



Thanks for All Your Hard Work

Thanks to everyone who participated in the tree planting. 312 trees were planted on Wednesday, March 1st, surpassing all expectations. They were hard workers! Natural Resource participants included: Joe Puhn, Joe Peters, Eric Sparkman, Darren Brownfield, Scott Steltzner, Colleen Seto. Tribal Administration employees included Carolyn Hoosier, Espie Austria, Janna Johnsen, Margaret Henry, Larry Ross, Brooks Farrell, Rhonda Foster and Patti Puhn.

Mark Your Calendars

SgwiGwi

June 9th from 5:00 - 8:00

in the new events center at Little Creek

Who Are These Handsome Protectors of Freedom?

TRIBAL NEWS

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www.squaxinland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- JIM PETERS: *Chairman*
- ANDY WHITENER: *Vice Chairman*
- VINCE HENRY: *Secretary*
- PATTI PUHN: *Treasurer*
- WILL PENN: *First Council Member*
- PETE KRUGER: *Second Council Member*
- CHARLENE KRISE: *Third Council Member*

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Ray Peters



Cal Peters



*Tribal Veterans Flag Ceremony. Photo by Joe Seymour.
See the story by Ann Parker on Page 19.*



Tribal Hunters Talk Trash

Mason County Journal - After their hunting season ends, Squaxin Island tribal hunters go back into the woods to clean up after themselves - and others.

"We spend a lot of time picking up trash in the woods because we care about having clean forests as much as anyone," said Pete Kruger, Hunting Policy Representative for the Tribe.

During a recent cleanup, they found piles of trash from many sources other than tribal hunters. "Only about 10 percent of Squaxin Island tribal members go into the woods to hunt around here," Pete said. "We don't make the mess, but we clean it up."

Household trash, including a pool table, old toys and an aquarium were picked up within sight of a road. "Most of what we find is within 200 yards from the logging road gate," said Mike Foster, a hunter. "This is why they have to put gates on these logging roads. People just dump their trash back here."

Squaxin Island tribal hunters have been cleaning up the woods for more than 10 years. "This is a big part of our hunting tradition now," said Pete. "We get a lot of hunters coming back out to help."

About a dozen hunters split up into four groups for the cleanup. They brought with them pickups trucks for appliances and the bigger pieces of garbage and trash bags for the more frequent piles of trash cans. "Last year we found a stolen car back here. It was cut up into pieces and after we hauled it out, we had a hard time getting rid of it because it was stolen," Mike said.

All of the land that tribal hunters clean up is owned by Green Diamond Resource Company. The Tribe and the Shelton-based company have a long-term working relationship and a formal agreement to allow tribal hunting on Green Diamond land. "We hunt exclusively on their land around here and picking up trash is a way for us to pay them back, Pete said. "We like to do anything to help them out and make our relationship better."

Patti Case of Green Diamond said trash is an "ever-increasing" problem for the company. "People think that there are these vast land tracts available for them to dump their trash and that someone else will take care of it," she said.

As for the tribal hunters, Case said they don't tend to be the people who are making the mess. "It's much appreciated that they come back and clean up," she said. "They clearly respect the land."

Traditionally, the Tribe depended on hunting as a major food source during the winter when salmon and other foods weren't readily available. That tradition continues today as wildlife still provides important nutrition to Indian families on reservations across Western Washington.

"We have a connection to these woods," said Jim

Peters, Squaxin Island Tribal Chairman and former Director of Natural Resources for the Tribe. We care about how they are treated."

Pete said he's been hunting in the area all his life. I don't want to go walking in the woods surrounded by trash," he said.

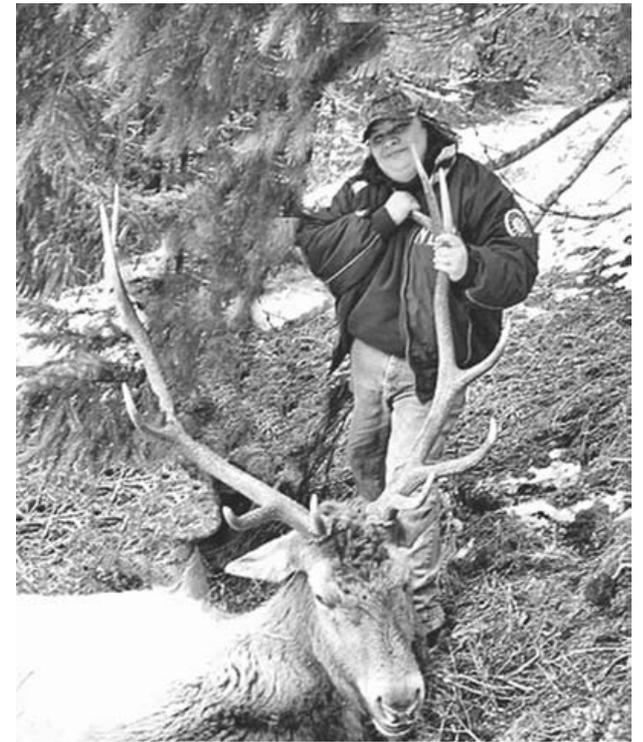
Special thanks to Seth Thomas, age 7, for helping out!



Donna Penn takes time out to visit Kennedy Creek Falls (top). Donna and Darren Brownfield pick up some trash left on Green Diamond Resource Company land.



Congratulations on Your Hunting Success



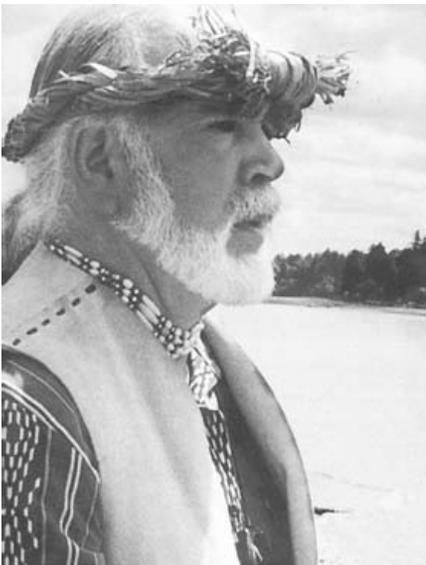
Meloney Hause

"Its thanks to the tribal members, like Dave Lopeman who fought for our rights, Jim Peters who fought prejudiced hunters with me at the Capitol; Rick Peters who got me my first elk; Kevin Lyon who worked so hard on my hunting court case; Dave Whitener Sr. and Pete Kruger who keep going to meetings to make sure we have hunting grounds; Andy, Roy and Alan who told me where to start hunting, my friend Johnny, Cuz'n Joe and my Dad who let me bring home hindquarters to practice on and my brother, Mike, who is patient with me. Did I say to all My relations? Thank you all!"





Running For Tribal Council



kʷədačiʔ

Since the annual General Body meeting is approaching quickly, I decided to take this opportunity to let you all know I plan to run for a position on Tribal Council, and humbly seek your support.

One of the most important things I would bring to the table is experience. Since my first election as Acting Secretary in 1958, I have served on and off and in all positions for a total of 24 years. In addition to serving on Tribal Council, "I have walked the talk" by actually working for the Tribe in a wide range of jobs, including natural resources management. I also have a background in education, having served as Principal at Neah Bay School and a member of the faculty at The Evergreen State College where I was actively involved in the development of the *House of Welcome* (Longhouse).

It is impossible to completely describe the importance of our culture and identity as the *People of the Water* - evidenced in potlatches, canoe journeys and other community events. It is good for us to study our Native language, xʷəłšucid, listen to the voices of our ancestors in song and dance and to have a profound respect for all living things.

If we are to build a future that brings balance to our culture and businesses, we must remember who we are as a people. In the spirit of our ancestors, we are a giving and sharing people.

As always, there are many exciting challenges ahead of us, and it is certain the *People of the Water* will inspire greatness.

*Song Echoes Beauty,
Sunny Rain, Tightly Knit Love,
Joy Filters Through Tears.*
- Dave, Sr.

LCCR is Planning Much Needed Hotel Expansion

Kim Burrow - With the building of the new events center and a steady flow of banquets and conferences, the hotel at Little Creek is exceeding it's projected occupancy rate. The hotel currently maintains a steady occupancy of 80% to 85%, even during the tough winter months. This number is outstanding and is leaving our competitors scratching their heads wondering what's going on. I attribute the hotel's success to first class service and a staff that really knows how to treat people right. That, along with a great marketing campaign, has made my job of filling up this place a breeze. The addition to the hotel will add 100 new rooms, including two executive suites, 6 luxury suites, and 7 junior suites. We are all really excited about the new addition and are working feverishly to put together a hotel that everyone will be proud of. This is truly a labor of love, and I am honored to be a part of it.



Words of Encouragement and Appreciation from Kim Burrow

On October 7, 2005, I received my Associates of Science in Business Management, graduating with a 3.5 average. I also received, September 17, 2005, my



Hotel Management Diploma from The American Hotel and Lodging Educational Institute. This was a two year program that I completed in eight months. I received honors in the following courses: Training & Development in the Hospitality Industry, Food & Beverage Service, Supervisory in the Hospitality Industry and Hospitality Facilities Management and Design.

I am really proud of these accomplishments, but it was tough going, working full-time, being pregnant and tending to my family all at the same time. As tough as it was though, it was also very rewarding to have completed all this in such a short time and with a high G.P.A. It gives me a great sense of pride.

When you have been out of school for twenty

plus years, you really have to wonder if it's possible. Believe me, if I can do it, anyone can.

I am now working with Russell Harper, Little Creek Casino Resort's Education Director, to pursue my Bachelors degree. I must give huge thanks to my family for allowing me the time and space to get all this done; a special thanks to my former boss and good friend, Michael Peters, for encouraging me to take the steps necessary to make this real; and to my staff for being so supportive of me as I worked towards my goals. I could not have done any of this with out the love and support from all of you.

- Kim Burrow



Calling All Artists

Anyone interested in supplying art for the new addition to LCCR's hotel is encouraged to submit samples of their work for consideration. For more

information, contact:

Kim Burrow at 432-7001.



Billy Frank Jr.: 75 Years and Counting in Lifetime of Standing Up

John Dodge, *The Olympian* - I've attended many memorable birthday parties over the years. The surprise 80th birthday celebration we put on for my father five years ago comes right to mind.

Now I have another one to add to my "most favorite" list. I was among the 300 or so people invited to Billy Frank Jr.'s 75th birthday bash Friday night at Little Creek Casino near Shelton.

The standing-room only crowd clearly pushed beyond the list of invitees. But isn't that what you would expect for a night honoring the man who has spent 60 years of his life — first fighting for, then working in cooperation with others — to assure that Northwest treaty tribes gain and maintain their right to fish for and manage the salmon that embody their cultures?

They came from all over the country and all over Indian Country — tribal elders, young school children from the Wah-He-Lut School at Frank's Landing on the Nisqually River, Congressman Norm Dicks, D-Wash., fellow members of the Northwest Indian Fisheries Commission that Billy co-founded more than 30 years ago — everyone, including me, touched in one profound way or another by this American Indian icon.



Photo by Tony Overman/The Olympian

I learned during the night's festivities that I was the only reporter invited to the birthday party. I felt privileged and honored to be included in this big circle of friends. Billy showed up for the party in a dark charcoal suit. It was the first time I'd ever seen him so dressed up. I wasn't the only one surprised. "I've never seen him in a suit before," said Willie Frank Jr., Billy's son, who is named after Billy's father, a revered Nisqually tribal leader who lived to be 104. At 75, Billy is showing off his longevity genes. He is vibrant and tireless, still working long hours on behalf of the treaty tribes and the fish, still bear-hugging everybody in sight, greeting them with joyful profanities that bring a new definition to swearing.



Shortly after the Wah-He-Lut school children danced for Billy and the crowd, and shortly after Squaxin Island tribal elder Dave Whitener Sr. (left, photo by Jeff Dickison) helped sing happy birthday to Billy in the Squaxin's reborn native language, the man for whom all the gifts, praises and love were directed gave one of the shortest speeches of his life. "I'm gonna be around for 50 more years," Billy Frank Jr. concluded. That proclamation drew a loud round of applause.

As a lifelong resident of South Sound, I attended school with many members of the Nisqually Indian Tribe at a time when Billy — by then a defiant, angry man in his 30s — was one of a handful of Indian activists, fishing on the Nisqually River, staging fish-ins to assert their treaty rights and getting hauled off to jail — more than 50 times in all for Billy, beginning at age 14. I didn't know him at the time, but I vividly remember tribal classmates of mine responding with excitement and pride when the fish wars playing out on the Nisqually and Puyallup rivers drew to the river banks national attention and celebrities such as actor Marlon Brando, comedian Dick Gregory and Canadian native folk singer Buffy Saint Marie.

I became a journalist 30 years ago, just two years after a conservative, bespectacled federal judge named George H. Boldt affirmed the treaty fishing rights that Billy and others had fought for so long. With the Boldt Decision in hand, a transformation began in Billy. He quit drinking and switched tactics in the fight for fish and natural resources. He became more of a compromiser, a uniter and a visionary. He became the leader the tribes needed to gain the stature and ability to cooperatively manage the natural resources of this state, everything from salmon to shellfish to water. He also became a trusted source of news and inspiration to me in my more than 20 years of covering environmental issues in South Sound.

I never grow tired of interviewing him or listening to one of his robust, spontaneous speeches that seem to ramble, but end up coming full circle. Can you tell I was glad to be at his birthday party Friday night? When "Messages from Frank's Landing" by University of Colorado law professor Charles Wilkinson was published in 2000, I eagerly added it to my book collection. I have a confession to make. I had Billy, whose life story is well-represented in the book, autograph it for me as I interviewed him for stories on the 30-year anniversary of the Boldt Decision. The inscription goes like this: "John — My friend for life. I hope you find good messages from the book. Your writing and your commitment is so important to our salmon and resource. Your friend, Billy Frank Jr." On Friday night, I got my umpteenth bear hug from Billy as he smiled and said: "You're the man." No Billy, you're the man. And do me and everybody else that cares about the natural resources of the Northwest a favor: Stick around for those 50 more years you keep promising us.



The Elders Day Trip

Lila Jacobs - Six elders decided to take a day trip - myself, Loretta, Ila, Emma, Lizzie and Merline. We would get on the train in Lacey at 11:00 a.m. Everyone was on time.

It was a first time train ride for three of us. It was fun, looking at scenery and talking about everything and nothing. We had a plan; arrive in Seattle, go on the underground tour, have lunch and, if time permitted, go to the aquarium. Well, we got to Seattle at 1:00, and asked a porter directions to the underground tour. "It's close," he said. "About three blocks." So we walked. Well, it was more than three blocks and there were inclines, so we were all huffing and puffing by the time we got to the tour place. We bought the tickets; the tour would start at 2:00, so we sat and rested for awhile. We should have rested longer.

Our tour guide's name was Lucy, and she was great . . . told us stories and kidded around with us and made us laugh. There really wasn't much to see underground, but her stories brought what we saw alive.

So here we were, six older women with bad knees, bad hips and bad backs trudging up the stairs and down the stairs. Thankfully there were only three long stairs the rest were like six steps and four steps. The tour took two hours. If you get a chance to take the tour, go for it.

Well, after that exercise, we were hungry. I thought we could take the trolley from Pioneer Square to Ivars, but I was wrong. The trolley wasn't running. There was a free bus, but when we got to Western Street, we could see the Ivars sign, so we griped and groaned and walked to Ivars, not the outside bar, but inside, so we could sit down and be waited on. It was such a relief to sit and not have to move for awhile. The food was delicious, and the waiter was nice, even though we asked for separate checks.

It was Emma's birthday, and they didn't have cake. But the waiter brought her creme brulle with a candle on it. We almost sang happy Birthday, but our voices fizzled out. We're not singers.

After lunch, it was time to head for the train depot. We called for two cabs. It was 5:00 and the cab was very slow. The first cab came and Lizzie, Loretta, Emma and Merline got in, leaving Ila and I to wait for the second cab. Well, we waited and waited . . . no cab! Ila spotted a cab at a curb, so she went up to him and found he was vacant. Ila motioned to me and we hurried and got into the cab.

We missed the train.

Picture this. Six large Indian women laughing almost hysterically because we missed the train. Well, we found that the Greyhound bus left at 8:00 p.m.

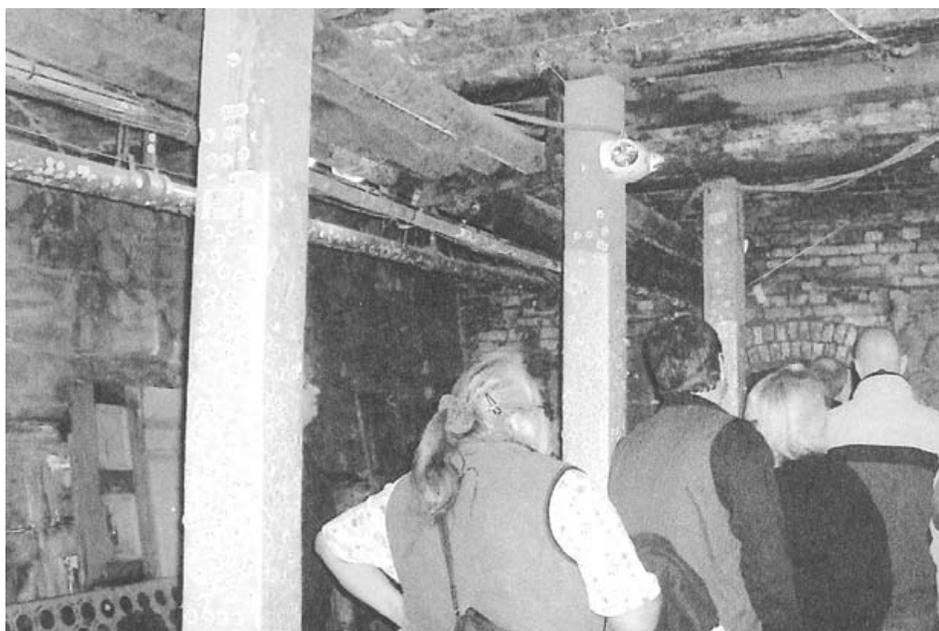
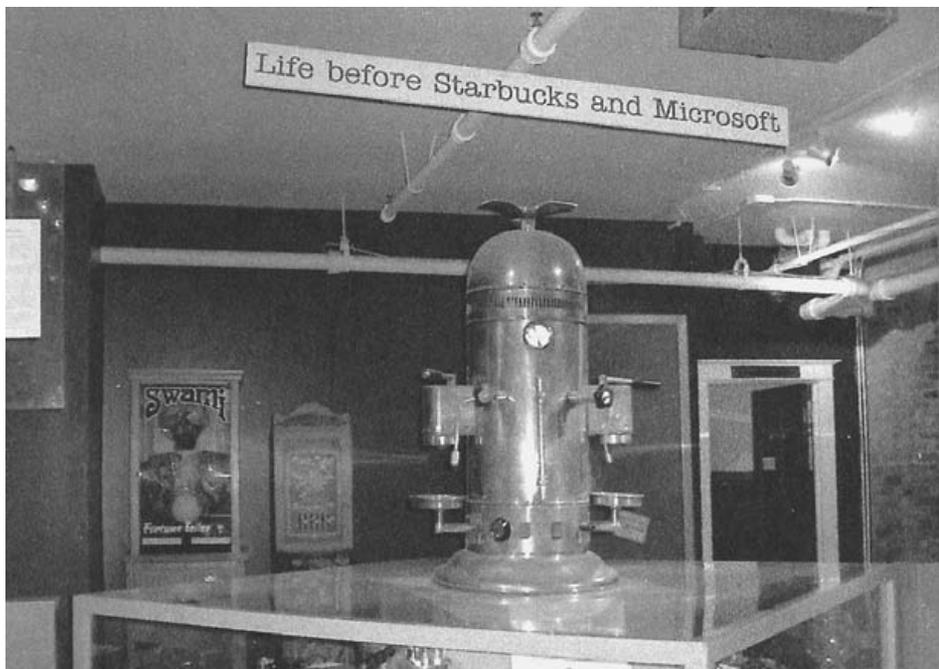
Loretta call the Yellow Car Rental Agency. They were no help. They closed at 6:00 and it was now 5:45. I didn't relish the idea of going home on the bus. We would get to Olympia and we would still have to get someone to meet us and take us the Railroad station to pick up our cars.

By now there was no one in the train station but us six women, who every once in awhile would say "Homeless in Seattle." Then we would all break out in laughter. We were taking pictures of each other and laughing, talking to each other and laughing, looking at each other and laughing. IT WASN'T FUNNY.

Finally, I called the Green Rental Car Company and asked them if they had a van to rent, because there were six women who missed the train and wanted to get home to Olympia. They were very nice and told us to sit tight, someone would be there shortly. So we sat tight. Then a gentleman came with a van. But it was a huge 15 passenger van - huge and high. He brought a big van because he thought six women on a train trip would have lots of luggage. He was wrong.

One of the ladies who is short needed help to get in the van. The nice man tried to help boost her into the van, but she couldn't be boosted. So there we were again laughing and laughing. Finally he parked parallel by the curb so she was able to get in the van. So off we go to the Green Rental Car Company office still laughing. I told the agent "you are not going to believe this, but none of us had anything to drink." I bet he said to himself, "Yeah right." They found us a smaller van and we proceeded to get in. The lady with the short legs couldn't get into this van either and the agent couldn't boost her because he didn't know where to put his hands. Well, she finally got in and we were off to Olympia. And he was still laughing when he went back into his office. We got home at 10:00 p.m.





**Foot Care Discussion
for People with Diabetes**

When: Tuesday, April 18th

8:30-9:00 am: Come **FASTING** for a
blood draw

9-10 am : Foot Care Discussion with
Podiatrist,
Dr. Molina Kochhar, DPM

Bring your foot questions

Where: **Health Promotions Programs**
(across the parking lot from the clinic)

Food will be available

Questions? Call Diabetes Coordinator, Patty Suskin 432-3929



Dinner Held to Honor Taylor and Sunder Families of Kamilche Point

Story and photos by Sally Brownfield - On December 9, 2005, my heart was filled with great pride as I enjoyed an evening of good food and friendship while witnessing two Squaxin Island families giving thanks and honoring two families from Kamilche Point.

On October 31, Darren Ford and Casey Krise were in great danger after the boat they were fishing from capsized. They clung to the boat and buoy in the icy waters off Kamilche Point, calling for help. Mark Taylor, who just happens to sleep with his window cracked open, was just getting up to go to work when he heard the distant calls. Without hesitation, he went into action to help and get additional help right away. Mark has lived at Kamilche Point all his life and is well aware of the dangers of the beautiful waters we live on. He knew they were dangerously close to going under the frigid waters. With the quick action of Mark Taylor, Bob Sunder and paramedics from District 4, Darren and Casey were soon brought to shore safely. Casey was taken to the hospital and later released.

There were many words and gifts of appreciation. Perhaps the greatest gift to all was the reminder that we are all neighbors, here to help one another when the need arises.





WANT TO TRADE

1988 16' Deep V Larson
With Galvanized EZ Load Trailer
Will trade for a smaller hull and trailer.
Call Rick Case at 426-1351

**Join Us! August 24-27 at Panhandle Lake
10th Annual Women and Girls' Gathering**

By Marilee Ransdell, Editor, The Intertribal News

Imagine the early morning. Mist rises from tree-rimmed Panhandle Lake. You have come to the Tenth Annual Women and Girls' Gathering at Panhandle Lake, located near Dayton, Washington.

In this secluded setting you enjoy coffee on the dock, then share breakfast with friends, old and new. During workshop-filled days you choose between a relaxing massage, paddling a canoe across the blue lake, or reconnecting with your culture as you work on a traditional craft.

You gain (or share) knowledge as you learn to apply traditional practices to today's life with its many challenges. You learn new skills from dynamic speakers.

This year one keynote speaker is reported to be Linda Burhansstipanov, MSPH, PH (Cherokee Nation of Oklahoma), Director of Native American Cancer Initiatives, Inc., who is nationally known and quite a popular speaker.

More speakers are being scheduled, but to give you a glimpse from the past: Mary Alice Trapp, from the Mayo Clinic's Native W.E.B. program, with 10 years experience training health workers in the early detection of cancer, was a 2005 keynote speaker. The other 2005 speaker was Inés Talamantez (Mescalero Apache), nationally recognized for preserving Native American ceremonies and demonstrating their importance in a fast-paced world. She spoke about female spirituality and the "rite of passage ceremony." Inés explained how the Apache consider this a woman's most important ceremony.

End your day in the ceremonial sweat lodge, join a talking or drumming circle, or enjoy traditional storytelling. Take part in a variety of crafts.

Don't forget the unique health opportunities ranging from free breast health exams to mammograms to cervical screenings. On-site professionals have generally included massage therapists, reflexologists, and aromatherapists.

There is an on-site day care so you have the chance to form and nurture a network that promotes and strengthens your health and leadership. You, like many others, return to your community with new skills, renewed in spirit and in strength. Please join us!

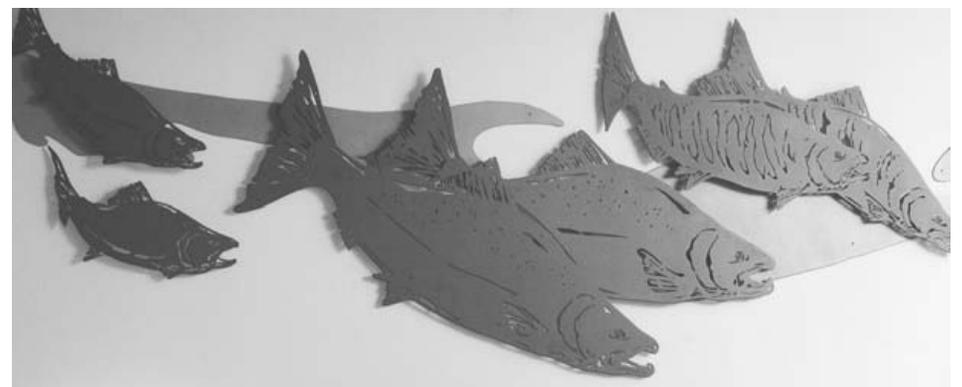
Photo by Marilee Ransdell



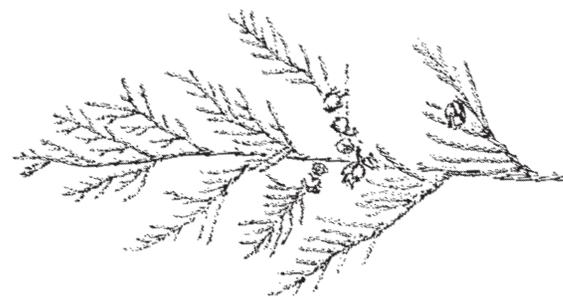
**Tribal Center/Administration
Building Beautified with Great New Artwork**



Vince Henry (L) and Tully Kruger hang the new metal artwork in the Great Hall



Stop in and check it out; its pretty spectacular!



Need Your Lawn Mowed?

**Free service to all seniors
All others \$30 per lawn pre-paid
Call Ed at 426-9243**



News on IIM Accounts

Penni Giles - Cobell v. Norton is a class-action lawsuit filed on June 10, 1996, in U.S. District Court in Washington D.C. against the federal government for the government's failure to properly manage Indian trust assets. The purpose of the litigation is to force the government to account for the money, and to bring about permanent reform of the system. The lawsuit was filed on behalf of all present and past individual Indian trust beneficiaries, including over 300,000 current Individual Indian Money (IIM) account holders.

The government has been directed to take adequate steps to reform the system, retaining jurisdiction for a period of five years to ensure reform has been carried through after a ruling that the United States had breached its trust responsibility to individual Indian trust beneficiaries.

In January 2000, the government appealed the district court ruling, stating that the court had overstepped its authority in requiring the government to properly manage and account for Indian trust funds. On February 23, 2001, a three-judge panel of the U.S. Court of appeals for the District of Columbia Circuit unanimously upheld the lower court ruling. A second trial to determine current account balances has not been scheduled.

Over the years, the number of IIM accounts has expanded due to land fractionation. An individual's current interest in a parcel of land represents only a percentage of the entire parcel, rather than an actual portion of the land itself because when a landowner leaves an entire parcel to multiple heirs upon his death, each heir inherits a percentage of the land.

The U.S. Government, through the Bureau of Indian Affairs, is responsible for the management of these trust land, while the Office of the Special Trustee for American Indians (OST) is responsible for the management of the revenues. The Office of Trust Funds Management (OTFM) a division of OST headquartered in Albuquerque, New Mexico, performs account receipting and disbursing functions.

OTFM is continually working to obtain correct updated information from individuals. There are 123,000 IIM accounts lacking social security numbers and 50,000 with incorrect addresses. Because the funds are held by an agency of the U.S. Federal government, your name will not appear in a state unclaimed property database search. To find out if you, or one of your relatives, are entitled to some of this money write to: Office of Trust Funds Management, ATT: Whereabouts Unknown, 505 Marquette, Suite 1000, Albuquerque, NM 87102 or call Toll Free 1-888-678-6836 Ext 1 or go to www.doi.gov/ost and click on "locating IIM Account Holders."

Tribe Begins Purchasing Land on Squaxin Island

Penni Giles - It has been the dream of the Squaxin Island Tribal Council to own the Island. Tribal Council has been setting aside funds each year in order to make such purchases and is now interested in buying undivided interest in allotment 3, 8, 12, 13, 14, 18A, 21 and 22.

Due to Cobell v. Norton class-action lawsuit, the Bureau of Indian Affairs (BIA) has very strict guidelines to follow for all sales, exchanges, transfers, or conversion of trust land on all Indian Reservations. The Squaxin Island Tribe has been working very closely with the BIA in order to assure these guidelines will be followed. If you are interested in selling, or are not sure if you own any undivided interest on these allotments, call Penni Giles at 360-432-3864. The Tribe plans to purchase the other allotments on the Island over the next few years.



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OF ALL TRIBES FOUNDATION

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March 15, 2006

Healing Ourselves, Our Communities and Mother Earth Spiritual Gathering

Dear Friends and Relatives,

As always, it is my prayer that you and your loved ones are in the very best of health and happiness.

On April 21, 22 and 23, 2006, the United Indians of All Tribes Foundation and Four Worlds International will be hosting a Spiritual Gathering that will bring together Indigenous spiritual and cultural leaders and healers from across the Northwest of Canada and the United States. This gathering will be dedicated to Healing Ourselves, Our Communities and Mother Earth.

On Friday, April 21 will begin with Sweat Lodge Ceremonies for men and women in the afternoon and in the evening we will have a reception and opening songs and ceremonies.

On Saturday, we will celebrate Earth Day beginning with Sunrise Ceremonies and other Sacred Ceremonies during the day, including a Four Directions Pipe Ceremony (All Pipe Carriers are invited to participate), Gourd Dancing and other Prayer Songs and Dances on behalf of Mother Earth. We would look forward to the possibility of the Seven Drums and other Indigenous spiritual faiths and traditions joining us. As well, more Sweat Lodge Ceremonies will be held during the day on Saturday.

After an Early Evening Feast there will then be a Shaker Healing Service facilitated by Robert Nahanee, Reverend Gene Harry and Abe Johnny from the Squamish and Cowichan First Nations. All members of the Shaker Faith from across the Northwest are warmly invited to attend, as well as all those friends and relatives who are in need of healing and cleansing. The Shaker Healing Ceremony will carry on through the night until those who are seeking healing and cleansing have been addressed.

On Sunday the Washat Faith will conduct a Sunrise Ceremony. There will be a closing Breakfast and then we will "break camp". During these three days, the Daybreak Star and surrounding land, our Youth Home and our Yale Building will be cleansed and purified so we can fully embrace the new Spiritual Springtime long foretold in the prophecies of our Indigenous Tribes from across the Americas. These Sacred Prophecies include the Reunion of the Condor and the Eagle, the Eighth Council Fire, the Fourth World, the Return of the White Buffalo and the fulfillment of Black Elk's Daybreak Star prophecy.

As always, the agenda for this Sacred Event is unfolding through the Spirit so your input and participation is always appreciated.

Until we meet again, may the Great Spirit continue to bless and guide your every step.

With Warm, Respectful and Loving Greetings,

Phil Lane Jr.

Phil Lane, Jr.
Chief Executive Officer

PO Box 99100, Seattle, WA 98139
Phone: 206/285-4425 • Fax 206/282-3640
www.unitedindians.com



Snowboarding

Willow Henry - Snowboarding is a really popular winter sport. It was a big success in the Olympic Games.



Here is some of the equipment that you will need for snowboarding: a snowboard, bindings, stomp pad (a stomp pad is to use to put your boot on when you're getting off the ski lift), boots, snow pants, a snow coat, goggles and gloves.

Now that you have all your equipment, here are some places you can go snowboarding: Snoqualmie Pass, White Pass and Crystal Mountain. It takes about 2-3 hours to get to any of these places. A ski pass costs \$35 and up.

There are different levels of skiing, starting from the easiest run which is the circle, up to the most difficult one which is the double diamond. All of the runs are really fun once you learn how to snowboard.

Once you get there, you can do different things on the runs, like go on the halfpipe, go down moguls and do the grinds. I hope you try this sport, because I know if you do, you will have a blast.



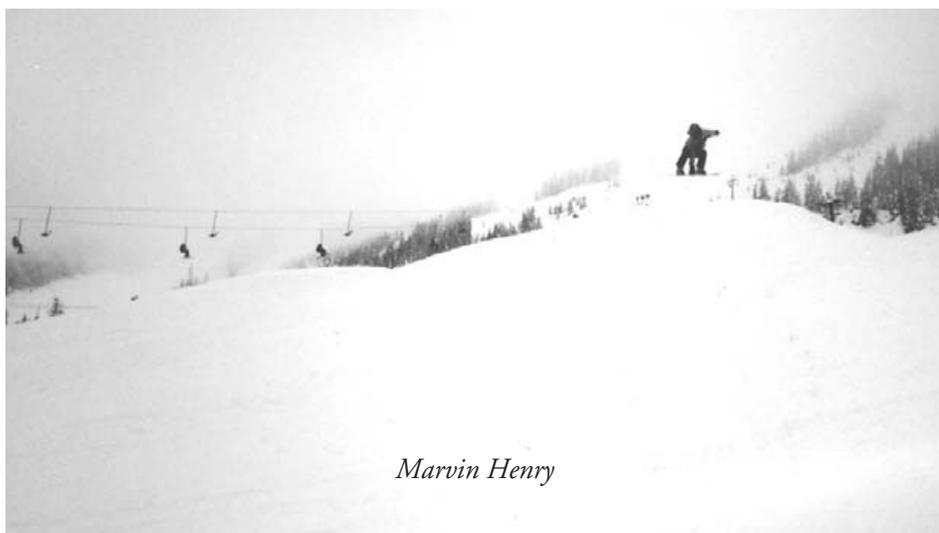
Willow Henry



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Shannon Smith



Marvin Henry

New Mentor Program

The Squaxin Island Tribe Mentor Program is now under way. The program is available to all Native youth in grades 4-8. Mentoring sites will be set up after-school at the Tu Ha' Buts Learning Center, and during school at Bordeaux, Mt. View, Evergreen, Olympic Middle School, and Oakland Bay Jr. High. The list of Native youth is growing, and we are in need of mentor volunteers.

You may be asking, what is a mentor? A mentor is a positive role-model who makes a difference in the life of a young person. Mentors help youth develop their strengths and talents. They foster the uniqueness and honor the integrity of a young person. Mentors enhance the lives of youth by sharing their experiences, interests, and knowledge. Mentors do not interfere, but support the efforts of significant people in a child's life, such as parents, aunties, uncles, and grandparents.

What does a mentor do? A mentor spends one hour a week with their mentee, either at one of the local schools or on the reservation. Mentors are matched with youth based on personal interests, scheduling, and other factors. The mentor relationship is flexible, and may be determined by preferences of the mentor and mentee. Activities will either take place individually or in a group setting, and may include some of the following: playing basketball, working on homework, learning Lushootseed, or Native arts and crafts.

Through mentoring, traditions and culture can be preserved, leaving a legacy for the younger generation. Make the difference in the life of a young person, and become a mentor today!

Please contact Joy Gonyea, Mentor Coordinator at 432-3957, or stop by my office in the Tu Ha' Buts Learning Center.

Mentor Program Update:

Tribal employees granted paid administrative release!

The Squaxin Island Mentor Program has received some exciting news this month. All interested tribal employees now have the opportunity to become mentors. The Tribe is willing to release employees to spend time with youth for one-hour per week. Any employee of the Squaxin Island Tribe now has the chance to mentor youth as a part of their paid job. What a wonderful place to work - where else can you take a break from your regular employment, engage in fun-filled activities with youth, and likewise get paid!

This commitment shows the Tribe's support of cultural and educational programs for youth. Tribal employees, as well as tribal and community members - now we need your support. The month of March alone, we had forty youth request mentors. These youth are looking for adult role-models to share their interests and skills. As a mentor, the experience you offer, both personally and professionally, may assist a youth to better themselves in a number of practical ways: cultural knowledge, academic improvement, heightened self-esteem, career goals, and so forth. Mentor possibilities range from introducing youth to your profession, sharing academic expertise, or even how to make a three-pointer. Most of all, youth are requesting mentors to teach them more about tribal culture and the traditional ways of their ancestors.

As adults, and especially in regards to elders, there is much experience we have to offer young people. If you believe in the future of the next generation, it is likely you have what it takes to become a mentor. To learn more about the program, please contact Joy Gonyea, Mentor Coordinator, by phone: 432-3957; email: jgonyea@squaxin.nsn.us; or stop by my office in the Tu Ha' Buts Learning Center.



LEARNING CENTER



Annex and Gym Usage

The Tu Ha' Buts Learning Center is now responsible for the Mary Johns Room and Gym. These rooms are available for use by the Squaxin Island Tribe, SPIPA and associated departments. These rooms are also available to Tribal Members and the community for a nominal fee. There is a deposit which must be paid for each room rented. The deposit is returned to the renter if the rooms are left clean and there are no damages to the rooms and its contents. Please call Lisa Evans at 432-3882 if you are interested in reserving one of these rooms. Contact Julie Goodwin in Finance at 432- 3891 to arrange payment of your deposit. Keys will be given out the day of your event, or the Friday before, if event is scheduled for the weekend. The renter is responsible for picking up keys at TLC and returning them after use. Please be aware that keys to these rooms can not be released to the renter without the deposit receipt.

Learning Center Update

Squaxin Island After-School Program Notice

Parents/Guardians: Please be aware that the activity hours of the Rec Room are Monday through Thursday 3:00 p.m. to 6:00 p.m. unless otherwise noted. The TLC computer lab is open Monday through Thursday from 3:30 p.m. to 6:00 p.m., and Friday from 3:30 p.m. to 5:00 p.m. unless otherwise noted. These are "at will" after school programs; students are not

required to sign in or out. TLC staff cannot force your child to stay at the TLC, gym or Rec Room. Therefore, the TLC staff cannot be responsible for students after hours or when children leave the premises. Thank you for your understanding and cooperation. Please contact Kim Cooper, Education Director at 432-3904 if you have any concerns.

GED Classes are available to tribal members, community members and casino employees. Classes are held Monday and Wednesday evenings from 5:00 p.m. to 7:30 p.m., in the classroom upstairs in the old tribal center building (above the gym). You must be 18 years of age to participate in this program. For more information, you may contact Walt Archer at 432-3826.

The Homework Center is open Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work; bring paper, pencils and pens, etc. 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 Monday through Thursday, 3:30 to 6:00 p.m. and Friday from 3:30 to 5:00 p.m. Students and parents must read, complete

and sign the TLC Computer Use Agreement **before** they will be 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 and reports, etc.

Private Tutoring Sessions are offered in TLC. A certified teacher is available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call Lisa Evans at 432-3882 or stop by TLC to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services.

Higher Education

Attention ALL Higher Education students, tuition and book receipts for spring '06 quarter are due in the Education Department on or before Monday, April 24, 2006. Winter grades are due in the Education Department by Friday, April 14, 2006. If you need assistance with higher education paperwork please give me a call, Lisa Evans, at 432-3882. Please see the Higher Education Calendar for important dates and deadlines.

Bordeaux Elementary News

Bordeaux has been participating in the "Achieving Family Friendly Schools" training this school year. Peter Boome has been one of our parent representatives on this team. We appreciate his time, views, and comments. And we thank him for joining us in this exciting new challenge.

Please note the upcoming WASL days that will involve all 3rd, 4th, and 5th graders this spring. WASL assessment begins Monday April 17 and continues for three weeks ending Friday May 5. All children need to come to school well rested, and ready to do their best work. Please help your child to get to school on time those days and try not to schedule routine doctor or dental appointments during those very important three weeks. Bordeaux's after school WASL Lab has been a huge success with lots of students getting extra assistance and gaining confidence in their ability to do their best work.

5th grade Outdoor School is May 16-19.

Youth Calendar							1
	2	3	4	5	6	7	8
	Closed	SPRING BREAK <i>Watch for flyer</i>	SPRING BREAK <i>Watch for flyer</i>	Closed			
	9	10	11	12	13	14	15
	Closed	Wa-Heh-Lut SPRING BREAK <i>Watch for flyer</i>	Wa-Heh-Lut SPRING BREAK <i>Watch for flyer</i>	Wa-Heh-Lut SPRING BREAK <i>Watch for flyer</i>	Closed	Closed	Easter Egg Hunt 10:00 Sharp 12 & Under Only
	16	17	18	19	20	21	22
	Closed	Homework Help 3:00-5:00 Open Gym 3:00 - 6:00	Baton Class 3:00 - 8:00 Rec Room 3:00 - 7:00	Closed			
	23/30	24	25	26	27	28	29
	Closed	Homework Help 3:00-5:00 Open Gym 3:00 - 6:00	Baton Class 3:00 - 8:00 Rec Room 3:00 - 7:00				



Student Spotlight

In an attempt to inform the community of the outstanding achievements of Squaxin youth, The Learning Center Staff would like to honor a student each month. Various qualities such as academic performance, community involvement, cultural activities, and positive role modeling will be the basis for the Student Spotlight selection.

Student Spotlight-April: Madeena Rivera

For two years Madeena Rivera has represented the Squaxin Tribe at the National Indian Youth Police Academy. Her commitment to the Squaxin basketball team has made her not only a valuable player, but a role model to the younger youth of the Tribe. Recently, Madeena received an award for her artwork from the Timberland Regional Library showcasing Mason County student artwork. Madeena excels academically; she participates in the Native Club at Choice High School; and continues to do well in her studies. She recruits students for the Squaxin Youth Council, as well as being an upstanding member herself. The Learning Center Staff would like to honor Madeena this month for her involvement in community activities and we wish her continued success in her future endeavors. Keep up the great work Madeena!



Madeena, center, with her uncle, Russel Cooper and Grandmother, Rose Algea



Staff Hours

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

KIM COOPER, <i>Director</i>	8:30 – 5:00	432-3904
MARK SNYDER, <i>Youth Coordinator</i>	10:00 – 7:00	432-3872
WALT ARCHER, <i>Education Liaison</i>	7:30 – 4:00	432-3826
LISA EVANS, <i>Education Assistant</i>	8:30 – 5:00	432-3882
BARB WHITENER, <i>Language Coordinator</i>	Check Language class schedules	432-3897
BRIDGETTE LOSEY, <i>Pathways Coordinator</i>	3:30 - 7:00	432-3895
JOY GONYEA, <i>Mentor Coordinator</i>	7:30 – 4:00	432-3957
MANDY PARADISE, <i>GED Instructor</i>	3:00 – 7:00	432-3876
JEREMIAH GEORGE, <i>Cultural Coordinator</i>		432-3968
SEDAR ROWSON, <i>Youth Counselor/Skillbuilder</i>		432-3896

High School Students Enjoy Ski/Snowboarding Trip

Kris Peters - On 3-11-06 the Tu Ha' Buts Learning Center took a group of Squaxin Island High School students to Crystal Mountain for a ski/snowboarding trip. The school incentive trip for students (grades 9-12) was coordinated by Director Kim Cooper who wanted to award kids for staying in school. The young adults who participated were Ryan Edwards, Deanna Edwards, Candace Penn, Vanessa Algea, Morningstar Green, Kristy Krise, Wesley Whitener, Michael Peters, and James Coxwell. The trip was staffed by Kim Cooper, Lisa Evans, Mark Snyder, Bridgette Losey, and myself.

The trip started with everyone loading up into two vehicles and departing the Squaxin Gym at 6:00 a.m. It was a safe and for the most part a successful drive up to the pass. We had one minor hold up when one of our drivers, who we won't mention her name (Lisa Evans), took a wrong turn and ended up halfway to Seattle, while those of us in the other vehicle had to wait for them to catch up in Enumclaw.

When we finally got to Crystal Mtn. everyone was issued gear and most of the kids took a two hour lesson. After the lesson everyone took to the slopes. Everyone seemed to be having a great time and most of them picked up on it really fast. What can I say, they were naturals! I often heard at the end of the day by many, "I can't wait to go again." The trip was an absolute success!

I am really proud of Vanessa Algea who, before this trip, had never skied a day in her life, but looked like she had been skiing for years. She even took the ski lift up to the higher/harder slopes with Bridgette and me and did a great job. She had one crash which spread her gear out all over the slope, and was absolutely hysterical to watch, but she truly was awesome and an inspiration. Michael Peters who strapped on a snowboard for the first time went down a black diamond slope by the end of the day, and in fact I think he did a better job handling it than I did.

The trip included lunch that was prepared by the Learning Center and a stop off at Taco Bell on the way home. And although there were a lot of soar and tired people at the end of the day, everyone left in a happy mood and had an overall great experience.

Photos on Pages 14 - 15 by Kris Peters.

Scholarship Corner

Scholarship Opportunities are listed on the Squaxin Island web site. Navigate to the "Government" button on the main navigation bar at the top. Click on "Learning Center" on the left menu bar. Then click on "Scholarship Opportunities" on the left menu bar.



SKIING AND SNOWBOARDING FUN





CRYSTAL MOUNTAIN



Photos by Lisa Evans



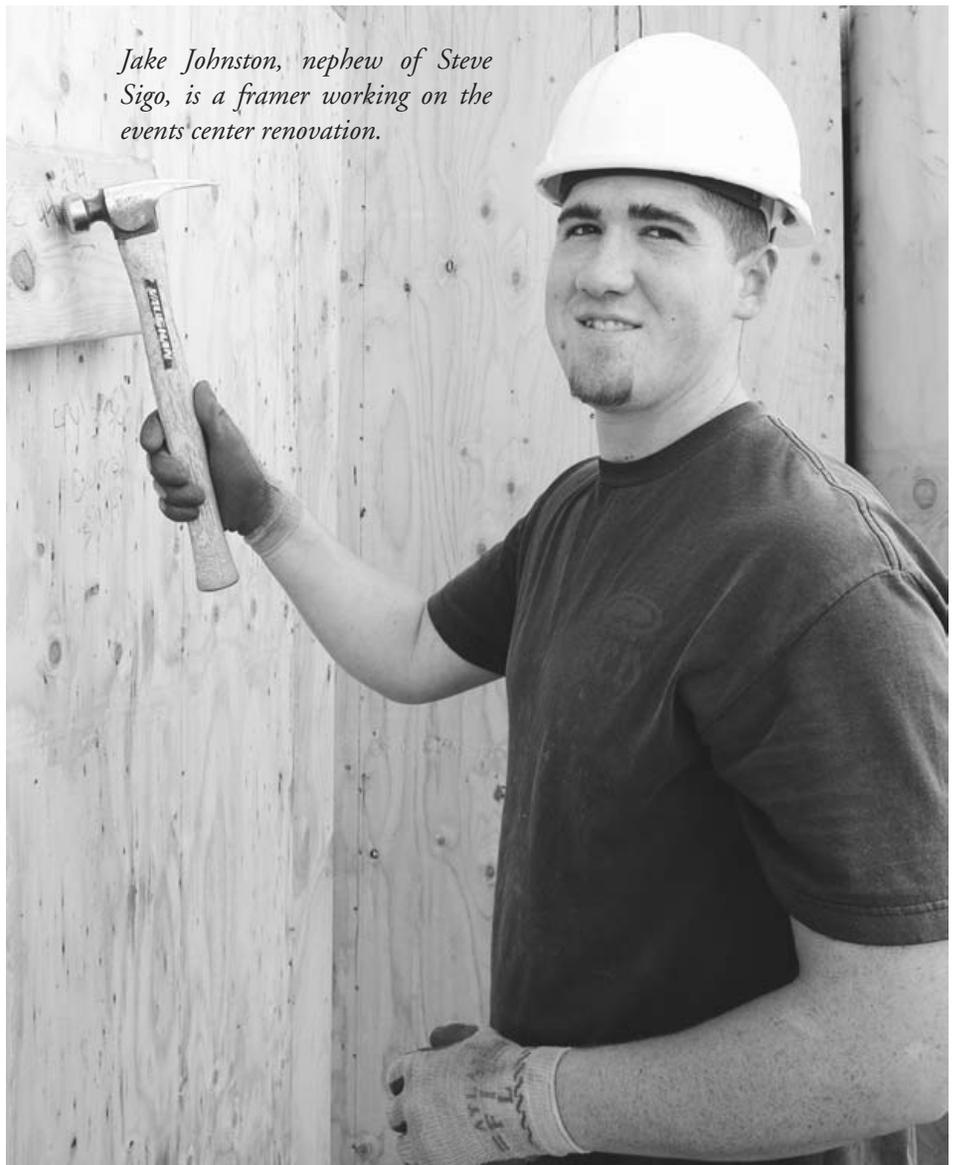
Tobacco Company Is Metamorphosing into New LCCR Events Center



Renovation of the Tobacco factory to make it into an events center for Little Creek Casino is in full swing. Opening is expected to take place in July and some big name entertainment is being scheduled. Watch for upcoming information on exciting events you won't want to miss!



Larry Bradley works on a new overflow parking lot behind LCCR



Jake Johnston, nephew of Steve Sigo, is a framer working on the events center renovation.



— HAPPY 50TH BIRTHDAY CHARLENE KRISE —



Photos by Pete and Lois Cuch



Thank you, Erika, Astrid, Kurt, Aleta and Dale for funding the wonderful dinner. - Charlene



Raffle to Benefit Seniors

Indian Women Quilt by Rose Brownfield

\$1 each or 6 for \$5

Buy tickets at LCCR, Elders building, clinic or Tribal Center. Drawing will take place at the General Body Meeting, May 6th.

For more information, call Colleen Woodard at 432-3936



Tribal Council Resolutions

06-09: Authorizes submission of a grant application to the National Park Service on behalf of the Tribe to facilitate the Tribe's continuing NAGPRA repatriation efforts with various museums and agencies

06-10: Authorizes submission of a grant application to the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention, for FY 2006 Tribal Youth program funds in the amount of \$300,000

06-12: Authorizes Doug Boon and Margaret J. Johnson to sign documents pertaining to amendments to the Tribe's 401(k) Profit Sharing Plan

06-13: Approves a contract with Joel Massman or Keta Waters, as an expert witness for litigation support in the Pollution Control Hearings Board, No. 05-137, *Squaxin Island Tribe v. Department of Ecology and Miller Land and Timber LLC* regarding water rights

06-14: Approves a Memorandum of Agreement between the Tribe and LOTT Alliance which documents the continuing interests and efforts of LOTT and the Tribe to work together to pursue water quality and habitat restoration projects within the fresh and marine waters of the Deschutes River Basin and Budd Inlet

06-15: Approves a contract with John B. Arum of Ziontz, Varnell, Berley & Slonim, Attorneys, for litigation support and negotiation in the Pollution Control Hearings Board, No. 05-137, *Squaxin Island Tribe v. Department of Ecology and Miller Land and Timber LLC* regarding water rights

Women's Wellness



SPPA's Native Women's Wellness Program

- Cervical Health includes: Pelvic Exams & Pap Tests
- Breast Health includes: Clinical Breast Exams & Mammograms
- Call the contact below to see if you are eligible for these services

**Women's Wellness Outreach Contact:
Rose Algea: (360) 432 - 3930**



MASON COUNTY YOUTH DANCE



WHEN: Friday, April 21st, 2006
TIME: 8:00-11:00pm
WHERE: Shelton Civic Center
525 West Cota Street
DJ DAMON!!!!!!

ADMISSION: \$5.00 PRESALE
\$7.00 AT THE DOOR

MUST BE BETWEEN 14-19 YRS. OLD TO ENTER THE DANCE.

PLEASE BRING SCHOOL I.D. OR DRIVER'S LICENSE.

PURCHASE PRESALE TICKETS THROUGH MASON COUNTY TEEN COUNCIL OR CALL 427-9670 EXT. 545.

SPONSORED BY:

- Mason County Teen Council
- Mason County HIV/AIDS Advisory Council
- Wal-Mart

"CARPE DIEM" SEIZE THE DAY!!!



THIS IS A TOBACCO-FREE, DRUG-FREE, WEAPON-FREE EVENT!!!





Veterans Flag Ceremony

Photos and story by Ann Parker
 - A ceremony was held at 12:00 p.m. on February 20, 2006 to dedicate the veteran's tribal flag. Rose Algea, Shirley Davis and a friend, Shirley, from Canada were candleholders who provided spiritual light to bless the flag held by Bob Whitener and Harry Fletcher. Mike Davis spoke the blessing. Following that, Joe Seymour, Jr. said a prayer in Lushootseed. Dave Lopeman addressed the attendees and them smudged the flag with the help of his coworker and veteran, Ralph Sollock. Joe provided a drumming background for the smudging. Andy Whitener and Pete Kruger represented the council at the ceremony. Mike Poier and Dan Kneeland represented the planning staff.

The flag was used for the first time at the Tribal Veterans Representatives Conference February 23-24, 2006 in the Little Creek Hotel. The opening ceremony included the Posting of Colors. Glen Parker, Joe Seymour, Jr. and Pam Hammond attended the meeting. The meeting was sponsored by Washington State Department of Veterans Affairs. It was the third meeting at Little Creek Casino Resort, but the first time Squaxin Island representatives attended.





South Puget Sound Community College Archaeological Field School, Anthropology 280

JUNE 26—AUGUST 18, SUMMER 2006

Joint Squaxin Island Tribe/College Investigations at
The qwu?gwəs site, Southern Eld Inlet, Olympia, Washington

Join us at an ancient Squaxin Island tribe village site where we are conducting a full-scale cultural investigation of a buried waterlogged shell-midden area (with wood and fiber artifact preservation) and a dry shell-midden and living area at the site. Slightly up-bay we are also testing a well preserved ancient fish-trap with over 440 cedar stakes mapped and a historic 1850's homestead.

You will gain invaluable training in full-scale archaeological excavation techniques in recovering cultural materials from a dry shell midden living area, a waterlogged site with preservation of basketry (left and right), cordage, a cedar bark gill net, shell jewelry and wood working tools (jadite adze bit, below, left) and an entire preserved fish trap. You will also gain laboratory experience, including conservation, analysis, replication, interpretation, photography and illustration of artifacts.

Working as a team with the Squaxin Island Tribe you will also gain invaluable cultural training. The tribe will bring its values and traditions to the project. You will be allowed a glimpse into an ancient culture and past life-ways. Additionally you will be involved in their newly built Squaxin Island Tribe Museum and Library Center (visit <http://www.squaxinlandmuseum.org>). We also will provide training in heritage site survey procedures and opportunities for overnight field-trips to visit other field projects and museums, including the Makah Museum in Neah Bay, Washington.

The 2005 field season is our eighth year in the scenic, isolated, and privately owned, Qwu?gwes archaeological site. If you would like to join our one-of-a-kind joint tribal/college field archaeology project please contact us and/or send in the attached application form. Dorm housing is available within a mile of the project area at The Evergreen State College in Olympia (see application form)

Contact the Co-Directors:

Dr. Dale R. Croes
Department of Anthropology
South Puget Sound Community College
dcroes@spscc.ctc.edu
(360) 596-5336

Rhonda Foster, Director
Cultural Resources Department
Squaxin Island Tribe
rfoster@squaxin.nsn.us
(360) 432-3850



Bj Peters

Natural Resources Office Assistant

Hello, I've moved again! I was recently hired as an Office Assistant at Natural Resources. I am excited to be working in this new and challenging position. I enjoy working for the Tribe and the community, and this position will allow me to continue doing both. I look forward to seeing and working with everyone in the community.





Outdoor Activity of the Month

*Head to newest park on west side,
Decatur Woods Park*

WHERE

This 6.27-acre park is at the intersection of Decatur Street and 10th Avenue Southwest.

TO DO

The park has a paved walking loop through a stand of big Douglas fir trees, two child play structures, art from a noted local artist, grassy lawns, a covered picnic area and a bathroom. The park also has a neighborhood information kiosk that was on the site before it became a formal park. The play structures are surrounded with a soft, rubbery pavement that bounces underfoot.

LOOK FOR

Olympia artist Nikki McClure, who has won widespread popularity with her cut-paper works, designed the cut-steel bench at the park. The bench has a high back, with outlines of a tree and a hollow log cut into the steel. Notice that some of the smaller trees and underbrush recently were cleared in the woods. Walk slowly, and you might see a woodpecker or the resident raccoon. The raccoon has a stumpy tail and hangs out around a nearby stormwater pond or in the thick salal bushes in the park.

HISTORY

Decatur Woods is Olympia's newest park. It opened in September 2004. The city paid \$1.2 million to design, plan and build the park, which used to be a brushy spot in the west-side neighborhood. Neighborhood volunteers were active in the planning of the park.

PARKING

There is street parking. Don't park in the nearby church parking lot.

SAFETY

Don't let kids wander off in the woods, into the stormwater pond or onto the nearby street.

RULES

No camping, alcohol or firearms. The park is open from dawn to dusk. Pets must be leashed, and owners must clean up their pets' waste. Bags are provided at the park. No wood or plant collecting. No wildlife feeding.



DIRECTIONS

From west Olympia, take 9th Avenue Southwest from Black Lake Boulevard. Turn right on Decatur Street. The park is one block down Decatur at the intersection with 10th Avenue.

MORE INFORMATION

Go to www.ci.olympia.wa.us/par or call 360-753-8380.

Join us for the Thursday Walks!

Every Thursday we leave the Elder's building at 12:40 p.m., walking the REZ until 1:00 p.m. Help us win a walking stick on the 3rd Thursday (April 20th). A drawing will follow. Contact Janita Johnson, Diabetes Prevention CHR at (360)432-3929 or stop by the health promotion programs across from the clinic.





Mid-Winter Break Tae-Bo and More

We had fun moving our muscles during Mid-Winter Break. Hope to see you during Spring Break. We moved to yoga, Tae-Bo, Richard Simmons and walked the REZ.



Marijuana is Worse Than You Think

Submitted by Marcella Castro, CHR

Marijuana: Marijuana is the most commonly used illicit drug in the United States. According to the 2000 National Household Survey on drug abuse, an estimated 34% of Americans over the age of 12 have used marijuana in their lifetime. The average potency of the drug has increased substantially in the last twenty years, although it can vary significantly, depending on the type of plant and its origin. Marijuana can contain some 400 other chemicals as well.

Laced Marijuana: One of the dangers of smoking marijuana is the possibility that it has been laced with another, more dangerous substance such as cocaine, crack, meth, PCP, or even embalming fluid. Dealers have been known to sell joints, blunts or cigarettes dipped in embalming fluid and laced with PCP. Though reports of laced marijuana are infrequent and most lacing of marijuana is done at the user's level, it is important to remember that with unregulated drugs such as marijuana, the user has no way of knowing what other types of substances have been added. When individual users lace marijuana, they may sprinkle powdered cocaine or crack into a joint or blunt, combining the stimulant effects of cocaine with the depressant and hallucinogen effects of cannabis. This can be very dangerous, especially for a person with no tolerance to cocaine. Users have also been known to snowcap bowlfuls of marijuana with powdered opium, methamphetamines and heroin, in addition to cocaine and crack. Again, combining other drugs with marijuana can be extremely dangerous. Smoking a joint that has been dipped in embalming fluid or formaldehyde has effects similar to those of a joint laced with PCP, a drug that causes hallucinations, euphoria, and often times, panic or rage. Having a negative reaction is even more likely if the user is expecting only the normal high. In addition to these psychological dangers, marijuana that has been laced is also extremely unhealthy. Formaldehyde is a known carcinogen linked to nasal and lung cancer, with possible links to brain cancer and leukemia. It should not be smoked or ingested in any way.

Short term Marijuana effects: A person who is high on marijuana might display some of these symptoms and signs of abuse – dizziness or trouble walking; acting silly and giggly for no reason; red, bloodshot, or glazed eyes; anxiety and paranoia; difficulty remembering things that just happened; disinterest in activities or other things he or she used to enjoy.

Long term Marijuana effects: Long term marijuana abuse has several negative impacts on the user including – limiting the brain's capacity to store and retrieve information; damage to the brain's memory functions, as well as math and verbal skills; sexual dysfunction and reproductive problems, including irregular sperm and lowered sperm count in men and menstrual and ovulatory disruption in women; weakening of the immune system; increased risk of the cancer and lung damage; increased blood pressure and risk of heart attack; loss of motivation and interest in everyday activities and future plans.

These are just some facts parents need to know if suspect their child(ren), or even an adult they know, may be using Marijuana. You have to remember the drug dealers don't care. They will do anything to sell their drugs. Even if means lacing it to get you even more addicted, they will do it. Stop and think about it before your next high. You could die.





Come One, Come All to Janita's Diabetes Prevention Family Fun Night

FRIDAY, APRIL 7, 2006

5:00 p.m. to 7:00 p.m. in the Gym

Food will be served at 5:00 p.m.

Squaxin Drummers and Dancers
will lead us in song and dance.

The Squaxin Youth Baton Group will perform.
Fun For All!

FUN FAMILY games and activities!

There will be a drawing for the youth and adults

This is a great opportunity for Tribal and Community Members to get together with friends and family and have lots of fun.

You will also get great information on a new Diabetes Prevention Program open to Native Americans 18 and older.

For more info. Call Janita Johnson, Diabetes Prevention CHR 432-3972 or come visit me across from the Clinic

As part of the Diabetes Prevention Program, I am looking for youth that want to get fit together after school at least once a week. Contact Janita Johnson, Diabetes Prevention CHR at (360)432-3929 or stop by the Health Promotion programs across from the clinic.

Are you Eligible for Commodities?

Household Size	Monthly Income (Gross)
1	\$932
2	1,204
3	1,475
4.	1,747
5	2,042
6.	2,335
7.	2,607
8.	2,879

You are NOT eligible if you are on food stamps

Bring the following to apply:

1. List of all household members, date of birth and Social Security numbers
2. Tribal enrollment number
3. Income (your employment check stub for one month)
4. Social Security or Social Security Insurance (copy of check, award letter or copy of Bank deposit statement)
5. Veteran's Benefits (copy of check or award letter or bank deposit statement)
6. Unemployment (for one month) or L & I (award letter)
7. GA or TANF (copy of check or award letter)
8. Public Assistance (DSHS) (copy of award letter and a letter stating you are not receiving Food Stamps)
9. Per Capita (copy of check or award letter)
10. Child Care (need verification of child care expense for one month)

If you have some of the info, they will keep your application, and you can bring the rest later to complete it.

Next Commodities Distribution Dates at Squaxin Island Tribe Gym (10:00 a.m. to noon):

Monday, April 3
Monday, May 8
Monday, June 5

Contact Shirley or Bonita at the Nisqually Warehouse at (360) 459-9607 or stop by on Commodities Morning. Many new items have been added including green beans, corn, and 100% whole wheat flour.

Congratulations Raffle Winners



Dawn Elam

February Women's Health Winner



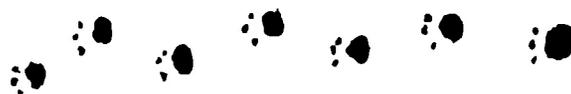
Roslynn Reed

February Mammogram Winner



Shelly Rawding

March Mammogram Winner





Upcoming Health Events

Brief Community Walk

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

Mammogram & Women's Health Exams

April 13 and May 18
Contact Rose Algea (360)432-3930

Healthy Habits for Life

Take charge of your health!
2nd Tuesday of each month
Noon to 1:00 p.m.

Administration building lunch room
Bring your own lunch and thoughts

Community Health Walk

Thursday, April 20th

Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ

All SPIPA tribes will be taking a walk in their area at
the same time - for diabetes prevention!

Help us win the Walking Stick!

A walking stick was donated by a Skokomish
community member. The Tribe with the most
walkers at the end of each month wins the
walking stick for the month.

Tuesday Tastings with Youth

Hands-on food preparation
After school on Tuesdays

Diabetes Prevention Family Fun Night

April 7, 2006 from 5:00 -7:00 p.m.
Drawings for adults and youth
Food served
Guest speakers and entertainment

Diabetes Support Group

Tuesday, April 18th
9:00 - 10:00 a.m.
Lunch provided

Across the Street from the Clinic
at Health Promotions

Your Feet and Diabetes
Bring your Questions

Speaker: Dr. Molina Kochhar, DPM, Podiatrist

Come Visit Our Health Promotions Programs

We have exercise videos (Sit & Be Fit, Yoga, Walk
Away the Pounds and more). You can come and use
the building across from the clinic.
Contact Janita Johnson at 432-3972.

Diabetes Expo in Seattle

Free!

Saturday, April 29th from 9:00 a.m. to 4:00 p.m.

Quest Field Event Center

Seattle Free Shuttle leaves Tacoma Mall
at 8:00 a.m. and 10:00 p.m.



Three Habits Worth Quitting

Being a quitter isn't always a bad thing! There are many changes that you can make to your lifestyle and attitude to begin living a healthier life today - Here are just a few.

1. **Quit eating in front of the television.**

Instead, decide on an area of your home just for eating. When people eat in front of the TV, they tend to pay closer attention to the program rather than type and amount of food consumed.

2. **Quit being an "all or nothing" person.**

Adopt the "in moderation" mantra. Give yourself permission to indulge in the desserts you love—monitor the portion you eat & how often you eat them. Even 5 or 10 minutes of walking a day is better than sitting on the couch.

3. **Quit drinking so many calories.**

Specialty coffee and mocha drinks, fruit smoothies and energy drinks often have more than 500 calories per serving. Choose water, seltzer, tea, and coffee, without the extra syrup and whipped cream. Water is hydrating. Eating fruit provides more fiber, has fewer calories and is more filling than many high calorie fruit drinks.

Health Events

							1
2	3	4	5	6	7	8	
		- Food Tasting with Youth		- Thursday Walk	- Diabetes Prevention Family Fun Night		
9	10	11	12	13	14	15	
		- Healthy Habits Noon - Food Tasting with Youth		- Mammograms - Thursday Walk			
16	17	18	19	20	21	22	
		- Diabetes Support Group = Food Tasting with Youth		- Community Health Walk			
23/30	24	25	26	27	28	29	
		- Foot Exams - Food Tasting with Youth		- Thursday Walk		- Diabetes Expo in Seattle	





2nd Annual Intertribal National Women's Health Week Celebration

When: Thursday, May 18, 2006

Where: Nisqually Tribal Gym

Time: 6:00 PM - 8:30 PM

Dinner, prizes and other activities will be provided. Transportation will be available from Chehalis, Shoalwater Bay, Skokomish and Squaxin Island. You can contact these tribes for information or Sandra Pluff @ Nisqually Native Women's Wellness 360-459-5312.

Eat Smart

National Nutrition Month Questions - Grain Group



Waitresses and Waiters Don't Bite

If you are trying to eat healthier, next time you eat out, consider asking your wait person the following questions:

"Can you...

- Serve the salad dressing on the side?
- Serve the sauces on the side?
- Serve meat/fish/poultry that has been broiled/baked/steamed (instead of sautéed or deep fried)?
- Serve a smaller portion of meal/fish/poultry and a larger portion of vegetables?
- Serve sliced tomatoes instead of French fries?
- Serve an unbuttered baked potato with the dressings on the side?
- Serve whole grain rolls or bread?
- Prepare the sandwich with mustard and extra tomatoes instead of mayonnaise and butter?
- Bring a "doggie bag" to take food home food and pack part of it away for another meal?
- Serve fresh fruit for dessert?"

Remember, you control what you eat, you might as well ask for what you want.

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
Seafood Fettuccini 3	Cube Steak 5	Chalupas 6
Yankee Pot Roast 10	Baked Salmon 12	Ham/Scalloped Potatoes 13
Sandwich Bar & Soup 17	Beef Stew 19	Chili Dogs 20
Meatloaf 24	Stuffed Pork Chops 26	Hot Sandwiches and Soup 27

The Food Guide Pyramid helps Americans to make healthy food choices and encourages people to be active every day. The website, www.mypyramid.gov, explains the new food guidance system. Sample menus, tips and definitions of each group are there. Check it out! Today's questions look at the grain group.

- 1). Which of these answers includes names/items all in the grain group? (circle all correct answers)
 - a. milk, potatoes, rice, cereal
 - b. rice, cereal, pasta, bread
 - c. tortilla, crackers, oatmeal, toast
 - d. cottage cheese, sunflower seeds, salmon, cereal
- 2). Based on 2,000 calories, what is the recommended amount of grains to eat each day?
 - a. 10 ounces
 - b. 50 ounces
 - c. 8 ounces
 - d. 6 ounces
- 3). What is considered one ounce in the grain group? (remember, we want to eat 6 ounces each day)
 - a. 1 cup of pasta, 2 cups of cereal, 2 cups of rice
 - b. 1 slice of bread, 1/2 cup of dry cereal, 1/2 cup cooked rice, 1/2 cup pasta, 1 small tortilla
 - c. 5 cups of cereal, 2 cups of pasta
 - d. 2 slices of bread, one large tortilla, 2 cups of cereal

Question 1 Answer: Both b and c contain all foods in the grain group. Rice, cereal, pasta, bread, tortilla, crackers, oatmeal and toast are all grains.

Question 2 Answer: d. 6 ounces a day is the recommended amount to eat each day from the grain group.

Question 3 Answer: b. 1 slice of bread, 1/2 cup of dry cereal, 1/2 cup cooked rice, 1/2 cup pasta, 1 small tortilla are each one ounce from the grain group. Each day, based on 2000 calories, it is recommended to eat 6 ounces. If you are eating 3 meals a day, you would want to eat an average of 2 ounces at a meal to get your 6 ounces a day.

ANSWERS

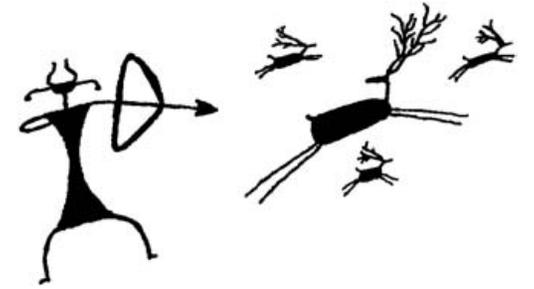


COMMUNITY



Happy Birthday

Duane Cooper	4/1	Mi'Chelle Mach	4/8
Famie Mason	4/1	Rodney Krise, Jr.	4/8
Seattle Morris	4/1	Juan Araiza	4/9
Colby Smith	4/1	William Henderson	4/9
Rene Vigil	4/1	Alexander Henry Castellane	4/9
Daniel Hall	4/2	Lila Jacobs	4/9
David Peters, Sr.	4/2	Kiana Henry	4/9
Kaitlyn Sweitzer	4/2	Cheryl Van Alstine	4/9
Jacqueline Crenshaw	4/3	Antonia James	4/10
Deborah Knott	4/3	James Giles	4/10
Tamika Krise	4/3	Joanna Peters	4/10
Bear O'Lague	4/3	Kenneth Selvidge	4/10
Kathy Brandt	4/4	Dorinda Thein	4/12
Elizabeth Campbell	4/4	Darren Ford	4/12
Joseph Harrell	4/4	Russell Harper	4/12
Tyler Hartwell	4/4	Healee Hernandez-Smith	4/14
Janice Leach	4/4	Debra Peters	4/14
Traci VanMechelen	4/4	James Peters	4/14
Mathew Block	4/5	Ronald Shaefer	4/16
Chauncy Eagle Blueback	4/6	April Robinson	4/17
Robert James	4/6	Jeff Peters	4/17
Carolyn Hoosier	4/7	Teresa Krise	4/18
Michael Kruger	4/7	Douglas Johns	4/18
Rolando Rocero	4/7	Daniel Kuntz	4/18
Keesha Vigil-Snook	4/7	Dena Cools	4/19
Marcella Castro	4/8	Dustin Greenwood	4/19



**Hunting season is over.
Please return your tags
(filled or not).**

Mable Seymour	4/19
Elisha Peters	4/19
Jolene Grover	4/20
Pamela Peters	4/20
Vicky Turner	4/20
Edward Henry II	4/21
Elizabeth Obi	4/21
Emily Sigo	4/21
Jon Vanderwal	4/21
Chasity Villanueva	4/21
Joshua Whitener	4/21
Tracy West	4/21
Lenice Evans	4/22
Ronald Cooper	4/23
Rebecca Keith	4/23
Tristian Villanueva	4/23
Cameron Goodwin	4/24
Lorrain Algea	4/25
Dawn Caasi	4/25
Casey Krise	4/25
Cynthia Parrott	4/25
Evelyn Allen	4/26
Russel Algea	4/26
Chauncy Blueback	4/26
Lucille Hause	4/26
Doug Tobin	4/27
Becky Pickernell	4/27
Wesley Whitener	4/28
William Lopeman	4/29
Redwolf Schalaq Krise	4/29
Claudia McFarlane	4/29
Toby Brownfield	4/30

What's Happening

April 11th - family court April 25st - criminal/civil court						1 Bible Book Club 10:30 Mary Johns Room Food/Transportation
2	3	4 Church 7:30	5 Drum practice 6:00 p.m., MLRC	6 Brief Walk After Lunch	7 AA Meeting 7:30	8 Bible Book Club 10:30 Mary Johns Room Food/Transportation
9	10	11 Court Church 7:30	12 Drum practice 6:00 p.m., MLRC	13 Council Mtg. Brief Walk After Lunch	14 AA Meeting 7:30	15 Bible Book Club 10:30 Mary Johns Room Food/Transportation
16	17	18 Church 7:30	19 Drum practice 6:00 p.m., MLRC	20 Brief Walk After Lunch	21 AA Meeting 7:30	22 Bible Book Club 10:30 Mary Johns Room Food/Transportation
23/30	24	25 Court Church 7:30	26 Drum Practice 6:00 p.m., MLRC	27 Council Mtg. Brief Walk After Lunch	28 AA Meeting 7:30	29

**Happy 16th Birthday Wes
Love Your Family**



COMMUNITY



**Happy Belated 15th Birthday
LaChell Marie
Love, Mom, Sisters and Little Brother**

**Happy Belated 2nd Birthday
David Josiah Seymour
Love, Mom, Grandma and Sisters**

**Happy 55th Birthday Baby Sister
Mabel Seymour
Love, the Seymour Clan**

**Happy Birthday Auntie Lila
Love, the Seymour Family**

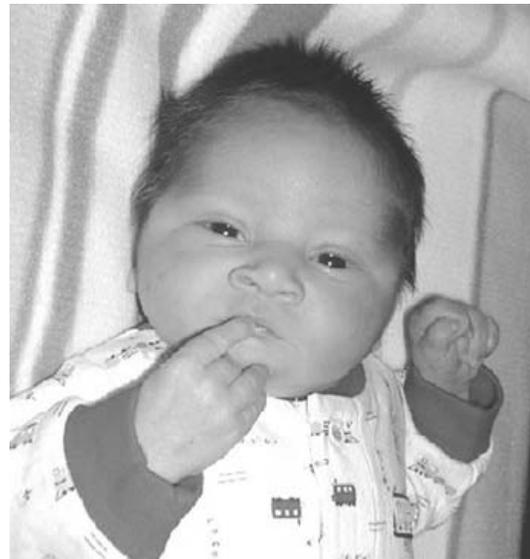
**Happy Belated 1st Birthday
Baby Steven 3/5
Hugs and Kisses
and a Lot of Birthday Wishes
Love You Baby!
Love, Mommy, Alex
and the Rest of Your Family**



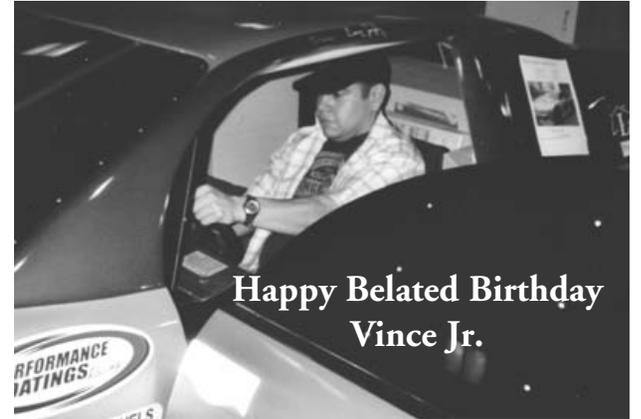
**Happy 23rd Birthday
Eddie Bear (4/9)
Hope It's a Blast!
Love, Your Family**



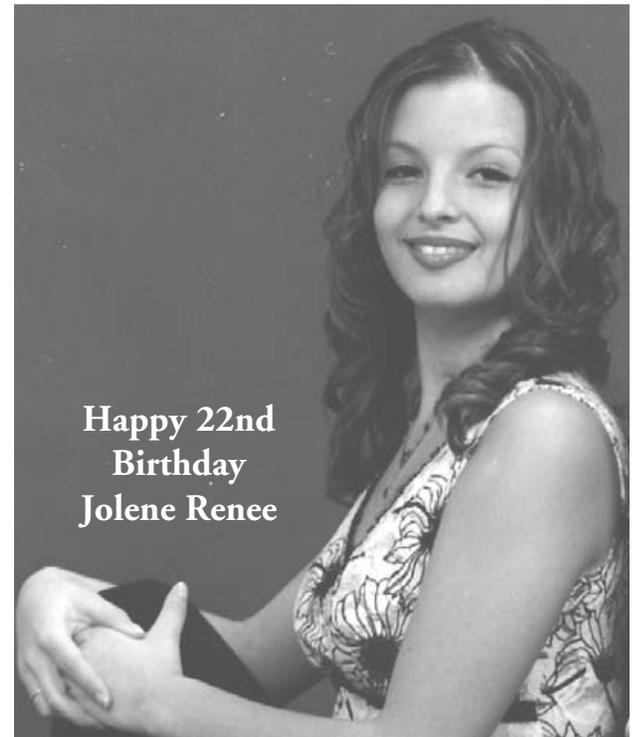
**Congratulations Theresa Sanchez and
Clinton Coley on the birth of your new
beautiful baby boy Adarius Tyrell Coley,
born March 16th, 2006.
8 lbs, 8 oz and 20"
Love Your Friends and Family**



**Happy Birthday Auntie Lucille
Love, the Seymour Family**



**Happy Belated Birthday
Vince Jr.**

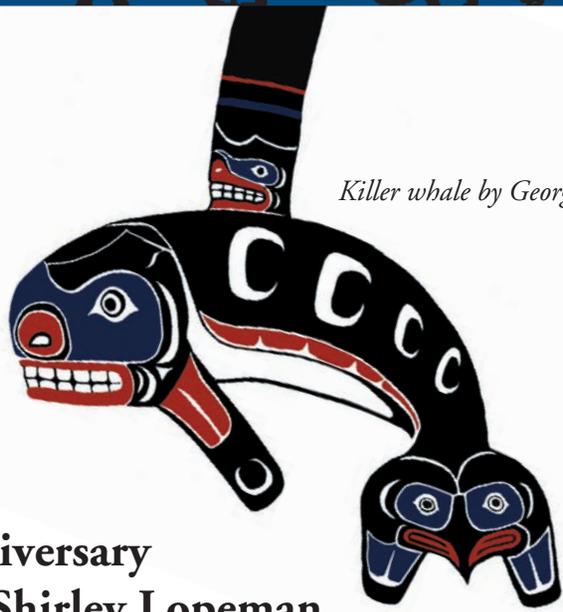


**Happy 22nd
Birthday
Jolene Renee**



**Happy 4th Birthday
Kiana Jean**

**Vinny, Margaret and Malia and
the Rest of Your Loving Family**



Killer whale by George Krise

Happy Anniversary David and Shirley Lopeman

Sally Brownfield - On February 17th, in the presence of friends and family, Dave and Shirley Lopeman celebrated their 39th wedding anniversary by renewing their vows in a traditional ceremony. Cooney Johns officiated. Max and Sinque sang and drummed and everyone enjoyed refreshments and the joyfulness of the evening.



Mount Rainier National Park Entrance Fees Waived for Tribal Members

Tribal members who wish to visit Mount Rainier National Park do not have to pay entrance fees. Proof of tribal membership will be required at the park entrance, but no one will be asked to specify the exact nature or intended location of their visit.

The fee waiver applies to all members of the Squaxin Island, Nisqually, Puyallup, Muckleshoot and Cowlitz Tribes as well as the Confederated Bands and Tribes of the Yakama Nation. The fee waiver does not apply, however, to campgrounds or other user fees within the park. Tribal members will be required to adhere to standard park regulations and practices unless otherwise specified in agreements or special use permits. Large groups (12 or more) should notify the park in advance of intended uses and dates, so that appropriate personnel can be informed and permits issues, if necessary.



“I understand that land and resources in Mount Rainier National Park have special meaning for local Indian people, and that use of the area has long-standing historical and pre-contact precedent,” said David Uberuaga, Mount Rainier National Park Superintendent. “I trust that my action makes it easier for tribal members to come to Mount Rainier, and helps maintain the traditional importance of certain areas and resources within the park.”

If you have any questions, please contact Rhonda Foster at 432-3850 or Larry Ross at 432-3837.

Vendors Wanted

KAMILCHE VALLEY FARMERS MARKET

Will Open Mid-April

Tribal Artisans Wanted!!!

Call Derek at 229-1048

*Stop by to shop for fruits, vegetables
and loads of goodies of all kinds!*