

Klah-Che-Min

ʔacaciɬalbixʷ gʷɬ tə xʷəlč yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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JULY 2004

► *People of the Water* ◀

COMPLIMENTARY

Squaxin Island Child Development Center to Host Open House for Tribal Community

The Squaxin Island Child Development Center will hold an Open House for the tribal community Saturday, June 26th from 11:00 to 3:00 p.m.

Tribal members will have the opportunity during the event to register their children for attendance beginning in late summer.

The facility will accommodate 116 children, ages birth to five years and will be the "highest quality to be found anywhere in the state," says Director Jim Kindle.

"I have high expectations," he said. "This is a beautiful facility and it was carefully and thoughtfully designed. All we need now is to add some great staff and its going to be the best!"

The building consists of two wings joined in the center by offices and a large entry where raised ceilings and enormous windows allow visitors a

great view to an ancient cedar tree.

The west wing will be become home away from home for the smallest and youngest of the center's inhabitants - the babies and wobblers. Toddlers and preschoolers will reign over the east wing.

Both wings are secure," Jim said. "No one can enter unless they check in at the front desk, and parents will be given personal identification numbers (PINs) allowing them to open the doors by entering these PINs on touch screen monitors. It will also let them know when immunizations are needed or payments are due."

The facility boasts three fenced play areas, extra large hallways for bike riding and ball bouncing, brilliantly colored walls, kitchen and bath amenities in each child care room (including very

miniature toilets) and a trail through the woods to Little Skookum Creek where the children will be taken on guided walks when salmon are running. Every room, including the play areas and maintenance shop, is named after an animal native to this area and a large picture accompanied by its Lushootseed name will be posted on each doorway.

"This is our humble beginning of adding culture to our curriculum," Jim said. "We will continue to develop the cultural curriculum as we get up and running."

The Child Care Center will be state licensed, and will strive for national accreditation within the first year.

Continued on Page 2.



SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane
Shelton, WA 98584

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**KLAH-CHE-MIN
SQUAXIN ISLAND
TRIBAL NEWS**

10 S.E. Squaxin Lane
Shelton, WA 98584

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

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

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

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

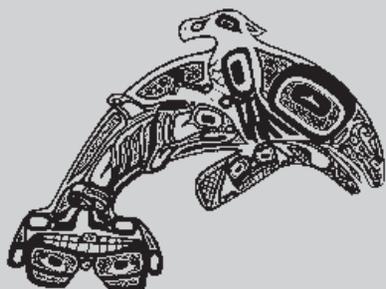
Submissions Deadline:
15th of each month

**SQUAXIN ISLAND
TRIBAL COUNCIL:**

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CHARLENE KRISE: *Third Council Member*

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COMMUNITY



Child Development Center
Continued From Page 1.



The 15,000 square-foot facility will be open from 6:00 a.m. to 6:00 p.m. Monday through Friday.

"We are looking into the possibility of night shifts," Jim said. "But there is a whole additional set of licensing requirements for that, such as sleeping arrangements and additional meals."

Approximately 16% of the annual budget is already set aside for food.

"Meals will be served in a family-style setting," Jim said. "That includes 'please' and 'thank you'."

At the time of registration a \$50 deposit will be required. Immunization charts will also be needed.

"The Tribal Council, the Child Care Board, Little Creek Casino and Island Enterprises are still in the process of discussing rates for tribal members," Jim said.

Recruitment of employees is expected to begin very soon. Staff will consist of the director, assistant director, cook, lead teachers (must be over 21), assistant teachers (must be at least 18) and assistants in training (must be in school). All employees will be subject to background checks and fingerprinting.

We want our teachers to be top notch," Jim said, "So the center will pay for 20 hours of annual training."

"Our teachers are going to be required to think outside the box," he continued. "We want them to be flexible and able to change to meet the individual child's special interests. We will provide experiential learning in small and large groups as well as individually."

"I am very proud of what we have developed here," Jim said. "There will be nothing else like it in the state as far as quality of care, safety and curriculum. I have a big ego. I want to be the best in the world!"

**Youth Must Graduate to
Receive Per Capitas Before Age 21**

In an effort to encourage young tribal members to stay in school, Tribal Council unanimously passed a resolution to modify the federally approved Revenue Allocation Plan requiring young tribal members to have their high school diplomas or their equivalent in order to receive per capita distributions at age 18. If a tribal member has not received his or her diploma or its equivalent by age 18, he/she will have to wait until age 21 or he/she completes their high school education whichever comes first.

This resolution became effective June 8, 2004.

The change will not affect that portion of the per capita that is basic need allocation distributed directly to minors.

"This change was made in an effort to minimize the drop-out rate among tribal youth," said Tribal Council Secretary Ruby Fuller. "Tribal Council wants to do everything possible to support our kids' educations."

If you have any questions or concerns, you can contact Ruby at 432-3909.

Natural Resources Hotline
360-432-3899

Narcotics Tips Line

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

432-3898

**Great Take-Out, Great Prices
at Little Creek Casino Bingo**

Pizza, fry bread, Indian tacos
and family style salads to go

4:00 - 10:00 p.m.

Call 427-3006 to place an order!

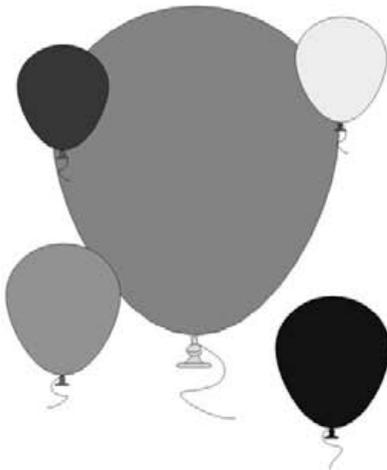


Community Open House

Squaxin Island Child Development Center



You and your family are invited to spend an afternoon celebrating a special Open House for the community, and enjoying the following:



- Building Tours,
- Blessing Ceremony,
- Hot Dogs & Hamburgers,
- Inflatable Jumper,
- Raffle Prizes,
- Early Enrollment,
- Question/Answers,
- and much more!!

For more information call Jim Kindle

Phone #: 360.426.1390
E-Mail: jkindle@ieinc.org

Date: Saturday, June 26, 2004
Time: 11:00am—3:00pm



LEARNING FOR LIFE!

Casino Staff Save a Life

Bob Gouin, LCC Director of Security - On Sunday, May 30th, in our Legends Restaurant, casino security staff had occasion to use our Automated External Defibrillator (AED) unit. An elderly patient collapsed onto the floor, was without a pulse and was not breathing. With the help of Food and Beverage staff and a patron, the patient was given CPR and then the AED unit was utilized. By the time the medics arrived the patient was responding and had a pulse. The transport to the hospital was made at that time.

I contacted the patron who assisted us and he told me that he was an ex-state trooper who had been trained in life saving techniques for many years. He couldn't say enough about the professional manner in which the incident was handled by our security staff. He went on to compliment not only the security staff, but Food and Beverage personnel as well. He said that their support and help was invaluable. He said he's mentioned the incident and the professional manner in which it was handled to several people already.

The District Four Fire Chief said that the casino was credited with what he termed a "field save." We all pray that the patient will make a full recovery.



L-R: Wayne Boyce, Jill Tester, Brittanya SpenceSmith and Kelly Riley (All Security personnel). Not pictured are Food and Beverage personnel Dana Weustner and Laura Michaels

Luke Moses is Doing Well with Cancer Treatments

Luke Moses, the young foster son of John and Gloria Krise who is undergoing treatment for leukemia at Children's Hospital in Seattle did well with his bone marrow transplant and is now undergoing chemotherapy. He is transported to the University of Washington for radiation treatments twice a day.

According to John, Luke is still not sleeping well, but is a tough guy and holding up alright. The success rate for this type of leukemia is approximately 90 percent.

Luke will be in the hospital until August and will have to stay in Seattle for a year so that he can have daily checkups at the Seattle Cancer Care Alliance. He will soon begin classes at the Fred Hutchinson School.

"He's met kids from all over the world who are struggling with cancer," John said. "He's made some good friends, so something good has come out of this."



Tobacco Tour

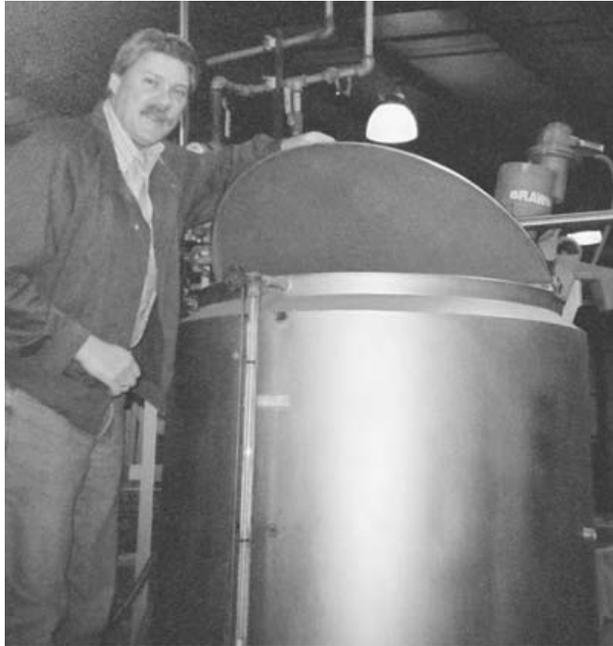
Robert Whitener - Representatives from Island Enterprises Inc. and the Tribal Council visited North Carolina—the heart of tobacco country. Just the names of the major cities remind you of tobacco products, Winston-Salem and Raleigh-Durham. The purpose of the trip was to learn more about the entire tobacco industry and cement relationships with the companies that supply Skookum Creek Tobacco.

The first stop was in Wilson, NC. This is where we get the tobacco that is specially blended for our “Complete” brand of cigarettes. The company, Standard Commercial Corporation, is one of the world’s largest leaf tobacco dealers and among the top international wool trading companies. The Company purchases, processes, stores, sells and ships tobacco grown in more than 30 countries from 20 processing facilities strategically located throughout the world. It sells processed leaf tobacco to cigarette manufacturers in approximately 85 countries.

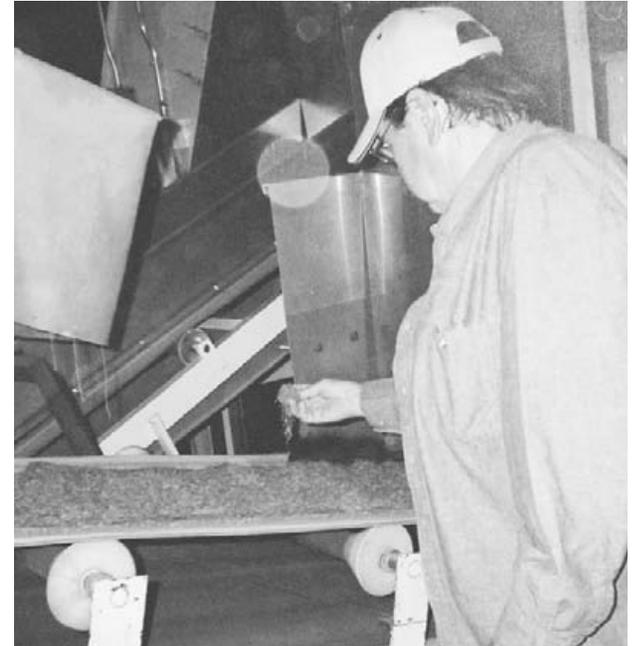
Standard does not grow tobacco or produce



Being shown the process



Board member Tim Sheldon checking out the manufacturing process



The Chairman checking out some tobacco products

cigarettes. Founded in 1910, the company’s shares are traded on the New York Stock Exchange. The place is impressive; one of the buildings is over 30 acres in size. The company’s representatives were great; they treated us to a barbeque and one of the best steak dinners I’ve ever had.

The second stop, about three hours from Wilson in Winston-Salem, was at Winston Packaging, a division of Winston Printing. Like Standard Commercial, Winston Printing has been in business a long time—since 1911. The current President is James A. Gordon the third generation leading the company. Winston Packaging has specialized expertise in cigarette packaging. Printing is a critical part of manufacturing. If the cartons are off, even a slightly, the machinery will have difficulty running. If you look at our “Complete” packaging you will see it is a high quality. The President/CEO and members of his staff took us out for dinner and it, too, was excellent.

After heading back to Wilson for the night, Michael Bell of Bell Consulting took us out to dinner. When Mike suggested seafood we all were a little bit nervous about eating seafood in a farming area in North Carolina. But we were nervous for nothing. In fact, it was a great place. We ate fresh steamed oysters and shrimp until we were way too full. It might sound like this is an article about food, but I think it describes two things about the Carolinas - the people are friendly and the food is great.



The Chairman checking out the packaging for our "Completes"

The last stop before we flew home was a tobacco farm. We were able to see how tobacco is planted and how it grows. The area where the farms are located is quite scenic and we will return when the tobacco is ready for harvest in late August/early September to finalize business relationships and observe the actual processing.



NEW EMPLOYEES



Bonnie Sanchez



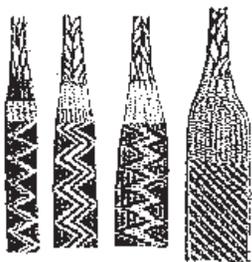
Financial Specialist 4

Hi! I'm Bonnie Sanchez. I just started as Financial Specialist 4. I'll be working primarily with Budgets.

I came from the Quinault Beach Resort & Casino where I spent the last 1-1/2 years as the Assistant Controller and 2-1/2 years as the Payroll Director. I also worked at the Quinault Indian Nation for about 14 years.

I live near Elma with my family, animals and occasional visiting grandchildren. We have horses & cows.

I am really happy to be working here. It's closer to our new home and I'm part Squaxin. My grandmother was Sadie Krise and my uncle was Riley Lewis, both enrolled here.



Dave Johns



IEI Seafood General Manager

Hi, I was recently hired as the Seafood General Manager for a new and underdeveloped seafood division of Island Enterprises Inc. My first day was June 1st, and so far, it has been challenging and fun!

Historically as a tribal member, I have served on every resource committee and I also served as the Tribal Council Vice Chair. I was the General Manager for D&D Seafoods for approximately 15 years, while also working for Taylor Shellfish for the previous 10 years. I can proudly say that I have the fortunate opportunity to commercially harvest natural resources and understand their importance and value to the Squaxin Island Tribe. I am also privileged to have shared a lot of these opportunities with my three sons, Mark, Justin & Tyler.

My short-term goal is to provide tribal members with a competitive resource at Harstine Oyster Company to sell their products such as clams and salmon, while enhancing the Tribe's shellfish production capabilities. My long-term goal is to broaden the company's product lines and to form individual tribal entrepreneurship operating agreements for shellfish production on the Island.

Mike O'Donnell



**Tribal Gaming Authority
Director**

Hi, my name is Mike O'Donnell. My background is in law enforcement. I took early retirement from the Josephine County Sheriffs Office (Grants Pass, Oregon) in February, 1996 as I had accepted a job with the Cow Creek Gaming and Regulatory Commission, Seven Feathers Hotel and Casino Resort in Canyonville, Oregon. I began there in April 1996 and remained as the Lead Gaming Inspector until my move here in April of this year.

I am single and have four beautiful daughters who all live in the Portland area. I have just purchased a new home in the west Shelton area and plan on remaining with the Squaxin Island Gaming Commission until retirement.

It is the goal of this commission to be the number one gaming commission in Washington in regard to compliance and regulatory issues. We have the support of Tribal Council and casino management to achieve this goal and, along with a great staff of agents and surveillance personnel, we hope to make the tribal community proud of their gaming commission.

Joann Jaime



IEI Bookkeeper

Hi, my name is Joann Jaime. I am originally from Panama and moved to Washington State two months ago. I lived in Salt Lake City for two years where I worked at a bank for a year and attended Weber State University. My goal is to continue my education at South Puget Sound to get my Associate's degree and then eventually get my Bachelor's degree in accounting. I live with my mom, Esther, and step-dad Bryan Johnson in Olympia.

It has been really interesting to me learning about the Tribe and getting to know a lot of tribal members. I was hired at Island Enterprises Inc. on June 17th as a Bookkeeper, and I also work at KTP part time. I am really excited about these new job opportunities.





Salish Welcome Pole Finally Finds a Home

Port of Olympia sells piece of art that became a lightning rod for controversy

The much-debated Salish welcome pole, shown in a Port of Olympia warehouse two years ago, has been sold for \$30,352, ending a long effort to unload it.

JIM SZYMANSKI THE OLYMPIAN - A retired Mukilteo accountant and his wife ending a rancorous episode for the Port of Olympia by buying a Salish welcome pole once envisioned as a Port Plaza fixture.

Charles Panczerwski and his wife, Gayle, plan to donate the 36-foot totem to the University of Washington's Burke Museum of natural and cultural history.

The Panczerwskis are longtime collectors of Northwest American Indian art and have made other donations to the museum.

Their home is full of art similar to the pole, which they purchased for \$30,352 through a sealed-bid process.

"I don't call it a home," Gayle Panczerwski said. "I call it a museum here."

Her interest in American Indian art stems, in part, from her ancestry, which includes the Tlingit tribe.

Port officials were relieved when two of three sealed bids they opened Wednesday were higher than the suggested \$20,000 sale price for the pole.

"It's been a long and arduous process," said Paul Telford, president of the port commission. "I'm glad it's finally over."

The Panczerwskis were required to issue a cashier's check to the port Wednesday for the \$28,000 bid, plus sales tax.

The port commission once hoped that the pole would serve as a symbolic welcome to all who use the port, whether for commerce or recreation. It was the port's second attempt to sell the pole, designed by Duane Pasco and David Franklin.

Two years ago, the port failed to attract a minimum requested \$60,000 bid to sell the pole on eBay.

The pole became controversial because convicted felon and Squaxin Island tribal member Doug Tobin took part in carving it.

As part of a 1997 contract, the port paid Tobin \$66,000 to complete the carving after he had



served an eight-year prison term for participating in a murder-for-hire plot.

Tobin now is serving a 14-year prison term for geoduck poaching. During an interview last month at the state prison in Shelton, Tobin complained that selling the pole dishonors it. He said he hoped it would somehow be erected at the port.

Some in the Olympia art community and some tribal members hoped the pole would be erected, too.

But as community opposition to Tobin mounted, the port commission voted unanimously in January not to erect the pole, and to try again to sell it.

Port Executive Director John Wolfe opened three sealed bids to buy the pole on Wednesday morning. The other parties bid \$23,000 and \$10,000.

"Good. This is good news," Wolfe said after seeing a couple of qualified bids. "I'd like to put this issue past us and move forward."

Port Commissioner Bob Van Schoorl said he was hopeful the Panczerwskis' payment to the port could go toward a less controversial art project for Port Plaza.

Charles Panczerwski said that he learned the port was trying to sell the pole from Burke Museum Director George MacDonald. The museum has four outdoor totems and it plans to add the Salish pole to the outdoor display.

MacDonald said he is comfortable looking beyond Tobin's criminal past.

"Presumably, he's paying his debt to society," MacDonald said. "That shouldn't diminish his status as a carver. We're excited to accept the donation."

Panczerwski said he was happy to make a public viewing of the pole possible. It has been stored in a port warehouse for months.

"I'm not here to moralize," he said. "I'm interested in the artwork."

Though he said he was not trying to pay tribute to Tobin, Panczerwski said he felt residents would benefit from the pole's addition to the museum collection.

"Hopefully, people will enjoy seeing the pole," he said. "Just enjoy the art."





LEARNING CENTER



Scholarship Corner

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

National Native American Youth Initiative

Native American high school students planning to enter the health professions between the ages of 16 through 18 years old are eligible to apply. Students must have a minimum cumulative 2.0 GPA (A=4.0). Requirements are:

- 1) One page essay expressing plans to enter the health professions (double spaced)
- 2) Current academic transcript
- 3) Letter of Recommendation from school counselor/teacher
- 4) Primary Data Sheet
- 5) Photograph

Presidential Freedom Scholarship

100 @ \$1,000 – Deadline 07/16/04

Harstine Island Theatre Club Scholarship 1 @

\$500 – Deadline 08/10/04

Wednesday, August 4, 2004

The Squaxin Island Community is invited to a POTLUCK/PICNIC with optional walk at Friend's Landing in Montesano

We'll Go Rain or Shine 9:00 am till 2:30 pm



When & Where: Leave Elder's Building 9:00 am
back at Elder's Building by 2:30 pm

Contact: Patty Suskin, Diabetes Coordinator
(360) 432-3929

Learning Center Update

The Homework Center will begin again in September. The program will be available Monday through Thursday, 3:00 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests.

Private tutoring sessions will begin again in September. This program will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an individual tutoring session. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Reading Program sessions will be incorporated with the Summer Recreation program beginning July 6, 2004.

The 2004 Summer Recreation program is scheduled to begin on Tuesday, July 6, 2004 and will run until August 13, 2004. This program is for children ages 5-12. Please come into TLC and pick a registration packet and calendar of events. We look forward to seeing you there.

Staff Hours

Kim Cooper, Director
8:30 – 5:00 432-3904

Mark Snyder, Youth Coordinator
9:30 – 6:00 432-3872

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

Lisa Evans, Administrative Assistant
8:30 – 5:00 432-3882

Jeremiah George, Cultural Coordinator
10:00 – 7:00 432-3968

Tuesday through Saturday

Discrimination

Submitted by Tammy Ford

If you discriminate against me because I am dirty, I can wash myself, or because I am bad, I can reform and be good, or because I am ignorant, I can learn, or because I am ill-mannered, I can improve my behavior. But if you discriminate against me because of my color or my race, you discriminate against something which God gave me and over which

-I have no power.

- Abraham Yellow Elk

The Indian Helper

From the Indian Industrial School Carlisle, PA

Ella Wheeler Wilcox

Submitted by Debbie Obi

Laugh
and the world laughs with you.
weep
and you weep alone;
for this grave old earth
must borrow its mirth -
It has troubles enough of its own.

Sigh, it is lost on the air;
The echoes bound to a joyful sound,
but shrink from voicing care.

Rejoice and men will seek you,
Grieve and they turn and go;
They want full measure
of all your pleasure,
But do not want your woe.

Be glad and your friends are many,
There are none
to decline your nectared wine,
But alone you must drink life's gall.

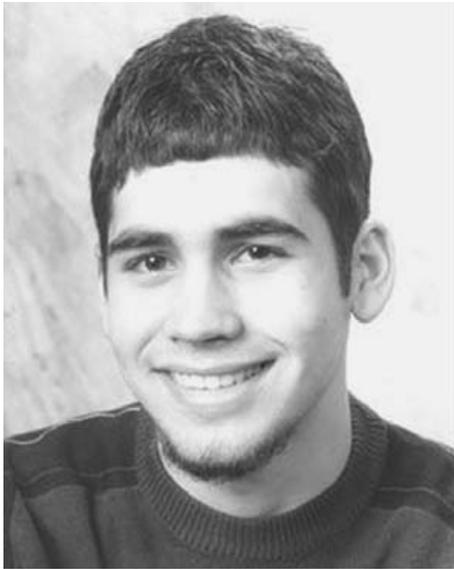
Feast and your halls are crowded,
Fast and the world goes by;
Succeed and give,
and it helps you live,
But no man can help you die.



CONGRATULATIONS GRADUATES



Josh Whitener



Josh Whitener, the son of Sadie and BJ Whitener, graduated from Shelton High School on Friday, June 11th.

He also participated in the Running Start program through South Puget Sound Community College his junior and senior years and needs only a few more credits to receive his Associate's degree.

Josh participated in track & field and also enjoys reading, music, movies and computers.

Josh was invited to work as an intern at the University of Washington Engineering Department this summer and will begin classes there this fall. He plans to major in Computer Science/Engineering.

Jennifer Johns



Jennifer Johns, the daughter of Del and Judy Johns, graduated from Black Hills High School on Thursday, June 10th.

Jennifer will attend South Puget Sound Community College where she work on her Associate's degree and then transfer to The Evergreen State College where she plans to earn of Bachelor of Arts degree majoring in photography.

In addition to her interest in photography, Jennifer is also a gifted painter. She was able to earn a scholarship to SPSCC through an art portfolio she submitted in which she placed second in photography and third in painting.

Jennifer also wants to learn how to carve this summer and her long-term goal is to open her own photography/art gallery in downtown Olympia.

Daniel Kuntz



Daniel Kuntz, the son of Liz and Joe Kuntz, graduated from Tumwater High School on Wednesday, June 9th.

Daniel was a member of the high school equestrian team and received a silver medal in Showmanship Working Rancher at the state competition held in Salem, Oregon this spring.

Daniel will attend The Evergreen State College this fall where he will begin working toward an Associate's degree. Eventually he plans to attend the University of Washington to earn a Bachelor's of Science degree, majoring in marine biology.

Currently, Daniel is employed by the Squaxin Island Department of Natural Resources as a Fisheries Technician. There he assists with stream surveys, fish counts and monitoring fish traps.

During high school Daniel completed all advance placement classes such as calculus and physics all while maintaining a 3.0+ G.P.A. He was also *Student of the Month* in May.

Daniel's main hobby is fishing.

Niki Fox



Niki Fox, the daughter of Esther Fox, graduated from Shelton High School on Friday, June 11th.

Niki will also graduate from cosmetology school this August. She began attending Quality Beauty College in Olympia when she was a junior. After receiving her cosmetology license, Niki will plans to enroll in South Puget Sound Community College to obtain her Associate's degree and eventually a Bachelor's in Business Management. Niki's ultimate goal is operate her own salon.

Who needs Jean Juarez, when we've got Niki!!!



Congratulations Jessica Parker

First in District Junior High Track
Mile in 5 minutes and 36 seconds

Wow!

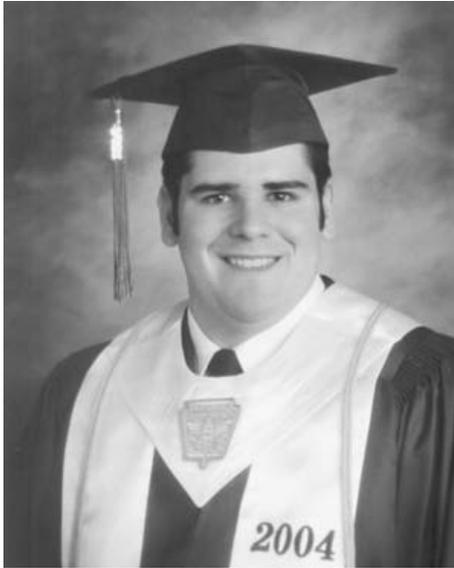




CONGRATULATIONS GRADUATES



Russ Addison



Russ Addison, the son of Moody Addison and the grandson of Lila Jacobs, graduated from South Lafourche High School in Galliano, Louisiana, on Thursday, May 27th.

Russ plans to attend the University of Louisiana - Lafayette this fall and will begin working toward a Bachelor's degree in Computer Engineering.

Throughout high school, Russ was an honors student, a National Honor Society member, and a Top Scholar with a cumulative G.P.A. of 3.7.



Patricia Green



Patricia Green graduated from Shelton High School on Friday, June 11th.

She was a member of the dance team her freshman year at Taft High School in Woodland Hills, California and on the swim team her sophomore year at Antelope High School in Lancaster, California.

She is currently employed at the Squaxin Island Health Clinic through the Summer Youth Employment Program.

After working for a year, she plans to attend Seattle Central Community College to earn an Associate's of Science degree and then transfer to the University of Washington to get her Bachelor's degree. She eventually wants to become a dental hygienist.

Patricia was the Narrator in the play "The Rememberer" put on by CHOICE High School.

She also enjoys canoe paddling, swimming, clam digging and cultural dancing and singing.

Patricia is also signed up for the new geoduck diving classes at Capital Dive Center.

Christopher Henry



Chris Henry, the son of Diane Young and grandson of Ruth Creekpau, graduated from Elma High School on Saturday, June 5th.

He served as the Senior Associated Student Body (ASB) Business Manager and was on the Honor Roll throughout high school with a cumulative G.P.A. of 3.4. He was also a member of the soccer team.

He worked for the Squaxin Island Tribe Summer Employment program four years. He spent one summer assisting the Little Creek Casino Tribal Gaming Authority, one summer sharing his time between the casino and the health clinic and two summers assisting with excavations at the Mud Bay village site. He was also able to earn 17 college credits through South Puget Sound Community College as a result of his work at the village site.

Chris plans to volunteer his time at the village site this summer, and will join the Marines this fall. He will attend Boot Camp in San Diego for three months, but is not sure where he will be stationed after that. He plans to become a Crew Chief in charge of either planes or helicopters.

"The Crew Chief is behind the pilot making sure the passengers and cargo are alright," Chris said. "You have to know everything. You are

number one in control of everything just short of flying. You have to know how much fuel, cargo and weight is on board and you also have to make sure all repairs get done properly. Take off and landing will be busy, but the rest of the flight will be pretty much restful with heads up."

Kristen Farrell



Kristen Farrell, the daughter of Brooks and Cherie Farrell, graduated with honors from Shelton High School on Friday, June 11th. She was a member of the Honor Society throughout high school. She maintained a 3.72 G.P.A.

Kristen also participated in the Running Start program through South Puget Sound Community College and will receive her Associate's degree after two more quarters.

After receiving her Associate's degree, Kristen plans to attend Seattle Pacific University where she will earn a Bachelor's degree majoring in Interior Design.

Kristen is currently employed at the newly renovated Alderbrook Resort where she buses tables in the restaurant. Although currently open for business, the official Grand Opening of this beautiful new resort will take place on July 3rd.



CONGRATULATIONS GRADUATES



Meghan Brandt



Meghan Elizabeth Brandt, daughter of Chris and Kathy Brandt and granddaughter to Glen and Ann Parker, is a graduate of Liberty High School in Renton. Meghan will be attending Willamette University in Salem Oregon next Fall.

While at Liberty, Meghan lettered in girls' soccer and tennis. She was a member of the National Honor Society. She was Junior Class Secretary her junior year and ASB (Associated Student Body) Executive Board Secretary her senior year. She also participated in the Link Crew Program (orientating freshman). Meghan took four years of Japanese and will continue her studies at Willamette.

"I enjoyed being a part of Liberty very much and will miss the teachers and administrators that have impacted my life," Meghan said.

Just after graduation, Meghan is traveling with 19 other students and two science teachers to Costa Rica with Eco Teach, which is an organization committed to conservation and educational expeditions. Meghan will be assisting in real conservation efforts (such as the protection and conservation of the endangered Sea Turtles and reforestation and habitat rehabilitation for the endangered

Green Macaws); working with local farm communities and working hand in hand with a local Indian community to improve the educational program for their children. Meghan will be spending two nights with a farm family to experience the real Costa Rica. They will be hiking into the rainforest to waterfalls, hot springs, volcanoes, birding and jungle river adventures.

During the summer Meghan will be working and saving for college in the Fall. Meghan's hobbies include reading, hiking, biking, running, soccer, piano, tennis, waterskiing, snowboarding and travel.

Sheena Hillstrom



Sheena Hillstrom, the daughter of Larry and Pamela Hillstrom, graduated from Shelton High School on Friday, June 11, 2004, in the top 10% of her class.

During her high school career she participated in the Shelton High School Marching, Symphonic and Jazz Bands playing the flute and trumpet. She was in several musicals at Shelton High School, both on the stage and as part of the musical pit crew. This year she was Drum Major of the marching band and was voted the "Most Outstanding Senior" by her peers.

Sheena was a member of National Honor Society and was active

in sports, participating on the girl's swim team, track team and flag team. She twirled in the Shelton High School Marching Band and at games and assemblies. For her senior project she had the opportunity to teach her baton skills to a group of girls at Squaxin Island Tribe. She was also an officer of Thursday's Angels, a volunteer group working with the elderly.

Sheena received the "Semper-sidelis" Award for Musical Excellence from the United States Marine Youth Foundation and Marine Corps League, a certificate of Merit from the Society of Women Engineers for her outstanding achievement in science and math and the Distinguished Highclimber Award. She received several scholarships including one from the Squaxin Island Tribal Council. Sheena is working at Simpson this summer and plans to attend Washington State University this fall working toward a degree in Architecture.

Elisha Peters



Elisha Peters, the daughter of Sue and Anthony McKenzie, graduated from Spanaway Lake High School on Thursday, June 10th.

Elisha is the proud mother of a new son, Anthony Steven, who was

born March 29th. Elisha had a difficult delivery and was in the hospital for a week just prior to graduation. She was so dedicated to earning her diploma that she did her homework while she was in the hospital!

After spending some time with her newborn son, Elisha plans to attend Pierce College in the spring where she will begin training in the medical field.

Elisha is a people lover and also an animal lover.

Holly Henderson



Holly Henderson, the daughter of Will and Theresa Henderson, graduated with honors from Shelton High School on Friday, June 11th. She was on the Honor Roll throughout her high school years.

She was a member of Shelton High School dance team her senior year.

Holly will attend Central Washington University in Ellensburg beginning this fall. She plans to get a degree in Elementary Education, but is also considering becoming a prosecuting attorney.

She received a scholarship from the Tribal Council the Little Creek Casino One Percent Charity Commission.

Holly enjoys snowboarding, scrapbooking, dancing and hanging out with her friends.



CONGRATULATIONS GRADUATES



Chazmin Peters
*Associate's of Applied Arts in
Flight Technology*



Chazmin Peters, the daughter of Jim and Lisa Peters and Millison and Cheryl Fambles successfully completed coursework for an Associate's of Applied Arts in Flight Technology at Big Bend Community College. Chaz is the granddaughter of Emory and Ruth Ann Peters and great granddaughter of Josephine Bagley and Jamison Peters. This degree is the first step in Chazmin's journey to be a commercial airline pilot. Chaz has over 250 hours of flight time and this summer is working to complete her Commercial Flight Instructor rating, allowing her to teach others how to fly. She will intern at Alaska Airlines and hopefully have the opportunity to work the Eagles Aviation Camp at Boeing Field. Chazmin has assisted with the camp every summer since she was 12 years old. If she does not get a Flight Instructor job for the fall, Chaz will work toward her Bachelor of Arts degree beginning winter quarter.

Patti Puhn
*Associate's in
Business Administration*



Patti Puhn graduated from Olympic College on Sunday, June 13th at the Bremerton Kitsap Pavillion with an Associate's degree in Business Administration.

Patti is currently employed as the Human Resources Department Administrative Assistant and is the Squaxin Island Tribal Council Treasurer.

Patti started to work on her degree way back in 1976, but took almost 25 years off to get married and raise her family. When the last of her four children got married (all four were married within 13 months), Patti decided it was time to go back to school full time and get her degree.

"I just want to encourage people never to give up," she said. "Go back to school; its never too late. You can do it!"

Jaimie Jhanson
*Bachelor's in
Elementary Education*



Jaimie Jhanson, the daughter of Kim and Tom Heller and granddaughter of Ruth and Stub Creekpaum, graduated on Saturday, May 8th from Saint Martin's College with a Bachelor's in Elementary Education.

Being on the Dean's List, she graduated with honor chords and a 3.9 G.P.A.

While attending Saint Martin's, Jamie worked at the Worthington Center Pavillion scheduling events.

Jaimie's goal is to teach either first or second grade in an environment with underprivileged/underserved kids. She would like to stay in the local area so she can give back to the community that she grew up in.

Jaimie also enjoys music, particularly piano, and gives lessons to young children.

She attended the annual Sgwi' Gwi event and wants the tribal Council and the Learning Center staff to know how very much she appreciated the basket she was given in recognition of her achievement.

Lorraine Van Brunt
*Master's in
Public Administration*



Lorraine Van Brunt graduated from The Evergreen State College on Friday, June 11th with a Master's in Public Administration/Tribal Governance Program.

Lorraine is currently employed as the Foster Care Licensor for South Puget Intertribal Planning Agency.

She earned her Bachelor's degree through the reservation-based program at Skokomish in 1993 and started working on her Master's degree in 1998.

"I was really excited when I heard about the tribal program, so I decided to wait until it got started and then finish," she said. "What I learned through this program applies much more to my life."

Lorraine says the biggest lesson learned was that she will always have more to learn. "It was very humbling," she said. And she says the most important part about earning her degree is that she can serve as an example to other Native Americans.

"Here I am, a 50 year-old woman," she said. "I'm just an apple picker from Omak. If I can achieve this, my great-nieces and great-nephews will see that they can do it too. That's powerful!" Everyone has obstacles, some more than others. But if you stick to it, you can do it."





CONGRATULATIONS GRADUATES



Connie Whitener
*Master's in
Organizational Leadership*



Connie Whitener graduated from Chapman College in January with a Master's in Organizational leadership. She also holds certification in Human Resources management.

Chapman University is located in California, but has campuses at Fort Lewis and McChord Air Fort Base.

Since earning her masters degree, Connie's job title has been modified to Employee Relations/ Training Coordinator to better reflect her role within the organization.

"It does make a difference in income too," she said.

Connie began working on her degree in 1999 and took one class at a time over a period of approximately three years in order to complete all requirements.

Connie says she has been able to utilize much of the training she received through the masters program such as team building and strategic planning in the Human Resources Office.

"One important thing I learned is to take being a good listener very seriously," she said. "It was a humbling experience playing with the big dogs."

Joan Koenig
*Master's in
Public Administration*



Joan Koenig graduated from The Evergreen State College on June 11th with a Master's in Public Administration/ Tribal Governance Program.

Joan is currently employed as the Executive Assistant to the Corporate Executive Officer of Island Enterprises.

The Tribal Governance Program she attended was the first class of the first program of its kind anywhere in the United States.

Joan's professor commended her on her evaluations for having a solid grasp and understanding of qualitative and quantitative methodology.

She plans to further her education with either a law degree or a PhD.

Joan has been working on her Master's degree for two years while raising a family and working full time.

She received her Bachelor's degree in Business Administration from the Evergreen State College.

"Other than school, family and work I don't have many other hobbies," she said. "My schedule doesn't allow for much else. But I do enjoy fishing and clam digging. I also hope to learn a lot more about the cultural aspects of the South Sound area."

Meloney Hause
*Bachelor's in
Liberal Arts*



Meloney Hause (center) graduated from The Evergreen State College Sunday, June 6th with a Bachelor's degree in Liberal Arts.

Through this program she developed critical thinking skills.

"This is not old school style," Melonie said. "They taught us to think in a non-linear way. It's not science. We learned about natives around the world and how they relate to us. We learned to think globally, because we all have the same issues facing us. And it was really awesome to receive credit for what we already know as tribal people. I'm really excited about the communications side of education."

Meloney said she has been working on her Bachelor's degree for 20 years. "Maybe I'll get my Master's degree in another 20 years," she chuckled. "I did this because the request was made by Peg Johnson, our Human Resources Director. The casino has been great in really supporting me in getting my education."

"I really want to thank my family and friends and the Squaxin Island Learning Center for helping me as well. It really does take a community. The more you know, you realize how much you don't know. We all support each other."

Dale Clark
*Master's in
Environmental Studies*



Dale Clark graduated from The Evergreen State College this spring with a Master's in Environmental Studies.

Dale, a Makah Tribal member, is currently employed as the Development Officer for the Squaxin Island Museum Library and Research Center.

"Protection and care for the environment and natural resources is a major part of Native American philosophy," Dale said. "So the things I learned through the Master's program fit very well with the work I do at the museum."

Dale earned his Associate's degree in Applied Sciences and his Bachelor's degree in Liberal Arts majoring in Intertidal Ecology.

He plans to apply for entrance into a Cultural Anthropology program to earn his PhD.

Dale was a Research Scientist for Battelle Pacific Northwest Laboratories in Sequim for four years where he analyzed computer management models for sustainable yield. He went on to work as a Planner before coming to work for the museum.

"I just really wanted to work for a tribe," he said.



CONGRATULATIONS GRADUATES



June Krise *Master's in Public Administration*



June Krise graduated from The Evergreen State College on Friday, June 11th with a Master's in Public Administration/Tribal Governance Program.

June is currently employed as the Vocational Rehabilitation Counselor for the Squaxin Island Tribe. To earn her degree she went to school on Fridays, Saturdays and Sundays once a month.

"We (June and her sister Lorraine) were weekend warriors," June said. "While everyone else was getting ready to take a break, we were just switching gears."

The Tribal Governance Program was the first of its kind. The subject of tribal self governance has never before been formally taught in a college setting. Her diploma reads, "In recognition of your achievement as a graduate of the first Master in Public Administration: Focus Tribal Governance Program and your contributions and efforts in making this program a national model for Indian America."

"I was joined by tribal members from all over and we listened to speakers who are great leaders in Indian Country," she said. "It has been my privilege to have spent the last two years of my life examining the concept of self

governance. I have heard the voices of academia and politicians both, Indians as well non-Indians. I would encourage all of our tribal people to pursue higher education. I believe in hard work."

Alexandria Espindola *Master' in Cultural Anthropology and Social Transformation*



Alexandria Espindola received her Master's in Cultural Anthropology and Social Transformation from the California Institute of Integral Studies, in San Francisco, California, on May 23, 2004.

"This program has been one of the most transformational experiences I have ever had," says Alexandria. "The concentration of the program stresses the development of capacities to design and facilitate change in individuals, groups, organizations, and cultures. In the process, learners themselves are changed. Students also benefit from the cross-fertilization of ideas within a humanities program facilitating dialogue among philosophers, psychologists, historians, educators and anthropologists. The program is distinctive in its strong emphasis on: Global ecology, development, social justice issues, and post-

colonial thought, contemporary cultural critique, integration of activism and scholarship, developing practical skills in intervention, intercultural communication, strategic thinking, alliance-building, and emancipatory research and intersection of race, class, gender and culture in critical social analysis."

Alexandra is designing courses in transformative learning, systems, complexity, and quantum theories, and humane education - the relationship, or lack of, between humans and the more than human world, particularly animals - in an effort to help facilitate community, state and global paradigm shifts in consciousness.

"We live in complex times," Alexandra says, "and we need to begin to explore our taken-for-granted assumptions and frames of references as individuals and communities. We face severe environmental degradation and the threat of nuclear war. In short, we are in the brink of becoming extinct as a species. I find it incredibly important to educate and build learning communities where simple conversations can restore the hope in the future and spread awareness to all peoples. I look forward to be of service to the Squaxin Island Tribe in this and other capacities."

For those who don't know Alexandria, she is Tammy Ford's partner of sixteen years.

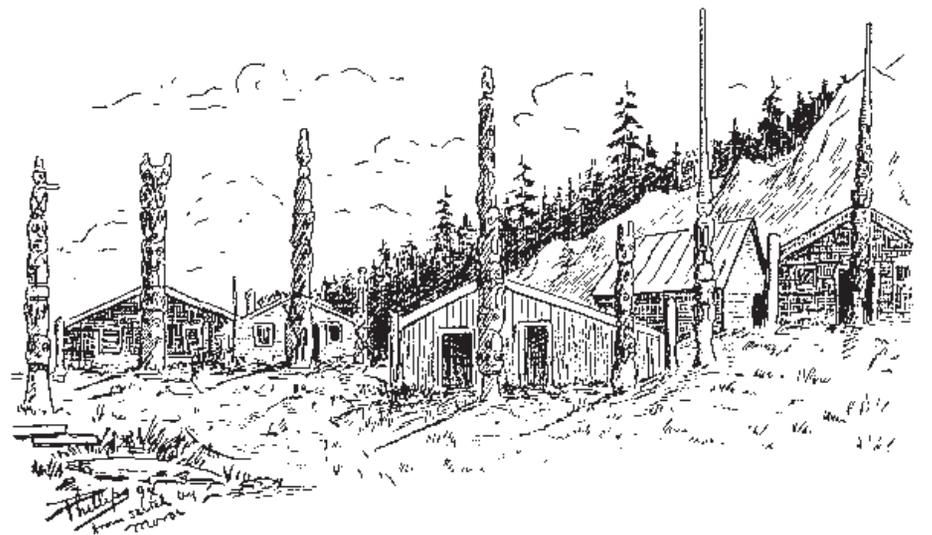
Angel Peterson *Master's in Public Administration*



Angel Peterson, the niece of June Krise and Lorraine Van Brunt graduated from The Evergreen state College on Friday, June 11th with a Bachelor's degree.

Angel is a Colville tribal member and lives on the Skokomish Reservation.

She is a natural leader and enjoys spending time with children.





NEW EMPLOYEES



Rocky Bloomfield *IEI Maintenance*



Hello, my name is Rocky Bloomfield, and in my eyes I've been given the opportunity of a lifetime to be able to come in and set up a maintenance program for the new tobacco factory as well as helping Harstine Oyster Company and Island Enterprises Incorporated on special projects. I really appreciate the Squaxin Island enterprises believing in me and my past experiences and giving me this huge opportunity to expand my horizons in new, more interesting and challenging directions.

The most important things to me personally are family and having fun, and that is what the atmosphere around the factory has been like so far. On my second day of work it was my birthday. They had cake and even tried to sing to me. It was great; I don't know who was more embarrassed.

I grew up doing a lot of camping and fishing with our whole family at our great aunt's ranch on Buffalo Lake near Grand Coulee Dam or out at Isabelle Ive's beach at Neah Bay. We were always doing something together and it was always a fun and enjoyable experience.

My interest and background has always been in maintenance starting at a very young age when my

grandpa had me holding the end of a sparkplug wire to check for spark. He would usually sucker me at least two times before I caught on.

I started my career in the shipyards working as a Ship Fitter in Seattle for about five years welding things together using blue prints. Then I moved back home to Quilcene to raise my two children, Trilaina and Christopher, and work at Coast Oyster Company for about five years as their Head of Maintenance doing anything and everything that came up, including the trial and error of building a prototype clam digging machine which actually worked quite well after many design changes.

Then I was hired at Port Townsend Paper Company and was soon given an opportunity to go through the Washington State Millwright program which involved 10,000 hours of books and training. Sure was glad when that was finished. After 10 years in the crew, I put in for a salary job and was hired as a Maintenance Planner and shortly after as a Millwright Supervisor for four years until Skookum Creek Tobacco enticed me into a welcomed career change.

I'm glad to be here and hope to become more involved with tribal functions as soon as I get settled into the area and to become friends with everybody.



Doug Bloomfield *IEI Maintenance*



Hi, my name is Doug Bloomfield. I'm married and have two kids, ages seven and nine.

My background is in machine shops, both as a Journeyman and as an Inspector. Most recently I worked for eight years for Precision Machine Works of Tacoma. My favorite hobby is backpacking in the Olympic Mountains.

Jackie Pleasants *TGA Audit Agent*



I have been a casino employee for the past four years. I spent three years in a supervisor/management capacity in Food & Beverage. I moved to the Finance Department to pursue my goals in accounting. I have three children, two boys, and one girl. Their ages are five, eight and ten.

John Harrell *IEI Maintenance*



Hi, my name is John Harrell and I am happy to be one of the new hires at the Skookum Creek Tobacco Company. It has been exciting to learn about the industry and a pleasure to work with such a fine group of people at Island Enterprises Inc. I'm really looking forward to the challenge of getting this company up and running profitably for our tribe.

I am the son of Barbara Henry whom it has been a pleasure getting to know, along with my wonderful sister and brother, Joanne Decicio and Vinny Henry. I also work with Joanne at Island Enterprises Inc.

I have relocated here from my home in Washougal where my lovely wife of 17 years, Donna, my beautiful 10 year-old daughter Lindsay and my handsome 13 year-old son Joe still live.

My employment background includes over thirteen years in the pulp and paper industry, over two years in the banking industry and then the construction industry prior to that.

My favorite hobbies are fishing, boating, shooting and watching and playing various sports.

I am glad to be here and am looking forward to getting -to know everyone.



Daniel Kuntz

Natural Resources Technician



Hi, I'm Daniel Kuntz. I was recently hired permanently as a Natural Resources Technician. I just graduated from Tumwater High School.

I will be going to The Evergreen State College this fall, and I plan to eventually transfer to the University of Washington to earn a Bachelor's in marine biology.

I will be assisting with stream surveys, fish counts, monitoring fish traps and anything else that may come up.

I love being out on the water and I love fishing.

See you all around.



How Not to Get Hooked by a 'Phishing' Scam

Mitzie Whitener - Internet scammers casting about for people's financial information have a new way to lure unsuspecting victims: They go "phishing."

Phishing is a high-tech scam that uses spam or pop-up messages to deceive you into disclosing your credit card numbers, bank account information, Social Security number, passwords, or other sensitive information.

According to the Federal Trade Commission (FTC), phishers send an email or pop-up message that claims to be from a business or organization that you deal with – for example, your Internet service provider (ISP), bank, online payment service, or even a government agency. The message usually says that you need to "update" or "validate" your account information. It might threaten some dire consequence if you don't respond. The message directs you to a Web site that looks just like a legitimate organization's site, but it isn't. The purpose of the bogus site? To trick you into divulging your personal information so the operators can steal your identity and run up bills or commit crimes in your name.

The FTC, the nation's consumer protection agency, suggests these tips to help you avoid getting hooked by a phishing scam:

- If you get an email or pop-up message that asks for personal or financial information, do not reply or click on the link in the message. Legitimate companies don't ask for this information via email. If you are concerned about your account, contact the organization in the email using a telephone number you know to be genuine, or open a new Internet browser session and type in

the company's correct Web address. In any case, don't cut and paste the link in the message.

- Don't email personal or financial information. Email is not a secure method of transmitting personal information. If you initiate a transaction and want to provide your personal or financial information through an organization's Web site, look for indicators that the site is secure, like a lock icon on the browser's status bar or a URL for a website that begins "https:" (the "s" stands for "secure"). Unfortunately, no indicator is foolproof; some phishers have forged security icons.

- Review credit card and bank account statements as soon as you receive them to determine whether there are any unauthorized charges. If your statement is late by more than a couple of days, call your credit card company or bank to confirm your billing address and account balances.

- Use anti-virus software and keep it up to date. Some phishing emails contain software that can harm your computer or track your activities on the Internet without your knowledge. Anti-virus software and a firewall can protect you from inadvertently accepting such unwanted files. Anti-virus software scans incoming communications for troublesome files. Look for anti-virus software that recognizes current viruses as well as older ones; that can effectively reverse the damage; and that updates automatically.

A firewall helps make you invisible on the Internet and blocks all communications from unauthorized sources. It's especially important to run a firewall if you have a broadband connection. Finally, your operating

system (like Windows or Linux) may offer free software "patches" to close holes in the system that hackers or phishers could exploit.

- Be cautious about opening any attachment or downloading any files from emails you receive, regardless of who sent them.

- Report suspicious activity to the FTC. If you get spam that is phishing for information, forward it to spam@uce.gov. If you believe you've been scammed, file your complaint at www.ftc.gov, and then visit the FTC's Identity Theft Web site at www.consumer.gov/idtheft to learn how to minimize your risk of damage from ID theft. Visit www.ftc.gov/spam to learn other ways to avoid email scams and deal with deceptive spam.

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop, and avoid them. To file a complaint or to get free information on consumer issues, visit www.ftc.gov or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261. The FTC enters Internet, telemarketing, identity theft, and other fraud-related complaints into Consumer Sentinel, a secure, online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.





HEALTH & HUMAN SERVICES



Strokes Kill

Marcella Castro - Stroke is the number 3 killer of men and women in Washington. Know your risk and learn how to prevent a stroke. The chances of having a stroke are higher for people who:

1. Have high blood pressure
2. Use tobacco
3. Have diabetes
4. Are not physically active
5. Are overweight or obese

For more information call 1-888-4-stroke or e-mail StrokeAssociation.org.



Diabetes Support Group

Walk from 12:45 to 1 pm ; Talk from 1 pm to 2 pm
People with Diabetes, their friends and family welcome

1st and 3rd Mondays Elder's Building after lunch 12:45 pm-2 pm

- ▶ Encouragement to live a long, healthy life
- ▶ YOU CAN TAKE CHARGE OF YOUR DIABETES
- ▶ Share what you would like to learn about Diabetes

TAKE TIME FOR YOU AND YOUR DIABETES
Join us!

Contact Patty Suskin, Registered Dietitian
and Certified Diabetes Educator
to RSVP or for more information at 432-3929

Nutrition Quiz

Patty Suskin, Registered Dietitian and Diabetes Coordinator - Here is a Nutrition Quiz for you to try! This quiz, along with fresh fruit, was available in the lobby of the Health Clinic during National Nutrition Month. The theme was *Eat Smart, Stay Healthy*. There was so much interest in the quiz, I thought more people may want to try it.

QUESTION 1: You may have heard or seen this advice from nutrition experts: "Eat Five a Day." What does it mean? Circle your answer:

- a. Eat 5 candy bars each day
- b. Eat 5 Big Macs each day
- c. Eat at least 5 meals each day
- d. Eat at least 2 fruit servings and 3 vegetable servings each day

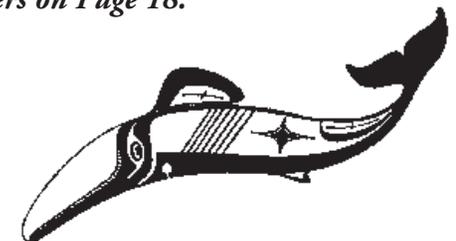
QUESTION 2: How many vegetable servings a day are recommended for good health? Circle your answer:

- a. 9
- b. 1
- c. 3 to 5
- d. 0

QUESTION 3: What is the size of a vegetable serving? Circle your answer:

- a. 1/2 cup to 1 cup
- b. 1 teaspoon
- c. 3 cups
- d. Zero. Vegetables are dangerous to your health

Answers on Page 18.



MEAL PROGRAM MENU

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

Food Group	Monday	Wednesday	Thursday
Meat Vegetable Grains/Bread			Sandwich Bar Day Bean Salad Variety of Breads
Meat Vegetable Grains/Bread	CLOSED 4th of July Holiday	Breakfast / Eggs Veggie Tray Waffles	Lemon Chicken Pasta Broccoli Wheat Rolls
Meat Vegetable Grains/Bread	Sandwich Bar Day Jicama Salad Variety of Breads	Scalloped Pot. w/Ham Potatoes, Veggies Wheat Rolls	Chalupa Zucchini Pinto Beans
Meat Vegetable Grains/Bread	Chicken Roll-ups Carrots Baked Potatoes	Spaghetti Green Beans French Bread	Dilly Baked Cod Asparagus Orzo Pilaf
Meat Vegetable Grains/Bread	Baked Pot. Bar & Chili Broccoli Salad Corn Bread	Enchiladas Veggie Tray Beans, Brown Rice	Sandwich Bar Day Carrot Raisin Salad Variety of Breads



Upcoming Health Events

Brief Walk

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

Mammogram Days

July 29 & August 26
Call Rose Algea for your appointment
(360)432-3930

Diabetes Support Group

Every first & third Monday
(The clinic is closed July 5th and August 16th, so the support group will be cancelled on those days)

12:45 to 2:00 p.m.

Walk at 12:45 and Talk from 1:00 – 2:00 p.m.
Meet at Elder's Building right after lunch

Little Creek Hotel & Casino Health Fair

July 20 & July 21 from 8:00 a.m. to 5:00 p.m.
Contact Connie Whitener at 432-7031

Community Walk

Thursday, July 8
Local trails
Back in time for senior lunch

Potluck/Picnic with Walk at Friend's Landing

in Montesano
Leave Elder's Building at 9:00 am
Back at 2:30 p.m.
RSVP to Patty Suskin at 432-3929

Women & Girls Gathering

July 30 - August 1
Contact Midge Porter at SPIPA 426-3990

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



Teen Suicide

Submitted by Marcella Castro - Suicides among young people nationwide have increased dramatically in recent years. Each year in the U.S., thousands of teenagers commit suicide. Suicide is the third leading cause of death for 15 to 24 year-olds, and the sixth leading cause of death for 5 to 14 year-old.

Teenagers experience strong feelings of stress, confusion, self-doubt, pressure to succeed, financial uncertainty and other fears while growing up.

For some teenagers, divorce, the formation of a new family with step-parents and step-siblings, or moving to a new community can be very unsettling and can intensify self-doubts. In some cases, suicide appears to be a solution.

Depression and suicidal feelings are treatable mental disorders. The child or adolescent needs to have his or her illness recognized and diagnosed, and appropriate treatment plans developed. When parents are in doubt whether their child has a serious problem, a psychiatric examination can be very helpful.

Many of the symptoms of suicidal feelings are similar to those of depression. parents should be aware of the following signs of adolescents who may try to kill themselves:

- Change in eating and sleeping habits
- Withdrawl from friends, family and regular activities
- Violent actions, rebellious behavior or running away
- Drug and alcohol use
- Unusual neglect of personal appearance
- Marked personality change
- Persistent boredom, difficulty concentrating or decline in the quality of schoolwork
- Frequent complaints about physical symptoms often related to emotions such as stomachaches, headaches, fatigue, etc
- Loss of interest in pleasurable activities
- Not tolerating praise or rewards

A teenager who is planning to commit suicide may also

- Complain of being a bad person or feeling "rotten inside"
- Give verbal hints with statements such as: "I won't be a problem for you much longer," or "Nothing matters," or "It's no use," or "I won't see you again."
- Put his or her affairs in order, for example, give away favorite possessions, clean his or her room, throw away important belongings, etc
- Become suddenly cheerful after a period of depression
- Have signs of psychosis (hallucinations or bizarre thoughts)

If a child or adolescent says, "I want to kill myself," or "I'm going to commit suicide," always take the statement seriously and seek evaluation from a child and adolescent psychiatrist or other physician. People often feel uncomfortable talking about death. However, asking the child or adolescent whether he or she is depressed or thinking about suicide can be helpful. Rather than "putting thoughts in the child's head," such a question will provide assurance that somebody cares and will give the young person the chance to talk about problems.

If one of more of these signs occurs, parents need to talk to their child about their concerns and seek professional help when the concerns persist. With support from family and professional treatment, children and teenagers who are suicidal can heal and return to a more healthy path of development.





What Stresses YOU?

What Can You Do About It?

In case you missed it, here is some of the information that was shared by Brenda Dorsey and Heidi Chambers at the Stress & Relaxation Workshop in May.

Stressors are things that cause stress to our body, mind, emotions and/or spirit. See the diagram below for examples.

Chronic stress (or ongoing stress) can lead to:

- Ulcers
- Stroke
- Depressed immune system (sick often)
- Cancer
- Asthma
- Heart Disease
- Arthritis



Stress is the leading cause of major illnesses. Releasing stress & learning how to relax promotes a healthier, happier & more fulfilling life. The key to effective relaxation is your plan to relax, and to find a relaxation technique that works for you. Try these relaxation exercises to help reduce stress:

1. Imagery:

- Sit in a comfortable position
- Close your eyes, and take 3 long deep breaths. Make sure you take them through your nose, hold for 2 seconds, and slowly exhale through your mouth
- Now imagine you are on a sandy beach lying under the warm sun
- Smell the ocean air and listen to the waves coming in and out.
- Feel the warm sensation between your toes and feel the warmth of the sun's rays on you.
- Feel and visualize your entire body relaxing in this scenario (the place could be anywhere such as the mountains, on a lake, in a candle-lit cabin). Try to involve all of your senses when doing this exercise - sight, smell, taste and hearing.

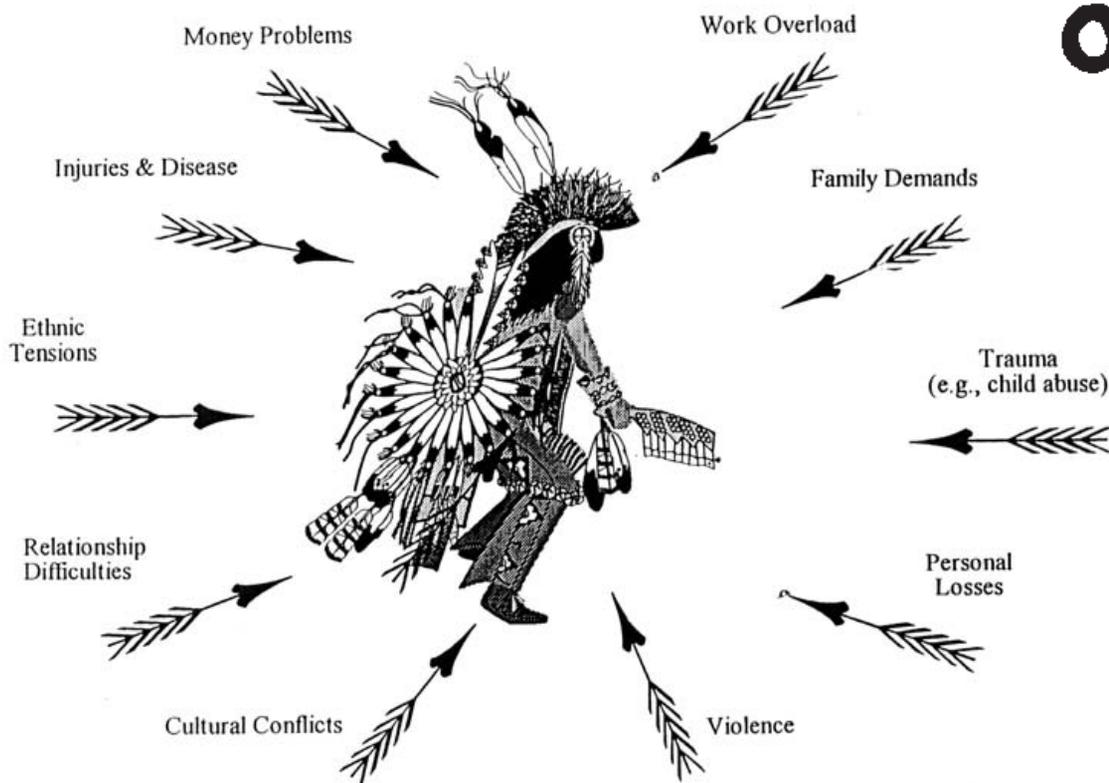
2. Quick Relaxation

- Loosen your clothing and get comfortable
- Tighten the muscles in your toes. Hold for a count of 10. Relax & enjoy the release from tension.
- Flex the muscles in your feet. Hold for a count of 10. Relax.
- Move slowly up through your body, legs, abdomen, back, neck and face, contracting and relaxing muscles as you go.
- Breathe deeply and slowly

Did you know that if you have diabetes, stress brings your blood sugar levels higher?



STRESSORS



Nutrition Quiz Answers

Check your answers to the Nutrition Quiz from Page 16.

1. d The minimum recommended servings a day is 2 fruit and 3 vegetable servings. By eating at least this many a day, you are improving your nutritional health. If you are not eating vegetables daily, consider it! Here's an idea: Vegetables can be purchased frozen & ready to zap in the microwave, adding a touch of shredded cheese before eating.

2. c. Three to five servings of vegetables each day are recommended for good health.

3. a. 1/2 cup is the serving size for non- leafy vegetables. 1 cup is the serving size for leafy vegetables, such as lettuce & raw spinach.

For more ideas how to eat more vegetables & fruits, contact Patty Suskin at 432-3929



Outdoor Activity of the Month *Kennedydell Park is place for swimming, barbecue, sports*

Access to Black Lake, lodge, fields and picnic areas make for all-purpose site

WHAT: Kennedydell Park.

WHERE: Kennedydell Park is on Black Lake

TO DO: Kennedydell is the place to go for picnics, ballfields, hikes and swims. The park has 1,000 feet of frontage on Black Lake, and there is a gravel beach, grassy lawn and swimming dock.



There is a lodge -- complete with kitchen -- that is available to rent. Reservations must be made for the lodge. There also are three covered picnic areas with barbecues. Other, uncovered picnic areas are scattered throughout the 41-acre park. Across Fairview Road, Kennedydell has a first-class softball and baseball field and a soccer field. There are a few short trails through the park.

SWIMMING: Kennedydell is a popular place to swim in summer. However, there is no lifeguard, and swimmers should not go into the water without the company of an experienced swimmer. A college student lost his life at Kennedydell earlier this year. The beach has shallow water that is great for wading and playing.

TO SEE: Look for the big Douglas fir, maple, alder and cedar trees in the woods. The woods also have bleeding hearts, ferns and salal.

WILDLIFE: Lots of birds, including ospreys and many kinds of ducks, are commonly seen at the swim area. There are deer, skunks, squirrels, rabbits and owls in the woods.

EQUIPMENT: Bring water, cool drinks, picnic supplies, balls, towels, sunscreen, sunglasses and bug repellent. Mosquitoes lurk in the woods!

SAFETY: Again, never swim without an experienced swimmer around. Keep a close eye on children, as the woods are dense, the water nearby and traffic can be heavy on Fairview Road.

DIRECTIONS: From west Olympia, take Black Lake Boulevard to Black Lake-Belmore Road and turn left. Follow Black Lake-Belmore Road to 66th Avenue. Turn right on 66th, which takes a sharp curve and becomes Fairview Road. The park entrance is shortly after the sharp curve.

PARKING: There are plenty of spots at the park and near the ballfields.

RULES: No fishing is allowed at the park. The park is open from 9 a.m. to dusk, when the parking lot gates are closed and locked. No pets or alcohol are allowed at the swimming beach. No camping, fireworks or firearms allowed.

Celebrating Healthy Families 2004 **12 Easy Ways To Get Fit Around Your Home**

Chances are the number one obstacle to your fitness is TIME. All of us are busy – and physical activity is missing in our hectic schedules. Want a quick way to be more active and get fit without a big time investment – do it at home! Fitness at home is a huge time saver – no driving to and from the health club, no changing clothes and showering before going back to work. Here are 12 easy ways to start a healthy lifestyle at your front door.

1. WALK around the block: Two or three 10-minute walks in your neighborhood can add up to some serious health benefits.
2. BIKE down the street: Keep your bikes (and helmets) ready to go at a moment's notice, like for a quick jaunt to the grocery store.
3. GARDEN in the yard: A veggie garden, even a small one, is the most delicious way to get active and eat better at the same time.

4. MOW or RAKE the lawn: Forget a fancy riding mower; a push mower, even an electric one, helps with extra steps for a healthy weight.

5. JUMP in the driveway: Jump rope, jump shots with ball and hoop, or even jump with a pogo stick (good for your balance too!).

6. STRETCH with a band: Keep a resistance band next to the remote – so you can stretch your arms and legs while watching TV.

7. LIFT a weight: Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.

8. DANCE with a DVD or video: Turn a TV room into a fitness center with your favorite flavor of music. Salsa? Country? Disco? Rock? Native American?

8. PUMP with a machine: Exercise machines can be a fitness bonus – IF you keep them in an accessible place and use them often.

9. STEP with the stairs: You don't need a fancy machine to build beautiful legs and thighs; just go up the stairs as often as you can.

10. PUSH with a broom or mop: It's not a real glamorous way to get fit, but it works! Housework burns as many calories as golf without a cart.

11. LAUGH and PLAY together: Add some laughter and play into your life. Research shows that they can have powerful health benefits.

Submitted by Patty Suskin, Diabetes Coordinator. Call for individual assistance for a healthier lifestyle at (360) 432-3929



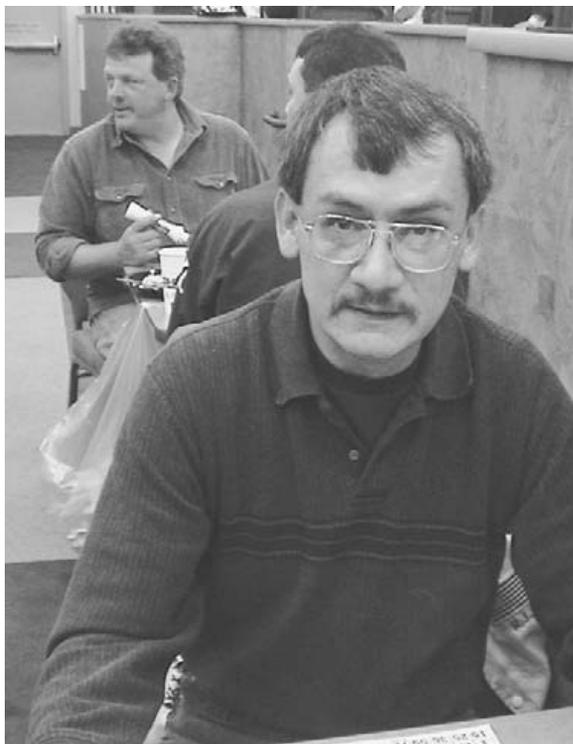


BINGO NIGHT AT LITTLE CREEK





BINGO NIGHT AT LITTLE CREEK





SGWI' GWI





NWITC Center Receives "Unheard of" Third Consecutive Three-Year CARF Accreditation with No Recommendations for Improvement

The Northwest Indian Treatment Center (NWITC) recently received notification that it had received a third consecutive three-year CARF accreditation with no recommendations for improvement for both the residential and outpatient programs.

"This is really unheard of," NWITC Director June O'Brien said. "Only about three percent of treatment programs surveyed get the 'no recommendations for improvement,' but to receive this three times in a row, well, it's just unheard of. I don't know if it's ever happened anywhere. It's something that we are all very, very proud of. We have an outstanding staff, and I want them all to know what a great job they are doing!"

CARF is an independent, nation-wide, not-for-profit accrediting body whose mission is to promote the quality, value and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

NWITC's accreditation by CARF represents the highest level of accreditation that can be awarded to a rehabilitation organization.

The accreditation will extend through May 2007.

"This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served," CARF President/CEO Brian Boon stated.

"CARF surveyors made no recommendations, which signifies that they did not identify any areas of nonconformance to CARF standards," Boon said. "This is an extraordinary accomplishment, as only three percent of CARF surveys result in no recommendations. Everyone involved in your organization should take great pride in achieving this high level of accreditation."

CARF SURVEY REPORT

NWITC has strengths in many areas

- NWITC is committed to collecting input from the persons served and other stake-holders to assist in program planning. A variety of methods are used to collect information. This information is routinely analyzed by the organization and used for program planning
- The organization has worked very hard in the last year to purchase new computers for personnel to use to increase work efficiency.
- The organization is on the cutting edge of using American Society of Addiction Medicine (ASAM) criteria in all areas of assessment and treatment planning, which provides a sound construct for organizing the needs of persons in the services provided.
- The organization's personnel function extremely well as a team. There is a tremendous amount of coordination among all of the clinical personnel in both the residential and outpatient departments. They ensure that the needs of the persons served are coordinated between department and transitions are seamless.
- It is clear that the leadership of the organization is well stewarded by the director. All of the funding and referral sources contacted had positive things to say about the quality of services provided and the trust they have in the organization.
- The clinical records of the persons served are complete, clear and organized. The attention to detail is excellent.
- The quality of services is outstanding. The low ratio of clinical personnel to persons served allows for a high degree of individualized care.
- The grounds and facilities are extremely well kept and maintained. Although the primary residential facility is older, it does not show its age, and the grounds are very pretty and complement the community.

In the following areas NWITC demonstrates exemplary conformance to the standards.

- In response to input from the persons served, the organization moved the location of its outpatient office to a more private and comfortable treatment location.
- NWITC provides services to a primarily Native American population, and all personnel celebrate the Native American culture and integrate it into the services provided.

- Spirituality is the source of much of the program's philosophy, and all belief systems are openly welcomed.
- All required self-inspections are completed and are reviewed by the program director.
- On a monthly basis, the organization reviews all services billed and compares them with all of the required documentation in the records of the persons served. This ensures that no bill for services is erroneously sent.
- The organization has made outstanding efforts to ensure that tribal members are placed in clinical positions. Personnel are recruited and trained by the organization and eventually they receive their certification as chemical dependency professionals.
- The organization works very hard to ensure that the families of the persons served are included in each person's supportive network whenever possible. Many of the persons served come from outside the local area and from surrounding states. The organization sends a packet of information to the families to engage them in care, when needed, and provides educational materials about addiction and way in which they can be supportive of their family member after treatment ends.
- The organization does an exemplary job of integrating the person's strengths, needs, abilities and preferences into all aspects of assessment and treatment planning.
- NWITC uses a wide variety of services such as yoga, guided imagery and herbal therapies to supplement traditional theories of therapy, such as dialectical behavioral therapy employed extensively by the organization.
- The organization is commended for its efforts to ensure that the persons served are seamlessly transitioned back into the communities, and linkages are made to referral sources to ensure that the needs of the persons served are met.
- Unparalleled efforts are made by the director and organizational personnel to advocate for the needs of persons served. Efforts are made to ensure funding for services, linkages and access to needed services not provided by the organization, and coordination with state and county governments and other Native American affairs organizations.

Conclusion on Page 26



NWITC EMPLOYEES



Don Wilhelms, August 2002
Treatment Attendant
Drives the big bus and teaches patients to make staffs.



Suluia Tovia, July 1995
Lead Treatment Attendant
Su is the residential program "Mama." Until you've been scolded by Su you've never really been scolded. She has the look that can freeze you in your tracks!



Evelyn Bowen-Crawford
Counselor, March 2003
The newest counselor who can speak Farsi! Becoming a DBT specialist



Allan Burns, March 1997
Intake Coordinator
Some people call NWITC "Allan and Associates"



Pauline Foster, April 1996
Registered Nurse
The nurse and so much more . . . Coordinates all medical care for patients



Eileen Winniecki,
Cook/Housekeeper
February 2003
Now here is a woman who knows what clean means!



Ofialii Tovia, June 2003
(second period of employment)
Treatment Attendant
Learned to wear boots from her mother!



John De Nobrega, Sept. 2002
Counselor
(second period of employment)
Always an advocate for the patient. He anchors us in 'patient first' values.



Tom Brown, November 1994
Counselor
Flute maker, carver, drum maker, singer



Shirley Starkey
Cook, December 1994
Feeds us and keeps us tidy



Patty, December 1994
Intern
Our Skokomish Intern



Nancy Bisconer, June 2002
Treatment Attendant



Gwen Hildner, April 2001
Office Assistant
Can you believe someone actually likes to monitor budgets?!



Astrid Poste, April 2003
Intern
A woman with high standards and heart!



Jami Tisdale, November 1997
Counselor
A CARF surveyor and one of the reasons NWITC programs do so well is survey outcomes.



NWITC EMPLOYEES



Tim Johnson, February 2002
Maintenance
Keeps the residential program operational. Can fix anything!



Gail White Eagle, August 2003
Intern
(second period of employment)
Brings culture to counseling in innovative ways and mentors youth to be leaders. One of the best students trained by Howard.



Honore Wright, June 1998
Treatment Attendant
She watches the night. Nothing happens on her shift anywhere on the 2.5 acres that she doesn't know about!



Nicole Reddell, February 2002
Treatment Attendant
Helps supervise the AA meeting and keeps the weekends on track



June O'Brien, Fearless
Leader since the beginning



Judy Johnson, March 1998
Office Assistant
Monitors grants, orients new employees, makes sure personnel records



Howard Harriman, August 1994
Clinical Consultant
Taught all our counselors and our interns (except two). If the program has a parent of guiding principle, it's Howard!



Mike Tisdale, June 2001
Counselor
(second period of employment)
Raising two adolescent daughters which makes work a place to get away from it all. One of the best counselors you'll find anywhere!



Socorro Bernal, August 1994
Cook
If it's straight talk you want, apply here!



Henry Dole, June 2002
Treatment Attendant
Willingness personified!



Lila Jacobs, December 2002
Treatment Attendant
She tells patients, "do not cause trouble on my shift" and they don't!



Sally Heath, June 2000
Counselor
Working on her MSW. The rest of us hope to survive her education! A passionate and compassionate Counselor!



Rose Blueback, October 2002
Intern
Almost through her coursework to become a counselor.



Sonia Ibaboa, November 2003
Attendant/Cook/Housekeeper
Not a "Jack of all trades," but a Sonia of all trades! She's yet to try a position she can't do!



Jean Watson, October 2000
Treatment Attendant
Another reliable Treatment Attendant.



Jack-Lynn Miller, February 2004
Office Assistant
Our newest staff member at the outpatient program. Implementing tribal/ADATSA and monitoring billing



NWITC CARF Review

Conclusion

On balance, NWITC demonstrates an exemplary commitment to conform to the CARF standards. The organization uses the input and reports processes to the fullest extent, and this results in excellent management and care for the persons served. The program director hires personnel who are dedicated to helping the persons served to achieve a better quality of life for themselves and their families. There is very little turnover of personnel, and that is a further indication of the organization's excellent environment and leadership. It is obvious that the organization holds its responsibilities in the highest regard. The persons served demonstrate their appreciation for the quality of services provided, and the outcomes demonstrate that the persons served are responding favorably to the program. As in most organizations in behavioral healthcare, funding is always a challenge. The program director has sought to ensure that the quality of services is maintained each year and she has won the respect of the Tribal Council and state officials. Her tireless efforts to advocate for persons who need services result in positive changes, not only for her programs, but also for the programs of other tribes.

A Kissolymos Connection

Ann Parker - At the monthly senior meeting, we were presented with gifts of lace and a table runner from the Unitarian Congregation of Kissolymos, an ethnic Hungarian village in the Transylvania region of Romania. A choir from the Olympia Unitarian Universalist Congregation had previously visited them and took gifts which included a basket and basket necklaces made by Squaxin Island people.

Also at that meeting, the Elders met with Council to express concerns and suggestions for



Lynn Scroggins, Francis Tanaka and Llyn De Dannon

WHAT'S HAPPENING IN JULY

		1		2		3	
				AA Meeting 7:30			
4	5	6 Court Church	7 Drum practice 6:00 p.m., MLRC	8 Tribal Council Community Walk 8:30 - Noon Friends Landing	9 AA Meeting 7:30	10	
11	12	13 Church 7:30	14 Drum practice 6:00 p.m., MLRC	15 Brief Walk	16 AA Meeting 7:30	17	
18	19 Diabetes Support Group 12:45 - 2:00 p.m.	20 LCC Health Fair 8 - 5 Church 7:30	21 LCC Health Fair 8 - 5 Drum practice 6:00 p.m., MLRC	22 Tribal Council Brief Walk	23 AA Meeting 7:30	24	
25	26	27 Court Church 7:30	28 Drum practice 6:00 p.m., MLRC	29 Brief Walk After Lunch	30 Women & Girls Gathering	31 Women & Girls Gathering	

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



Inter-Tribal Warrior Society

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

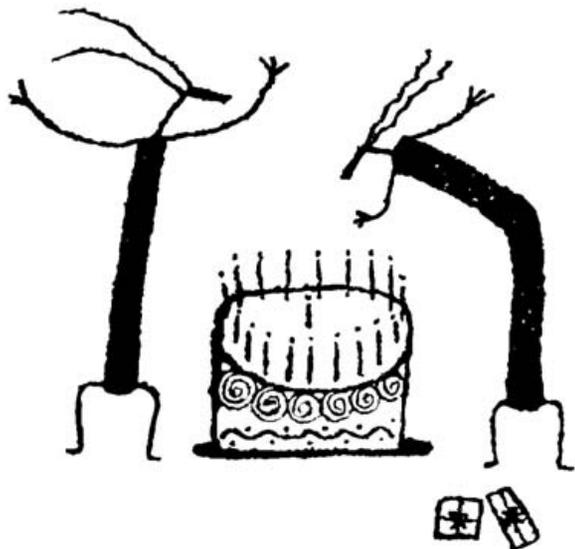
We would be honored for you
to join our group.

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



Happy Birthday

Malynn Foster	7/1	Tiffany Henderson	7/17
Del A. Johns	7/1	Mathew Bell	7/17
Isaac Johns	7/1	Alan West	7/17
Tully Kruger	7/1	Charles Mickelson	7/18
Kayla Cuch	7/2	Violet Perez	7/18
Dion Obi	7/2	Patricia Scarano	7/18
Fay Monahan	7/2	Victoria Kruger-Neilson	7/18
Janesse Kruger	7/2	Maria-Elena Capoean	7/19
Jeremy Walls	7/4	Clara Capoean	7/19
Annie Beth Whitener	7/4	Dana Van Cleave	7/19
Gary Brown	7/5	Tonia Marshall	7/20
Elija Garcia	7/5	Leila Lorine Whitener	7/21
Jon B. Whitener	7/5	B.J. Cooper	7/23
Sadie Lorentz	7/6	Chicki Mae Rivera	7/23
Dale Brownfield	7/6	Austin Pedro Solano	7/23
Martin Sequak	7/6	Melanie Seymour	7/24
Todd Hagmann	7/7	Thomas Blueback III	7/25
Ginny Mae Berumen	7/8	Hailey Blueback	7/25
Steve Witcraft	7/8	Walter Lorentz	7/25
Clayton Edgley	7/8	Malia Red-Feather Henry	7/26
Josephine Napoleon	7/9	James Brownfield	7/26
Ruth Creekpaum	7/11	Loretta Case	7/26
Joseph Hudson	7/12	Brenda Day	7/26
Myrtle Richards	7/12	Chas Addison	7/27
William Peters	7/13	Marvin Henry	7/27
Jennie Story	7/13	Arlene Strobe	7/27
Elizabeth Yeahquo	7/13	Matthew Trotter	7/27
Moody Addison	7/13	Stephanie Cleveland	7/28
Antonio Rivera	7/14	Kira Nakia Coley	7/28
Shianne McFarlane	7/14	Markiemih Johns	7/29
Christian Ridriguez	7/14	Marissa Morken	7/29
Josh Henderson	7/15	Tashina Sanchez	7/30
Seth Scheinost	7/15	Robert Whitener	7/30
Mary Kuntz	7/16	Michael West	7/31
Viola Thomas	7/16	Jaelin Campbell	7/31



From a Mother to Her Son

In my eyes I see you as a child,
 unsure and uneasy.
 Are you a boy, a man or just
 somewhere in between?

You have come
 to a crossroad in life.
 The choices before you are not
 easy nor are they clear.

I have given you
 all the wisdom that I can.
 I have tried to share with you
 all that life has taught me.
 I have tried
 to set a good example for you.
 Keeping no secrets, always telling
 you the truth.

I cannot tell you
 right from wrong;
 this you must learn yourself.
 I cannot sell you my values,
 your values must be all your own.

I can pray for you.
 And have hope that the
 higher power will spare you.
 Spare you from all the evils
 the world has to offer.
 I can wish for you to be a leader
 and not one that follows.
 I can dream that you will listen
 to the conscience
 that I know you have.
 And have faith that conscience will
 lead you down the right path.
 And most of all, I can love you be-
 cause that's what a mother does.

I love you

- anonymous

Happy Birthday to My Precious Little Baby Who Is Three Years Old Now



**Love You Precious.
 Love,
 Mom, Kendra and Ivy**

Happy 3rd Birthday Kaitlyn McKenzie Our Little Devil Sent From Heaven



**Love,
 Mom, Dad, Matt, Mamma Mike
 and Brubber**

Happy Birthday David B. We Are So Proud of You!

**Love,
 Kim, Rich and Kids**

Happy Birthday Lester

**Love,
 Mom**

**Happy 10th Birthday
 dəču?, sali?, Clara and Elena
 Love,
 Mom, Sister and Little Brother**

**Happy Birthday Violet
 Love,
 Mom and Sisters**

2004 Canoe Journey - Shell Beach/Chemainus First Nations

Puget Sound -Peninsula Route							
Departure	Arrival	Arrival Date	Departure Date	canoes arriving	Canoes Leaving	Est.Miles	Total Canoes
Squaxin Island	Nisqually	18-Jul	20-Jul	1	3	11	
Nisqually	Puyallup	20-Jul	21-Jul	3	4	18	
Puyallup	Muckleshoot	21-Jul	22-Jul	4	5	31	
Muckleshoot	Suquamish	22-Jul	24-Jul	5	13	6	
Suquamish	Port Gamble	24-Jul	25-Jul	13	17	30	
Port Gamble	Port Townsend	25-Jul	26-Jul	23	23	19	
Port Townsend	Jamestown	26-Jul	27-Jul	23	23	17	
Jamestown	Elwha/PA	27-Jul	28-Jul	23	25	26	

26

Puget Sound - East Shore Route							
Tulalip	Swinomish	24-Jul	25-Jul	2	2		
Swinomish	Lummi	25-Jul	26-Jul	2	6		
Lummi	San Juans	26-Jul	27-Jul	6	6		
San Juans	Esquimalt	27-Jul	28-Jul	6			6

6

Washington Coast Route							
	Quinault	20-Jul	21-Jul	2	2		
Quinault	Queets	21-Jul	22-Jul	2	3	13.5	
Queets	Hoh River	22-Jul	23-Jul	3	5	13	
Hoh River	Quileute	23-Jul	24-Jul	5	7	13.5	
Quileute	Ozette	24-Jul	25-Jul	7	7	18	
Ozette	Makah	25-Jul	26-Jul	7	10	24	
Makah	Clallam Bay	26-Jul	27-Jul	10	10		
Clallam Bay	Elwha	27-Jul	28-Jul	10			10

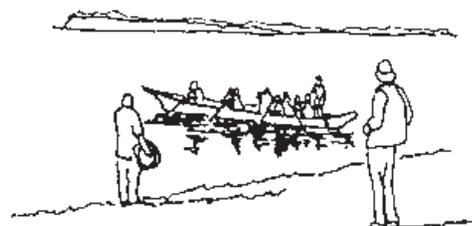
10

West Coast Vancouver Island Route							
	Kyouquot	17-Jul	18-Jul		1		
Kyouquot	Gold River	18-Jul	19-Jul	1	3		
Gold River	Hesquiaht	19-Jul	20-Jul	3	4		
Hesquiaht	Ahousaht	20-Jul	21-Jul	4	8		
Ahousaht	Clayquot	21-Jul	22-Jul	8	9		
Clayquot	Ucluelet	22-Jul	23-Jul	9	10		
Ucluelet	Ohiaht	23-Jul	24-Jul	10	11		
Ohiaht	Nit Nat	24-Jul	25-Jul	11	12		

Nit Nat	Port Renfrew	25-Jul	26-Jul	12	13		
Port Renfrew	Sooke	26-Jul	27-Jul	13	15		
Sooke	Esquimalt	27-Jul	28-Jul	15	16		16

16

East Coast Vancouver Island Route							
	Esquimalt	28-Jul	29-Jul				
Esquimalt	Tsawout	29-Jul	30-Jul				
Tsawout	Pat Bay	30-Jul	31-Jul				
Pat Bay	Tsartlip/Pauquachin	31-Jul	1-Aug				
Tsartlip/Pauquachin	Malahat	1-Aug	2-Aug				
Malahat	Cowichan Bay	2-Aug	3-Aug				
Cowichan Bay	Kuper Island	3-Aug	4-Aug				
Kuper Island	CFN/Shell Beach	4-Aug	6-Aug				
CFN/Shell Beach	Ladysmith, BC	6-Aug	6-Aug				



Thursday, July 8, 2004

The Squaxin Island Community is invited
to walk some short trails locally.
We'll go RAIN OR SHINE



When: 8:30 am till noon (back for Elder's lunch)

Where: Leave & return Elder's Building

Contact: Patty Suskin, Diabetes Coordinator (360)432-3929