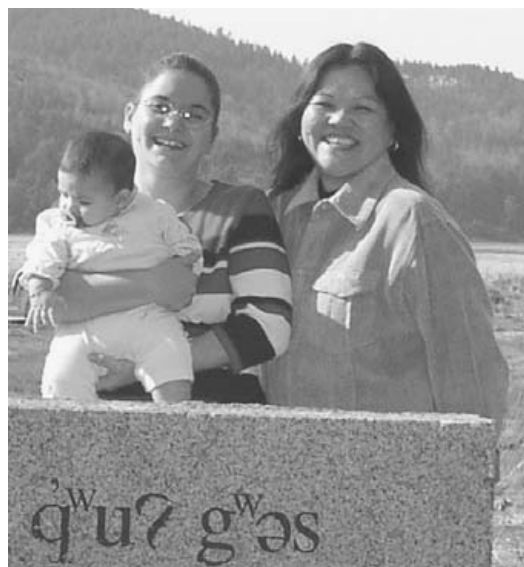
SPSCC Anthropology Professor Dale Croes - Andrea (Sigo) and I were delighted to be able to show master carver Susan Point around Mud Bay. She is visiting to work on an art piece for TESC, and asked to see Mud Bay and the Squaxin Museum as part of her visit-we were happy to help. We found some more of the necklace at the site and a beautiful bone awl. Larry Ross and I recovered, mapped and photo documented these new artifacts that were exposed by winter erosion and needed to be recovered before lost. It looks like a good warm up for Summer 2004!

\* All tribal members are welcome to participate in the Mud Bay site excavations this summer. For more information, contact Cultural Resources Director Rhonda Foster at 360-432-3850.



*To heck with Rhonda and her definition. We all know that 'awl' is what the dogs do when the moon is full! Three cheers for the Mud Bay crew. Let's all try to find students for this summer's dig. Wow, what a great start!*

*Love to all!  
Ralph and Karen Munro*



Florence Sigo, Andrea Sigo and Susan Point



## Seafood Industry Officials Emphasize the Importance of Quality Fish

Production no longer drives the global seafood market. Nowadays it's all about the consumer – and the consumer wants quality fish. That's what tribal fishermen heard from nearly every speaker March 4 at the Tribal Salmon Marketing Summit, which was sponsored by the Northwest Indian Fisheries Commission and the Washington Sea Grant Program.

Western Washington treaty tribal fishermen are having a tough time finding a market for their salmon. A glut of foreign, farm-raised salmon – primarily from Chile, Norway and Canada – have flooded the marketplace. The year-round supply of farmed fish has made it difficult for tribal fishermen to find a market, and those fishermen that do find a buyer often receive less money for their catch than they did a decade ago. Tribal fishermen are lucky to get 30 cents a pound for wild salmon that once fetched \$2 to \$3 a pound.

Those fishermen simply can't compete with farmed salmon producers, who often sell their product for less than what it costs to produce the fish. During the all-day summit at the Suquamish Clearwater Casino, speakers emphasized the need for tribal fishermen to increase the quality of their product in order to become a player in today's global seafood market – a market that continues to grow.

Here's a look at what each speaker had to say:

- Howard Johnson, of H.J. Johnson & Associates, said there is a growing market for seafood. That market, however, has shifted from a "production-driven market" to a "consumer-driven market." Consumers are looking for a high-quality product, and that has forced the seafood industry to focus on quality instead of quantity. Johnson also said that farmed seafood, which is available year round and at cheaper prices than wild fish, is here to stay. The aquaculture industry will continue to grow, he warned. "It's not going away."

*Continued on Page 20.*



## "Completes" Have Arrived

Robert Whitener, Jr. - The first brand of cigarettes to be sold by Skookum Creek Manufacturing has arrived! The name of the cigarette is "Complete" and it has been manufactured with a high quality blend of tobacco.

The cigarette was manufactured by an east coast company that we have and will continue to work with until our machines are up and operating. This will enable us to push our marketing and sales program into full swing before we actually start manufacturing ourselves. We will be ready to sell our cigarette!

The cigarette will be sold at KTP at a great introductory price. We also plan to sell this product around the country through existing distributors. For these off-reservations sales, we will operate with full participation in the tribal/state cigarette tax master settlement.

If you smoke, come check it out!



## Stuff

*Fresh Eggs for Sale at DCD for \$2 DZ*

*Language Classes*

Call Barbara Whitener at H 426-0041 or C 490-2720 or email cicalali@hotmail.com

*Watch Out*

Construction will be going on for the next couple months, including installation of the "broadband" network facilitating high speed internet and cable services to all building and homes. Information on services and rates will be coming out soon. In the meantime, look out for construction and workers!

## Daily News

If you are interested in receiving tribal news on a daily basis with information on events and activities, tides and other things, please call Theresa Henderson at 432-3945 or JeNene Miller at 432-3820 and give us your email address. We'll get you on the list to begin receiving the Daily Scoop the next day.

Thank you.



## Elders Committee Elects New Officers



*L-R: Treasurer Merlene Lewis, Vice President Rose Brownfield, Member Ann Parker, Secretary Alene Whitener and President Lila Jacobs*

The Elders are in the process of deciding what big trips they will take this year, so make sure to get to the meetings and provide your input! Among those being considered are Reno/Las Vegas and a cruise to Alaska!



**Natural Resources Hotline**  
360-432-3899





## Hunting Policy Representative Pete Kruger Reflects on Black Tail Deer Hair Loss Syndrome and Some Wonderful Hunting Memories

Pete Kruger Sr. - Deer that have Black Tail Deer Hair Loss Syndrome have both internal and external parasites that affect their health. The internal parasite is a muscle worm. The external parasite is a common louse.

Deer become hypersensitive to the lice and groom excessively, removing and breaking off hair. Some deer are so affected by this condition they die of either hypothermia from the hair loss or from verminous pneumonia caused by internal parasite larvae in the lungs. Some deer survive this condition and grow new hair the following summer after shedding what is left of their winter coat.

Blacktail deer are hard to monitor because of the wooded terrain and under brush they live in, so it's difficult to estimate their population. There is still a lot to learn about blacktail deer because of this.

Personally, I think they are more difficult to hunt than any other deer in the United States. I started studying blacktail deer (or trying to study them) in the early 60s, sometimes several times a week, trying to figure out their habits, including eating and bedding areas. I discovered the moon phase has a lot to do with their habits.

I was able to watch fawns being born twice by monitoring doe that I thought were pregnant, and I took pictures of the newborn fawns as close as one foot away.

The big bucks start getting interested in does when they shed their velvet; that's when the mature bucks are ready to mate. They have to wait for the doe's to come into estrus, which is one day only per month. If no buck is around, they come into estrus again the next month and so on. Doe usually come into heat repeatedly from October until January at the latest. Early fawns can come into heat in January the following year.

The mature or older bucks usually shed their antlers first, sometimes in November or December. I have seen antlers on bucks as late as the end of February. They slowly start growing antlers soon after they shed them. The bucks are really shy after they shed and stay in thick cover where winter food is available and fatten up for the next breeding season.

When I was a teenager, I hunted with Uncle Wes Whitener, Uncle Don Whitener, Uncle Pete Huntley and Uncle Jim Krise in the Kamilche area and had some great times sitting on stands waiting for deer to come by.

I first hunted for whitetail and mule deer with my dad, Mose Kruger, who lived in Brewster, Washington in the late 50s. We hunted on a ranch along the Okanogan River where Dad was a ranch foreman.

My first hunt in Montana was in 1968, and I have hunted there every year since then. I've also hunted in Idaho and Utah and have done a lot of hunting



in Mason County and Eastern Washington.

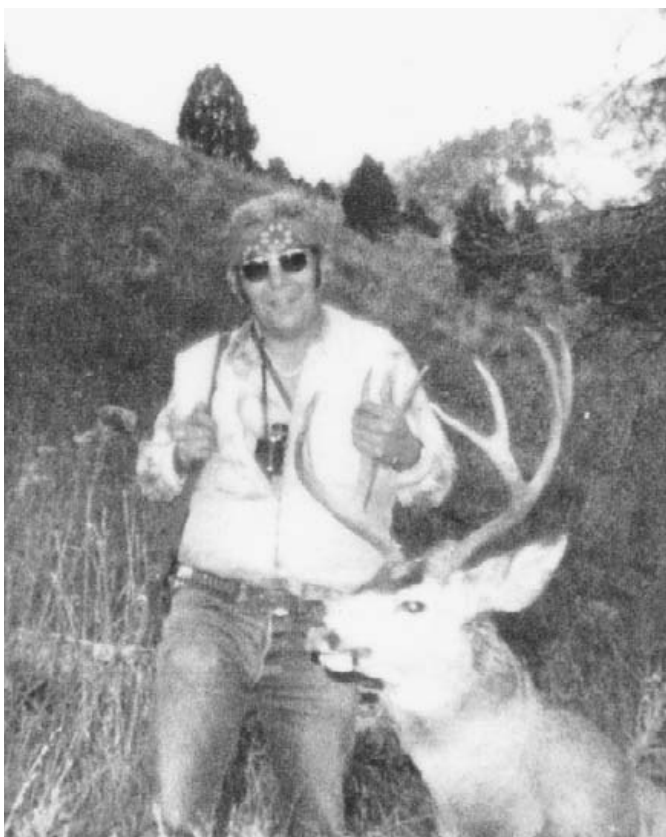
I've had some great hunts here, in Montana and Eastern Washington with all my sons. Quite a few times, they have out-hunted me. We also did a lot of camping together when my sons were in their teens. We've had some great times together on quads, three wheelers and motorcycles.

I've been blessed to have some excellent hunting partners. We've taken some dandy bucks in all three species: blacktail, whitetail and mule deer. I've never been on a bad hunt.

My wife, Lil, used to hunt with me until she broke her back helping me drag a big whitetail buck in Eastern Washington on a late hunt. I was having chest burning, and she thought I was having a heart attack. I told her not to try dragging the buck until I got back from getting a come-a-long from the truck. When I got back to the buck, she was laying in the snow with a broken back. She has since quit hunting with me, but she was also a good hunting partner. She and I have gotten some dandy bucks also.

I retired from roofing in September, 1995 and started working for the Tribe in February, 1996. I've been working here ever since. Kruger Roofing did a lot of roofing for the Squaxin Island Tribe, plus a lot of other tribes.

The Squaxin Island Tribe has been very good to me and my family. I am very grateful to the Tribe.





## Scholarship Corner

Scholarship packets and information are available at the Tu Ha' Buts Learning Center. Contact Lisa Evans at 432-3882.

### **American Indian Endowed Scholarship:**

Applicants must be financially needy students with close cultural ties to an American Indian tribe who will be enrolled full-time at a public or independent college or university in the State of Washington by fall term 2004. Application materials must be submitted as one complete unit, including the following attachments: 1) A statement describing the applicant's close social and cultural ties to an American Indian Tribe and/or community in Washington State; 2) A statement of intent to return service to the state's American Indian community; 3) Three letters of recommendation. Two of the letters should verify the student's social and cultural ties to an American Indian tribe or community within the state, and one letter should address the applicant's character and commitment to return service to the state's American Indian community; 3) High school, GED, and/or college transcripts, as applicable; and, 4) The signed release of information form, as printed on the application.

### **National Native American Youth Initiative:**

Native American high school students planning to enter the health professions between the ages of 16 and 18 are eligible to apply. Students must have a minimum cumulative 2.0 GPA (A=4.0). 1) One page essay expressing plans to enter the health professions (double spaced). 2) Current academic transcript. 3) Letter of Recommendation from school counselor/teacher. 4) Primary Data Sheet. 5) Photograph.

**General Scholarships** – Deadline for these scholarships is Friday, April 2, 2004: Charlotte York Memorial Scholarship, Kitsap Peninsula Branch American Society, Howard Truant Memorial Scholarship of Civil Engineers, David Bearden Music Scholarship, Fay W. Bichon Memorial Scholarship, Lawrence I. Gosser Memorial Scholarship, Herbert

Goodman Merit Scholarship\*\*, McBride-Eckstrom Scholarship, Patterson-Dominy Scholarship, Sloan Myers Memorial Scholarship, Raymond Schwetering Memorial, TRIFM Foundation Scholarship.

**Nursing Scholarships** – Deadline for these scholarships are Friday, June 25, 2004: J. Edwin Leggett Memorial Nursing Scholarship, Margaret Borquist Nursing Scholarship, Howard Truant Memorial Nursing Scholarship, Olympic Peninsula Kidney Foundation, Wanda Mosbarger Nursing Scholarship

### **Association of Governments Accountants**

– Financial Management Interest – 3 @ \$1,500 – Deadline 04/01/04

### **Cosmetology School Scholarships**

– 8 @ \$250 – Deadline 05/01/04

### **Shelton Skookum Scholarship**

– 1 @ \$1,000 – Deadline 04/19/04

### **WA State Employee Credit Union**

– 10 @ \$1,700

### **L&E Bottling Company**

– 2 @ \$900 – Deadline 04/22/04

### **International Air Academy**

– 3 @ \$1,000 – Deadline 05/01/04

### **Peninsula Union Scholarship**

– \$6,000 – Deadline 04/09/04

### **Better Business Bureau Scholarship**

– 1 @ \$250 and 1 @ \$1,000 – Deadline 04/30/04

### **St. Martin's Merit Scholarships**

– [www.stmartin.edu](http://www.stmartin.edu)

### **University of Portland**

– \$7,000-\$12,000 per year – [www.admission@vp.edu](mailto:www.admission@vp.edu)

### **Education Communication Scholarship**

@ \$202,000 – Deadline 05/15/04

### **Simpson Mark E. Reed Scholarship**

– 10 @ \$3,000 – Deadline 03/31/04

### **Olympic College Scholarship Packet**

– Deadline 03/26/04



## Chazmin Peters Receives Scholarship

Chazmin Peters, daughter of Jim and Lisa Peters has been awarded a Drew Haag Memorial Scholarship from pilots at Alaska Airlines. Chaz was among 9 students awarded the scholarship to assist with their careers in aviation.

This is the 15<sup>th</sup> year of the Haag Scholarship, and 45 students applied.

Chaz is finishing the commercial aviation program at Big Bend Community College in Moses Lake where she recently completed her instrument rating.

She gained an interest in flying at 12 years old while helping with the Eagles Aviation Camp. She continues to work in the camp every summer.

Chaz was recently featured in the new aviation high school recruitment video encouraging students to think about flying as a career. While Chazmin eventually wants to fly for Alaska Airlines, she also reports, "it would be great to fly for a tribal government, flying my Dad and uncles around."

**Way to go Chaz!!!**

## Narcotics Tips Line

Any illegal drug information (on or off-reservation) can be reported without leaving your name. Simply call the number below and leave detailed information regarding the activity.

**432-3898**





# LEARNING CENTER



## Learning Center Update

The Homework Center is open Monday through Thursday, 3:00 to 5:00 p.m. in TLC. Please ask students to come prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and to help them study for tests.

Private Tutoring Sessions are now being offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic area, please call Lisa Evans at 432-3882 to schedule an individual tutoring session.

Reading Program Sessions are being offered in TLC every Tuesday and Thursday, between 4:00 and 6:00 p.m. We have state-of-the-art reading curriculum and equipment available. Individual reading sessions can also be scheduled. Contact Lisa Evans at 432-3882 or stop by TLC to schedule your session.

The Annual "2004 Sgwi-gwi" Celebration is scheduled for Friday, June 4, 2004, at 5:00 pm in the Little Creek Casino Bingo Hall. We look forward to seeing you there.

## Higher Education

### ATTENTION ALL TRIBAL MEMBERS INTERESTED IN THE HIGHER EDUCATION PROGRAM!!!!

Are you thinking about taking college courses or attending college in the 2004-2005 school year? Are you an enrolled Squaxin Island Tribal member? Do you need additional financial support to help you through school?

If so, you may qualify for funding through the Squaxin Island Higher Education Program. For more information or an application, you can contact Walt Archer at 432-3826. Applications must be submitted to the Education Commission no later than April 30, 2004.



## Staff Hours

Kim Cooper, Director  
8:30 – 5:00 432-3904  
Mark Snyder, Youth Coordinator  
8:30 – 6:00 432-3872  
Walt Archer, Education Liaison  
7:30 – 4:00 432-3826  
Lisa Evans, Administrative Assistant  
8:30 – 5:00 432-3882  
Jeremiah George, Cultural Coordinator  
10:00 – 7:00 432-3968  
Wednesday thru Sunday  
Patricia Green, Volunteer Tutor  
4:00 – 6:00  
Kurt Poste, Volunteer Tutor  
4:00 – 6:00  
Mandy Valley, Volunteer Reading Tutor  
4:00 – 6:00  
Tuesday and Thursday

## Internship Opportunity

Summer 2004 Paid Intern Position available for Tribal and Fisheries Environmental Projects. Ridolfi Inc., a Seattle-based environmental engineering and consulting firm, is seeking a college student interested in a paid summer internship. Preference will be given to college students with at least two years education in natural resources or civil engineering. We place a high value on, and are committed to, diversity within our organization. Contact Lisa in TLC 432-3882 for more information.

## Be a Role Model for Your Children

### *Get Out and Play*

It's not always easy to convince kids to put down the TV remote, or turn off that video game. But kids can learn how fun it is to get out and play- if you show them how. The most effective motivation in getting kids active is when you offer to do it with them.

Setting aside just one hour a day to get out and be active not only ensures quality time with your kids, it can make a real difference to the health of all of you. In fact, according to the American Diabetes Association, just 2 1/2 hours of moderate physical activity a week can reduce the potential for developing diabetes by 40% to 60%. With diabetes becoming a health issue in many Native American communities, staying active is the best way to prevent health problems in the future.

So, grab a ball and glove and show off that fastball you've still got. Or teach your kids how you learned to do the perfect cartwheel. Not only will you be teaching them how to have fun, you will be teaching them healthy lifestyle habits that will stay with them into adulthood. It can be as simple as a bike ride, or a nice long walk- just as long as you get out and play!

For more ideas on how to get and stay active with your kids, go to [www.VERBparents.com](http://www.VERBparents.com).



## Time is Running Out *Have a Graduating Senior in the Family?*

**TIME TO GET BUSY ON THEIR BUTTON ROBE!**  
A standard robe with a sun design and necessary buttons will be provided to you at no cost by volunteers of the Shelton Indian Education Button Robe Project. It will be your family's responsibility to personalize your graduate's robe.

WORKSHOPS: SMS ART ROOM 6:00  
April 13 & 27  
May 4, 11, 18 & 25



## Tribal Council Funds Project to Provide Wood for Elders

Tribal elders stayed nice and warm throughout the cold winter months thanks to a wood-cutting project initiated and funded by the Tribal Council.

According to Tribal Council Chairman David Lopeman, Simpson Timber Company offered the tribe a permit to cut wood at one of its clear cut sites in the Kamilche Valley.

"Only the tribe has a permit to do this," David said.

The project, which began in January, was expected to last for one month, but due to heavy snowfalls that month and a high demand for the wood, the project was extended until March 31.

According to David, the project was fully funded through the Tribal Council's

own budget and employed several tribal members under contract for \$8.00 per hour.

"This provided an income for people who didn't have a job otherwise and benefited our elders as well," David said.

Elders over the age of 65 were given first priority for the wood which was cut and split, delivered to their homes and stacked in their yards.

"Everyone who asked for wood got at least one cord," David said. "Then with those who wanted more, the first priority was given to those over 65. We tried to get everyone as much as they wanted, and I think we were pretty successful."

The group of woodcutters, including David Lopeman, Roy Perez, Patrick

Johns, Tyrone Seymour, Mike Cooper, Chauncey Blueback, Justin Dobson, Ralph Sollock and Jayson Jennaro, hauled the wood up a very steep hill by the sweat of their brows, cut it into pieces, stacked it in the truck and delivered it to the elders.

"These guys worked hard to help out our seniors, and I'm really proud of them," David said.

In addition to approximately 100 cords of wood provided for the seniors, individual tribal members were allowed to go to the Simpson site and cut wood for their own families as well.

"About 30 cords of wood were cut and taken out by individual members," David said.



L-R: Jayson Jennaro, Mike Cooper, Justin Dobson, Ralph Sollock, Chauncey Blueback, Andy Whitener (in back) and David Lopeman





## Legislators Right Historical Wrong

*Legislature exonerates Nisqually Chief Leschi of charge that cost him his life*

Chief Leschi: 1808-1858

SCOTT GUTIERREZ THE OLYMPIAN

About 25 Nisqually tribal members and descendants of Chief Leschi quietly listened Thursday as legislators prepared to throw out the murder conviction that led to the tribal leader's execution nearly 150 years ago.

Tears welled in their eyes as state senators apologized for the actions of their predecessors in the 1850s, saying Leschi was a courageous and honorable tribal leader during a dispute between the Nisqually tribe and the Washington territorial government.

Tribal members were invited to watch as the Senate unanimously approved Senate Resolution 8727, which recognizes that an injustice was committed against Chief Leschi when he was convicted and executed in 1858.

An identical resolution was passed in the House.

"As they were reading that resolution, for every Nisqually it's pretty emotional," said Dorian Sanchez, chairman of the Nisqually tribe.

"It was something that we all know should never have happened."

Leschi was convicted of murdering a soldier during the Battle of Connell's Prairie. War broke out when he refused to agree to a treaty that would have moved the tribe to a reservation far from its fisheries and livelihood on the Nisqually River.



Leschi's first trial ended with a hung jury after jurors were instructed that killing a combatant during wartime is not considered murder. He was convicted in a second trial when the territorial court refused to provide the same instructions and allow proof that he couldn't have shot the soldier.

The Territorial Legislature then enacted a law allowing local authorities to hang Leschi after the Army refused to execute him.

"This was war. How many people would they have hung today with all the wars going on in the world?" asked Faustine Edwards, whose uncle was a direct descendant of Leschi.

Sen. Marilyn Rasmussen, D-Eatonville, one of the sponsors of the resolution and whose district includes most the Nisqually Reservation, called Leschi a "truly great and courageous leader."

Several South Sound legislators spearheaded the resolutions in both chambers.

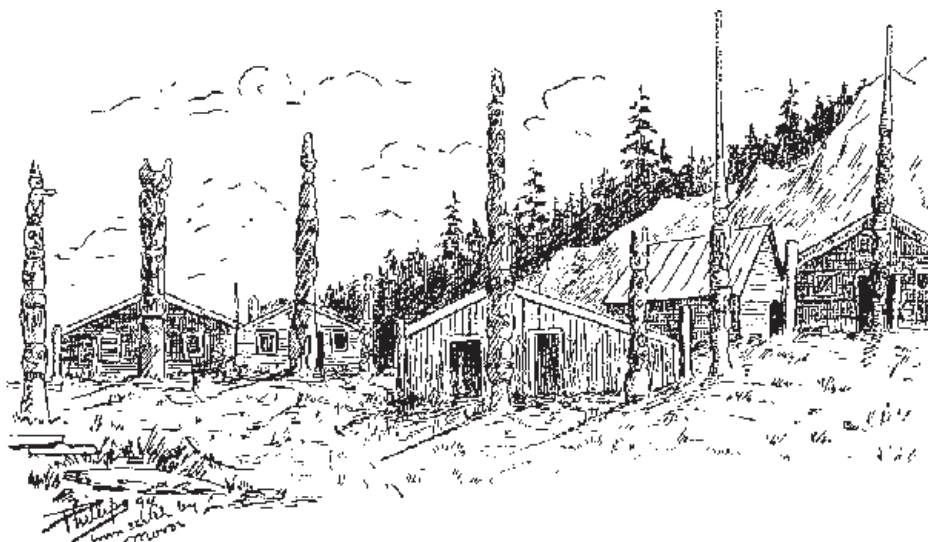
"This is a chance to say we are truly, truly sorry as a state," Rasmussen said.

The group of Nisqually tribal members met with legislators and distributed booklets about the history of Leschi and the tribe, including pieces of evidence that weren't allowed at his trial.

"It was a good step in starting the healing that needs to be done," said Tom Iyall, a tribal member and descendant of Leschi.

The next step is to ask the state Supreme Court to vacate the conviction and remove the case from the state's records. The tribe hopes the Legislature's support will help them achieve that goal, said Cynthia Iyall, chairwoman of the Leschi Exoneration Committee.

"There was a lot of hurt and pain over it," she said.



*Join hands, walk in harmony,  
keep the peace*



**Inter-Tribal Warrior Society**

Indian veterans and active-duty military,  
your families and friends

We would be honored for you  
to join our group.

For more information, contact  
Sonny Bargala (Secretary)  
toll-free at (866) 685-4400  
Bob Sison (Chaplain) at (360) 456-8961  
or at Squaxin, contact  
Will Penn or Lynn Scroggins  
at (360) 426-9781



## COMMUNITY



### A Letter of Congratulations

Dave Lopeman  
Chairman, Squaxin Island Tribal Council  
February 13, 2004

Dear Dave,  
The purpose of this letter is to congratulate the Tribal Council on its successful efforts over the past several years. As you know, I was reservation attorney for a few years, starting in 1978. Since then I have maintained a private law practice in Shelton. I am involved with a number of people and organizations in Mason County, and generally familiar with the tribe's recent efforts, including those centering on the casino.

From the beginning, I have been extremely impressed by your business plan. Obviously, the tribe has chosen to develop its enterprises slowly and carefully, and to include as a significant aspect of all its efforts the cultivation of good will with non-tribal people and entities with whom the tribe has interacted.

Within the Mason County business community, the tribe is, in my experience, extremely well thought of for both its business plan, and its general positive approach to relationships with non-tribal entities.

Of course, the grant monies that the casino has made available, including to non-tribal entities, are well appreciated. I remember the days when tribal relations with county and state governments were difficult, to put it politely. Now, it seems to me that the tribe is seen as an extremely valuable Mason County resource, providing a huge boost to the economy through jobs, and the influx of money from the patrons of the casino as well as employees and, again, grants.

In addition, I have had many occasions over the years to deal with tribal members serving as tribal employees, in a variety of capacities. Two good examples are Mike and Jim Peters, both bright, personable, effective managers who, at least with me, work together in a spirit of

cooperation in the direction of mutually agreeable results.

Frankly, I just cannot say enough about how well the Squaxin Island Tribe has done with its government and enterprises in the recent past, and how well the tribe is thought of, at least among my friends and acquaintances.

Congratulations on all that you have done. I understand the hotel is a terrific addition. My wife likes to gamble in your casino, so we will be guests of the hotel, to see for ourselves, no doubt in the near future.

Sincerely,  
Robert D. Wilson-Hoss

### NAIHC Logo Contest \$1,000 Prize

Design a new logo for National American Indian Housing Council and win \$1,000 if your design is selected! Submit in both color (up to four) and black & white. It can be ink, pencil, hand drawn or mechanically drawn or any combination thereof. It should render well on a white background. Detail should be limited so that it works in small versions appropriate for stationary. Present it on 8.5 x 11" paper or .tif or .jpg format. The logo should clearly reveal that NAIHC is an Indian housing organization. The design should have national perspective. The name and slogan must be included. Include a brief, one paragraph description/explanation justifying your design. For example, the current logo has two crossing lines depicting the silhouette of a teepee, a visually recognizable type of American Indian dwelling. The dash beneath the silhouette represents the opening of the teepee. The nine stars around the top of the logo represent the nine regions which NAIHC represents. The current logo, at right, may also be considered. Deadline is May 17th. Send to NAIHC Logo Contest, 900 Second Street NE, Suite 305, Washington, DC 20002-3557, ATTN: Larry Frank

or  
email to Lfrank@naihc.net  
Good luck!

### Tribal Council Resolutions

**04-01:** Designates the director of Northwest Indian Treatment Center to be the tribe's representative to IPAC

**04-02:** Rescinds Resolution No. 03-07 and requests the Simpson #23 property to be put in trust status

**04-03:** Repeals Chapter 6.20 Tenants Accounts Receivable Policy (TARP) so it does not conflict with Chapter 11.20

**04-04:** Authorizes Doug Boon and Peggy Johnson as trustees for the purpose of administering the Squaxin Island Gaming Enterprises 401(k) Profit Sharing Plan

**04-05:** Adopts revisions to the tribe's business ordinances dealing with Corporate Administration Board, Business Corporation Ordinance, Not-For-Profit Corporation Ordinance and Business Permit Ordinance

**04-06:** Adopts the Articles of Incorporation of Squaxin Island Elders, Inc.

**04-07:** Authorizes submission of a grant proposal to the U.S. Department of Justice BOJ under the Drug Court Discretionary Grant Program (Family Drug Court Implementation grant) for up to \$450,000 over the period of three years for the purpose of developing and establishing a drug court for substance abusing adult and juvenile offenders

**04-08:** Supports the SPIPA submittal of a grant proposal to the U.S. Department of Justice, Office on Violence Against Women, STOP Violence Against Indian Women program to address domestic violence

**04-09:** Approves the relinquishment of Josephine Napoleon to the Siletz Tribe



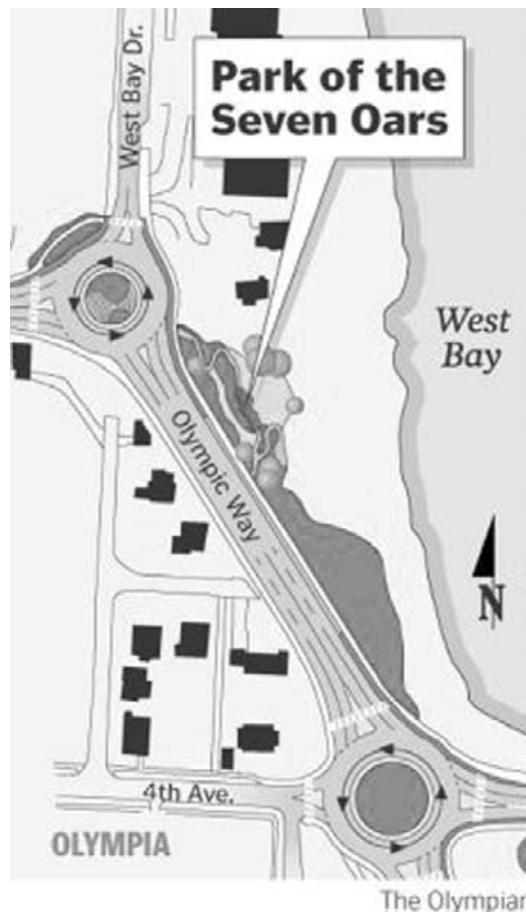
*"A Tradition of Native American Housing"*





## Outdoor Activity of the Month

Did you know that Seven Oars Park in Olympia has been re-built? It used to be mid-way up Harrison Street "Hill," just past the old 4<sup>th</sup> Street bridge. It is a very small park, but has great views of Budd Inlet and downtown Olympia. Details of the re-location are below. For an all-day family outing, consider visiting Seven Oars and combine it with a walk at Percival Landing, Capital Lake or Tumwater Falls Park. The Olympia Farmer's Market, opening again on weekends in April, is another wonderful spot. Beginning in May, the new 4<sup>th</sup> Street bridge will be open for pedestrians. These are just a few choices for walks in the Olympia area. Enjoy!



## Park of the Seven Oars

**What:** The new Park of the Seven Oars

**Where:** In Olympia, near the new upper Fourth Avenue bridge roundabout, just before West Bay Drive

**To do:** Olympia's newest old park has been reborn as part of the Fourth Avenue Bridge construction. The park used to be on land that now is part of the upper roundabout that leads to West Bay Drive and Harrison Avenue. The park is bigger and better than its predecessor. While access is difficult now because of construction, it is possible to visit the park and enjoy sensational views of Budd Inlet, Capitol Lake, Capitol Campus, downtown Olympia and the new bridge. Old railings and light posts from the old Fourth Avenue Bridge are in the new park. New, cast concrete benches provide a comfortable place to sit and enjoy the view. The benches have tribal decorations, including salmon and a woven, lattice-like texture. Look for wooden benches that jut from large boulders. And don't miss the seven large, metal oars!

**Top tip:** Visit at dusk, as the lighted Fourth Avenue bridge is a stunning sight.

**Visiting safely:** In the future, it will be possible to walk across Fourth Avenue bridge from downtown Olympia to visit the park. That is impossible now because of work on the bridge's sidewalks and railings. However, there is a safe and easy way to visit the park. Drive across the bridge from downtown Olympia, go up Harrison to the upper roundabout and turn off at West Bay Drive. Park on West Bay Drive -- there are plenty of spots. Walk back down to the park.

**Cautions:** Be careful at the park, as a steep slope is near the concrete trail. Don't let kids climb on the restored bridge relics, as a steep slide down to Budd Inlet awaits anyone who falls from the railings. One end of the concrete trail has many steps, but the other end is a ramp, so this park is available for those who use wheelchairs or walkers.

**History:** The old Park of the Seven Oars opened in 1993. The park was designed to honor the maritime history of Budd Inlet. An 1890 photo of women holding long oars at Priest Point Park inspired the Seven Oars sculpture. The old park was closed to make room for the upper roundabout. The new park has better views and more space for picnics.

**What to bring:** Binoculars to spot seals, birds, fish, porpoises -- and the occasional whale or orca -- in Budd Inlet. A nice lunch or snacks is a good idea.

**Restroom:** the park does not have a restroom or drinking fountain.

**Rules:** No camping, firearms, fireworks or alcohol are allowed.

**Information:** Call Olympia Parks, Arts and Recreation at 360-753-8380, or visit [www.ci.Olympia.wa.us](http://www.ci.Olympia.wa.us).

*Submitted by Patty Suskin, Diabetes Coordinator*



# HEALTH & HUMAN SERVICES



## March Was National Nutrition Month! Theme: EAT SMART, STAY HEALTHY

In case you missed out, we had free fresh fruit in the lobby of the clinic all month long, with weekly nutrition quizzes and drawings for "5 A Day" items. Pictured below are drawing winners, Dee Hawks and Rosetta Thomas who stopped by after school one day:

Dee & Rosetta are holding some of the give-away "5 A Day" items: mini insulated lunch or snack box, pens, cups, and magnetic-backed shopping lists.

Congratulations to other winners by the time of printing: Rachel Rioux,



Rita Andrews, Sara Doran, Geno Davis, Glenda Sewell, Sharon Johns and Donna Baker.

Thanks to all of you who took the time to answer the quizzes & enjoy some fruit! Thanks also to Rose Algea, Vicky York and Marcella Castro for keeping fruit available when I was gone!

*Submitted by Patty Suskin, Diabetes Coordinator/  
Registered Dietitian*

## MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.

Food Group	Monday	Wednesday	Thursday
Meat			1 Baked Salmon
Vegetable			Jicama Salad, Red Potatoes
Grains/Bread			Wheat Rolls
Meat	5 Layered Turkey Meatloaf (New IHS recipe)	7 Breakfast, Turkey Bacon	8 Easter Meal, Ham
Vegetable	Ginger Peas & Carrots	Strawberries	Yams, Broccoli Salad, Potato Salad
Grains/Bread	Corn Pudding	French Toast	Wheat Rolls
Meat	12 Pozole	14 Red Snapper	15 Soup and Sandwich Bar
Vegetable	Spinach & Pear Salad	Zucchini	Really Red Coleslaw
Grains/Bread	Wheat and Corn Tortillas	Orzo Pilaf	Wheat Rolls
Meat	19 Shrimp and Chef Salad	21 Hamburgers	22 Chicken Enchiladas
Vegetable	Salad Bar	Carrot Raisin Salad	Green Beans
Grains/Bread	Wheat Rolls	Wheat Buns	Pinto Beans, Brown Rice
Meat	26 Sandwich Bar Day	28 Pork Chops	29 Meatball Sandwich
Vegetable	Veggie Tray	Mixed Vegetables	Fresh Carrots
Grains/Bread	Wheat Breads	Baked Potatoes	Macaroni Salad





# HEALTH & HUMAN SERVICES



## Upcoming Health Events

### April and May, 2004

#### **Brief Walk**

Every Thursday

Meet at the Elders Building at 12:40 p.m.

#### **Mammogram Days**

April 29 and May 10th

Contact Rose Algea at 432-3930

#### **Foot Care Day**

#### **for People with Diabetes**

Tuesday, April 6th

9:00 - 11:00 a.m.

Call Patty for an appointment time

#### **National Women's Health Day**

Monday, May 10th

Mammograms and activities at the clinic

#### **Stress & Relaxation Workshop**

Wednesday, May 19

Noon to 1:00 p.m.

Facilitators: Brenda Dorsey

Heidi Chambers

Elders Building

Lunch Provided

For more info or to RSVP for these activities, contact Patty Suskin, Diabetes Coordinator, at 432-3929 or [psuskin@squaxin.nsn.us](mailto:psuskin@squaxin.nsn.us)

## National Women's Health Day: May 10, 2004

National Women's Health Day is a nationwide effort coordinated by the Department of Health and Human Services to encourage women to visit health care professionals to receive regular preventative check-ups and screening. Regular screening tests such as mammograms and PAPs find diseases early, when they are easier to treat. Please encourage moms, aunties, sisters, spouses and best friends to schedule an appointment now! The Squaxin Island Health Center will be participating in this nationwide women's health day by offering mammograms and pap tests on Monday May 10<sup>th</sup>. Please call the Clinic at 427-9006 to make an appointment. You can find more information about this event on the web at [www.4woman.gov/whw](http://www.4woman.gov/whw).

## Walk to the Tribes

### of the Olympic Peninsula

Congratulations to the following people who have walked or have been physically active to make it all the way around (on paper) to Olympic Peninsula Tribes:

Heidi Chambers

Mitzi Saenz- Garcia

BJ Peters

Larry Ross

Tracy Farrell

Sandy Rossire

Harry Stum

Lorna Gouin

Elaine Moore

Kelly Croman

JeNene Miller

Josh Miller

Jen Olson

Patty Suskin

Ruth Creekpaum

Stub Creekpaum

Rose Brownfield

Joyce Johns

Toby Lewis

Mary Fletcher

Melissa Puhn

Brooks Farrell

Mary Walker

John Walker



This picture below is a group of Elders who received their sweatshirts at the last Elder's meeting on March 4, 2004 (photo courtesy of Ann Parker). Pictured are (L-R): Rose Brownfield, Stub Creekpaum, Ruth Creekpaum, Mary Fletcher, Patty Suskin and Joyce Johns.

Here's what the sweatshirt looks like from the back:



How about your name on a certificate like this?



Think small - just 15 minutes a day to start (that is 7 1/2 minutes out & 7 1/2 minutes back), then gradually increase each day. How about starting with three five minute walks a day? Your health is worth the time!



## Eating on the Run Tips

### *Aim for progress, not perfection*

#### *No forbidden foods*

PLANNING AHEAD is key - it will save you time & money, and will improve your nutrition & health

- Plan to have some food available every 4 to 5 hours. An overly-hungry person will easily eat anything in sight—usually not the best choice nutritionally.
- Go no longer than 5 hours without eating
- Skipping meals will catch up with you. Your body gets overly hungry late in the day. When you are overly hungry, it is easy to eat whatever is available, and usually that is not the best choice.

PLAN AHEAD BY SHOPPING FOR HEALTHY FOODS to keep around the house. Look at what you are buying. Choose to bring home healthier alternatives such as:

- Pretzels instead of chips
- Fruits and vegetables clean, & ready to eat in the refrigerator
- Cheese & crackers
- Yogurt & fruit
- Frozen vegetables to microwave & top with grated cheese
- Whole grain breads & toppings (peanut butter, margarine, jelly)
- Ingredients for Sandwiches

### PACK HEALTHY FOODS TO TAKE WITH YOU

- Think of snacks as mini-meals - not license to eat anything that is available
- Bring a lunch box with “blue ice” & some healthy choices when you know you’ll be out and about for more than a couple hours.



Ideas of what to bring in your “lunchbox” or “snackbox” or keep in the refrigerator at work or home for quick snacks or mini meals:

- Nuts
- Crackers (look for high fiber)
- Cheese sticks or slices
- Cottage cheese (preferable lowfat or nonfat) & fruit
- Trail mix. Buy some or make your own with items such as: frosted mini wheats, cheerios, triscuits, pretzels, raisins, chocolate chips, nuts, etc. and store in “Ziplocs” or plastic container
- Cereals with lots of fiber such as mini shredded wheat
- Sandwiches (whole or half) - vary the bread such as: whole wheat, bagels, pita, etc. Consider chicken or turkey slices
- Ready to eat fruit: apples, peeled oranges, bananas, pears, grapes kiwis,
- Cut up veggies (with or without dip): carrots, broccoli, cauliflower, snap peas, etc.
- Beverages: (water, flavored calorie-free water, milk, flavored milks, 100% juices in a box, etc) Avoid “sugar-water” such as sunny delight, Capri sun or koolaid. Consider diluting these with water as another option.
- Other foods you enjoy cold (pizza is popular)
- Bran or other high fiber/low fat muffin (ask Patty for recipes)
- Raisin bread
- Energy bar (check the label). Best choices are with less than 3 grams saturated fat, more than 3 grams of fiber, and about 10 grams or less of protein - not easy to find!
- Bread sticks, whole grain are best
- Tuna, snack size
- Fig bars
- Yogurt
- Individual canned fruit (bring a spoon)
- Leftovers (to heat up)
- Salads
- Quesadillas (tortilla, cheese, beans)

### *Five Consequences of Skipping Meals:*

1. People who skip meals, especially breakfast, tend to have lower metabolism rates. When metabolism is lowered, it's more difficult to lose weight.
2. A person who eats breakfast tends to burn more calories at that time, as well as throughout the day.
3. Meal skippers don't do as well: they accomplish less work, are physically less steady, and are slower making decisions.
4. Brain fuel, glucose, stored in the liver as glycogen, runs out after five hours. The liver is like the traffic cop for blood sugar. When blood glucose dips too low, the liver releases glucose into the blood. But if the glycogen is gone, the body has to turn to “creative fueling” that is less efficient.
5. Calorie loading occurs if you eat most of the day's energy needs in one meal, usually dinner. Eating a large meal, even though it's just one meal, tends to overwhelm your body with calories that it does not need at that moment. And you know where the body puts the extra calories it doesn't need - in fat on the waist, hips, thighs, and so forth.

*Tips for Eating on the Run by Evelyn Tribole and Patty Suskin, Registered Dietitian and Diabetes Coordinator*







## Recipes for Healthy Eating

Below are some recipes from Sheila H. Smith, Certified Nutritionist, who shared them at the Eating on the Run workshop on February 25, 2004:

### *Crock Pot Taco Soup*

This recipe was given to me by a friend who has raised a family and is an expert at easy healthy meals.

- 1 15 ounce can black beans
- 1 15 ounce can kidney beans
- 1 15 ounce can garbanzo beans
- 1 28 ounce can diced tomatoes
- 1 package taco seasoning
- 4 chicken breasts, boneless, skinless
- 1 16 ounce package frozen corn

#### *Optional garnishes*

- plain non-fat yogurt
- salsa
- non-fat sour cream

Put everything except corn in crock pot on low for 6-8 hours. Add frozen corn for last 15 minutes. Take out chicken and shred after it cools. Return chicken to pot and serve hot. Freezes well. Serve with whole grain bread or tortilla (or on top of a baked potato or rice.) Garnish with salsa and plain low fat yogurt or non-fat sour cream.

Yield: 8 servings



## April is Child Abuse Prevention Month

Stop by the clinic to pick up your blue ribbon to wear all month in support of youth!

### *Smoothies*

These drinks are quick, easy and nutritious treats. Buy extra-ripe bananas, peel them, freeze them in freezer bags. They will last up to two months in the freezer. Experiment with these recipes. Variations include adding other fruit in addition to the bananas like berries and peaches, etc. Topping for smoothies can include nuts, ground flax seeds, granola, carob chips, or slices of fresh fruit.

#### *"Staying Alive"*

- 2 - 2 1/2 cups organic, unsweetened soy milk (or your choice of milk-preferably 1% or fat free)
- 3 medium, fresh or frozen bananas
- 2 tablespoons toasted or roasted carob powder (optional)
- 1 tablespoons maple syrup,

Yield: 4- 4 1/2 cups

#### *"Boogie, Oogie, Oogie"*

- 2-2 1/2 cups organic mango nectar, passion fruit nectar, pineapple juice or papaya juice
- 3 - 4 medium, fresh or frozen bananas
- 1 tablespoon maple syrup, (add only if juices are unsweetened)

Yield: 4- 4 1/2 cups

#### *"Silken Smoothie"*

This smoothie has tofu which is a great source of plant protein for a more filling smoothie which will taste sweet and will stay with you longer.

- 1 cup raspberries, fresh or frozen
- 1 cup crushed pineapple
- 1 cup soymilk or other milk of choice, preferably 1% or fat free
- 2 tablespoons honey
- 1 lemon, juiced
- 1 teaspoon vanilla extract
- 1/2 cup soft silken tofu (optional)

Combine all ingredients together in a blender and puree until smooth.

Yield: 2 servings

Prep Time: 10 minutes

### *Spinach Pear Salad*

This salad is a favorite of my good friend Nancy Peterson. It is filled with a variety of tastes and color. It is high fiber, which is important for both intestinal health and for moderating blood sugar fluctuations.

#### *Salad*

- 3 cups baby spinach, washed and dried
- 3 medium ripe yellow pears, cored but not peeled and cut lengthwise into slices
- 2 tablespoons blue cheese

#### *Dressing*

- 2 tablespoons balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 3 tablespoons orange juice
- salt to taste
- 1 clove crushed garlic
- 1/4 cup chopped raw walnuts

In a salad bowl, place spinach, pears and cheese. Whisk together dressing ingredients, except walnuts, and toss with salad. Toast walnuts 5 minutes in 300°F oven. Sprinkle walnuts, while warm, over salad. Serve.

Serves 4

Prep time 15 minutes

Nutritional information per serving: 243 calories, 17 g fat, 2.6 g saturated, 4 g protein, 5.7 g fiber, 24 g carbohydrates, 93 mg sodium.





# NEW EMPLOYEES



**Donna Penn**

***HIV/AIDS Testing, Counseling  
and Prevention Advocate***

Hi, I know you all know me already, but just in case, my name is Donna Penn.

I share a desk with Vicky York downstairs in the clinic.

When I first began working in this position in mid-March, I conducted a community survey. I will now be going into the second phase which is setting up and making flyers to get more community involvement in the program.

Community support is strong medicine!

I held a focus group meeting attended by 10 community members and employees of the tribe to gain feedback on what they know about HIV and AIDS.

My main concern is educating the youth about these diseases.

I attended training offered by the University of Washington's Northwest AIDS Education and Training Center conducted by nurses and doctors who are experts in this field. The training, held in Nisqually, was part of the Building Effective AIDS Response (BEAR) program.

Condoms and safe sex kits are available through my office.

Stop by and see me, or call 432-3915 to set up a confidential appointment.



**Desi Smith**

***Financial Specialist II***

Hi everyone! My name is Desi Smith, and I have been hired for the position of Financial Specialist II. Most of you know me, so I'll just say hello. I look forward to my new position, and approach it with enthusiasm. See you around.



**Jill Krise**

***Human Resources Office Assistant***

I'm glad to be back working at the Squaxin Island Tribe. I missed being here. This time I will be working with Human Resources. I will be Patti Puhn's Assistant. I'm excited to be working with her. Patti has a lot of cool projects planned for me, so I'm looking forward to it. I would like to thank Human Resources for giving me another opportunity to work for the tribe.



**Iya Amiotte**

***Accountant***

***Island Enterprises, Inc***

Hi, my name is Iya Leah Amiotte. I started as the new accountant for Island Enterprises, Inc. in January 2004. I am excited to be working for the Squaxin Tribe and I look forward to meeting new faces from the community!

I am an Oglala Sioux from the Pine Ridge Indian Reservation in South Dakota, but grew up primarily in God's Country, the Big Horn Mountain Region of Wyoming. I attended Montana State University in Bozeman where I received my business degree in 2001.

Directly out of college I worked as an accountant in Big Sky, Montana.

I chose to leave Montana and settle in Washington State so I could work in a tribal setting. Squaxin Island is on the cutting edge of tribal enterprising and that appealed to me career wise.

I enjoy spending time with my family. My sister is married to a Skokomish, so her family is local. I have a new niece, Mary Jane, who delights me daily. I also enjoy snow skiing, golfing, hiking, camping and other outdoor activities. I am a people person, I hope to get to know you, so stop by my office any time.





# NEW EMPLOYEES



## **Jim Kindle**

### ***Childcare Center Director***

Hi, my name is Jim Kindle, and I have recently been hired as the Center Director for your brand new Child Development Center!

It is with great pride and joy that I take such an important position within the community. I have worked close to 20 years now administering programs and facilities with national organizations such as Boys & Girls Clubs and YMCA's. Helping to develop and implement programs that not only shape the future of our children, but make impacts on the community is something I am very excited about. This will be a center that is beautiful, but more importantly, educational.

I live with my wonderful wife, Tammy, of 13 years, and we have two terrific daughters, Chelsey (10) and Chloe (8). They are just as excited about this opportunity as I am. All three want to come and be part of the center and the community by volunteering to read, color or do basic office work. We live in Lacey, and have been in Washington for about four years now. This is where we want to call home and intend on staying in the area for a long time.

It is our goal to have the Child Development Center open in August. As you see, we are still in the middle of construction, but are making great strides to accomplish that goal. I have very high standards and expectations for the center.

We will offer a product that I believe will be incomparable to this area for our families and community. I, the Board of Directors and the staff that I hire will put together a center that will meet and exceed your expectations. We realize that we have an opportunity to help in the development of our young children, and are proud to be part of it.

I look forward to learning more about the community and the Squaxin Island heritage, as well as meeting as many people as possible. If you have any questions about the new center, please feel free to call me any time. For the time being, my office is in the Council Chambers and my phone number is 360.426.1390. Again, thank you for the opportunity to work with you and the community.



## **Jackie Miller**

### ***NWITC Outpatient Office Assistant***

Hi, my name is Jackie Miller. I am a Skokomish Tribal member. I started working for Squaxin Island Tribe February 2, 2004 as the new Office Assistant for NWITC Outpatient. I look forward to meeting all of you. Thanks!

## **Who's Who at KTP**



Hi, my name is Jeramy O'Bremski. I'm a new employee at the store. I'm a stocker here. I like it a lot. Its a fun place to work.



Hi, I'm Tonya Schuffenhauer. I was hired at KTP March 3rd. I was born and raised in Shelton. I'm married to Bill Schuffenhauer. We have two children and three grandchildren. My hobbies are gardening, cooking and family.



Hi, you all know I'm Paula Peters. Its great to be back at KTP and I look forward to seeing you all again!



# Who's Who AT KTP



Hi, I'm back (since February)! I'm Bear Lewis. I'm running a till at the store, and I also cook for the casino at Island Grill in the hotel. Hope to see you soon.



Hi! Well, I'm back. Its nice to be back at the store. If you have any questions, stop down at the store or swing by my house (I'll be there until April 1st). Thanks.

Clinton Coley



Hey, for those who don't know me, my name is Patti 'Strope' Riley. KTP hired me December 11th, 2003.

You'll find me in the drive-thru, better known to co-workers as the "Dog House," Saturday through Tuesday. What a condo it is, almost - we still dream of a much needed restroom! Hint-Hint!

My husband, Kelly, and I thought we retired when we left Juneau, Alaska. Then we bought this fabulous house. HELLO!! We only thought we had retired. His job is in security at the casino. He was a senior officer at Lemon Creek Corrections for 23 years. I worked at the Breeze-In there. It was a lot like KTP, but on a much larger scale.

We have three grown children: Michelle (Shelton), you'll find her at Creekside; Ryan (Avondale, Arizona) going to college; and Molly (Seattle) who works for the Port of Seattle. We also have one super grandson, Nicholas, who will be six years old in May.

I guess anyone who knows me would say my hobbies, besides crafts and gardening (only until the first snake finds me), would be interior decorating and organizing.

By the way, FYI, the drive-thru, isn't a bank, nor an espresso. Don't have liquor. No beer. Can't even wash your backhoe! The good news is, we do carry all kinds of tobacco, cartons, packs and chews!

Stop by any time. See ya!



Hi, my name is Vernon Sanchez. I started working at KTP in mid-March. Its good to be working at here. Its better than working with a bunch of- women at the casino. Ha. Stop by and say hi!



Hi, my name is David Elam. I've been working at KTP since the beginning of December. I was hired as eye candy for the ladies (just kidding). I started out as a stocker, but for the past couple weeks, I've become a meet and greet cashier. I look forward to helping all who come to the store.





# Who's Who AT KTP



Hi, my name is Donna Baker. Hi everybody! I'm back and glad to be here. I had to come back and give Clinton a hard time!



Hi, I'm Isaiah Coley. I got my job at KTP in October, but I worked here last year as well. Not much has changed; I'm still me. so if you have any questions, ask. Otherwise, see you all at the store.



Hello, I'm Kristin Penn. I started working at the KTP on Monday, March 8th stocking shelves and I love it. I've only been working part time for now, but I will be working full time soon. I can't wait to see your smiling faces!



Hi, I'm Theresa Lee Sanchez. I was hired down at the KTP in November, 2003. Since I've started I have been asked to do the liquor orders for the store and the casino. I have also increased the variety of liquor choices. I enjoy working here. Most of the time I'm at the register, but there are times I'm keeping up the liquor inventory, ordering and stocking. See you around. Hoyt!



Hello, I'm sure you all know me, but just in case you're new around here, my name is Shirley Lopeman. I worked at KTP for many years, and I am glad to be back after a nice long break. I missed seeing all of you, so make sure to stop in and say hello.



Hola, my name is Mario Valenzuela. I have worked at KTP for about a year. I will be the first and last Mexican to work at KTP. This is a really wonderful place to work. I enjoy all of the customers and tribal members I have met along the way. Also, I would like to say how much I love the Squaxin Island police. They have shown me such respect. See you at the store.



## Seafood Marketing Summit

*Continued from Page 3*

- Hans Radtke and Shannon Davis, of The Research Group, shared a portion of a report they put together for the tribes on salmon marketing. Radtke said consumers are looking for high quality fish. Fishermen can prove that their catch is a quality product by adopting quality assurance programs that let the consumer know certain seafood industry standards have been met.
- Chuck McCallum explained a co-operative fishery in Chignik, Alaska. The co-op put an end to the race for fish, allowing fishermen to concentrate on bringing quality fish to the market, McCallum said. By focusing on quality and not quantity, the fishermen receive more money for their product.
- Jon Mathews, of the Columbia River Inter-Tribal Fish Commission, said CRITFC has a marketing program that provides technical assistance to their fishermen. The goal of the program is to increase the value of treaty-harvested fish. Their tagline is "Experience the Tradition," and they promote over-the-bank sales of quality fish.
- Bobby Begay, a CRITFC fisherman, said he hands out cards that tell the consumer who harvested the fish, when it was caught, and where it was caught. Begay fishes fewer nets than he has in the past and focuses on quality not quantity. Once he catches the fish, the salmon is bled and gutted. The fish is then put on ice and is available to be purchased that day. Those fish that are not purchased that day are filleted and used for a smoked-fish product. "It's the quality of the fish that sells," Begay said. "A quality fish is what brings the customers back."
- Pat Shanahan, a seafood marketing consultant, talked about the "product experience." That experience doesn't just include the product itself, it also includes everything from customer service, packaging and delivery. A quality product should consistently be a quality product in all these different areas, she said. Making the product stand out from others is helpful when it comes to marketing seafood. For example, Indians could focus on the story of a Native American catching a salmon as an interesting selling point, Shanahan said.
- Kevin Hurt, of Pacific Seafoods, said it is important for tribal fishermen to improve the quality of their seafood. A quality product is essential when trying to break into the marketplace. Just as important, is consistently providing that quality product, said Hurt.
- Chris Cassidy, with the USDA Rural Business Cooperative Service, outlined several grants and loans that fishermen can receive from the USDA that would help start or expand their businesses. Information on USDA programs are available online at [www.rurdev.usda.gov](http://www.rurdev.usda.gov).
- Gary Kuhar, with the Northwest Trade Adjustment Assistance Center, told the group that the Northwest TAAC helps manufacturers strengthen their competitive position against competition from foreign countries. Foreign-farmed fish have glutted the seafood market and driven down prices for wild salmon. The Northwest TAAC can help fishermen compete with the foreign aquaculture companies by covering up to 75 percent of the cost of designing a competitive strategy, and up to 75 percent of the cost of projects that support that newly created strategy.

"It's clear that tribal fishermen need to improve the quality of their product and learn how to better market their fish," said Tony Forsman, of the Northwest Indian Fisheries Commission. Speaking directly to tribal fishermen about their needs is important, Forsman said. Developing standards for icing, fish handling and overall quality control will go a long way toward empowering tribal fishermen and helping them improve their marketing ability.

"It might seem overwhelming to some fishermen, but I think many of them can see that there are some opportunities available," Forsman said. "The demand is out there. We just need to help fishermen find the proper avenue for developing a suitable marketing strategy and help them find their place in today's seafood market."

**EASTER EGG HUNT**

**1-12 year olds**   
**April 9th**  
**5:00 p.m. to 7:00 p.m.**  
  
**EGG HUNT STARTS**  
**PROMPTLY AT 5:00 p.m.**  
**FOR ALL AGES**  
  
**DO NOT BE LATE!!**  
**At the Tribal Center**





## A Prayer of Thanks and Hope for Native American Children of Alcoholics

*Submitted by Debbie Obi*

We choose to come together recognizing that the paths to healing and wholeness come from our faith in our Creator.

Our hearts are grateful for the gifts of Mother Earth and our Creator: gifts such as the two leggeds, the four leggeds, the winged ones, the elements of air, fire, water and stone.

It is our responsibility to show respect to all of these gifts through active nurturing and care of Mother Earth, ourselves, our children, our children to come and our belief in our Creator.

At this time, we acknowledge the gifts of those elders who have gone before us.



Their gifts to us are their dreams, visions, ceremonies, songs and prayers.

Their prayers are being answered now in our lives.

We are returning to that part of the circle where balance among all parts of creation is respected and achieved.

We choose to continue their vision, to learn our traditional values and apply them in new ways so that we will recapture the spiritual energy of our elders and pass it on to those who will follow us.

Our coming together is a living memorial to our elders.

The time has come to acknowledge who we are.

The time has come to put away the negative influence of drugs and alcohol and to bring along our richness as a people in memory of our elders.

## Can You Help?

March 11, 2004

Dear Friends,

I am writing to ask for your help and support of our third annual "Toilet Paper Doesn't Grow on Trees" collection drive. Last year, many of you helped us collect product and cash totaling nearly 20,000 rolls of toilet paper to distribute to families in need. This incredible outpouring of support helped the OTHER BANK operate for an entire year without turning away a single family in need of toilet paper. We hope you will help us repeat this amazing accomplishment this year!

As many of you know, the OTHER BANK is the only program in three counties to provide essential hygiene supplies such as toilet paper. These supplies are vital to the maintenance of health, dignity and quality of life and cannot be purchased with food stamps or on severely limited incomes. Last year, the OTHER BANK served over 15,000 individuals, 35% of which were children under the age of 13. The average income for a family who uses the OTHER BANK is only \$600 a month for a family of four, an income that makes purchasing necessary hygiene supplies nearly impossible.

Can you imagine not having the funds to provide a commodity as essential as toilet paper to your family? This is why your donation is vital. The YWCA currently distributes approximately 20,000 rolls of toilet paper each year to families in need. In order to serve all of the people within our community who need assistance, we rely heavily upon donations from individuals and community groups. You can help in several ways:

- Buy extra toilet paper and donate it to the Other Bank – simply bring it to the YWCA at 220 Union Ave in Olympia.
- Make a cash donation to the Other Bank, which allows us to purchase toilet paper in bulk (please make checks payable to the YWCA).
- Plan a "Toilet Paper Doesn't Grow on Trees" drive with your church, co-workers, friends or civic group.

We hope that you will thoughtfully consider the impact that you can make in the lives of others with a donation. Of course, all donations are tax-deductible. If you would like more information about the Other Bank, need help planning a drive, or would like us to pick up larger donations from your group or business, please call the YWCA at 352-0593.

Gratefully,  
Jennifer L. Scott, Board Member  
YWCA of Olympia





# COMMUNITY



## A Warm Hello From Erika Poste

Hey guys!!! I'm so excited and nervous. So many awesome things have happened down here (San Francisco). I love this city despite the frequent crack addicts and crazy people yelling at me. I've grown used to it. Its funny, over the weekend Tyler (also a missionary) and I went out on a "nature" walk. It was getting dark and I was getting freaked out. Remember now, I live in the worst possible part of SF and there we were in probably one of the safest places, and I was scared out of my mind. I wasn't used to the silence. Oh yes, if you haven't already heard, we're getting married!

I'm working in a female prostitution ministry (I keep pleading with them to get a different name). Its hard, but well worth it. The girls range in age from 12 to 45 years. The young ones are definitely the heart clenchers. The pimps have so much control over these girls, that its hard to even begin to approach them without them threatening you. But there have been some amazing outcomes. It is well worth it to be able to see just one life get out of a hideous cycle and see them get restored.

I love it down here. Just thought I'd give you a little update. Hope everything is going well for all of you and your families.

**Happy 14th Birthday Wes**

**Love,  
Mom, Dad and Leila**

**Happy Belated 13th Birthday**

**Lachelle  
Love,  
Mom & the Rest of the Family**

**Happy Birthday William**

**From,  
Deanna**

**Happy Birthday Jay Hall**

**Love,  
Dee and the Whole Family**

**Happy Birthday Isaiah**

**From,  
The KTP Crew**

**Happy Birthday Aunt Lila  
and Aunt Mabel**

**Love,  
The Capoemans**

## APRIL YOUTH CULTURAL ACTIVITIES

Canoe nations have confirmed that the Canoe Journey 2004 is going to Canada. This is a long trip, so everyone in the community is encouraged to help by becoming active with the Squaxin canoe family. This year's journey is going to be the largest post-European gathering for the canoe nations! A lot of preparation is needed, but if we start now, we may be prepared for the journey in time! Please call ahead for Drop in Tutoring:-

				1	2	3
				Youth Tribal Council 4:00 - 4:30 Language Games 4:30 - 6:00	Lushootseed Language Drop in Tutoring 12:00 - 2:00	Youth Language Games 1:00 - 3:00
4	5	6	7	8	9	10
Youth Language Games 1:00 - 3:00	Lushootseed Language Beginning Class 4:15 - 5:30	Youth Council Presents Potlatch Arts & Crafts 4:30 - 6:00	Lushootseed Language Drop in Tutoring 4:30 - 5:30 Drum Group 6:00 - 7:30	Youth Tribal Council 4:00 - 4:30 Language Games 4:30 - 6:00	Lushootseed Language Drop in Tutoring 12:00 - 2:00	Youth Language Games 1:00 - 3:00
11	12	13	14	15	16	17
Youth Language Games 1:00 - 3:00	Lushootseed Language Beginning Class 4:15 - 5:30	Youth Council Presents Potlatch Arts & Crafts 4:30 - 6:00	Lushootseed Language Drop in Tutoring 4:30 - 5:30 Drum Group 6:00 - 7:30	Youth Tribal Council 4:00 - 4:30 Language Games 4:30 - 6:00	Lushootseed Language Drop in Tutoring 12:00 - 2:00	Youth Language Games 1:00 - 3:00
18	19	20	21	22	23	24
Youth Language Games 1:00 - 3:00	Lushootseed Language Beginning Class 4:15 - 5:30	Youth Council Presents Potlatch Arts & Crafts 4:30 - 6:00	Lushootseed Language Drop in Tutoring 4:30 - 5:30 Drum Group 6:00 - 7:30	Youth Tribal Council 4:00 - 4:30 Language Games 4:30 - 6:00	Lushootseed Language Drop in Tutoring 12:00 - 2:00	Youth Language Games 1:00 - 3:00
25	26	27	28	29	30	
Youth Language Games 1:00 - 3:00	Lushootseed Language Beginning Class 4:15 - 5:30	Youth Council Presents Potlatch Arts & Crafts 4:30 - 6:00	Lushootseed Language Drop in Tutoring 4:30 - 5:30 Drum Group 6:00 - 7:30	Youth Tribal Council 4:00 - 4:30 Language Games 4:30 - 6:00	Lushootseed Language Drop in Tutoring 12:00 - 2:00	





# COMMUNITY



## Happy Birthday

Duane Cooper	4/1	Antonia Jamea	4/10	Elizabeth Obi	4/21
Famie Mason	4/1	Joanna Peters	4/10	Emily Sigo	4/21
Seattle Morris	4/1	Kenneth Selvidge	4/10	Chasity Villanueva	4/21
Daniel Hall	4/2	Dorinda Thein	4/12	Joshua Whitener	4/21
David Peters, Sr.	4/2	Darren Ford	4/12	Tracy West	4/21
Jacqueline Crenshaw	4/3	Russell Harper	4/12	Lenice Evans	4/22
Deborah Kenyon	4/3	Debra Peters	4/14	Ronald Cooper	4/23
Kathy Brandt	4/4	James Peters	4/16	Rebecca Keith	4/23
Elizabeth Campbell	4/4	Bryan Parker	4/16	Cameron Goodwin	4/24
Joseph Harrell	4/4	Ronald Shaefer	4/16	Lorrain Algea	4/25
Janice Van Alstine	4/4	April Melton	4/17	Casey Krise	4/25
Mathew Block	4/5	Jeff Peters	4/17	Cynthia Parrott	4/25
Chauncy Eagle Blueback	4/6	Teresa Krise	4/18	Evelyn Allen	4/26
Robert James	4/6	Douglas Johns	4/18	Chauncy Blueback	4/26
Carolyn Hoosier	4/7	Daniel Kuntz	4/18	Russel Algea	4/26
Michael Kruger	4/7	Mable Seymour	4/19	Doug Tobin	4/27
Rhollie Rocero	4/7	Elisha Peters	4/19	Becky Pickernell	4/27
Marcella Castro	4/8	Jolene Grover	4/20	Wesley Whitener	4/28
Mi'Chelle Mach	4/8	Pamela Peters	4/20	William Lopeman	4/29
William Henderson	4/9	Vicky Turner	4/20	Redwolf Schalaq Krise	4/29
Lila Jacobs	4/9	Edward Henry II	4/21	Claudia McFarlane	4/29
Cheryl Van Alstine	4/9			Toby Brownfield	4/30

## WHAT'S HAPPENING IN APRIL

				1	2	3
				Brief Walk After Lunch	AA Meeting 7:30	
4	5	6 Foot Care Day for People with Diabetes  Court	7  Drum practice 6:00 p.m., MLRC	8  Tribal Council  Brief Walk After Lunch	9  Easter Egg Hunt 5:00 - 7:00  AA Meeting 7:30	10
11  Happy Easter!!!	12	13  Church 7:30	14  Drum practice 6:00 p.m., MLRC	15  Brief Walk After Lunch	16  AA Meeting 7:30	17
18	19	20  Court  Church 7:30	21  Drum practice 6:00 p.m., MLRC	22  Tribal Council  Brief Walk After Lunch	23  AA Meeting 7:3	24
25	26	27  Church 7:30	28  Drum practice 6:00 p.m., MLRC	29  Mammogram Day  Brief Walk After Lunch	30	<b>General Body Meeting May 1st</b>

# APRIL YOUTH ACTIVITIES CALENDAR

T-Ballers, the season starts April 9th. Ages for T-Ball are 3-6. The Easter Egg Hunt for 1 - 12 year-olds is April 9th from 5:00 - 7:00. The hunt starts promptly at 5:00 for all age groups, so don't be late!					1  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	2  Baton 3:00 - 7:00	3  CLOSED
4  CLOSED	5  Shelton School District Spring Break Watch for a flyer	6  Shelton School District Spring Break Watch for a flyer	7  Shelton School District Spring Break Watch for a flyer	8  Shelton School District Spring Break Watch for a flyer	9  Baton 3:30 - 7:00  Easter Egg Hunt 5:00 - 7:00	10  CLOSED	
11  CLOSED	12  Wa He Lut School District Spring Break Watch for a flyer	13  Wa He Lut School District Spring Break Watch for a flyer	14  Wa He Lut School District Spring Break Watch for a flyer	15  Wa He Lut School District Spring Break Watch for a flyer	16  Baton 3:30 - 7:00 Wa He Lut School District Spring Break	17  CLOSED	
18  CLOSED	19  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	20  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	21  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	22  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	23  Baton 3:30 - 7:00	24  CLOSED	
25  CLOSED	26  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	27  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	28  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	28  Homework Help 3:00 - 5:00 Open Gym 3:00 - 6:00	30  Baton 3:30 - 7:00		

## SQUAXIN ISLAND TRIBE

SQUAXIN ISLAND TRIBE  
70 S.E. SQUAXIN LANE  
SHELTON, WA 98584

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