

Klah-Che-Min

ʔacacihtalbiᵂ gʔl̥ tə xʷəl̥c̥ yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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APRIL 2005

COMPLIMENTARY

First Land Lease Signed for "Conveyed Home" *Legal Right to Use of Land Opens the Door for New Opportunities*



L-R: Homeowner Lorna Gouin, Housing Manager Penni Giles and Planning Director Brian Thompson

After several years of effort, the Tribe is now issuing sub-leases for conveyed homes on the reservation. Individuals who have completed their Mutual Help Agreements (MHA) are eligible to receive a 50- year sub-lease for the property. A \$125.00 annual lease payment and proof of fire insurance are required. With the 50-year sub-lease, leaseholder (owners) can obtain financing for remodeling or apply for a home equity loan. Also if the leaseholder wishes to sell their home to another Tribal member, the Tribal member buying the home would be able to get bank financing. Without these new sub-leases, most banks would be unwilling to provide any kind of financing for homes on the reservation. Chapter Seven of the Squaxin Island Tribe Housing Code which was approved by Tribal Council last month, places specific restriction on who can live on the reservation.

The sub-lease payment is \$125 per year which covers only a small portion of the cost of administering the sub-lease program, according to Planning Director Brian Thompson. This rate was set by the Housing and Utilities Commission and approved by Tribal Council. Before sub-leases could be issued, the Tribe needed to resolve a number of difficult legal issues,

Continued on Page 2

Mark Your Calendars

Skookum Creek Tobacco Factory Grand Opening

APRIL 2nd

12:00 p.m. - 2:00 p.m.

Open House for Tribal members, employees and their families to come and see the machines actually running.

3:00 p.m. - 5:00 p.m.

Grand Opening Ceremony on the factory floor

4:30 p.m. - 5:00 p.m.

Dinner & reception at the hotel

Please come and celebrate the opening of the factory!

Door prizes and traditional entertainment

Per Capita Distribution

April 14th

NEW TRIBAL CENTER

No cash distribution to youth

(all funds will be placed in their accounts)

General Body Meeting

May 7th

YOUTH CENTER GYMNASIUM

Elections will take place for the following :

Position

CHAIRMAN

FIRST COUNCIL MEMBER

SECOND COUNCIL MEMBER

Currently held by

David Lopeman

Paula Henry

Roy Perez

Squaxin Island Bingo Night

April 22nd (See Page 3)

SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane
Shelton, WA 98584

People of the Water

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



FY2006 Budget Schedule

- March 29 /30 **Budget Training**
- May 10 **Budget Commission meeting**
(9:00 a.m., downstairs conference room)
- May 16 **Departments submit revenue and obligation information**
- Identify anticipated revenues
 - Identify obligations
 - Identify unrestricted funds
 - Establish reserve requirement
 - Mail hearing notice
- May 16 **Departments develop needs/priorities plans**
- Goals/Objectives Narrative FY06
 - Submit to Comptroller on disk or electronically
- May 26 **Budget Authority Resolution**
- Comptroller provides budget instructions to directors
- June 8 **First Budget Public Hearing (4:30 p.m., Council Chambers)**
- Dinner (6:30 p.m., Elders Room)
 - Directors present FY06 Goals/Objectives narrative and current FY05 Budget/Expenditure Reports for discussion
 - Held prior to the completion of draft budgets
 - Prioritize community needs
 - Island Enterprises and Little Creek Casino present overview of their annual budgets
- July 1 **Departments' deadline to submit draft budgets**
- TBD **Executive Director and Comptroller meeting**
- July 19 **Budget Commission reviews and recommends approval of draft budget**
(9:00 AM, downstairs conference room)
- July 28 **Tribal Council reviews and approves draft budget**
- Draft budget is published within 7 days of approval
- August 10 **Second Budget Public Hearing (4:30 p.m., Council Chambers)**
- Directors present draft budgets
- August TBD **Budget Commission incorporates public comment and adjusts budget**
(9:00 AM, downstairs conference room)
- recommends approval of final budget to Tribal Council
- September 8 **Tribal Council approves final budgets**



3rd Annual Squaxin Island Bingo Night!

On April 22, 2005

Games begin at 6:30pm

In Little Creek Casino Hotel Bingo Hall

This Event will not be open to the public and is at no cost to Squaxin Island Tribal members and their significant others!!!
(Must be 18 years or older)

This Bingo Session pays \$2000.00

PLUS...LOTS OF DRAWINGS!!!
Drawings include Pendleton blankets, leather coat, hotel stay, two \$125.00 cash drawings, dinner for two in Island Grille and MUCH MORE!!!

Pull Tabs will ALSO be open for sales!

Appetizers and Beverages will be available!

Chili and Frybread too!

The Bar will be open for alcohol sales!

Contact: Angie Lopeman, Bingo Manager

Phone: 360-427-7711

Email: alopeman@little-creek.com



Tribal Council Looking for Artists to Develop a Squaxin Island Flag

Tribal Council is looking for a design to put on the tribal flag. Artists are being encouraged to submit original designs to Executive Services by April 29th. The design will be decided by popular vote at the General Body meeting on May 7th. There will be a prize for the chosen design.

The 5 Basic Principles of Flag Design

1. **Keep It Simple**
The flag should be so simple that a child can draw it from memory.
2. **Use Meaningful Symbolism**
The flag's images, colors, or patterns should relate to what it symbolizes. For example: The Flag of The United States is red, white, and blue. Each color has a meaning. **Red** is for Bravery, Valor and the Blood Shed defending our nation. **White** is for Purity, Hope, and the Cleanliness of Life. **Blue** is for the Color of Heaven, Reverence of God, Loyalty, Truth, and Justice. **White Stars** symbolize the States in a New Constellation in the Heavens.
3. **Use 2–3 Basic Colors**
Limit the number of colors on the flag to three, which contrast well and come from the standard color set.
4. **No Lettering or Seals**
Never use writing of any kind or an organization's seal.
5. **Be Distinctive or Be Related**
Avoid duplicating other flags, but use similarities to show connections.

Here are some web sites that may be helpful:

- www.signstor.com
- www.ecflag.com/
- www.atlanticfiberglass.com/dealerlink.html
- www.flagman.com

Have Fun!



Youth Group who designed the tribal logo. Do you recognize them? Check you answers in next month's Klah-Che-Min

A Little More Information About the Project

After the flag has been designed, several sets of flagpoles/flags will be made for varied purposes, **including a large Squaxin Island flag to fly over the State Capitol** during special government-to-government meetings and events. The One Percent Committee funded the cost of the large flag.



The current Squaxin Island Tribe logo was created for the tribal members in 1986 by the Summer Youth Program (Coordinator Rhonda Foster, Lead Worker Kim Cooper). It was a gift from the Children to the Elders at a ceremony in September. The rules that were given by more than 20 Elders at the time were:

- This logo is the property of the Tribe. No one is to make a profit from it except the Youth Program. It is not for commercial or individual use for profit. No one is to change any part of the logo or misrepresent it in any way.
- Animals—the overall picture is Salmon (without Salmon our People would have starved). Inside Salmon are Bear, Killer Whale, Raven, Wolf, Beaver, and Frog.
- Please do not try and interpret this design. It was created by the People and for the People. Each family has their own belief about the animals and who and what they represent.

The first "Island" logo was designed as a Law Enforcement patch in 1970s during Cal Peters' administration. The seagulls were favorites of Florence Sigo, Chairman during the 1965 reorganization.



Review the guidelines and logo designs, and if you have other idea(s), create a conceptual design with a brief explanation in the space provided (or use a separate sheet) and submit your idea for community review to: Ruby Fuller, Executive Assistant, Squaxin Island Tribe, SE 10 Squaxin Lane, Shelton, WA 98584, (360) 426-9781

All designs will be presented for community review and comment. The General Body will vote on the design at the General Body meeting on May 7, 2005 with final approval by Tribal Council after the meeting.



What's Causing the Pacific Northwest Drought?

Northwest Indian Fisheries Commission Chairman Billy Frank, Jr. - Anyone who has listened to the tribes at all over the years should not be surprised that we're facing a severe drought this summer. We have been trying to tell people for years that this region is in the midst of a long-term drought. The water shortages and forest fires we'll experience will just be the latest in a long run of drought-related events.

Believe it or not, the problem started more than a century ago, when non-Indian society cut down virtually all the trees. As the giant cedars and other native evergreens fell victim to the greedy axe, the capacity of our watersheds to hold rain and snow-and release water slowly into the streams and rivers-went with it. That's what trees do naturally, soak up and slowly release water. Almost all of the trees to be found along the rivers now are second, third and fourth growth. New trees would one day be able to take the place of their ancestors, but they have to be allowed to stick around long enough, and not be replaced by condominiums and concrete. Mix the tree problem with the impacts of dams, the straightening of streams and rivers to accommodate agriculture and development, the massive impacts of the swelling population, and the water problem gets more complex.

Then mix in the effects of climate change brought about primarily by man. As U.S. Senator John McCain, new chairman of the Senate Committee on Indian Affairs, told delegates to the National Congress of American Indians last week, "Climate change is real, and man is causing it. Don't let anyone tell you different." The effect on us here in the Northwest? We still get rain. We're not getting much snow. Thus, water pours down the watersheds every year, causing winter and spring floods. Then it's gone.

Mix all this with the impacts of over-appropriation, water hoarding, and the failure of the legislature and Congress to prevent it, and what do you get? A witch's brew --thick with chemicals and other contaminants, but pretty thin on water. In short, you get drought, along with very serious questions about the quality of life in the Northwest.

You also get finger-pointing intended to divert attention from the real problem. Some say harvest is to blame for the downward trend in salmon populations. They make big news of the occasional successful harvest of fish, rare though it might be-especially if it's by a tribe. Not only are such reports highly discriminatory, they're misleading. Harvest has been cut back more than 80 percent for more than a decade. The real problem is habitat destruction caused by over-development and over-appropriation of our limited water resources. And it's made worse by the failure of local, state and federal government to take a courageous stand on behalf of future generations.

There are solutions to the Northwest drought. Some of these will be topics for future columns. For now, please listen to me when I say that easing restrictions on industrial, agricultural and municipal use of our dwindling water supply is not one of these solutions.



**Just "Hi! And have a great day!" from Jack Selvidge and Kevin Harper!
You gotta love these guys!**



COMMUNITY



Chilocco Reunion

June 2 - 5, 2005

Clarion Hotel Airport
737 South meridian Avenue
Oklahoma City, Oklahoma

ROOM RATE: \$59 per night
PHONE: 405-942-8511
EMAIL: hotelhelp@choicehotels.com

FOR MORE INFORMATION:
CNAA President James Edwards
918-742-1549
President Central Chapter Carlotta Naves
405-947-7360

All former students are welcome!

Does anyone have knowledge of tribal members who are currently serving in the armed forces at this time? If so, please contact Glen Parker at 426-1755. Thank you!

Who Are These Handsome Protectors of Freedom?



See Page 19



Harry Fletcher



Wesley "Curtis" Fletcher





Veterans Memorial Planning



Photos by Ann Parker

Bob Whitener, Harry Fletcher, Glen Parker, Architect Jesse Leighton of ShamanAE, Inc.



Alene Whitener and Andrea Sigo



Future Site of Veterans Memorial



Possible Flag Pavillion location

Qwest Communications Expands Outreach to Tribal Communities in '05

Submitted by Lisa Peters - Seattle, WA - Expect to see a large amount of publicity from Qwest Communications about two federally funded programs designed to bring affordable telephone service to low-income individuals living on tribal lands.

The first program, Tribal Lifeline, provides access to basic local telephone service for as low as \$1.00 per month, plus applicable taxes and surcharges. The second, Tribal Link-Up, reduces the cost of installing a customer's main telephone line by 50 percent and provides up to \$70 to cover excess construction charges.

So, how do you know if you're eligible for these programs?

Individuals living on reservations qualify if they participate in one of the following programs:

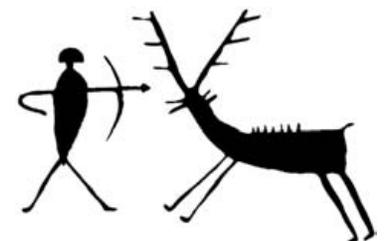
- Bureau of Indian Affairs General Assistance Program
- Medicaid, food stamps
- Supplemental Security Income
- Head Start (meeting the income requirement)
- Tribally Administered Temporary Housing for Needy Families
- Federal Public Housing Assistance
- Low-income Home Energy Assistance
- National School Lunch Program
- Any other program qualifying for the Washington Telephone Assistance Program.

For those who are eligible for the Tribal Lifeline or Tribal Link-Up programs, enrollment is easy.

- Contact Lisa @ Office of Housing 432-3871 for enrollment brochure..

OR

- You can also get a copy of a Tribal Lifeline enrollment brochure at the Qwest web site: <http://www.qwest.com/residential/disabled/tap.html> or by calling Qwest at 1-800-244-1111.





EDUCATION



Homework Help

Monday - Thursday
3:30 - 5:00.

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

Shelton School District Events

Indian Education Banquet	May 20, 2005
Awards Night	May 26, 2005
Senior Prom	June 11, 2005
Graduation	June 18, 2005



Staff Hours

The Tu Ha' Buts Learning Center staff is available during the following hours:

KIM COOPER DIRECTOR
8:30 - 5:00 432-3904

Mark Snyder Youth Coordinator
10:00 - 7:00 432-3872

Walt Archer Education Liaison
7:30 - 4:00 432-3826

Lisa Evans Education Assistant
8:30 - 5:00 432-3882

Barb Whitener Language Coordinator
432-3897

Jeremiah George Cultural Coordinator
10:00 - 7:00 432-3968 W-Sunday

Sedar Rowson, Youth Counselor/Skillbuilder
2:00 - 6:00 432-3896 M-Thursday

Harlem Crowns Visit Squaxin and Skokomish Youth

Mark Snyder - On March 14th in the mini dome at Shelton High School, the Harlem Crowns came to play the Squaxin and Skokomish youth in a fun and entertaining basketball game. The "Squakomish" team was made up of youth from both tribes. The Squaxins were LaToya, Tyler, Clara, Bugga, Abby, Deanna and Bo Michael (even though he wouldn't play). Law enforcement was represented by Chris I've-Fallen-And-Can't-Get-Up Peters and Mica. At halftime the Crowns talked about the dangers of drugs, alcohol and gangs. Jonathon Evans played the youth in their skit about a kid being set up to deliver drugs by a drug dealer pretending to be his friend. Many laughs, some good basketball by both teams and a very good message to our youth rounded out a fun filled evening. If I missed any youth who played, please let me know and I will get you in next issue.

April Youth Activities

					1 Baton 3 - 7 Rec Room 3 - 7	2 Closed
3 Closed	4 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	5 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	6 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	7 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	8 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	9 Closed
10 Closed	11 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	12 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	13 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	14 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	15 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	16 Closed
17 Closed	18 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	19 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	20 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	21 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	22 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	23 Closed
24 Closed	25 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	26 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	27 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	28 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	29 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	30 Closed



PLAY BALL



Blessings child!



Harlem Crowns vs Squakomish

That's our girl!



Um, Kris . . . ?



What is happening to Mark?!



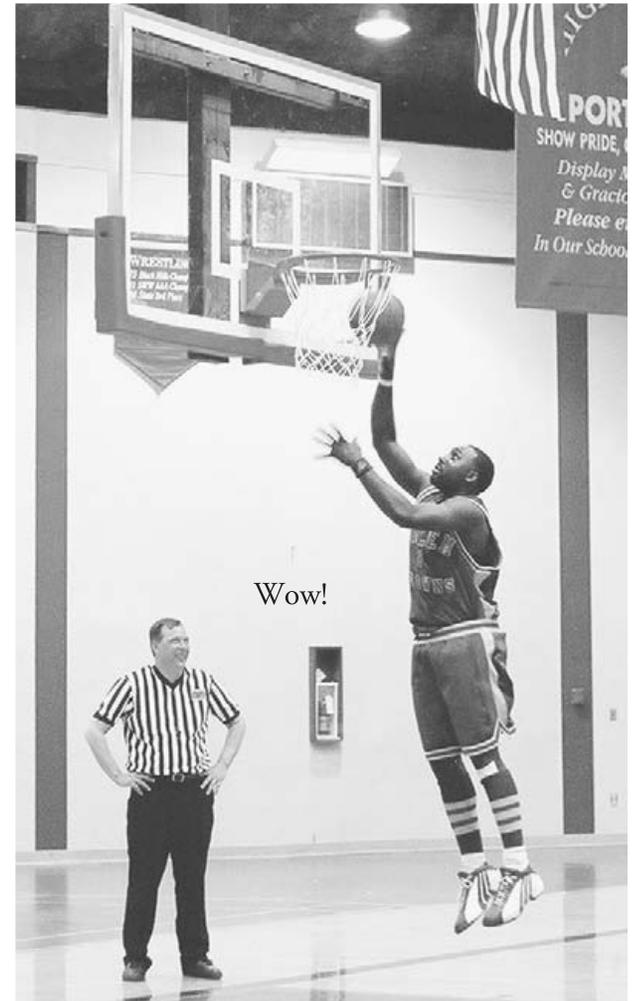
What?



There she goes again!



Photos by Mark Warren (Skokomish) and Squaxin Island Lt. Mike Evans



Wow!



Scholarship Corner

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

Folk Arts Apprenticeships 2005 & Folk Arts Fellowships 2005: Applications must be postmarked by April 22, 2005. The Folk Arts Apprenticeship Program supports the sharing of traditional arts between a master and an apprentice. These traditional arts are defined as those artistic practices which have a community base and express that community's heritage. This includes such communities as ethnic, tribal, occupational, regional and religious groups. The skills are usually learned informally and passed on from one generation to the next by observation and imitation. Among the many traditional folk arts of Washington State are: Southeast Asian dance, Mexican-American embroidery, fiddling, African-American gospel singing, saddle making and rawhide braiding for working cowboys, Native American basket weaving and logger poetry. Fellowship awards are \$5,000 unrestricted awards. Two awards will be given in 2005. They are not related to the Washington State Arts Commission's Folk Arts Apprenticeship Program or any project grants. They are based solely on recognition of past and continuing merit in maintaining cultural traditions.

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 Washington by fall term 2005. All qualified applicants will be considered, however priority is given to upper-division and graduate level students. 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; 4) High school, GED, and/or college transcripts, as

applicable; and 5) A signed release of information form, as printed on the application. Deadline is Mary 15, 2005.

American Indian/Alaska Native Employees Association for NRCS: Two scholarships will be awarded to an American Indian/Alaska Native student pursuing a degree in a natural resources field. The scholarship amount this year is \$200. There are two categories: one for members of the AIANEA and one for any American Indian or Alaska Native student in the natural resources field. The deadline for applications is July 1, 2005, and the scholarship recipients will be announced on August 1, 2005. For the application criteria and form, visit the website at www.aianea.com and click on scholarship information. Your contact for questions is Kurt Cates, AIANEA Scholarship Committee Chair, P.O. Box 306, Fort Hall, ID 83203. Phone: 208-478-3778. Email: kurt.cates@id.usda.gov.

1) Bell Labs Fellowships for Under Represented Minorities

<http://www.bell-labs.com/fellowships/CRFP/info.html>

2) Student Inventors Scholarships

<http://www.invent.org/collegiate/>

3) Student Video Scholarships

<http://www.christophers.org/vidcon2k.html>

4) Coca-Cola Two Year College Scholarships

<http://www.coca-colascholars.org/programs.html>

5) Holocaust Remembrance Scholarships

<http://holocaust.hklaw.com/>

6) Ayn Rand Essay Scholarships

<http://www.aynrand.org/contests/>

7) Brand Essay Competition

<http://www.instituteforbrandleadership.org/IBLEssayContest-2002Rules.html>

8) Gates Millennium Scholarships (major)

<http://www.gmsp.org/nominationmaterials/read.dbm?ID=12>

9) Xerox Scholarships for Students

http://www2.xerox.com/go/xrx/about_xerox/about_xerox_detail.jsp

10) Sports Scholarships and Internships

<http://www.ncaa.org/about/scholarships.html>

11) National Assoc. of Black Journalists Scholarships (NABJ)

<http://www.nabj.org/html/studentsvcs.html>

12) Saul T. Wilson Scholarships (Veterinary)

<http://www.aphis.usda.gov/mb/mrphr/jobs/stw.html>

13) Thurgood Marshall Scholarship Fund

http://www.thurgoodmarshallfund.org/sk_v6.cfm

14) FinAid: The Smart Students Guide to Financial Aid scholarships

<http://www.finaid.org/>

15) Presidential Freedom Scholarships

<http://www.nationalservice.org/scholarships/>

16) Microsoft Scholarship Program

<http://www.microsoft.com/college/scholarships/minority.asp>

17) WiredScholar Free Scholarship Search

http://www.wiredscholar.com/paying/scholarship_search/pay_scholarship_search.jsp

18) Hope Scholarships & Lifetime Credits

<http://www.ed.gov/inits/hope/>

19) William Randolph Hearst Endowed Scholarship for Minority Students

<http://www.apsanet.org/PS/grants/aspen3.cfm>

20) Multiple List of Minority Scholarships

<http://gehon.ir.miami.edu/financial-assistance/Scholarship/black.html>

21) Guaranteed Scholarships

<http://www.guaranteed-scholarships.com/>

22) BOEING scholarships (some HBCU connects)

<http://www.boeing.com/companyoffices/educationrelations/scholarships>



23) Easley National Scholarship Program

<http://www.naas.org/senior.htm>

24) Maryland Artists Scholarships

<http://www.maef.org/>

26) Jacki Tuckfield Memorial Graduate Business Scholarship (for AA students in South Florida)

<http://www.jackituckfield.org/>

27) Historically Black College & University Scholarships

<http://www.iesabroad.org/info/hbcu.html>

28) Actuarial Scholarships for Minority Students

<http://www.beanactuary.org/minority/scholarships.html>

29) International Students Scholarships & Aid Help

<http://www.iefaf.org/>

30) College Board Scholarship Search

<http://cbweb10p.collegeboard.org/fundfinder/html/fundfind01.html>

31) Burger King Scholarship Program

<http://www.bkscholars.csfa.org/>

32) Siemens Westinghouse Competition

<http://www.siemens-foundation.org/>

33) GE and LuLac Scholarship Funds

<http://www.lulac.org/Programs/Scholar.html>

34) CollegeNet's Scholarship Database

<http://mach25.collegenet.com/cgi-bin/M25/index>

35) Union Sponsored Scholarships and Aid

<http://www.afcio.org/scholarships/scholar.html>

36) Federal Scholarships & Aid Gateways 25 Scholarship Gateways from Black Excel

<http://www.blackexcel.org/25scholarships.html>

37) Scholarship & Financial Aid Help

<http://www.blackexcel.org/fin-sch.html>

38) Scholarship Links (Ed Finance Group)

http://www.efg.net/link_scholarship.htm

39) FAFSA On The Web (Your Key Aid Form & Info)

<http://www.fafsa.ed.gov/>

40) Aid & Resources For Re-Entry Students

<http://www.back2college.com/>

41) Scholarships and Fellowships

<http://www.osc.cuny.edu/sep/links.html>

42) Scholarships for Study in Paralegal Studies

<http://www.paralegals.org/displaycommon.cfm?an=13>

43) HBCU Packard Sit Abroad Scholarships (for study around the world)

<http://www.sit.edu/studyabroad/scholarships/index.html>

44) Scholarship and Fellowship Opportunities

<http://scholarships-college.uchicago.edu/>

45) INROADS internships

<http://www.inroads.org/>

46) ACT-SO bEURoe "Olympics of the Mind" B Scholarships

<http://www.naacp.org/work/actso/act-so.shtml>

47) Black Alliance for Educational Options Scholarships

<http://www.baec.org/optionsprivatelyfinanced.jsp>

48) ScienceNet Scholarship Listing

<http://www.sciencenetemory.edu/undergrad/scholarships.html>

49) Graduate Fellowships For Minorities Nationwide

<http://cuinfo.cornell.edu/Student/GRFN/list.php?ml?category=MINORITIES>

50) Rhodes Scholarships at Oxford

<http://www.rhodesscholar.org/info.html>

51) The Roothbert Scholarship Fund

<http://www.roothbertfund.org/scholarships.php>

Learning Center Update

The Homework Center is open and will be available Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests. Remember we are located upstairs in the old tribal center building.

The Computer Lab is open and will be available Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students are allowed to use the computers in the TLC computer lab. The computers in the TLC computer lab are intended to be used for educational purposes, homework, research, reports, etc.

Private tutoring sessions will be 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 to schedule an individual tutoring session. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Recreation Room

The Recreation Room is open until 7:00 p.m. On Friday and Saturday it is open until 8:00 p.m. We have regularly scheduled youth movie nights. Contact Jeremiah George at 432-3968 for more information. We hope to see you there!

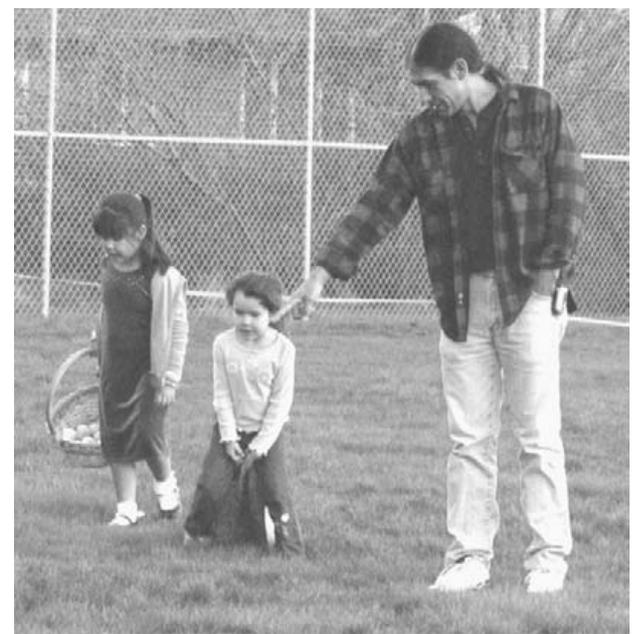
Higher Education

Attention ALL Higher Education students -Don't forget to send in your grades for winter quarter 05 and your receipts for Spring 05 quarter which began in March. The deadline to have all paperwork turned in for spring quarter 05 was February 28, 2005. The deadline to have all paperwork turned in for Summer quarter 05 is May 1, 2005. If you need assistance with paperwork or anything else please give me a call, Lisa Evans 432-3882.





EASTER 2005



Photos by Walt Archer



The Power of Treaties: 150 Years of the NW Treaties

APRIL 15 AND 16, 2005

The Evergreen State College Longhouse,
Olympia, Washington

SPEAKERS

- **Senator Daniel K. Inouye (invited)**
Senate Committee on Indian Affairs
- **Billy Frank, Jr.**
Chairman, NW Indian Fisheries Commission
- **WA State Governor Christine Gregoire**
- **WA State Attorney General Rob McKenna**
- **Charles Wilkinson**
Professor of Indian Legal Studies, Author,
Legal Historian
- **Pearl Capoeman-Baller**
President of the Quinault Nation
and National Tribal Environmental Council
- **David Nicandri**
Historian, Executive Director of Washington
State Historical Society
- **Rick West**
Director of the National Museum of the
American Indian
- **Patricia Zell**
Chief Counsel, U.S. Senate Committee on
Indian Affairs

In just 13 months, between 1854 and 1856, Territorial Governor Isaac Stevens held 11 treaty councils with Northwest Indians. Thousands of native people ceded their traditional homelands, from Puget Sound to the Canadian border and from northeastern Oregon to the Bitterroot Mountains of Montana. These treaties formed the foundation for government-to-government relations since their establishment one hundred and fifty years ago. The 150th anniversary of the treaties provides an opportunity to examine the significance of these agreements and their on-going importance to the life and culture of the people of the Northwest and United States today.

PROGRAM SUBJECTS

- Treaties, Executive Orders, Law and Policy
- Treaties and Cultural Resource Protection
- Treaties and Health
- Treaties and the Environment
- Treaties and Education

SYMPOSIUM SCHEDULE

Friday, April 15

1:00 to 4:00 pm - Plenary Session

5:00 pm - State Capital Museum Reception

Saturday, April 16

8:00 am to 5:00 pm - Plenary Sessions

5:30 pm - Dinner and Program

REGISTRATION

\$65 per person, includes meals

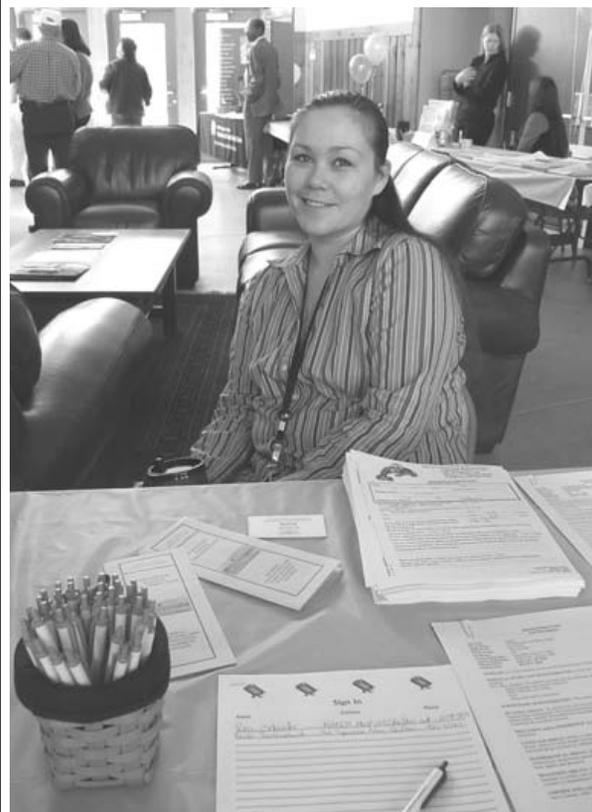
\$30 student rate, lunch only

For reservations and information,

phone Susan Rohrer at (360) 753-2580

<http://www.washingtonhistory.org/wscm/events.htm>

Squaxin HR Department Hosts Career Fair



Benefits Coordinator Jill Krise
Read more on Page 20.

Tribes Warn Public About Scam

“The public should be wary of anyone who claims to be a tribal member offering tribal membership for a price,” said Brian Cladoosby, President of the Association of Washington Tribes and Chairman of the Swinomish Tribe.

The remark was in response to a story broadcast by a Seattle-based television station Tuesday evening portraying individuals claiming to be members of the Little Shell Pembina Band of Indians of North Dakota. The story also included a potential victim/local business owner, who had allegedly been offered tribal membership for \$70,000, and reportedly told it would exempt him from all taxes.

“This is in no way intended to impune the image of the Montana-based Little Shell Pembina Band,” said Cladoosby, explaining that the perpetrators who claim to be based in North Dakota may be members of a splinter faction. “Such offerings are not legitimate, no matter what,” he said.

“Treaty-related income, such as fishing income, is exempted by federal law. But such legitimate exemptions are certainly not available to people who might buy a slot on an out-of-state tribal membership roll. No one can buy their way into our tribes.”

“While the splinter band may have tribal history, the tribes of the Northwest do not condone these activities here, and we advise that they be halted,” he said.

“Recognized tribes are legitimate governments. The Treaty Indian Tribes located in the state are co-managers of natural resources in the Northwest, and operate with high integrity,” said Cladoosby. “Treaties are the supreme law of the land, and must be respected. The individuals who are pulling this con are not legitimate and probably should be put out of business,” he said.

“We are the original inhabitants and caretakers of this land,” said Cladoosby. “We do pay taxes and we make an important contribution to the economy and quality of life in this region,” said Cladoosby.

“We are insulted by this scam, and ask the people of this state to recognize these operations for what they are....a con,” he said.



New Turn in Tribal Member's Career

It was sad to announce my departure as Little Creek Casino Hotel Assistant General Manager. I am already missing my friends/coworkers at LCCH.

For those of you who have not heard, I accepted a General Manager position with the Shoshone Bannock Tribes in Pocatello, Idaho. I manage two casinos the Fort Hall Casino and the Bannock Peak Casino. Bannock Peak is a small place with 125 slot machines (not unlike the Skokomish Lucky Dog Casino). The Fort Hall Casino has 916 slots and 250-seat bingo hall. We have a small restaurant that seats 75. In May we are opening a 70 stall RV Park immediately behind the casino. Idaho doesn't allow table games.

I started work March 1st and have found myself at home with the community. I met fellow Squaxin Island Tribal member John Parker (Glenn's brother) and everyone here knew their dad Frank. Yesterday I met with our banker and discovered he attended Grays Harbor Community College the same time I was there in the mid 70's. It isn't hard to find connections and relationships to build upon once you start to look for them.

The Fort Hall Casino does extremely well yet has tremendous expansion possibilities. We are beginning to develop plans for expansion and possibly building a new complex (casino and hotel).

I want everyone to know that I left LCCH hotel with the idea that at some day I plan to return. I needed to prove to myself (and maybe to others) that I truly can manage a casino. Sometime in the future the Council and the community will be ready to support a Squaxin Island tribal member in the Casino Chief Executive Officer position. I look forward to that day. Hopefully, I will be considered as a viable candidate.

I will keep in touch with you from time to time.

- Michael Peters



My Name is Crystal Meth

If my "glamorous" lifestyle seems appealing to you and you want to try me cause you have nothing to lose, please let me give some real good advice. Your decision is foolish, and you better think twice. I destroy people's homes. I tear families apart. I'll take your children and that's just the start.

I'm more valued than diamonds, more precious than gold. The sorrow I bring is a sight to behold. If you need me, remember, I'm easily found. I live all around you, in school and in town. I live with the rich, and I live with the poor. I live just down the road, and maybe next door. I'm made in a lab, but not one like you'd think. I can be made under your kitchen sink or in your child's closet, even out in the woods. If this scares you to death, it certainly should.

I have many names, but there's one you know best; I'm certain you've heard it, my name's Crystal Meth. My power is awesome. Just try me, you'll see. But, know if you do, you may never break free. If you try me just once, I might let you go. But if you try me twice, then I own your soul. When I seduce, you'll steal and you'll lie. You'll do just what you have to, just to get high. The crimes you'll commit for my narcotic charms will

be worth the pleasure you'll feel in your arms.

You'll lie to your mothers. You'll steal from your dad. When you see their tears, you mustn't feel sad. You'll forget all your morals and how you were raised; I'll be your conscience. I'll teach you my ways. I'll take kids from their parents and parents from their kids. I'll turn people from God. I'll separate friends. I'll take and I'll take, till you've no more to give. When I finish with you, you'll be lucky to live.

If you try me, be warned, this is not a gamble. If I'm given the chance, I'll drive you insane. I'll ravage your body. I'll control your mind. I'll own you completely while your lying in bed and the voices you'll hear will be inside your head. The sweats, the shakes, the visions you'll see. I want you to know, these are your gifts from me.

So go ahead and curse me with every breath. Just make your choice - will it be life or meth? I can show you more misery than these words can tell. Come, take my hand. I will lead you to Hell.

- Gary Brown
(Thank you, Gary!!!)

Congratulations Charlene Krise Mason County Commissioners Heritage Award Recipient



"In appreciation for your contributions towards the preservation of the cultural heritage of the Squaxin Island Tribe." Charlene was presented the award by Mason County Commissioners Tim Sheldon, Jayni Kamin and Lynda Ring-Erickson.



Happy 90th Birthday Verna Ellison



Verna Ellison celebrated her 90th birthday on Monday, February 21st. A celebration with cake, flowers, and singing was held at the Elder's building. Happy Birthday, Verna! (Photo courtesy of Patty Suskin)

Emergency Room Guidelines

An emergency may be defined as "a threat to the loss of life and/or limb." Because the Emergency Room is the most expensive way of obtaining medical care and Contract Health Services does have limited funding, it is important that you use the Squaxin Island Health Clinic whenever possible.

If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Westcare Clinic (357-9392) in Olympia have extended business hours.

Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m.

Westcare Clinic is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 5:00 p.m. Either of these offices can advise you on how to handle a medical problem.

Below are some situations in which you might need to go to a clinic or emergency room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC

- Ear ache
- Cough
- Ingrown finger/toenail
- Bronchitis
- Minor cuts & burns
- Headache
- Colds

EMERGENCY ROOM

- Amputation
- Heart attack
- Profuse bleeding
- Coughing & vomiting blood
- Sexual assault
- Acute asthma attack

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital. The Tribe has a 15% discount with these facilities.

Meth Dealer?

Are you a meth dealer?

Thank you for destroying our families!

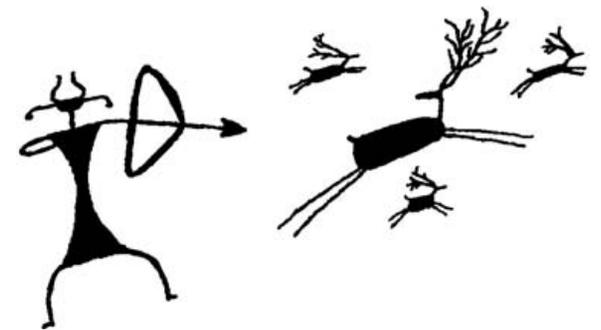
Thank you for harming our children!

Thank you for making our communities dangerous!

Thank you for endangering our ceremonies!

If you are a meth dealer - STOP!

YOU ARE HURTING OUR PEOPLE!



Chew - Facts About Spit Tobacco and Snuff

Submitted by Marcella Castro - As reported in the October 2000 by the Centers for Disease Control and Prevention 6.6% of the United States senior high school students use smokeless tobacco.

Smokeless tobacco use is higher among American Indians than whites and African Americans

Smokeless tobacco is NOT a safe alternative to cigarettes! Smokeless tobacco contributes to mouth and throat cancer, heart disease, and gum disease.

People who do 8-10 dips or chews per day receive the same amount of nicotine as a heavy smoker who smokes 30-40 cigarettes a day.

These are just a few facts for you to think about if you are using chewing tobacco or are thinking of using chewing tobacco.



Do You Know How Much Sugar You May Be Drinking?

Patty Suskin, Diabetes Coordinator -

One 12-ounce soft drink contains an average of 10 teaspoons of sugar:

- Pepsi (20 ounces) 17 tsp of sugar
- Mountain Dew (20 ounces) 19 tsp of sugar
- Sunny Delight (18.5 ounces) 16 tsp of sugar
- Powerade (20 ounces) 9 tsp of sugar
- Apple Juice (16 ounces) 13 tsp of sugar

Studies show again & again the health effects of soft drinks and other sugar-sweetened drinks:

- Obesity (These drinks may contribute to weight gain because liquid foods do not fill us up, but still provide calories)
- Tooth decay
- Caffeine dependence (if caffeinated)
- Weakened bones
- Increased risk for type 2 diabetes

Did you know that Native Americans are suffering more than any other group with these health problems?

- The American Indian population is suffering from the effects of sodas more than non-American Indians (obesity, tooth decay, etc)
- Studies show that American Indians consume soft drinks at more than twice the U.S. national average
- Tooth decay among American Indians is 2 to 3 times that of non-American Indians
- Obesity rates are higher for American Indians than others in the U.S.

Soft drinks and other sugar-sweetened drinks have no nutritional value. Below is a list of calories and sugar in sodas:

OUNCES OF SODA	TEASPOONS OF SUGAR	CALORIES
20 Ounces of soda	16 Teaspoons of sugar	250 calories
32 Ounces of soda	27 Teaspoons of sugar	400 calories
12 Ounces of soda	10 Teaspoons of sugar	150 calories

For each additional daily serving of sugar-sweetened soft drinks, the risk of obesity climbs 1.6 times. These drinks contribute to weight gain because liquids do not fill us up, but still have calories. **By cutting back on one 12 ounce soda a day, you can lose 15 pounds in a year!** Studies also show that drinking sugar-sweetened beverages increases risk for type 2 diabetes.

You have the power to improve your health & the health of the children of our community!

What can you do?

- Choose water instead, give up the soda, Koolaid, juice drinks (Sunny Delight), sports drinks (Powerade)
- Leave the sodas at the store and buy healthier products
- Be a role model to your children and community - drink water
- Invest in bottled water service
- Choose a calorie-free, sugar free flavored water
- Dilute your soda or juice with water
- Drink less of your soda (work on cutting back to one a week)
- Limit juice to 4 ounces (kids) to 8 ounces a day (adults)
- Choose a fresh fruit instead
- Add a tablespoon of juice to your water for flavor

Good For You Walkers!



Thank you to these eight people who took the time for a brief walk from the Elder's building after lunch on Thursday, March 3rd. L-R: Bonnie Sanchez, Liz Kuntz, Harry Fletcher, Carolyn Hoosier, Rose Brownfield, Ann Parker, Bertha Fletcher, & Alene Whitener. All community and staff members are invited to join us for a brief walk from the Elder's Building after lunch at 12:40 every Thursday - rain or shine! (Photo by Patty Suskin, Diabetes Coordinator, (360)432-3929).

Congratulations Yolanda on the Birth of Your Beautiful New Baby Boy



Love Sonia



An Open Plea to the Squaxin Island Community

After seeing what seems to be a tidal wave of "Baby Boomer" type 2 diabetes developing in what was previously a relatively untouched community, along with Patty Suskin's continued hammering health messages, I realize that we really do have a major health care problem developing.

In order to ease my conscience, and not feel like a hypocrite when advising our folk who themselves are heading towards big problems with their health, I decided to try this "stop the pop" campaign myself. Other than a temporary short-lived caffeine withdrawal headache, the change has been painless.

In the first two months, without any other dietary or lifestyle modifications, I lost 17 pounds and now have seemingly boundless energy (that I lost years ago ostensibly to old age).

I honestly had no idea I was consuming so many empty, unnecessary calories. After all, it was not like I was eating candy or ice cream, and we all know we are supposed to drink "fluids" to stay well. Now that I have "detoxed" off sugar, just eating an apple seems like a real "sweet treat."

As a true consummate "junk food junkie," I desperately do not wish to appear to be a reformed "zealot" campaigning against all the bountiful "good things" in our American lifestyle, but I am now convinced if we do not get control of our unnecessary sugar consumption, all of our lives will be adversely affected by this diabetes epidemic.

If you or any family members have developed diabetes, or seem to be unable to lose weight or are more tired than you think you should be, please closely and critically examine your true daily sugar consumption. For most folks it is really eye-opening.

If you have any questions, please contact Patty Suskin, our Registered Dietitian and Diabetes Educator, at 432-3929. She has already helped so many of us toward a better and healthier life.

- Respectfully submitted by Tiff Barret

One Step at a Time

Thank you, Tiff, for your compliment and honest sharing about how you are taking a first step toward a healthier lifestyle. Good for you! This is a great example of how a person can make a small change in eating (or drinking) habits with an amazing result. Every small change you make will help you to be healthier in the long run. Can you think of one small change you could make?

Here are a few examples:

- Eat one more vegetable serving a day than you do now (If you eat no vegetables now, start with one serving a day.)
- Walk for 10 minutes a day (Five minutes out, five minutes back).
- Notice your portion sizes and see if you can be satisfied with a little smaller portion.
- Other ideas? Give us a call to share your ideas.

Need help with brainstorming ideas? Call Patty Suskin, Diabetes Coordinator & Registered Dietitian at 360-432-3929.

What Are the Best Vitamins and Minerals to Take?

Submitted by Patty Suskin, Diabetes Coordinator, and Courtesy of Joslin Diabetes Center - Eating well-balanced meals and snacks is important for staying healthy. According to the Dietary Guidelines for America 2005, you should be eating up to nine servings fruits and vegetables a day. If your eating isn't well-rounded, a vitamin supplement isn't going to help much. Foods contain many beneficial substances that you just cannot get in pill form. That said, there are certain groups of people who may need supplements:

WOMEN

Calcium, iron, folic acid

ADOLESCENTS

Calcium, iron, multi-vitamin/mineral

SENIORS

Multi-vitamin/mineral, calcium, vitamin D, vitamin B12

VEGETARIANS

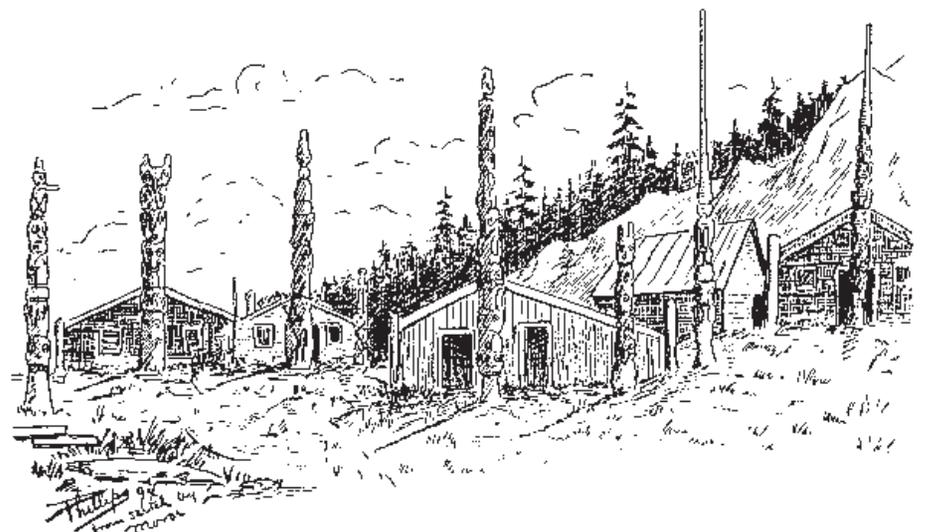
Calcium, vitamin D, iron, vitamin B12

SMOKERS

Vitamin C



Almost anyone could potentially benefit from a vitamin and mineral supplement if their eating is less than optimal all the time. Your best bet is to pick one with no more than 100 to 150 percent of the daily value for the listed vitamins and minerals (there should be at least 20 listed). Make sure it contains 400 mg of folic acid and 400 IU of vitamin D. Men should choose a supplement without iron because they need less iron than women. Store-brand supplements are just as good as name-brand supplements, so compare before you buy. Try to choose a brand that has the USP seal on the package.





HEALTH & HUMAN SERVICES



A Community Garden is Being Established



Thank you to our Utilities and Maintenance staff for all their hard work getting the community garden going - Jeff Peters, Kevin Harper, Jack Selvidge & others! Thank you also to Carrie and Bob Smith & Allyson Helash & other committee members for getting it started! Watch for upcoming information. Thank you, Summit Fence Company for the garden gate!

Photo by Patty Suskin

Reminder

Our salad bar at elders lunch is a great place to get your vegetables Mondays and Thursdays!



MEAL PROGRAM MENU

Food Group	Monday	Wednesday	Thursday
Meat/Meat Alternate Vegetable	4 Roast Pork Mixed Vegetables Wheat Rolls	6 Elders at Little Creek No meal Served	7 Enchiladas Corn Beans and Rice
Meat/Meat Alternate Vegetable	11 Shrimp Salad Veggie Tray, Potato Salad Bread	13 Breakfast for Dinner Canadian Bacon Fresh Veggies French Toast	14 Elk Meatloaf Caribbean Veggies Mashed Potatoes
Meat/Meat Alternate Vegetable	18 BBQ Chicken Gr. Beans, Baked Potato	20 Hamburger Steak Steamed Veggies Macaroni & Cheese	21 French Bread Pizza Broccoli Salad Pizza Bread
Meat/Meat Alternate Vegetable	25 Soup & Sandwich Bar Carrot/Raisin Salad Variety of Breads	27 Liver & Onions Fresh Veggies, Mashed Potatoes	28 Chili Veggie Tray Baked Potato Bar

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.

Congratulations February Raffle Winners



June Krise
Womens Health Winner



Roslynne Reed
Mammogram Winner



Outdoor Activity of the Month

Potlatch State Park is year-round destination



WHAT

Potlatch State Park on Hood Canal

WHERE

The park is 12 miles north of Shelton on U.S. Highway 101

TO DO

Potlatch's activities change with the seasons, but beachcombing and picnicking are at the top of the list during the spring. Potlatch has 9,570 feet of shoreline on Hood Canal, and the pebbly beach has many interesting things to see. Look for oysters and clamshells and other saltwater life, including little crabs. Notice that big trees and stumps that have washed up on the shoreline. During the summer, Potlatch is a popular spot for crabbing, clamming and shrimping. Some visitors windsurf and kayak from Potlatch, and fishing also is popular. Scuba divers also use Potlatch as a starting point for their journeys into Hood Canal. Potlatch has plenty of picnic tables and grills on the spacious lawn between the beach and the parking lot. There also is one picnic shelter. The beach, lawn and picnic areas have great views across Hood Canal. There are trails for hiking and cycling at the other part of the park, which is right across U.S. 101. The recent sunny, warm weather makes Potlatch a great spot for an uncrowded picnic.

CAMPING

The part of Potlatch that includes the beach -- which is on the right side of U.S. 101 -- is off-limits to camping. However, the campground across the highway is open year-round. Potlatch has 19 tent spaces and 18 utility spaces. The park also has a dump station, a restroom and two showers.

TO SEE

The view of Hood Canal is spectacular, and the bird life just adds to the scene. Diving ducks and

water birds swim just off the beach. On a recent visit, mergansers and bufflehead ducks bobbed around in the water.

DIRECTIONS

Take U.S. 101 to Shelton. Stay on U.S. 101 through Shelton. Keep an eye on your mileage, and you should see Potlatch State Park on your right about 12 miles north of Shelton. Look for the park signs.

EQUIPMENT

All visitors should have rain and cold-weather clothes -- even if it is a sunny day. Bring the right equipment for your chosen sport. Water is available at the park. Sunglasses, hats, sunscreen, binoculars and cameras are useful on any visit.

SAFETY

Be careful crossing U.S. 101 by foot or vehicle. Keep shoes or sandals on your feet even when walking on the beach or lawn, as plenty of sharp oyster shells are everywhere.

PARKING

There is plenty of parking at the day-use area and the campground. The parking fee is \$5. Boaters can moor their boats at buoys for \$10 a night.

HISTORY

Potlatch State Park was the site of tribal potlatches, which are gift-giving ceremonies in the 1860s and well before. The area then was the home of a resort and a sawmill. Potlatch State Park was created in 1960.

RULES

No camping in the day-use area. No fireworks are allowed. Dogs must be on a leash, and owners must clean up pet waste. No glass bottles or metal cans are allowed on swimming beaches.

INFORMATION

Call the state Department of Fish and Wildlife at 866-880-5431 or visit wdfw.wa.gov for fishing, shell fishing, shrimping and crabbing seasons. For more information about the park or camping, call 360-877-5361 or visit www.parks.wa.gov.

**Submitted by Patty Suskin, Diabetes Coordinator and courtesy of The Olympian*

Upcoming Health Events

BRIEF WALK

Every Thursday at 12:40
Meet at the Elder's Building

MAMMOGRAM DAY

April 7th
Call Rose Algea @ (360)432-3930

DIABETES SUPPORT GROUP

Every 1st and 3rd Monday
12:45 to 2:00 p.m.
Walk at 12:45
Talk 1:00 - 2:00 p.m.
Meet at Elder's Building right after lunch
Talk at the clinic's lower level conference room

COMMUNITY GARDEN PROJECT

Watch for April and May Activities
or contact Patty Suskin at (360)432-3929 or
psuskin@squaxin.nsn.us

SUPERMARKET TOUR/ FOOD LABEL READING WORKSHOP

Open to the Community
Wednesday, May 4th
1:00 - 3:30 p.m.
Meet at Elder's Building
We will go to Fred Meyer in Shelton
Learn how to read labels
and evaluate foods for good health
Bring your Questions

FITNESS CHALLENGE

Details will be available at the end of April
Program starts in May



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



Job Information Provided at Second Annual Career Fair

Approximately 100 people passed through the booths at the Squaxin Island Tribe's second annual Career Fair held at the new Tribal Center on March 23rd. Information on how to begin apprenticeships with various labor unions such as the Carpenters Union was available as well as information about jobs with the Tribe, Little Creek Casino Hotel and Washington State. Several door prizes were given out, including a surround sound system won by Viola Thomas!

"We had at least three people sent out on jobs as a result of the Career Fair," said June Krise, Employment Counselor for the Tribe. "This is one of the benefits of running our own TANF program! This is all part of self sufficiency through education and employment."

Special thanks to the Human Resources Department staff for all the hard work in making the event a great success.



Know Someone Who Needs Help With a Gambling Addiction?

There is help! The tribes have collectively donated thousands of dollars to jumpstart the state-run program to help people with gambling addictions. The program, which will provide funding for counseling services and presentations to treatment providers, will be up and running in July. Some insurance companies will cover the cost of counseling services, so check with your provider. In the meantime, there are some other means of support:

Washington State Council on Problem Gambling 1.800.547.6133 or 1.800.662.9111

They can provide referrals to counseling service providers

They can also provide you with written materials to help you understand problem gambling

Gamblers Anonymous WA - 877.727.5050

Gamblers Anonymous Tacoma - 206.361.8413

Gamblers Anonymous Seattle - 206.361.8413

Gamblers Anonymous Olympia (Wednesdays)

Call Ed @ 360. 943.0156 or Bill @ 360.754.7313 or Allan @ 360.278.3218 or Bill @ 360.456.4717
7:00 p.m. 119 Washington Street in KXXO/MIXX Radio Station bldg.

Gamblers Anonymous Olympia (Saturdays)

Call Ed @ 360. 943.0156 or Bill @ 360.754.7313 or Allan @ 360.278.3218 or Bill @ 360.456.4717
10:00 a.m. United Churches, 109 Washington Street (enter back of building in the basement)

Gamblers Anonymous web site - www.gamblersanonymous.org

Gamblers Anonymous email - isomain@gamblersanonymous.org

Did you know? Problem Gambling is more prevalent in teenagers than adults!

Just as alcoholism is a treatable disease, so is an addiction to gambling. The success of Gamblers Anonymous and a few other treatment programs modeled after alcoholism treatment has made recovery and lifelong abstinence from gambling a reality. Compulsive gambling is a progressive illness. There is more to lose than money. Sadly, the individual is unaware that more and more time is spent gambling. The gambler is the last person to see the problem. Hopefully, family and friends become originators of help and recovery.

WHAT TO LOOK FOR

Excessive amount of time spent gambling

Focus on gambling

Excitement about gambling and rearrangement of schedules for more gambling, excessive conversations about gambling and using the word "bet"

Size of bets increase

A sign of chasing lost bets and trying to catch up

Special occasion gambling

Vacations and events are planned where gambling is available

Bragging

The need for recognition can cause compulsive gamblers to flaunt winnings and minimize losses

Crisis resolution

Gambling to feel good in times of trouble or to celebrate good fortune

Excessive absences

Frequent absences from home or work and concealing how the time was spent

Mood swings

Highs when winning and lows when losing
Plans to gamble may cure the lows

Hidden funds

Secret loans, withdrawals from bank accounts

Inability to Stop

Constant vows to abstain

Fantasies of bigger wins

"This week's win will overcome last week's loss"

Escape to other excesses

Alcohol, drugs, sleep

Perpetual statement

"Don't worry about it"

Lack of interest in other social activities

Borrowing or stealing money

Withdrawing from family and friends

Daily or weekly card games

Unaccountable explanation for new items of value



How We Killed Two Abused Spirits

"When a man has pity on all living creatures then only is he noble." - Buddha

Written by Tammy Ford and edited by Alexandra Espindola - My heart is heavy today. I fail to understand the lack of compassion for our animal companions that some of my community members display. I grieve today and this is why: last year during my daily routes, I found two dogs, who I will call "J and J," tied down to trees outside the home of tribal members, who I will refer to as "Jane and John Doe."

Despite the fact that dogs who spend their lives tied down lose their sanity, and that I have shared this knowledge with our community, these dogs were tied down 24/7. As if that wasn't enough, every time I drove by their house, their leashes were entangled and their water bowl unreachable or turned over.

Last summer was scorching hot. Looking into the eyes of J and J, I could feel their plight and desperation. It was as if they were begging me to speak for them. Entangled, thirsty and miserable, their eyes hoped for someone to help them out of their horror.

I spoke to John Doe about them. He told me he and Jane were separating and that J and J were no longer his dogs. That was strange to me, since for the last two years, he referred to them as "his" when he talked to me about them. I wondered how the dogs had influenced their separation since they were being so cruelly punished. Or could it be that John did not really love them and found them expendable? I couldn't really say.

I spoke to law enforcement about J and J and they told me they would talk to Jane Doe about them. Days passed, and the dogs remained in the same horrible condition, so I took it upon myself to disentangle them every chance I got, and decided to bury their water bowl on the ground so J and J could not spill their water in their attempt to escape their cruel confinement. I noticed that the bowl was often empty and I would stop my route to fill it with water. It was a hot summer, and their eyes begged me to help them and to speak for them.

I can't recall exactly how many times I spoke to law enforcement, but I guarantee there were many. Jane Doe finally responded by accusing me of "messing with her private property." She pulled the water bowl from the ground where it was secured, forgetting that water was the only thing keeping J and J halfway sane. Her ego took over her ability for love and compassion. This became a power game for Jane, at the expense of J and J.

I told law enforcement about the dangers and cruelty being inflicted on the dogs. I warned the community that when dogs are kept in such horrible conditions, like humans, they become violent and dangerous. I begged the Doe's to give me the dogs for rehabilitation and relocation to a family who could take care of them. But no one listened. I screamed, talked, cried, yelled in J and J's behalf, but I might as well have remained silent, like J and J, for nobody heard me.

In January, after I came back from the holidays, I found out that J and J were killed. Murdered. I was told that they had to be killed because they attacked someone. HELLO????? How many times did I warn the community that when you keep a dog in solitary confinement he or she loses her mind?? And if you add to that lack of water, food and the ability to exercise, you have a recipe for disaster. Was anyone listening?

So... J and J were abused systematically, and when they could not handle it any longer, they were murdered. We murdered two abused spirits.

My heart is heavy today. I grieve for J and J. I ask, why didn't anyone call me when they bit a human? Why didn't anyone take a moment to realize the dogs were not bad dogs, but simply abused? Why were they MURDERED when everyone involved KNEW that I could take them and rehabilitate them? Why were they abused to begin with?

Who are we? What have we become? I humbly ask you to consider these questions.

Spirit tells me we are GURDIANS of nature and all its animals. We don't own nature. But I wonder...where have the guardians gone?

May we walk in J and J's moccasins for one summer day, and remember them as the gifts Spirit gave us to guard and protect, for a brief moment in time. May this story awaken our ability for compassion and empathy towards all living Beings.

May you walk in Spirit.

For information on Humane Education, please call Alexandra or Tammy at 360-264-2235. If you find an animal in distress, please let us know. Before you kill an animal companion, please let us know. Help us speak for our four legged friends.

Tribal Council Resolutions

05-12: Authorizes submission of a grant application for FY05 Historic Preservation Fund Grants to Indian Tribes from the Heritage Preservation Services of the National Park Service for cultural resources surveys of the Kennedy Creek and Skookum Inlet Natural Area Preserves and the Woodward Bay Natural Resources Conservation Area in conjunction with the Washington State Department of Natural Resources to identify and preserve archaeological, ethnographic, historical and traditional cultural properties within those areas

05-13: Denies two applications for enrollment based on the direct descendancy requirement

05-14: Denies three applications for enrollment based on the direct descendancy requirement

05-15: Denies three applications for enrollment based on the direct descendancy requirement

05-16: Approves the relinquishment of Lettie Ann Machado-Oliva

05-17: Enrolls Justine Vandervort

05-18: Enrolls Draven Brown

05-19: Enrolls Marilyn McFadden

05-20: Enrolls Justine, Nikita and Adam Mowitch

05-21: Enrolls Monique Pinon

05-22: Enrolls Dorian Williams

05-23: Enrolls Benjamin Naranjo-Johns

05-24: Enrolls Malachi Johns

05-25: Authorizes SPIPA to prepare, submit, negotiate, execute and administer, with the U.S. Department of Justice, Office on Violence Against Women, a grant application for funding through the Transitional Housing Assistance Program on behalf of the Squaxin Island Tribe not to exceed 36 months and \$175,000

05-25a: Agrees to purchase the "J. Krise Property"

05-26: Adopts an amendment to the Budget Ordinance authorizing additional and unanticipated gaming revenues to be distributed other than as allocated in Section 2.36 of the Budget Ordinance

05-27: Enrolls Kelli Dahman, Jon Vanderwal, Buck Clark Jr., Carmen Varela, Alan Steehler, Traci Van Mechelen, Jonie Strobe, Barbara Knudson, Pattie Riley, Eric Johnson, Jasmine Nelson, Dorothy Nelson, Corri Carlson, Juana Nelson and Mathew Nelson



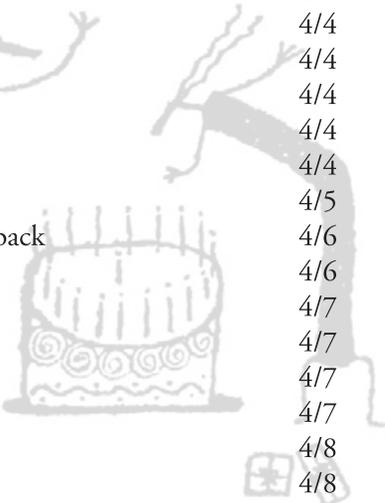


COMMUNITY



Happy Birthday

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



What's Happening					
					1 AA Meeting 7:30
					2 Skookum Creek Tobacco Factory Grand Opening Noon
3	4 Diabetes Support Group 12:45 Elder's Bldg	5 Court Church 7:30	6 Drum practice 6:00 p.m., MLRC	7 Tribal Council Brief Walk After Lunch	8 AA Meeting 7:30
					9 Bible Book Club 10:30 Mary Johns Room Food/Transportation
10		11	12 Church 7:30	13 Drum practice 6:00 p.m., MLRC	14 Per Capita Distribution Brief Walk After Lunch
					15 AA Meeting 7:30
16					17 Bible Book Club 10:30 Mary Johns Room Food/Transportation
17	18 Diabetes Support Group 12:45 Elder's Bldg	19 Court Church 7:30	20 Drum practice 6:00 p.m., MLRC	21 Tribal Council Brief Walk After Lunch	22 BINGO NIGHT LCCH 6:30
					23 Bible Book Club 10:30 Mary Johns Room Food/Transportation
24		25	26 Church 7:30	27 Drum practice 6:00 p.m., MLRC	28 Brief Walk After Lunch
					29 AA Meeting 7:30
					30 Bible Book Club 10:30 Mary Johns Room Food/Transportation



Aren't they gorgeous?



Miguel Saenz-Garcia and Brittany McFarlane



Happy 40th Birthday to My Daughter
Marcella Castro!
Love You!
From Mom & Family

Happy 8th Birthday to
Larain Algea
From Grandma Rose Algea & Family

Happy Birthday to Russel Algea
From Grandma Rose Algea & Family

Happy Birthday
Auntie Lila & Auntie Mabel!
Love,
The Seymour Family

Happy 1st Birthday Baby Tyrone!
Love,
Gramma Lizzie, Aunties, Uncles and
Cousins

Happy 21st Birthday Jolene!
Love,
The Seymour Family

Happy 12th Birthday
Cynthia Temma Louise Parrott
Future U of W Student



We are very proud of all your accomplishments. Your straight A report card, your awards in academics, sportsmanship and music and all the warrior awards that you have earned throughout the year from Chief Leschi Elementary. Keep up your hard work.

Lots of love,
Mom & Dad

Who Is This Handsome Veteran?
Answer from Page 7



Buddy Cooper



**Mason County
Hospice Volunteer Training**

The Hospice program of Providence Sound Home Care is offering free hospice volunteer training for community members. The number of people needing hospice is increasing and so is the need for volunteers. Volunteers will have an opportunity to enhance a terminally ill patient's quality of life while enriching their own. Volunteers are a part of a hospice team to help patients at the end of their life maintain their independence and quality of life. Volunteers may provide support to families, caregivers, and those who are dying by offering respite, companionship, running errands, quiet presence, listening, reading, etc. Opportunities assisting in the office and with special events are also available.

The training will take place over the course of three Mondays, April 4, April 11, and April 18. All sessions will be held from 9:30 to 4:30 PM in downtown Shelton. A one-year commitment to the program is asked. Registration is necessary.

To receive an application and to register for the training, call Debe Edden, Hospice Volunteer and Comfort Care Coordinator, at 493-4689.

A Very Happy Third Birthday to My Special Little Gem Kiana
I Love You So Much!



Love, Your Only Gramma!

Squaxin Participates in Terrorism Exercise

Lt. Mike Evans - In the Tribe's ongoing effort to be better prepared for a natural or man-made disaster, several Squaxin Island departments participated in a region-wide functional terrorism exercise on March 9, 2005. The exercise was funded under a grant from the Department of Homeland Security and coordinated by the Homeland Security Region 3 staff and members. Over 100 people participated in the exercise which involved most of the emergency management jurisdictions in Region 3.

The Squaxin Island Tribe has been represented on the Homeland Security Region 3 council almost since its inception. For the past several years, federal Homeland Security funding has been funneled through a local council of 16 emergency management jurisdictions. Squaxin Island is an equal voting member along with the counties of Mason, Thurston, Lewis, Grays Harbor and Pacific, cities of Shelton, Olympia, Lacey, Tumwater and Yelm, and the Quinault, Skokomish, Chehalis, Nisqually and Shoalwater Bay Tribes.

During the exercise on March 9th, the EOC's (Emergency Operation Center) of Mason, Thurston and Grays Harbor counties were activated and staffed with representatives from within Mason County to include a Squaxin Island representative. Simulated ICP's (Incident Command Post) were running here at Squaxin Island and at the Chehalis Tribe. A scenario of domestic terrorism was used, so as to involve numerous response agencies. The primary function of the exercise was to test the areas of planning, communications and cross jurisdiction coordination and resource control. Also tested was the utilization of the National Incident Management System (NIMS).

An initial "hotwash" or debriefing at each of the EOC's and ICP's showed a very successful exercise. Specific feedback and action items will be forwarded to the regional partners in the form of an After Action Review (AAR).

Squaxin Island also participated in several "tabletop" exercises over the past two years which led up to the functional exercise on March 9th. The tabletops and functional exercise will help prepare the region for a "full scale" exercise which is planned for late 2006. Any questions regarding the exercise or Homeland Security Region 3 can be directed to Lt. Michael Evans.

Thank you to all the Exercise Players, Controller/Evaluators and Shelley for the lunch service. A special Thank you to Kim Cooper and staff for allowing us to take over her space for the day.

Tribes Donate Money

to Restart State Problem Gambling Program

Mason County Journal - Two South Sound tribes are the first to deliver signed agreements and checks totaling \$40,000 to restart a statewide program to help people with a gambling problem.

The Nisqually and Squaxin Island tribes delivered signed agreements and contributions to the Division of Alcohol and Substance Abuse of the Washington state Department of Social and Health Services. That agency operated a short-lived problem gambling program with one-time funding from the legislature in 2002.

Although the program was successful, government funding was not renewed. Now tribes across the state have pledged more than \$50,000 to address problem gambling.

The Squaxin Island and Nisqually tribes have made other efforts to prevent and reduce problem gambling, including the distribution of educational materials, contributions to problem gambling organizations and strictly enforced self-barring programs.

"Gaming is a fun and relaxing activity for most people, but for a small percentage of the population, it can have devastating effects," said Squaxin Island Tribal Chairman David Lopeman. "It doesn't matter if that's just one person or many. We need to make sure that help is available to every problem gambler."

Nisqually Tribal Chairman Dorian Sanchez agreed. "This is just the beginning," he said. "All of us in Washington State who benefit from gaming need to contribute to the prevention and treatment of problem gambling. Right now, the best way to do that is to get the DASA program up and running again."

In addition to the contributions made to the state agency, the two tribes plan to continue funding their other problem gambling efforts and to look for the best way to contribute to problem gambling prevention and treatment in the long-term.

"There isn't just one way to do this," Lopeman said. "It doesn't matter if we address the issue through a state-run program, a tribal-run program or a combination of the two. The important thing is to make sure problem gambling prevention and treatment is available throughout the state."

For more information on problem gambling, see Page 20



L-R: Ken Boad, Mason County Fire District 2; Robbin Rhoades, Squaxin Island Chief of Police; Sgt. Wes Stockwell, Washington State Patrol (WSP); Sgt. Dave Peterson, Mason County Sheriff Office (MCSO); Chief Dale Haines, MCSO; Trooper Robert Atkinson, WSP; Terry Anderson, Mason County Medic One; Connie Whitener, Squaxin Island Health & Human Services; and standing, L-R: Chief James Spurgison, Skokomish Tribal Police and David McCarthy, Emergency Medical Services

