



Island Enterprises

IEI and the Business Development Center staff would like to extend our thanks to the entire community for taking the time to complete our recent survey regarding Tribal entrepreneurship and financial asset building. The survey has already helped us get a head start on identifying which areas the BDC should continue to focus on, as well as other areas that we could look at expanding. The BDC is open for drop in assistance Tuesday, Wednesday and Thursday between the hours of 2-6pm or feel free to call 360-462-0339 to schedule your appointment to see how we can assist in making your goal of becoming a business owner a reality.

Business Plan Class Orientations

Would you like to open your own business or have a business already that needs some strategic planning? Attend one of our orientations to find out more about the class and see if it is right for you!

To sign up for an orientation contact: Stephanie at (360) 462-0339.

See ad on Page 5 for more details.

ONABEN Business Plan Competition

The Ta-Quo-Ma Business Center's partner ONABEN is beginning its first annual Business Plan Competition for tribal entrepreneurs! The deadline is fast approaching but you just need to submit your idea and then if your idea is selected you have 3 more months to complete your business plan.

See ad on Page 5 for more details.

KTP Espresso Now Open!

Tyson Kruger-Marketing Coordinator, Island Enterprises, Inc. - Island Enterprises, Inc. and the staff at KTP Express is excited to announce a new addition to their location, KTP Espresso! KTP Espresso opened its drive thru/walk up windows to coffee lovers on Monday, Feb. 22nd. KTP Espresso Barista, Davina Braese, has been hard at work mastering the "Art of Coffee" and our customer comments prove that! KTP Espresso is the only espresso within 5 miles that offers drive-thru convenience and all major credit/debit cards. We encourage you to come on down to KTP Espresso and see what you think! If you have any questions or comments, please feel free to call 360-462-0185.



Kamilche Valley Farmers Market

Are you interested in having a produce, craft, food or seafood stand at the Kamilche Valley Farmers Market (located next to the visitors center by KTP)? If you are interested, please contact Stephanie Gott at (360) 462-0339 or stop by the Ta-Quo-Ma Business Center Tues. - Thurs. from 2:00 p.m. - 6:00 p.m. for information.



MARK YOUR CALENDAR...

PER CAPITA CHECKS WILL BE DISTRIBUTED
AT THE ADMINISTRATION BUILDING
ON TUESDAY, APRIL 6TH
FROM 8:00 AM UNTIL 3:30 PM.

Please contact Joanne Decicio if you would like to have
your check mailed, or to update your mailing address,
360-432-3942.

2010 General Body Meeting Saturday, May 1st Little Creek Events Center

Elections will be held for:
Vice Chairman
Council Member 3

8:30 a.m. Sign in starts
9:05 a.m. First roll call
Buffet lunch at noon

For more information contact the Administration
Building at 360-426-9781.



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3645
FAX: (360) 426-6577

www.squaxinisoland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

The General Body Meeting is May 1st Are You Planning to Run For Tribal Council?

The Elections Committee would like to encourage tribal members planning to run for Tribal Council in May to declare their candidacy now! During the next month the committee will continue to host several opportunities for candidates to get their names out and to share their thoughts and ideas with the community. Newsletter photos and articles, Question & Answer mail-outs, and community information sessions are just a few of the ways that people want to hear from you! Submit your name soon to be included in a future mail-out announcement. If you have any questions, call the Tribal Center and ask for the Elections Committee.

Drum Making Class

When: April 24 2010

Where: Squaxin Island Museum Classroom
150 SE Kwuh-Deegs-Altxw Shelton, WA

Time: 10:00 to 4:30

Please give yourself at least 4 hours to make your drum!

RSVP only 15 spots available!
Ruth Whitener 360.432.3841

Joseph Peters Running for Tribal Council

Hello, I am Joseph Chetwoot Peters. I am the Fish Biologist for our Tribe. I would be very excited and honored to accept a nomination to run for Tribal Council. I have been thinking about doing this for years but never thought I was ready for the task until now. As you might know I serve on many Council appointed committees such as the Education Commission, One Percent and Little Creek Oversight Board (LCOB). I also serve on Squaxin Island Childcare Board and facilitate Fish Committee meetings. I believe being on these committees has prepared me for the responsibility for council. People tell me I should be on council because of my honesty and ability to reason. I am a person that will listen to all sides of an issue prior to making a fair decision. Please consider voting for me at our next General body meeting. Thank you.



Jim Peters Running For Tribal Council

For those of you who didn't get a chance to read last month's Klah-Che-Min, I am Jim Peters, and I have been asked to run for Tribal Council. After talking with some tribal members, I have decided I would accept a nomination for a Tribal Council position.

Most of you know that I am fair, honest and will work hard for all tribal members.

There are many issues facing the Tribe and, with the current economic condition, we have to think things out and make good sound decisions for today and seven generations in the future. I will work on continuing to improve our Education Department and guiding children in the direction they need to graduate from school. I believe that higher education is very important and we need to provide this opportunity to any tribal member that chooses to take this path, whether it be junior college, university, technical or business school. Health care is another issue that is high on the priority list. We need to look first at the funding and then work with staff to continue improving the service to our tribal members.

For thirty years I have worked on Natural Resource issues at all levels. The thing that ties us together is to our connection to the water, salmon, shellfish, wildlife, trees and plants. These resources are our connection to the past, present and future. They are a part of our way of life, culture and spirituality. Other important issues are Elder Care and programs, Law Enforcement, Public Safety, Housing, Economic Development and Enrollment.

Thank you for your support in the past and your continuing support in the future. I look forward to talking with everyone at the upcoming Candidates Forums.





Electing Leaders, Not Just Council Members

Election Committee - The General Body is the deciding factor in the election of Tribal Council members. Often, when Tribal Council members are elected, they are chosen based on popularity, relationships and friendships.

Our Council Members are elected to carry out specific duties that are outlined in our Bylaws and traditions and they are also expected to be LEADERS. Many tribal members believe that merely by being elected, the council member becomes a leader, but that isn't true. Leaders are people who build teams to accomplish the goals of the Tribe. They empower the tribe to excel and encourage tribal members to improve themselves. They have organizational skills and understand that putting the best person in the right place for the job is crucial to success. They share their vision of the future and are positive about achieving the vision. They educate and enthuse the team to work together to achieve the task no matter how difficult.

Imagine the possibilities if all Council members were elected based upon their leadership skills and our tribal needs, rather than popularity.

As a tribal member, please take time before the elections to think about where you want our Tribe to go, and then choose leaders who you think can take us there. Choose leaders based on the results you want for our Tribe and the skills that the potential leaders possess. Remember you are electing Council members who you think will respond to the needs of our Tribe.

Join us at the Candidates Forum to learn more about your potential future leaders.

Candidates Forum Information Session

Tuesday April 20th at 5:00
Elders' Dining Room

Tribal members wishing to run for a Council position at the General Body meeting are encouraged to declare their candidacy and to participate in these forums.
Your tribal member voters want to hear from you!

Candidates will be asked to share their views about important topics and issues and be available to answer questions from the general body.

Come learn more about your potential future leaders!

For questions, or to declare your candidacy prior to the forum, please call the Tribal Center and ask for the Elections Committee. Thank you.



Census Dates

An employee of the Census Bureau will have a table set up at different locations in the tribal community through April 30th to help answer questions about the questionnaire that came in the mail to each resident on the reservation.

The table will be set up at the following scheduled time and places:

Mondays: Cultural Center 9 a.m. - 1 p.m.

Thursdays: Tribal center 9 a.m. - Noon

Fridays: Health Clinic 9 a.m. - Noon

Answers to questions such as:

What is the 2010 Census?

What do they do with the Census numbers?

How do you take part in the Census?

How will the Tribe benefit from the Census data



10 Minutes Equals Money for Your Tribe

Just 10 minutes of your time could equal about \$1,400 per each person in your household, each year, for your Tribe. That could add up to helping Indian County with approximately \$14,000 in grants and funding per person over the next 10 years.

So fill out the Census 2010 form immediately when it arrives in the mail; and send it back, the same day if possible. It's critical to Indian Country future.

It's safe: The information you provide is not shared with any government agency—including tribal housing authorities, other federal agencies, and law enforcement entities. All Census Bureau employees take the oath of nondisclosure and are sworn for life to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment of up to five years, or both.

It's easy: It takes about 10 minutes. Usually, the individual in whose name the housing unit is owned or rented should complete the questionnaire on behalf of every person, including infants, children, and non-relatives, living in the residence on April 1, 2010.

It's important: Indian Country people have always celebrated its culture, its traditions, its communities, and its way of life. The 2010 Census is a tool for these voices to be heard. To explain who they are and what they need; to help shape the future for families today and for generations to come.

A Journey of Many Voices . . .

who we are as American Indian people

Participate in the 2010 Census. It's our voice, it's in our hands.

The U.S. Constitution requires a national census once every 10 years. The Census provides state population counts used to determine the number of representatives you will have in the U.S. House of Representatives. It also provides the population count that determines how much grant money or other funding goes back into your community. If everyone in your tribe is not counted, then your fair share will go to nearby cities, local governments, and other communities.

Using the shortest question form ever, it takes just about 10 minutes to complete. It's easy to just mail it right back in the pre-paid envelope. In areas where mailed forms aren't used, there will be census takers working with your tribal governments who will visit households and conduct an interview to complete the questionnaire. Census takers will also visit households that do not return their delivered or mailed questionnaires starting in May.



Office of Housing Highlights

Another great "Tools for Success" - Financial Skills for Families Class was completed in March. The class was presented by Office of Housing staff as well as Mia Vermillion of Guild Mortgage. The curriculum for this class covered the following topics:

- Building A Healthy Economy
- Developing a Family Budget/Tracking your Spending
- Understanding Credit and Reading Your Credit Report
- Housing Policies

We would like to congratulate the 4 participants who completed all 3 sessions of the class and received their certificate. Come join in on the fun and attend the next Tools for Success class which will be held in May.

Upcoming Events

Screen Repair and Flower Baskets

Administration Bldg -2nd floor
Monday, April 26th
4:30 pm

Pet Care 101

Administration Bldg -1st floor
Monday, May 24th
4:30 pm

Understanding Your Credit Report

(by appointment only)

Please watch for more information in the near future about upcoming classes! If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.



From left: Davina Braese, Christina Shea, Kendra Blueback (standing), Celeste Forcier



WELCOME!!

The Office of Housing would like to welcome the following tribal members and their families to the community:

Kasia Krise
Lawton Case



Protect Yourself Against Identity Theft

There are some simple steps you can take to reduce or minimize the risk of becoming a victim of identity theft.

Practice Safe Internet Use

Delete spam emails that ask for personal information, and keep your anti-virus and anti-spyware software up-to-date. Shop online only with secure web pages (check the bottom of your browser for an image of a lock or look for "https" in the address bar). Never send credit card numbers, social security numbers and other personal information via email.

Destroy Private Records

Tear up or shred credit card statements; ATM, credit, or debit card receipts; bank deposit receipts; loan solicitations; and other documents that contain private financial information.

Secure Your Mail

Empty your mailbox quickly and get a mailbox lock. When mailing bill payments and checks, consider dropping them off at the post office or a secure mailbox.

Be Careful With Your Social Security Number

Your social security number is a major target for identity thieves because it can give them access to your credit report and bank accounts. Never carry your card with you. Instead, memorize your number and keep the card in a secure place at home or in a safe deposit box. Never write or print your social security number on checks.

Check Your Credit Report

At least once a year, obtain and review your credit report for suspicious activity. You can request a free copy of your report at www.annualcreditreport.com or by contacting any one of the three major credit reporting agencies.

Beware of Scams

Always be on the defensive with your private information. Never give out personal information to telemarketers or respond to emails from someone claiming to represent your bank, credit card company, a government agency, a charity, or other organization. If you think the request is legitimate, contact the company directly to confirm their claims.



Tribal Council Resolutions

10-24: Appoints Marcella Castro as delegae and Whitney Jones as alternate to the SPIPA Board of Directors voting as representatives of Squaxin Island Tribe

10-26: Appoints June Krise as delegate and Lorraine Van Brundt as alternate to the WWIETP Board of Directors

10-27: Authorizes Northwest Indian Fisheries Commission to enter into a Public Law contract for the benefit of the Tribe for programs, functions, services and activities associated with United States v. Washington and the Pacific Salmon Treaty

10-28: Authorizes and directs the development a implementation of a corporate compliance plan and policy and actions necessary to prevent and minimize the potential for fraud, waster and abuse in Northwest Indian Treatment Center programs

10-29: Authorizes submission of a grant application to the U.S. department of Homeland Security under the Emergency Management Performance Grant Program to enhance emergency management programs based on identified need and priorities to strengthen state, local and tribal abilities to support emergency management mission areas while simultaneously addressing issues of national concern

10-30: Resolves that appraisals on 13 allotments be completed by June 22, 2010, by the Office of Special Trustee, Bureau of Indian Affairs, listing fair market value which will supersede all prior tribal resolutions and appraisals

10-31: Adopts the Enrollment Code

10-32: Establishes the 2012 Canoe Journey Steering Committee with By-laws

10-33: Determines that the fees and costs relating to the Workers Compensation Plan will be paid through the Workers Compensation Fund



A BUSINESS PLAN COMPETITION AND
NATIVE SHOWCASE FOR BUSINESS DEVELOPMENT

**"BUILDING INNOVATIVE AND SUSTAINABLE ENTERPRISES
IN RURAL AMERICA"**

ARE YOU A RURAL BUSINESS?

**DO YOU HAVE A NEW INNOVATIVE PROJECT THAT YOU
COULD USE "SEED CAPITAL" FUNDING FOR?**

**COMPETITION REGISTRATION BEGINS
MARCH 22ND!**

Competition Registration and the Executive Summary Round is Phase One of the competition. It is in the form of Business Information, Executive Summary and Business Concept **ONLINE** submission.

The submission deadline is **April 16th, 2010.**

Find the online registration form, rules and eligibility requirements AND everything you need to know is on **ONABEN A Native American Business Network's** website, www.onaben.org

GOOD LUCK!!!



Want to Turn Your Skill or Idea Into a Viable Business?

Training

**We offer a
Business Training
Program to Help People
with Limited Incomes
Start and Sustain
Businesses!**

Learn to:

- Explore Your Business Idea
- Write Your Own Business Plan
- Learn Financial Planning & Marketing Skills

FREE Orientation - Call for information!

The **Orientation** is a free, one-hour meeting which provides information about our Business Training Program, entrepreneurial support services and our organizations. It is also a time to gain some knowledge about prospective participants, answer questions and provide introductory materials.

Business Readiness Workshop

This workshop provides to those who are interested in starting or enhancing a small business the information they will need to decide whether they want to participate in our classes. We will look at what is required to launch a new business—risks, costs and rewards— and the commitment and hard work necessary to succeed in the Business Training Program and eventually in business.

Learn More/Register Online!

www.enterpriseforequity.org

Or call:

Ta-Quo-Ma Business Center

Phone: (360) 462-0339

Email:

sgott@ieinc.org

In Olympia, WA

Orientation Dates are:

Wednesday 14th April 5:00PM

Business Readiness Workshop

June 25th & 26th

A **Full Training** will begin in September.

A microloan fund is available for successful graduates of the training.



Enterprise for Equity is a
community supported nonprofit serving
people with limited incomes who want to
start a business.





LEARNING CENTER



EDUCATION:

Sylvan
After-School Tutor (Homework Central)
GED

Monday - Thursday 4:30 - 7:30
Monday - Wednesday 4:00 - 5:00
Monday - Wednesday 5:00 - 7:00

RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym
(Fun, Games, and Club)
Monday-Friday 3:00 - 7:00

HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment,
scholarships, Squaxin Higher Education applications

Monday - Friday 8:00 - 5:00

SQUAXIN ISLAND POOL


Open Swim
Mondays & Wednesdays 3:00 - 6:00 p.m.
Fridays 5:00 - 8:00 p.m.
Saturdays 1:00 - 4:00 p.m.



Squaxin Youth Education, Recreation and Activities

All activities are Drug, Alcohol and Tobacco Free!!
Co-Sponsored by DASA
TLC Hours 8:30am-7:30 pm Phone: 432-3958



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office Hours 8:30-5:00 Recreation 3:00-6:30 Sylvan M-Th 4:30-7:30 M,T,W: Homework Help 4:00-7:00 GED Prep 5:00-7:00		Snacks served daily 4:00 - 5:00 in Rec Room (sandwiches, fruits, veggies, juice...)		1 April Fool's Day 4-5:30 Lushootseed Reading 4:00 Research Team	2 TLC Closed	3 Easter Egg Hunt 10:00 AM Baseball Field
4 Happy Easter  National Library Week	5 Spring Break all week 4-5:30 Lushootseed Art	6 Shelton, Wa He Lut 4-5:30 Lushootseed Games 4:00 Nutrition class 4:00 Research Team	7 & Griffin Activities 5:00 Youth Council Meeting	8 & lunch at TLC 4-5:30 Lushootseed Reading 4:00 Research Team	9 Each Day 11:00- 6:00 Suquamish Basketball Tournament Boys 14 & Under	10 Suquamish Basketball Tournament Boys 14 & Under
11 Suquamish Basketball Tournament Boys 14 & Under	12 4-5:30 Lushootseed Art	13 HSP Test 10-12 grades math 5-5:30 Lushootseed Games 4:00 Nutrition class 4:00 Research Team 5:00 Bdx Graduation Button Robes	14 5:00 Youth Council Meeting	15 HSP test 10-12 grades sci 4-5:30 Lushootseed Reading 4:00 Research Team	16	17
18	19 4-5:30 Lushootseed Art	20 4-5:30 Lushootseed Games 4:00 Nutrition class 4:00 Research Team 5:00 Bdx Graduation Button Robes	21 Earth Day 5:00 Youth Council Meeting	22 4-5:30 Lushootseed Reading 4:00 Research Team	23	24
25	26 4-5:30 Lushootseed Art	27 4-5:30 Lushootseed Games 4:00 Nutrition class 4:00 Research Team 5:00 Bdx Graduation Button Robes	28 5:00 Youth Council Meeting	29 4-5:30 Lushootseed Reading 4:00 Research Team	30 Happy Birthday to all those born in April	Notes:



LEARNING CENTER



Young Adult Assessment Team

We are the young adult assessment team. There are 12 of us ranging in age from 18-24 years old. 25% of us have previously served on the Youth Council.

Our team will learn to develop leadership, interpersonal and research skills so we can begin to get and give information to create a better future for younger generations. We will also strive to provide service, training and knowledge to other youth and younger adults.

We began meeting in January and we meet each Tuesday and Thursday at 4:00, after our school or work. For now we are meeting in the Mary John's room, but soon we will be out in the community. Our goal is to improve the community by listening to younger adults' ideas and to gather data for our decision makers. We plan to do this by conducting surveys, interviews and focus groups and bringing what we learn to Council to share positive information with the larger community and to get their feedback. That's who we are and what we do.

We are training to be tomorrow's leaders today.

Written by: Alan Cooper



BACK ROW FROM THE LEFT:
Joey Furtado, Kristy Krise, Sapphire Ward,
Thomas Blueback, Nick Cooper,
Mike West

BOTTOM ROW FROM LEFT: Jaron Heller,
Alan Cooper, Richie Cybulski,
Cassidy Gott

NOT PICTURED: Kurt Poste,
Deanna Hawks



Young Adult Assessment Team

Mission Statement

The Young Adult Assessment Team will develop their leadership skills and will conduct and share research in order to provide service, knowledge and training to their community.

Our Vision

Use our voice to create a better community for future generations.

Adopted February 9, 2010

Scholarship Opportunities

\$50,000.00 Bonneville Power Administration Scholarships for American Indian students attending an accredited college, university, technical school, or graduate school program engaged in a field of study related to careers listed at: jobs@bpa.gov. The deadline is April 1st.

Washington Indian Gaming Association has \$50,000.00 in scholarships to be awarded in separate amounts to enrolled tribal members, of \$1,100.00, \$1,500.00, and \$2,000.00 each. The deadline is March 31st.

If you are a Shelton High School student, you may acquire scholarship information through Meghan Brandt in room 308. Scholarship information may also be obtained at the Tu Ha' Buts Learning Center. Contact Shannon Bruff: 432-3826.

35TH ANNUAL NORTHWEST INDIAN YOUTH CONFERENCE 2010

Modern Day Warriors: Being a Native Youth in the 21st Century



Logo design by students: James Cross and Sylvia Agatha

WORKSHOPS: Leadership & Empowerment, Educational Success-Higher Education, Culture & Spirituality, Health & Wellness, Substance Abuse Prevention, Entertainment, Arts & Filmmaking, and much more! **SPECIAL EVENTS:** Comedy, Movie Night with Surprise Celebrity Guests, Dances, Dinners, Contests, Arts & Crafts. **SPEAKERS & SPECIAL GUESTS:** Local Elders, Native Leaders, Business People & Professionals, Education & College Guidance Counselors, Suicide & Drug Prevention Specialists, and much more!

April 7 – 10, 2010

Doubletree Seattle Airport Hotel

18740 International Boulevard | Seattle, WA | 98188 | 1-888-235-4408

Contact the Doubletree Hotel directly to reserve your room(s). Ask for the NWIYC special room rate.

NORTHWEST INDIAN YOUTH CONFERENCE 2010 UPDATES & INFORMATION
WWW.NWIYC2010.COM

To receive a registration packet or for speaker/presenter consideration, please contact:

Michelle Shining Elk | Telephone: 818.813.3701 | Email: michelleshiningelk@gmail.com



Quilting and Sewing Classes by Dorinda Thein

By appointment only
790-9307



Squaxin Island Museum
Would like to help *Squaxin Island* tribe members with creating
Button Robes
For HIGH SCHOOL, GED, or COLLAGE GRADUATES ONLY




If you have a graduate honor their hard work with a hand made (by you & your family) button robe!
Space is limited!!!!!!

Contact: Ruth Whitener 432-3841

2010 Button Robe Schedule
For High School Seniors
All meetings at 5-7 P.M. at Bordeaux Elementary

February 9
February 23
March 9
March 23
April 6
April 13
April 20
April 27
May 4
May 11
May 14 **Awards Banquet**



New Employee



Carolyn LaPage **Financial Specialist**

Hello everyone. My name is Carolyn LePage. I joined the staff in the Finance Department about a month ago. I am taking over accounting duties from Terry Conway, issuing purchase orders and processing invoices for recurring expenses and other vendors as assigned. Terry has moved up into Carolyn Hoosier's position who recently retired.

I have approximately 20 years accounting experience, working both with government, including tribal, and the private sector. I have lived in Shelton for almost 7 years. My cultural background is French Canadian originating from Eastern Canada. I look forward to meeting everyone and working for the Tribe.





SA-HEH-WA-MISH DAYS



Photos by Charlene Krise, Margaret Henry and Tom & Mandy McCullough





SA-HEH-WA-MISH DAYS



Photos by Charlene Krise, Margaret Henry and Tom & Mandy McCullough



"The entire MLRC staff greatly appreciates everyone who helped with the Sa-Heh-Wa-Mish Powwow. It was one of the best and most memorable.

We also would like to thank the LCCR staff for the wonderful Coastal Salish Gathering dinner!"
- Charlene Krise





SA-HEH-WA-MISH DAYS



Photos by Charlene Krise, Margaret Henry and Tom & Mandy McCullough

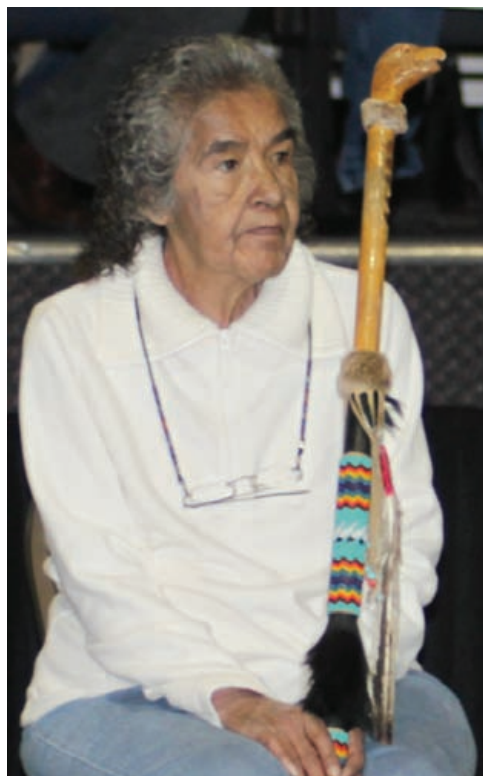




SA-HEH-WA-MISH DAYS



Photos by Charlene Krise, Margaret Henry and Tom & Mandy McCullough





SA-HEH-WA-MISH DAYS



Photos by Charlene Krise, Margaret Henry and Tom & Mandy McCullough





SA-HEH-WA-MISH DAYS



Photos by Charlene Krise, Margaret Henry and Tom & Mandy McCullough





SA-HEH-WA-MISH DAYS



Photos by Charlene Krise, Margaret Henry and Tom & Mandy McCullough





A Visit to Mat's House

We wanted to share pictures of our family trip to Mat's house in Kennewick. This is the first family picture in 26 years with all of us kids together. And this is the first picture ever with Paula and all her kids. Mat would like to tell everybody hello and hopes to visit soon. We had a wonderful time, and hope that if you have family you haven't seen in a while, just hop in the car (3 for us) with some bread and bologna and just take off.



Top row left Dodie, JC, Mathew, Mat, Ayshia, Corri,
Second row left Peyton, Ethan, Runningbear, Paula
Front row Baby Jason, Jamie, Jeremiah



Welcome to the Tribe Hayden Seymour



Love, Mom, Dad, Gramma
Lizzie and Brother Syncere

Secondhand Safari



**Thurston County Fair's 2nd Annual
Community Garage Sale
& Reuse Fair**

**Saturday, May 1st 8 am - 3 pm
Thurston County Fairgrounds**

Garage Sale Booths
Speakers & Workshops
Informational Booths
Book & Magazine Exchange
Music & More!!!



Booth Rental - \$25 outdoor, \$40 covered
\$2 early-bird admission 8:00-9:00 a.m.
\$1 admission after 9:00 a.m.

To reserve your space or for more info call
786-5453 or visit www.co.thurston.wa.us/fair



Look who visited the Squaxin Island MLRC!



In between shows at the Event Center, Cheech and Tommy & Shelby Chong wanted to learn about our Squaxin Island Tribe.



Top right: Ruth Whitener showing them salmon cooking technique
Middle left: Cheech!
Top left: Chong & Wes Whitener
Far right: Shelby Chong
Bottom left: Cheech and Tommy & Sidney Chong



Special Thanks!

Thank you to Rhonda Foster, Dave Lopeman and the cooks for all your help with our wedding! Thanks to the baton group for understanding. Also thanks to Vinny and Margaret for help with set-up and all the help from everyone. Thanks to our daughters and sons. Thanks, Virginia, for the pies.

- Mike and Rose Davis -

Elders Beading and Wii Games

Every Tuesday beading with Gloria Hill and playing Wii! (GOOD WORK OUT)





Meal Menu

Meal Program Entrees

Thurs., April 1:	Meatloaf
Mon., April 5:	Pork chops
Tues., April 6:	Soup & Sandwich
Wed., April 7:	Oysters
Thurs., April 8:	Beef Roast
Mon., April 12:	Baked Chicken
Tues., April 13:	Soup & Sandwich
Wed., April 14:	Hamburger Steak
Thurs., April 15:	Fish & Chips
Mon., April 19:	Chicken Fajitas
Tues., April 20:	Soup & Sandwich
Wed., April 21:	BBQ Pork
Thurs., April 22:	Beef Stroganoff
Mon., April 26:	Chalupa
Tues., April 27:	Soup & Sandwich
Wed., April 28:	Crab Cakes
Thurs., April 29:	Chicken Dumplings

Menu Subject to Change

Murhut Falls Trail

Great Family Activity! Quilcene Washington Hikes

A short (¼ mile) and easy trail to a lovely, narrow, woodland waterfall rewards photographers and families with exquisite beauty. In spring native rhododendrons bloom along the trail, which apparently was once a logging road. At the waterfall children will love watching the water spill over the top of the highest ledge, drop, then level off in a plunge pool, and then hurtle down again. On a hot day the cool breeze, shade, and spray will cool you. Hold onto children's hands here.

Directions:

The hike is in the Duckabush Recreation Area between Shelton and Quilcene on Hwy 101 on the Olympic Peninsula. At mile marker 310 turn west on Duckabush Road (which is signed). Drive a little more than 6 miles and follow the gravel road as it bears right at the sign marked Murhut Falls. This will take you just over one mile to the trailhead. NW Forest pass required.

<http://www.wta.org/go-hiking/hikes/murhut-falls/>

Diabetes Support & Education

Everyone is welcome—
those with Diabetes or not.

Come for a few minutes
or the whole time

Tuesday, April 27th, 2010

Right after Elder's lunch
at Elder's Building

12:45 to 2 pm

Optional Walk at end

**Topic: Diabetes & Food,
Introduction to Carbohydrates**

**You can Take Charge of your Diabetes &
Live a Long, Healthy Life**

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360)432-3929



No Perfume or Colognes at Health Clinic including Dental Department

Due to lung sensitivities of our patients and employees, we ask that you do not wear any scented lotions, perfumes or colognes when entering the health clinic and dental department.

If you choose to do so, it may be necessary to reschedule your appointment

Thank you for your cooperation
with this matter.



Please...

No food or drink
in the clinic

Due to the Health Clinic
Construction—
new floors , etc.

Please leave your food &
beverages at home or in
your vehicle.

Thank you
for your cooperation.



5 Tips for Parents of Picky Eaters

Submitted by Patty Suskin, Registered Dietitian

1. Don't become a short order cook.

If a child is refusing to eat certain foods, parents may be tempted to provide a separate meal, but that only gives in to the behavior. "Giving your child too many options for meals only complicates matters," says McHugh. "I work with so many parents that are so concerned with their kids' eating that they'll give them anything. Kids are smart. If they know you'll make them something else they already like, they'll never take the opportunity to try new foods." Instead, offer foods from all the food groups at the meal. Allow the child to pick what they would like. Close the kitchen until the next meal or snack.

2. Make mealtime a sit-down event.

When kids are constantly eating on the go, they get used to fast-food items and other foods that can be easily taken on the road. These typically do not include a variety of fruits and vegetables. Plus, getting kids used to eating meals at the table gives them the opportunity to try new foods. "When my grandson sits down for a formal meal, he's a great eater and will try new foods," says Podmolik. "But if he was offered those same foods on the run, he wouldn't try them. When you make mealtime a sit-down event, it also allows more learning and interaction to happen about the foods being eaten, something that couldn't happen if you're always eating on the road or not as a family."

3. Plan your snacks.

Allowing kids to graze all day long is an easy way to ensure that they won't be hungry when it comes time for dinner. And a child who's not hungry is definitely not going to be willing to try new foods. "Separate snacks from meals and make snack time a planned, sit-down event," advises Podmolik. "When there's not a plan to the end of the snack is when the problems occur." A good planned snack to recommend to parents may be a measured baggie of trail mix or one stick of string cheese. And there should be at least an hour or two between a snack and a meal to allow time for the child to become hungry again.

4. Don't make a big issue of it.

Relax a little. Besides raising your own stress level, making a big fuss over a picky eater can be unproductive. "Parents aren't always aware that you should not talk about a child's eating behavior in front of them," warns Piette. "Even before they can talk, they understand that they're getting attention. If a child realizes that refusing a food gets them a lot of attention, they're going to keep doing it, especially at a younger age. At that age, they love any attention they can get."

5. Make it fun.

Sparking kids' interest in eating new foods could be as simple as reading to them. McHugh recommends three books that may specifically help kids with the idea of trying new foods: *I Will Never Not Ever Eat a Tomato* by Lauren Child, *The Seven Silly Eaters* by Mary Ann Hoberman, and the classic *Green Eggs and Ham* by Dr. Seuss. McHugh also says parents can try to make the experience of trying foods fun by turning it into a game. "Consider making it 'Red Day,'" she suggests. "You and the kids have to wear red all day and pick out a red fruit or vegetable from the grocery store." McHugh adds that involving the kids in choosing the foods, and maybe even helping to cook them, can also spark their interest and is another way to build familiarity with a new food.

Open House

Watch for an announcement about our spring Open House to see the new floors and reception area funded by the Recovery Act ARRA program.



COLOR YOUR "MY PYRAMID"

MyPyramid can help you choose how much to eat from each of the Five Food Groups every day.





HEALTH CLINIC



Upcoming Health Events

Mammograms and Women's Health Exams

Thursday, April 1st &
Thursday, April 22nd at the clinic
Contact Lea Cruz @432-3930

Brief Community Walk

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

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Patty Suskin
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

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

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Come Visit our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga,
Walk Away the Pounds & more)
in building across from clinic
Work out alone, with us
or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

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

Community Health Walk

Thursday, April 15th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa.
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
The tribe with the most walkers each
month wins the walking stick.
We won it in October ...
can we get it back in April?

Diabetes Support & Education

Diabetes & Carbohydrates
Tuesday, April 27th
At Elder's building after Elder's lunch
12:45 - 2:00 p.m.

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

Need Food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition
information for you
and your child up to age 5

**NEW: Bring your child to WIC to have
their teeth checked on April 5th**

Please bring: your child, medical coupons
or paystub & identification

Monday, April 5th 9 a.m. to 4 p.m.

Contact Debbie Gardipee-Reyes:

462-3227

Dates subject to change

COMMODITIES AT SPIPA

Monday, April 5th, 10 a.m. to noon

Contact Shirley or Bonita at
438-4216 or 438-4235

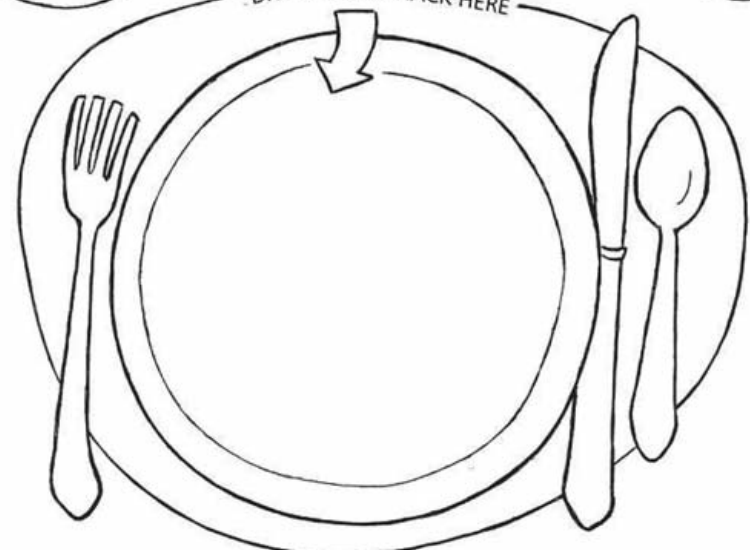
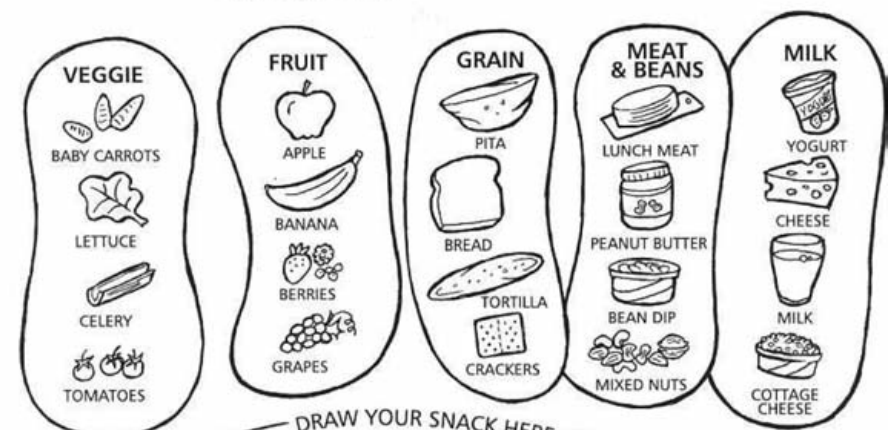
Dates subject to change

FOOD BANK

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

HEALTHY SNACKING!

Draw your favorite healthy snack on the empty plate.
Use at least 3 food groups. Choose from below, or
think of your own!



*The Health Clinic will be closed Friday, April 2nd,
for the Spring Holiday*



Native American Heritage Celebration

April 17th

Kenneth J. Minnaert Center for the Arts

11:00 a.m. - 500 p.m.

Workshops
Entertainment
Presentations
Vendors

Art Exhibit (*runs through May 3rd*)

Attention Tribal Members:

Please notice the corrections in bold

The Tribal Council has adopted several recommendations from the Aquatics Committee; one recommendation will allow 20 new divers in the geoduck fishery.

New IDQ Holders will be selected by drawing from a list of all interested individuals on April 1, 2010 at 10:00 a.m.

In order to participate in the drawing on April 1st all tribal taxes and payments due to the tribe must be paid in full.

Must be 18 years of age by August 31st

Those drawn must qualify to dive on or before August 31, 2010.

The qualifications include:

- Basic and Advanced Scuba and Surface supplied air training
- Current on ALL tribal taxes and payments (**Due April 1, 2010 at 10:00 a.m.**)
- **Must purchase a tribal aquatics license**
- Must pass an annual and random drug test
- Must be certified by a physician **by passing a dive physical**
- **Must have a CPR & First Aid Card**

Council will begin collecting names of interested individuals for the selection of the 20 new IDQ holders. The drawing will be on April 1st in Council Chambers at 10:00 a.m.



Submit your interest of participating in this fishery in writing to Ruby Fuller or Melissa Puhn by April 1, 2010.

For more information regarding this fishery please contact Natural Resources at 360-426-9781.

2010 North of Falcon Underway

Preseason planning of 2010 Washington State commercial and recreational salmon fisheries is underway. The process known as North of Falcon is a series of meetings where representatives from Tribal, State, NOAA Fisheries, Fishing Industry and general public work together in developing the fisheries for the year. Over the next two months Andy Whitener and Joseph Peters will be representing Squaxin Island Tribe at North of Falcon ensuring allocation and conservation needs of the Tribes local stocks are met. Regional Chinook, coho and chum forecast have been developed for Washington State and as of February 12th, have been agreed to by Tribal and Washington State Fish and Wildlife policy representatives. Below are the agreed to 2010 Deep South Puget Sound salmon forecasts.

2010 Coho & Chinook Forecast

	Coho	Hatchery	Wild
Squaxin Island Net Pen Coho		33,606	
Deschutes River Natural Coho			160
Misc. 13A-K Natural Coho			2,300
Coho- Minter		34,369	
		67,975	2,460
	Fall Chinook		
Deschutes- Fall Chinook		14,198	
Minter - Fall Chinook		12,638	



2010 Fall Chum Expected Runsize



South Sound Terminal Area	Even Year Escapement Goal	%	Total Runsize
Chambers	350	0.006	2,288
Henderson Inlet	750	0.013	4,902
Eld Inlet	18,500	0.326	120,924
Totten Inlet Complex (Totten/Skookum)	16,500	0.290	107,851
Totten Inlet	14,400	-	79,613
Skookum Inlet	2,100	-	28,238
Hammersley Inlet	17,000	0.299	111,119
Case Inlet	1,800	0.032	11,766
Carr Inlet	1,900	0.033	12,419
Totals	56,800	1.000	371,269

DeepSSound Fall Chum Run Size 371,269

Total Puget Sound Wild Fall Chum 1,322,430

2010 Summer Chum Expected Runsize

Region	expected runsize
Central Sound	5,427
Hammersley Inlet	53,367
Case Inlet	9,623
Totals	68,418



COMMUNITY



Happy Birthday

Duane Cooper	01					Ronald Schaefer	16
Rene Vigil	01	Mi'chelle Mach	08			April Melton	17
Seattle Morris	01	Nolah Cousins	08			Dena Cools	17
Famie Mason	01	Rodney Krise, Jr.	08			Jeffery Peters	17
Colby Smith	01	Marcella Castro	08			Teresa Krise	18
Kaitlyn Sweitzer	02	Kiana Henry	09			Daniel Kuntz	18
David Peters, Sr.	02	Andie Cousins	09			Douglas Johns	18
Daniel Hall	02	William Henderson	09			Trinity Byrd	19
Tamika Krise	03	Alexander Henry- Castellane	09			Elisha Peters Guizzetti	19
Deborah Knott	03	Lila Jacobs	09			Vicky Turner	20
Jacqueline Crenshaw	03	Cheryl Hantel	09			Jolene Grover	20
Elizabeth Fenton	04	Juan Araiza	09			Louise Rioux	20
Janice Leach	04	Antonia James	10			Pamela Peters	20
Kathy Brandt	04	Joanna Cowling	10			Elizabeth Obi	21
Tyler Hartwell	04	James Giles	10			Chasity Villanueva	21
Traci Coffey	04	Kenneth Selvidge, Jr.	10			Joshua Whitener	21
Joseph Harrell	04	Talon Beattie	11			Tyrone Seymour	21
Matthew Block	05	Darren Ford	12			Emily Sigo	21
Robert James	06	Dorinda Thein	12			Edward Henry I I	21
Chauncey Blueback	06	Russell Harper	12			Jon Vanderwal	21
Tania Korndorfer	07	Latiesha Gonzales	13			Tracy West	21
Michael Kruger	07	Haelee Hernandez-Smith	14			Sarah Koshiway	22
Carolyn Hoosier	07	Debra Peters	14			Randy Koshiway	22
Keesha Vigil-Snook	07	James Peters	14			Ronald Bell	23
Rolando Rocero	07	Grace Pugel	15			Rebecca Keith	23

What's Happening

				1	2	3
				AA Meeting 7:30	Tribal Offices Closed	
4	5	6	7	8	9	10
				Council Mtg.		
				Family Court	AA Meeting 7:30	
11	12	13	14	15	16	17
				Criminal/Civil Court		
				AA Meeting 7:30		
18	19	20	21	22	23	24
				AA Meeting 7:30		
25	26	27	28	29	30	
				AA Meeting 7:30		General Body Meeting

Happy Belated Birthday

Stephen Henry! - March 31st

Shaker Prayers and Services

Rose and Mike Davis are available
for Shaker prayers and services

Please call 877-0820

Squaxin Bible Study

Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey



COMMUNITY



Happy Belated Birthday to my family, Chris and Angie,
I want to wish you a happy late birthday.
I love you both and I don't know what life would be with out you.
Also if you read this, I owe you a birthday lunch! Love you! - Roo!

To my nephews Baby Jon (Tutter) And Jerad (Jer Bear)!
I want to wish you both a Happy Birthday!
Even though I don't see you, I want you to know that I love you as much today
as I loved the last time I saw you.
You are my nephews, and my love for will never change, Love you! - Aunt Roo!

Happy Birthday Grandpa (Bill Lopeman).
Your the best grandpa ever! Love, Your Grandkids

Happy 3rd Birthday Syncere!



Happy 8th Birthday Kiana Jean!



Shown with Kiona Krise

**Your Loving Family
Lots of Love!**

**Dad, Mom, Sisters & Brother
(Vinny, Margaret, Jolene,
Malia & Vince, Jr.)**

Happy 26th Birthday Jolene!



**Your Loving Family
Lots of Love!**

**Dad, Mom, Sisters & Brother
(Vinny, Margaret, Malia,
Kiana & Vince, Jr.)**

Love, Mom, Dad, Gramma and
Brother Hayden

Happy 17th Birthday Cynthia!



We Love You Very Much!!!

Another year of accomplishments!

Chief Leschi Cheerleader Co-Captain,
WA State Indian Education Student Rep.,

Chief Leschi Leadership,

Chief Leschi Drum & Dance,

Honor Roll,

Upwardbound Program - Evergreen State College
Athlete of the Month - Tacoma Athletic Commission

We are very proud of you!

Love, Your Dad, Mom & Grandma

Cynthia is the daughter of Randy & Lydia Parrot,
granddaughter of Cindy Andy
and great-granddaughter of Roy & Clara Seymour



TESC Longhouse Will Celebrate 15-Year Anniversary this Summer

The Evergreen State College Longhouse opened in 1995 with over 1,000 people in attendance, including Governor Mike Lowry and many tribal dignitaries. David Whitener Sr, was a faculty member and key supporter of the project. He is pictured here at the opening celebration. Note acclaimed author Sherman Alexie (left) offering his applause.



Over \$20,000 in cash and prizes will go!

BINGO

AT THE CREEK

Win big at our monthly bingo sessions!

Friday, April 16th at 6:30pm
Saturday, April 17th at 2:30pm & 6:30pm

Early Bird specials Fri & Sat 6:30pm session
\$69 Hotel Stay*

LITTLE CREEK
CASINO • RESORT™
www.little-creek.com • 360-427-7711
Minutes North of Olympia on Hwy 101

Restrictions may apply. Must be over 18 to play. Located in Skookum Creek Event Center
*Valid for Bingo Participants, must show Players Club Membership

ONE NIGHT ONLY

DWIGHT YOAKAM

Special guest
CHANCE MCKINNEY
APRIL 24TH AT 8PM
Tickets on sale now! \$65/\$60/\$50

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

LITTLE CREEK
CASINO • RESORT™
Must be 21 and over. For skyboxes call 360-432-7107

Northwest Indian Applied Research Institute
Presents:

Weaving Research Communities Together:

Research Protocols In Indian Country

**TRIBAL
PANEL
Discussion**
by
Research
Experts

The Conference will begin at 8:30 with Keynote Address by Dr. Cajete at 9:00 AM, followed by a Panel of Research Experts, lunch, afternoon Workshops and ending with a Closing Ceremony at 5:00 PM.

Featuring Keynote Speaker:
Dr. Gregory Cajete

"Creating Sustainable Indigenous Community In a 21st Century World"

Dr. Gregory Cajete (Tewa, Santa Clara Pueblo) is a renowned author of five books exploring Native science & Indigenous perspectives.

Please join us for the 2010 Northwest Regional Conference on Protection of Cultural Properties and Tribal and Indigenous Peoples

Workshop Titles:

- Historical Problems of Research in Indian Country
- Indigenous Reciprocity and Values
- What are the Sacred Boundaries of Ethnographical Research?
- Community-Based Participatory Research

TO REGISTER ON LINE: http://nwindian.evergreen.edu/2010_conference_registration.html
ON-SITE REGISTRATION begins at 8: AM

The Evergreen State College 1 Northwest Indian Applied Research Institute FMI: (360)867-6889 or tjeterina@evergreen.edu

This conference is made possible by generous donations from the Muckleshoot Indian Tribe, Tulalip Tribes and TESC President's Diversity Fund, and co-sponsored with TESC First People's Advising Services.