

Klah-Che-Min

ʔacacihtalbiḡ ɡʔl̥ tə x̣ẉəl̥c̣ yəx̣ t̥i stultuləḳ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

ʔacacihtalbiḡ ɡʔl̥ tə x̣ẉəl̥c̣ yəx̣ t̥i stultuləḳ.

JUNE 2005

COMPLIMENTARY

Jim Peters is Elected Chairman at Annual General Body Meeting

Will Penn Was Elected First Council Member and Pete Kruger Was Elected Second Council Member



Squaxin Island Tribal Chairman Jim Peters

Jim Peters was elected Chairman of the Squaxin Island Tribe during the annual General Body Meeting held in the Little Creek Casino Bingo Hall, Saturday, May 7th. Will Penn was elected First Council Member and Pete Kruger was Second Council Member.

There were three nominations for the Tribal Chairman position: Natural Resources Director Jim Peters (nominated by Chazmin Peters), former Chairman David Lopeman (nominated by John Briggs) and Museum Library and Research Center Director Charlene Krise (nominated by Marcella Castro). In the first election Jim received 98 votes, Charlene received 25 votes and David Lopeman received 73 votes. The run-off election

was between Jim Peters and David Lopeman with Jim receiving 111 votes and David receiving 85 votes.

There were six nominations for First Council Member: Julie Owens (nominated by Dave Johns), Marcella Castro (nominated by Virginia Berumen), Will Penn (nominated by Sam Penn), Bryan Johnson (nominated by Sue McFarlane), former First Council Member Paula Henry (nominated by Don Brownfield) and Michael Ogden (nominated by Margaret Seymour-Henry). Bryan Johnson respectfully declined the nomination saying that he had too much on his plate already as

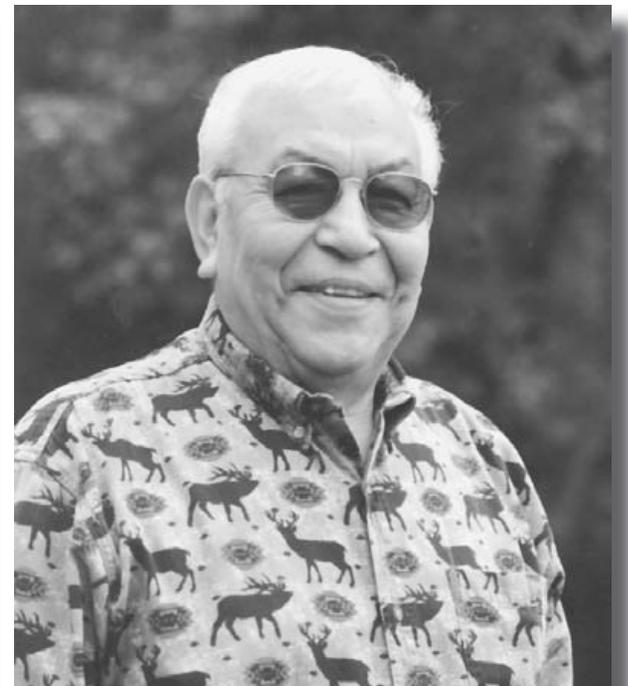
General Manager of Skookum Creek Tobacco Company. "It would be a disservice to take on more than I can handle," he said. The run-off election was between Will Penn and Paula Henry with Will receiving 100 votes and Paula receiving 95 votes.

There were seven nominations for Second Council Member: Rhonda Foster (nominated by Carrie Smith), Herb Johns (nominated by Dave Johns), Steve Sigo (nominated by Misti Saenz-Garcia), Sally Brownfield (nominated by Beverly Hawks), Tammy Ford (nominated by Mary Whit-

Continued on Pages 2-5



First Council Member Will Penn



Second Council Member Pete Kruger

SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane
Shelton, WA 98584

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

People of the Water



GENERAL BODY MEETING 2005



ener), Bill Lopeman (nominated by Sally Brownfield) and Pete Kruger (nominated by Dave Whitener). The run-off election was between Steve Sigo and Pete Kruger with Steve receiving 92 votes and Pete receiving 104 votes.

Each person nominated was given a few moments to accept or decline and say a few words.

Jim Peters expressed his determination to make the Chairman position a full time job. He promised to step down from his position as Natural Resources Director to give his full attention to serving as Tribal Chairman. He explained he had many years of experience working with both tribal and state government. Before accepting the position of Natural Resources Director, Jim worked as the Tribal Liaison for Washington State. He also currently serves on the Washington State Salmon Recovery Board and is the Washington State Conservation Committee Chair.

Charlene Krise also mentioned her experience with Natural Resources, cultural activities and serving on a number of committees. She expressed her belief that the Tribe has members who are experts in all areas of government, and that she would rely a great deal on the advise of these experts.

David Lopeman said these were great candidates and asked for people to vote their hearts, but to also remember that he had many years of experience serving as Tribal Chairman.

All nominees were allowed choose one person to go along as a witness while the votes were counted.

The meeting began with a prayer by Shaker Minister/Tribal member Rose Algea, a welcome by Tribal Chairman David Lopeman and a brief explanation of the voting process by Election Committee Vice Chair Whitney Jones. A large number of door prizes were given out during the meeting. Rose Algea also blessed the food that was served during the meeting.

Discussion consisted primarily on the candidates' presentations (presentations from candidates for First and Second Council member are available upon request) and reports by Little Creek Casino and Island Enterprises, Inc. The focus of the meeting seemed to be more on looking forward to the future rather than on the accomplishments of the past year.

Little Creek Casino General Manager Doug Boone spoke mainly about the great success of the hotel and the plans for future growth. "The vision for Little Creek Casino is for it to become a true destination resort where people come and stay at least thee days," he said. "Realistically, only one of those days would be set aside for gambling. There have to be other activities to entice visitors to stay here."

According to the DRAFT vision plan developed by Tribal Council during a workshop held in Lincoln City, Oregon, and handed out at the meeting, these other activities may include a championship golf course, event center, shopping center, water park, RV park, bike trails, outdoor activities and an open market.

"The championship golf course is the primary amenity that will change the present Little Creek Casino from hotel casino to a destination resort," the plan states. "The first phase is to complete preliminary design. Gene Bates was selected as the designer and his company completed a preliminary design (see Page 4). Gene Bates is an award winning designer and was enthusiastically recommended by the Coeur d' Alene Tribe. Along with this preliminary design work, an economist was selected to analyze the financial feasibility of the course. The company, Norton Consultants, concluded that course was viable and could be expected to make a modest profit after year three. Of course the point of building the course is mainly to bring more players to

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

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



Squaxin Island Tribal Council L-R: Third Council Member Charlene Krise, First Council Member Will Penn, Secretary Vince Henry, Chairman Jim Peters, Vice Chairman Andy Whitener, Second Council Member Pete Kruger and Treasurer Patti Puhn



GENERAL BODY MEETING 2005



Little Creek Casino General manager Doug Boone talks to tribal members about plans for the resort

the gaming floor. Another factor considered was the environmental effects. The course will be constructed in such a way that it can become "National Audubon Society:" certified."

"Another amenity planned is a large event center. This would enable the resort to offer larger shows and bigger names which would help create and maintain the resort as a destination. The event center would need to be planned in conjunction with the move of the tobacco factory. The current factory building was built with this move in mind and was designed as an event center. This would free up additional gaming space which is necessary as the resort develops and grows."

"With the addition of a large event center, additional parking will be needed. In the design of parking, RV spaces could be added with hook-ups provided for sewer, water, TV and potentially computer connections."

"Shopping should be added as soon as possible. It is planned to expand the gift shop in the casino and develop other 'stand-alone' stores. The initial ideas include a high-end gallery for native artists, non-native jewelry store, clothing, brew pub, winery and other stores that could be developed.

"A small open air market is being constructed with a produce and seafood component owned by the Tribe that would act as an anchor tenant. There would be areas available that could be assigned to tribal members for selling either daily, weekend and/or during events."

A spa is being planned for the hotel and will include massage therapy. A consultant has been selected to assist with this venture."

Eventually the resort area could include bike/horse trails, a water park, baseball complex, timeshare condominiums and/or a family style value hotel. Activities could be added as well. (e.g. guided bird-watching, kayak trips, salmon bakes, etc."

Skookum Creek Tobacco Company is expected to reach its break even point by FY2006.

"It is envisioned that the Tribe will buy and sell all seafood products caught or grown by the Tribe, tribal fishers, and shellfishers." Island Enterprises Inc., with the assistance of Tribal Council purchased D&D Seafoods Company from David Johns and hired him as a seafood marketer. "In addition to existing activities, the addition of an open air market, purchases from other tribes, cooperatives with tribal members, other retail sites and potentially a specialty seafood restaurant chain will assist in achieving this vision."

"The land next to the childcare center has been developed with an eye

towards building two, perhaps three, additional professional buildings. This should occur as the area grows and there is a need for this type of space providing stable income with little risk. There are also two pads available next to Old Olympic Highway that could be developed into a fast-food restaurant on one side and a new gas station (including cigarettes) on the other. Another idea being considered for this property is a wellness center modeled after the business plan created for the childcare facility. Storage facilities and drycleaners are also being considered."

Government

The government portion of the vision plan calls for an incentive plan to encourage students to stay in school, a charter or tribal school, tutoring and after school activities, funding for college for all tribal members. It calls for a comprehensive health insurance package for all tribal members and their dependents including full health, dental, orthodontic, vision, emergency and elder care services.

"The vision for housing is that a full range of housing options be available for all tribal members regardless of their marital or financial status. The plan is to prove both low income housing and housing opportunities for tenants not requiring low income assistance. Land for tribal members to build on would be made available. In addition, there is a need for rental opportunities, modular home sites and elder housing (potentially assisted living)."

"It is the vision of the Tribal Council that all of Squaxin Island becomes owned by the Tribe or its members."

"It is the goal of the Tribal Council to have 24 hour/7 day law enforcement coverage of the Tribe's reservation, traditional hunting/gathering and usual and accustomed fishing areas. There will be a need for incarceration facilities in the future and potentially this could be accomplished by a partnership with other jurisdictions. Research will need to be done to see if this is

Continued on Page 5.



Andy Whitener, Ruth Whitener and Rhonda Foster enjoy a chance to visit during the General Body Meeting



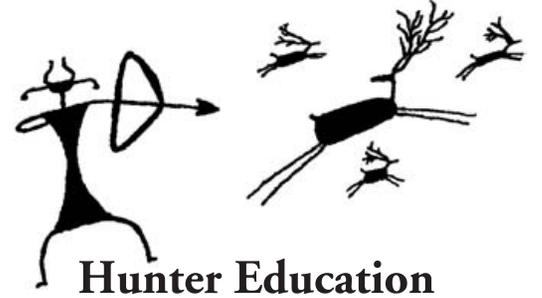
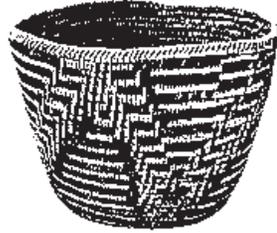
COMMUNITY



A Heartfelt Thank You

Thank you to all of our family and friends, especially Miguel and Jordan, Dr. Sine, Kendra Glover, Elizabeth Campbell, Ray Peters, Kim Cooper, Gramma and Grandpa, Bugs and all the rest of the family for the unconditional love and support you have given us during this time of finding and learning to manage Miguel's (Bugga's) condition, Type 1 diabetes. Your love and support has helped so much! We love you!

- Misti Saenz-Garcia



Hunter Education

June 11th & 12th
To sign up, call Shelly at 426-5222
Watch for more details.

Who Are These Handsome Protectors of Freedom?



Joe Brown



Ed Brown

Happy Fathers Day
to all the Dads in the
Seymour Family
Love,
Terri



HANKERIN' FOR SOME FINGER-LICKIN' VITTLES?
FOLLOW YOUR NOSE TO THE
CREEKSIDE BUFFET
MONDAY NIGHTS
5PM - 11:30PM • \$13
FOR SOME GEN-YEW-WINE TEXAS BBQ.

SAUNTER ON IN AND
TASTE OUR MOUTH-WATERING SPREAD

LITTLE CREEK
CASINO • RESORT

HEY ALL YOU PRIME TIMERS! SAVE \$3 W/ YOUR COUPON.
MINUTES NORTH OF OLYMPIA ON HWY 101 • 360-427-7711



General Body Meeting *Continued from Page 3*



Former Tribal Chairman David Lopeman and Council Member Paula Henry thank tribal members for their time serving on Tribal Council after being presented with Pendleton blankets.

compatible with the Tribe's values and concerns."

"It is the vision of the Tribal Council to build a resting place for our tribal community members when they die. It is fitting that the Tribe takes seriously its role in the lives of our people. Being a tribe is more than providing services, employment and economic gain - its a life-long commitment to a way of life."

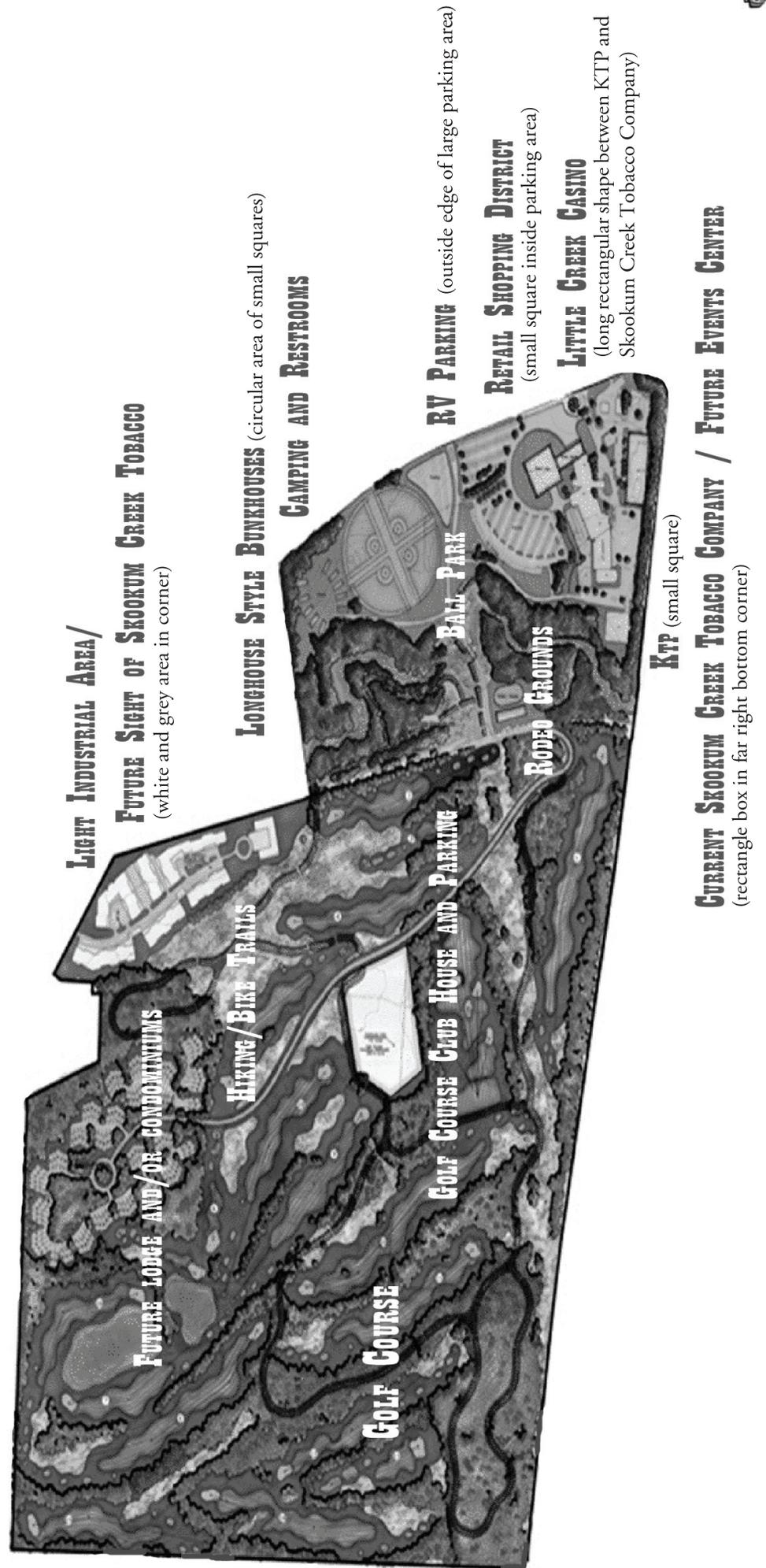
"The Tribal Council did not discuss in depth other lands held by the Tribe. These include Church Point, Arcadia and the "Wong" properties. Arcadia has an existing use with the boat launch and parking, but future use as a boat storage/retail store could occur. Church Point could be set aside as a day use park area and the Wong property in Packwood could be developed as a hunting cabin rented to tribal members or potentially others.

"There was considerable discussion regarding the need for infrastructure. It was noted that much of this work and planning is being done now and that grants and funding are being sought in the near-term."

Annual reports and full copies of the Tribal Council DRAFT vision plan are available to tribal members by calling Melissa Puhn at 360-426-9781. These reports include specific numbers/data and information about the accomplishments during Fiscal Year 2004 that will only be distributed to tribal members.

Questions and concerns presented by tribal members included employment of tribal members, a gift shop for ALL tribal members to be able to sell their work, lack of shellfish harvest opportunities, marketing and selling of shellfish and shellfish subsistence opportunities.

Economic Development Site Plan





Gifted Artist Andrea Sigo Shares Her Skills with Another Great Talent: Jennifer Johns

We all know it - being an artist is a gift . . . either you have it or you don't. And these women definitely have it! Its highly evident the Creator was more than generous when handing out talent to Andrea Sigo, a renowned Coast Salish artist specializing in carving cedar masks and bentwood boxes, and her Young protégée Jennifer Johns!



Jennifer, already a recognized painter and photographer before she graduated from Black Hills High School last year, has been working under the direction of Andrea for almost two months.

"Andrea's been starting me out with painting and drawing designs," Jennifer said. "She's teaching me how the elements all work together

to form your design. After I have plenty of practice with painting and drawing Andrea's designs, I will start making some of my own."

Andrea's artistic life began at the age of three, surrounded by an artistic community that included elders such as Lousia Pulsifer, Emily Miller, Andrew Peterson, Bertha Visser and her grandfather, Dennis Allen.

Her work is well known throughout the Pacific Northwest and her name comes up with the likes of Susan Point, Ed Archie Noisecat, David Boxely and Art Oomituk.

Jennifer, the daughter of Del and Judy Johns, studies at Andrea's home workshop near Dayton every Monday through Friday after attending the morning Northwest Coastal Peoples class at South Puget Sound Community College. Her photography and painting earned her a scholarship there. After gaining an Associates degree, she plans to transfer to The Evergreen State College to work toward a Bachelor of Arts degree majoring in photography.

"The great thing about taking the class at the college is that I'm learning the history, culture and stories behind the art," she said.

"I plan to work with Andrea for at least a year," Jennifer said. "I'm here to learn, so I come every day (except the weekends). I'm not gonna just show up once in awhile."

Jennifer's long term goal is to go out on her own and possibly open a gallery in downtown Olympia.

"We have a lot of Native art in our house," Jennifer said. "I really like it, so one day I just went out and got a canvas and started painting. Then I became interested in Andrea's art and my dad told me to call her. I was really happy when she offered to teach me. I was there the following Monday. She's really amazing. She's always open to teaching tribal members."

"I've been friends with Steve (Andrea's husband) ever since I was a little girl, so that helps too. I'm really comfortable here and I'm learning a lot."

Jennifer's photographs of Squaxin Island have been on display at the Squaxin Island Museum Library and Research Center and have been

used in annual reports and in this publication. See the photo of Squaxin Island on Page 2.

In addition to all of this, Jennifer works at Little Creek Casino Resort's Island Grille restaurant as a Hostess.

"Jennifer definitely has what it takes to become a wonderful artist," Andrea said. "Her commitment has amazed me! She always shows up and stays until she needs to go to work. On her nights off she will stay until late at night. Her improvement has been amazing. I have no doubt in my mind she will make a wonderful art career for herself in the near future. And I will be here for her as long as it takes to help her make that happen. I'm very proud of her. Great Job Jen!"





Welcome Pole Created by Andrea Sigo to Be Raised at South Puget Sound Community College

Students at South Puget Sound Community College (SPSCC) have been patiently waiting for this event for more than a year, carefully planning a way to secure funds to purchase a welcome pole by renowned Squaxin Island carver Andrea Sigo that will - at long last - be ceremoniously raised on Friday, June 10th.

SPSCC students wanted to recognize the contributions the Squaxin Island Tribe has made to the college, both through the cooperative working relationship between the Tribe and the college's Anthropology program and the sheer fact that the college rests on the Squaxin Island Tribe's traditional lands. The Tribe, as the original inhabitant of the area, has a wealth of historical and environmental information to share.

"I'm really excited about this project," said Andrea. "We feel a very close tie to the college, and I was happy that the students were willing to



The birth of the SPSCC Welcome Pole

Welcome Pole Raising Ceremony

SPSCC Student Union Bldg.

FRIDAY, JUNE 10TH at 2:00

Special Guest Speaker: Michael Pavel

work through the Tribe's Elders and Heritage Committees."

According to Dave Rector, SPSCC Dean of Student Body Activities, about a year ago (after many months of planning) the students requested money be set aside from the college's Service and Activities Fees Campus Projects reserve account, and have since been eagerly preparing, for the event, setting the foundation and making sure everything is ready.

Andrea has been involved with a number of other high profile projects recently, including carved cedar collar ties and valances for the Suquamish Tribe's Clearwater Casino. The pieces are embellished with Coast Salish depictions of elk, beaver, swans and geese intertwined with stars and crescents.

"I woke up late one night and saw it on tv!" she exclaimed. "That was pretty cool!" Andrea was assisted on this project by well known carvers Ed Archie Noisecat and Michael Pavel.

Andrea also created two spindle whorls for the new buffet at Little Creek Casino Resort, and was interviewed by Horizon Airlines for an article that should be out any day (so if you have any plans to commission a piece, you better call soon). A spindle whorl was commissioned and donated to the Burke Museum for its permanent collection of Native art and another graces the new Squaxin Island Tribal Council Chambers. In addition, Andrea is working with the Tribe's Veterans Memorial Committee on plans to construct two large house posts joined across the top by a life-size canoe replica.

Andrea is participating in the Portland Art Museum's Native Art Show hosted by the Columbia River Fish Commission on Memorial weekend.

In addition to all this work, Andrea takes care of her family, husband, Steve Sigo (who also enjoys carving) and their four children. She also designed and helped finish her impressive 1,600 square foot workshop and helped Steve build a deck in their back yard!





Tribe to Open Farmer's Market at Transportation Hub

Robert Whitener - KTP is going to do test run this summer of a "farmer's market." The KTP will open a fruit/produce stand right next to the Visitor's Center and see if this concept is feasible for the future. In addition to fruit and produce there may be some seafood available as well. The KTP is working with Russel Harper, who has a numerous years experience working at Safeway, to train a tribal member to handle the stand. We are looking for someone interested in doing this from both within the existing KTP staff and someone who might apply to KTP. Along with the KTP portion, the idea is to allow other vendors, primarily tribal we hope, to set up tent type stands to sell other products/crafts.

The structure itself has been built so it can be moved intact or, if the venture is successful, converted into a more permanent feature. Doug Johns has done a great job working on a very short time frame to make this happen. Watch for an opening date in June.

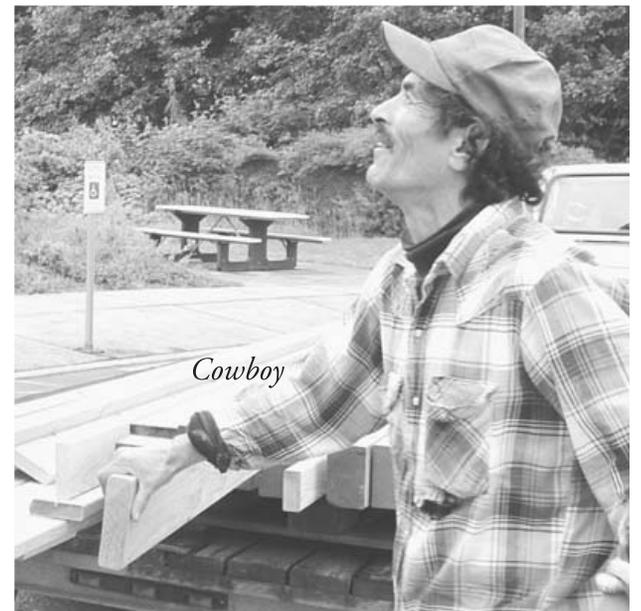
Nice work guys!!!



Dave Johns



Del Johns



Cowboy



Tribal History, Culture and Government to Be Taught in Schools

Sally Brownfield - With the support of many, HB 1495 was signed into law by Governor Gregoire on April 28, 2005. Representative John McCoy (Tulalip) D, Marysville introduced this bill to the 2005 legislative session that would require schools to include local Tribal history, culture and government in classes on Washington State history. After much discussion, testimony and negotiation, the law that was passed encourages schools to include the history, culture and government of the tribe closest to them in Washington State History classes. It further says that the curriculum to teach these topics needs to be a collaborative effort between tribes and school boards. Washington School Director's Association will be the group overseeing this work and will require school districts to report progress to them. Here is an opportunity for school districts and tribes to show a good faith effort in working together to ensure all students are taught the appropriate history, culture and government of local tribes. There were a number of students participating in this process, mainly from Hood Canal School and North Thurston School District.

Hood Canal School's student population is 40% Native American, mainly Skokomish. There is little or no inclusion of Skokomish history, culture and government in the curriculum. Shelton School District's curriculum is also nearly void of Squaxin Island and Skokomish history, culture and government. Therefore, Native students do not learn of history that intimately affects them each day. And non-Native Students often view tribal history as pertaining to only Native peoples. History belongs to all of us and affects all of us. Learning about cultures other than ones own takes away the mystery that often causes fear and knowing the government and laws on the reservations is a benefit to all, just as knowledge of laws off reservations is a benefit to all.

In February, while teaching the Hood Canal 8th grade class about the U.S. Constitution, I also included a look at the Washington State and Skokomish Tribe's Constitutions. The next step was to teach about how a law is made. I decided to make this lesson a little more real for the students. We looked at several bills that had been introduced in the legislature. I encouraged students to follow a bill they were interested in, and asked if there was interest in following HB1495, since it would affect them all. There was, and with the support of Hood Canal Principal, Bert Miller, parents, the Skokomish Tribe and Rep. John McCoy's office, a group of students were able to attend hearings, testify, meet with tribal leaders, report progress to classes and witness Governor Gregoire signing the bill into law. Because of their involvement in this process, a group of Hood Canal students also participated in a video conference from the Office of Superintendent of Public Instruction to discuss the need, implementation and potential positive impact of including local tribal history, culture and government in public schools. One of the students has taken the initiative to get on the Skokomish Tribal Council agenda to discuss the new law and explore ways to implement it.

I am very proud of the following students who spent hours outside of class to learn about the process of Washington State Government and how to be a participant in it: Christopher Strong, Edgar Archambault, Cassie Henry, Amanda Grover, Kyle Spargur, Katie Pelky, Shelby Dormus, Chinook Miller, Theresa Kenyon and Tristan Johnson. I encourage others to get involved in the implementation of the history, culture and government of local tribes in local school districts' curriculum.

Squaxin Hosts ATNI Transportation Symposium

Dave Whitener Sr. and Lynn Scroggins - On April 26-29 Squaxin hosted the Affiliated Tribes of Northwest Indians (ATNI) Transportation Committee's 12th Annual Northwest Tribal Transportation Symposium, entitled "Transportation Planning: A Roadmap to the Right Project." All went well with over 70 people from 31 Tribes and other federal, state and local organizations attending the four day meeting at the Little Creek Casino Resort. Topics included: 1) top issues, 2) preserving cultural and environmental resources, 3) financial support, 4) tribal consortiums, 5) strategic planning, 6) planning and project specific planning (bridges, transit, tourism), 7) 638 contracting, 8) a Squaxin "charrette" and tour for feedback on community development projects, and 9) funding mechanisms. Discussion summaries and presentations are available from Lynn Scroggins at 432-3952.

A highlight of the Symposium was the "Evening with the Squaxin Island Tribe at k^wədīg'sʔaltx^w." Guests were transported on a Squaxin bus to the museum where they were treated to a fabulous dinner, dance, song, stories and tour. Many favorable comments were received throughout the conference.

ʔəsk^wədīidəx^w čəł. We would like to thank David Frey at Northwest Tribal Technical Assistance Program (NWTAP) for his overall coordination, Delbert Miller (Skokomish) for his storytelling, and the Squaxin staff and community members below for being such a great host. Our apologies if we omitted anyone.

Presenters Brian Thompson, Mike Poier and Pam Hillstrom; cooks Whitney Jones, Carrie Smith, and, at the casino - Amanda Hernandez, Terrie Mount, Traci Coffey and Faith Wilbur; Fish cookers Jim Peters, Will Henderson, Mark West and Lewis Denny; Bus driver Mark Snyder; Front desk helpers Lil Kruger, Brooks Farrell and Melissa Puhn; Publication producers Mark West and Theresa Henderson; Casino/museum host Russell Harper; Museum coordinator Dale Clark; syaʔyaʔ members Bear O'Lague, Mari Stone, Russell Harper, Terri Capomen, Will Penn, Connie



Whitener, Robert Pendergast; youth - Clara Capoeman, Elena Capoeman, LaToya Johns, Cassidy Whitener, Candace Penn, Deanna Hawkes, Tamika Green, and Marjorie Penn; Prayers Rose Algea, Mike and Shirley Davis; and others: Dave Lopeman, Kelly Croman, Ray Peters, Ruby Fuller, Dan Neelands



Above: Fish cookers Will Henderson and Lewis Denny prepare a mouth-watering delight

Guests are treated to a mouth-watering meal. BIA NW Regional Office Road Engineer Joe Bonga and his wife (on left) and TERO guy John Bastian (back center)



New Lushootseed (Puget Salish) Program Now Available in the Learning Center's Computer Lab

The Puget Salish 101 program has been rewritten by Zalmai (Zeke) Zahir. New features are video – you can now see the instructor saying the sounds and words; new games, and a database to track your progress.

The Learning Center has purchased a site license to have this program available for one year. Zalmai reports unsurpassed success with pronunciation and retention among students using this curriculum. Come try it out during the following hours:

- Tuesdays 9:00 - noon and 1:00 - 3:00
- Wednesdays 1:00 - 3:00
- Thursdays 9:00 - noon and 1:00 - 3:00
- Fridays 1:00 - 3:00

Evening hours are available on Tuesdays and Thursdays from 6:00-7:30 through June 17. Other hours are available by appointment. Please call Barbara Whitener at 432-3897 or 490-2720.

Request for Speakers

Walt Archer - I'm sure you've all heard about the exciting Early College classes being offered next year at Shelton High School. These classes are part of a grant through Antioch College focusing on Native American students to encourage college attendance. We need native speakers to speak on various subjects, including history and government. Also, we need to have native people help with the creation of the curriculum for the classes. Each class offered will have a native component with it. The Squaxin Island Tribe, along with the Skokomish Tribe, has been asked to be involved in this process. If you would like to attend classes as a speaker please contact Vicki Kruger at 427-1008, Walt Archer at 432-3826 or Dawn Stevens at 426-4471.

June Youth Activities

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

EMPLOYEES



Mark West

***LCCH Assistant General Manager
of Casino Operations***

As many of you already know, I have, with great enthusiasm, accepted a position with Little Creek Casino and Hotel as the Assistant General Manager of Casino Operations. This is a new trainee position and program, with an emphasis on training tribal members to assume executive positions within the tribal enterprises. This is a tremendous opportunity for which I am very grateful.

LCCH has allowed and encouraged my continued community involvement in the Housing and Utilities Commission and the Elections committee. It is my hope that this will allow me to become even more closely connected to my community and to the staff of the Squaxin Island Tribal government.



Bj Peters

Health Promotion Assistant

Hi, my name is Bj Peters. I accepted the position of Health Promotion Assistant. I'm really excited to be back at the health clinic and look forward to the new challenges of this position. I will be working closely with Patty Suskin, our Diabetes Coordinator. If you have any ideas about starting an exercise or walking regimen, give me a call. Let's get healthy together!



Teresa Remick

Indian Child Welfare Caseworker

Hi, my name is Teresa Remick. I am an enrolled member of the Sisseton-Wahpeton Sioux Tribe of South Dakota and a descendant of the Santee Sioux Tribe of Nebraska. I have lived in Western Washington for approximately 17 years. I have been married for almost 8 years. My husband, Tom, and I share 3 children, Joel, Luke, and Lauren. We have an informally adopted son, Jeremy, and two foster children, Arthur and Tommy. I am a student at the University of Washington-Tacoma and have almost finished my first year in the Masters of Social Work Program.

I come to Squaxin Island with an open heart and an open mind with a personal guiding mission that includes keeping children safe from harm and providing them with the tools they need to grow into healthy, happy adults. I believe that with cooperation and collaboration between departments coupled with a family services team that is dedicated to helping families gain self sufficiency this mission will be met. I am excited to be working with the Family Services team and look forward to working with other departments as the need arises. Thank you for providing me the opportunity to work with your tribal families!



EMPLOYEES



Committee/Commission Members SHELLFISH

Terri Capoeman	Doyle Foster
Leo Henry	Vince Henry
Dave Johns	Marcella Castro
Rose Krise	Irvin Fletcher
Alternates:	Rick Peters
Darren Brownfield	Jeremie Walls
Mike Foster	Rod Schuffenhauer
Will Penn	Rusty Pleines

EDUCATION COMMISSION

Julie Goodwin	Whitney Jones
Patti Puhn	Vicki York
Joe Peters	Terri Capoeman
Melonie Hause	

HUNTING COMMITTEE

David Dorland	Larry McFarlane
David Whitener, Sr.	Donald Whitener
Rod Schuffenhauer	Tully Kruger
Robert Whitener Sr.	
Alternates:	Arnold Cooper
Doyle Foster	Rusty Pleines
Tony Rivera	Will Penn

FISH COMMITTEE

Robert Whitener Jr.	Irvin Fletcher
Vince Henry	Larry McFarlane
Mike Foster	Mary Whitener
Alternates:	Mike Peters
	Ron Whitener

GAMING COMMISSION

Glen Parker	Lorna Gouin
Jeff Peters, Charlene Krise, Joanne Decicio	

AQUATICS COMMITTEE

Doyle Foster	Glen Parker
Rose Blueback	Robert Whitener Jr.
Jeremie Walls	Julie Owens
Misti Saenz-Garcia	
Alternates:	Rose Krise
Jason Koenig	Will Penn

BUDGET COMMISSION

Patti Puhn	Ray Peters
David Whitener Sr.	Deborah Stoehr
Carrie Smith	Carolyn Hoosier
Pam Hillstrom	

Continued on bottom of Page 13

Congratulations on Your Promotion



Terri Capoeman

Hotel Front Desk Lead

Hello, most of you know who I ma, but if not, my name is Terri Capoeman. I'm a Squaxin Island Tribal member and the daughter of Lizzie Perez. I am Clara Bagley Seymour's granddaughter and the great-granddaughter of William and Lottie Bagley. My father is Herbert Capoeman from Quinault Nation(deceased). My grandparents on my father's side are Herbert and Elizabeth Capoeman from Quinault Nation. I am one of six sisters and brothers. I'm a single mother of five beautiful daughters, Latoya, Lachell, Koreena, Clara and Elena. The newest addition to my family is my son David Joisha Seymour who is 14 months old. I really enjoy having him.

My hobbies are clam digging, spending time with my family, potlatches and going on the tribal journeys. Its a nice experience. I love going every year and meeting family members from other tribes. I have worked for the tribe for about 10 years. I have been working at Little Creek Resort for 3 1/2 years. I have been promoted to a Front Desk Lead Dual Rated. I just want to say thank you to my team members for giving me this chance and believing in me. So stop by sometime, just to say hi or take a look at your local native art. See you soon. HOYT.

"Terri is working hard to achieve her educational goals while raising her children and being involved with the canoe family," said Director of Hotel Operations Kim Burrow. "Terri has been working at the hotel front desk from day one and is a great asset to the team. Way to go Terri! Keep up the good work."

A Job Well Done



Marjorie Ogden Hill

Room Attendant

Two days after Marjorie Ogden Hill started working as a Room Attendant, she stopped by the Human Resources office at Little Creek Casino Resort to ask how much money she was going to make.

"She was so excited about having the job, she didn't eve think about that," Kim said.

"She has grown up a lot since she started work here, and she has taken on all the responsibilities of the job. She has proven that she is dependable and hard working."

"There is a time limit for cleaning rooms, and she consistently meets that. She is a true success story, and that makes me very happy. She's phenomenal!"



COMMUNITY DEVELOPMENT



**Construction Laborer
Lester DeLaCruz**

Construction of eighteen new homes on Slocum Ridge is in full swing. The homes are being constructed by Advanced Native Construction/Korsmo Construction Company. Congratulations to tribal members Michael Ogden and Richard Gouin and Quinault tribal member Lester DeLaCruz who are part of the construction team!

Its looking good! Stop by and take a look when you get a chance.



**Construction Laborer
Michael Ogden**



**Assistant Superintendant of Construction
Richard Gouin**

Committees & Commissions

Continued from Page 12.

HOUSING & UTILITIES COMMISSION

- | | |
|--------------------|----------------|
| Mary Whitener | Mark West |
| Rose Algea | Barb Henry |
| Misti Saenz-Garcia | Jessica Solano |
| Patti Puhn | |

NOTE: Tribal Council members listed on committees or commissions are serving as Council Representatives only. If you would like a complete list, contact Ruby Fuller at 432-3909. The Elders Committee is open to all tribal members over age 55. The Heritage and Potlatch Committees are open to everyone who is interested in attending. The Personnel, Law Enforcement and Election Committees do not meet on a regular basis.





Ways to Save Money

As you finished your taxes this year, did you wish you had “more to show” for the gross income you earned? A recent survey revealed that a large number of Americans do not save or invest regularly. Thirty nine percent of the families sampled, had no scheduled savings plan. Other research studies indicate Americans’ savings rate is between 3 and 5 percent of disposable income, much less than other industrialized nations. Why? The high cost of living, government tax and lack of knowledge, are some of the common explanations. Below is a list of strategies, some relatively “painless” for saving more money for future goals:

- Pay yourself first. Treat savings like a bill and put a part of each paycheck into saving and leave it there.
- Collect coins. Place all loose change in a jar. When it’s full, deposit the money into a saving account.
- Bank refunds.
- Continue paying a loan. Just finished paying for your car? If you’re about to payoff a loan and don’t need the money for another big purchase, continue making the same monthly payments to yourself.
- Break costly habits. Do you really need to buy lunch every day? Are you trying to stop smoking?
- Take advantage of a payroll deduction plan. Many people eliminate the temptation of spending their savings by never seeing it in the first place.
- Save “extra” paychecks. If you are paid bi-weekly in two months of each year you’ll receive three paychecks. Employees who are paid weekly will receive an “extra” check in four months of each year.
- Bank a windfall. Whenever you receive unexpected money, an inheritance, bingo winnings, retroactive pay, an insurance dividend, etc. – put at least part of it into savings.
- Fund IRA’s one week at a time. Try to set aside \$38.46 each week. As you accumulate sufficient funds, place them in your IRA. At the end of the year, you’ll have saved \$2000 (plus IRA earnings). Use this save strategy for a Keough plan if you’re self employed, subject to your maximum contribution limit.
- Set goals. You’ll be better able to save if you know what you’re saving for. Make a list of your goals in priority order, then determine how much money you’ll need and when. Calculate the amount of periodic savings necessary to achieve each goal.



<http://www.quinaltindiannation.com/treatydays.html>

Stretching Your Vacation Dollars

Vacation time is fast approaching. Vacations need to be a time for family fun and relaxation without making a big cut in the budget. In order to do this some careful planning must take place. Start by deciding how much your family has to spend on vacation. Next, look into the many options available. Do some brainstorming with the family to come up with ideas and places to visit. As you are deciding where you want to go and what you want to do, there are some things that can help keep the costs manageable.

- Place limits on the amount of money family members can spend on souvenirs.
- Take your vacations by staying home, but plan local trips with the family. Enjoy local museums, zoos, historical attractions, parks and recreation sites.
- Carry food for snacks and mini meals instead of stopping at restaurants. Select foods that remain safe to eat under traveling conditions.
- Camping vacations are fun and economical, especially for a family. Try low cost, well run campgrounds and parks.
- Plan to vacation in an area where you have family or friends who have invited you to stay.
- Attend community celebrations or festivities planned for the public at no or low cost.
- If you are traveling with children, look for hotels/motels that don’t charge extra for children sharing their parents room.
- Stay in small or middle size towns or the countryside. Lodging and meals tend to be less expensive than in metropolitan areas.
- Explore taking a package tour. Because tour companies purchase the parts of a tour in bulk, costs may be lower.
- You can lower the price of a round trip air fare by as much as two thirds by making certain your trip included a Saturday evening stay and by purchasing the ticket in advance.
- Since rental car rates vary greatly, shop around for the best basic rates and special offers.
- Ask hotels about their telephone surcharges for making long distance calls from your room. Sometimes it is more economical to use the lobby pay phone than the phone in your room.
- Watch for special offers for places of interest for your family to visit.

A Special Thank You

My thanks to Connie Whitener and Will Penn for quick thinking and



“injun-uity” when I broke my ankle while out gathering cedar bark with them recently. Their prompt and stable splinting of my injury is what kept me from having to have it surgically repaired. My hands are up to you, Connie & Will!!!

- Bear



YOUR MONEY



Do You Qualify for Any of These Programs?

Section 504 Home Repair Loans and Grants

USDA Rural Development provides home repair loans and grants to qualified very low income home owners to repair or improve their home, remove health and safety hazards, weatherize, pay for installation and assessment cost of utilities and/or provide accessibility for persons with disabilities. The applicant must be the owner of the home (This includes mutual help units)

SECTION 504 HOME REPAIR LOANS

- Must be unable to obtain conventional financing elsewhere
- Must have a satisfactory credit history
- Must have reliable and dependable income
- Must show repayment ability including the loan payments, real estate taxes, homeowner's insurance and other current debt obligations
- Must be a U.S. Citizen or legally admitted U.S. resident
- Must be 18 years of age or older and able to enter into a binding contract
- Cash value of non-retirement assets cannot exceed \$7500 for non-elderly and \$10,000 for elderly households
- Maximum loan limit is \$20,000
- Interest rate is 1% fixed for a term of up to 20 years.

SECTION 504 GRANTS

If you are a senior citizen (age 62 or older), who meets the criteria above but does not show repayment ability for a loan, you may be eligible for a grant, or a loan/grant combination. Grants are limited to a lifetime limit if \$7500.

504 Grant funds may be used only for repairs and improvements that remove health and safety hazards or to repair or remodel dwellings to make them accessible for household members with disabilities.

SECTION 504 LOAN AND GRANT INCOME LIMITS

504 Loan and grants can only be made to very-low homeowners with incomes below the following limits

Household Income	A	B	C
	Average Monthly Income	Annual Income	Monthly Income For Wage Earners
1	\$ 997	\$ 11,963	\$ 1,246
2	\$ 1,336	\$ 16,038	\$ 1,671
3	\$ 1,676	\$ 20,113	\$ 2,095
4	\$ 2,016	\$ 24,188	\$ 2,520
5	\$ 2,355	\$ 28,263	\$ 2,944
6	\$ 2,695	\$ 32,338	\$ 3,368
7	\$ 3,034	\$ 36,413	\$ 3,793
8	\$ 3,374	\$ 40,488	\$ 4,217



WEATHERIZATION ASSISTANCE PROGRAM

Weatherization programs exist to help low-income households reduce home energy consumption, while increasing the health, safety, comfort and longevity of their home. The Community Action Council of Lewis, Mason and Thurston Counties provides a Weatherization Assistance Program which may include air measures such as weatherstrip and caulking, insulation measures to wall, floor and ceiling areas and related repair measures. Health and safety issues such as indoor air quality and heating system repair are also addressed. Each home is unique as to what is needed.

Below are the income guidelines for the weatherization program. If you would like more information on any of these programs, please contact Lisa @ Office of Housing 432-3871.

Annual Income Guidelines

County	1	2	3	4	5	6	7	8
	person							
Pierce	17,500	20,000	22,500	25,000	27,000	29,000	31,000	33,000
Thurston	17,450	19,950	22,450	24,950	26,950	28,950	30,950	32,950
Mason	17,100	19,550	22,000	24,450	26,400	28,350	30,300	32,250
Grays	17,050	19,500	21,900	24,350	26,300	28,250	30,200	32,150
Harbor								





Tribal Hunters Clean The Woods

Emmett O'Connell - After their hunting season ends, Squaxin Island tribal hunters go back into the woods to clean up after themselves, and others. "We spend a lot of time picking up trash in the woods because we care about having clean forests as much as anyone," said Pete Kruger, hunting policy representative for the tribe.

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

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

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

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

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

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

"They don't tend to be the ones that are making the mess, so it's much appreciated that they come back and clean up," said Case. "They clearly respect the land."

Traditionally, the Squaxin Island Tribe depended on hunting as a major food source during the winter when salmon and other food weren't readily available. That tradition continues today as wildlife still provides important nutrition to Indian families on reservations across western Washington. "We have a connection to these woods," said newly elected Tribal Chairman and former Natural Resources director Jim Peters. "We care about how they are treated."

"I've been hunting out here all my life," said Kruger. "I don't want to go walking in the woods surrounded by trash."

For more information, contact: Pete Kruger, hunting policy representative, Squaxin Island Tribe, (360) 432-3805. Emmett O'Connell, information office, NWIFC, (360) 528-4304, eoconnell@nwifc.org.





Northwest Indian Treatment Center Patients Build "Medicine Wheel Garden"

A new native plant garden at Northwest Indian Treatment Center was designed to help reconnect patients to their cultural heritage, to educate them about nutritional and medicinal uses of plants and to build relationships and a sense of stewardship for the land they belong to.



"Our new native plant garden is the outcome of an evolving dream," NWITC Director June O'Brien said. "Many of our patients were taught about plant medicines in their youth; others want to learn."

"As the patients care for the nurturing and healing plants, they, too, are nurtured. Suddenly, one will remember how a plant was used by a grandparent and another will remember the Indian name. Something about themselves is validated."

"On a practical level, they also gain confidence that they can identify plants and know how to use them. They learn that food and medicine and cosmetics are possibilities within each plant with the difference only in the preparation."

"I watched them constructing the garden, calling to each other and coming to each other's aid – functioning like a community, an Indian community. It was fantastic!"

"The patients at NWITC unanimously decided on a medicine wheel design for the garden. Several of them talked about how the plants were teachers and helped them to remember the knowledge their grandparents, aunts, uncles or even parents had taught them," said Herbalist/Native Plant

Specialist Elise Krohn. "Having a garden brings in the wild forces of nature such as birds, butterflies, insects and, of course, the spirit of the plants," she said.

The botanical program, initiated last year, took root immediately. The center soon outgrew the original beds, so a second garden was added this spring.

"We started planning this year's garden on March 4th at the first inkling of spring's arrival," Elise said.

"I started class that day by talking about spring edibles such as nettle and dandelion. We shared nettle soup and nettle tea. We went outside to identify dandelions and patients were invited to take time to sit with the plant, taste it and open up all their senses to what a dandelion is. Most patients said what they would really like to know about the dandelion is how to get rid of it! But as time went on, we also discussed dandelion medicine. Dandelion moves things in the body, from the liver to the kidneys and cleanses the blood. After talking about its history, nutritive value and medicinal uses, patients were in awe that one pesky plant could have so many uses!"

Most of March and early April were spent planning the design of the garden. The patients wanted to have oyster shells on walkways which were graciously provided by the Squaxin Island Tribe's Salish Seafoods Company.

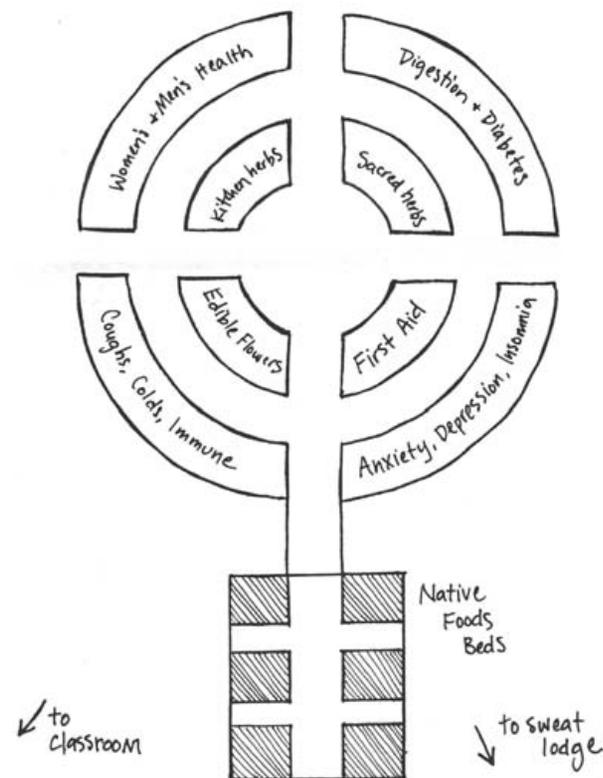


Six garden themes were created including sections for the nervous system, the immune system, first aid, kitchen herbs, sacred herbs and edible flowers.



The project was funded by USDA, Washington State Department of Health, Basic Food and Nutrition Education through a grant written by Squaxin Island Tribe Planner Nia Wellman.

SPECIAL THANKS: To Jeff Peters for transporting the oyster shells, to Salish Seafoods for giving us the shells and to the Planning Department (Nia Wellman) for writing the grant.





HEALTH & HUMAN SERVICES



Attending the General Body Meeting Was Good for Your Health!

Thank you to Ruby Fuller for coordinating with Little Creek Casino so we could bring fruits and vegetables to the General Body meeting. Thank you BJ Peters, for preparing all the fruits & vegetables for our tasting at the meeting! Did you try the jicama? The Basic Foods & Nutrition Grant provided these items & Little Creek also had bottled water available. Patty Suskin was there in the morning to provide information on nutrition. Thanks so much for allowing me to learn about how the General Body meeting works & it was great to see so many of you! Call Patty for more ideas on how to eat healthier (360)432-3929



Vince Henry, Andy Whitener and David Lopeman



Connie Napoleon



Stephen Henry



Lucille Hause



Carrie Smith



Margaret Seymour-Henry

Take the First Step on the Path to Good Health





The Diabetes Competitive Grant



The Diabetes Competitive Grant meetings continue as we gear up to begin recruiting people for our 16-week intensive lifestyle balance program in the fall. This is a program for people who do not have diabetes and want to be healthier & possibly avoid diabetes. We are working with IHS and the details of how the grant will work are still being defined. If you or anyone you know may be interested in participating, contact Patty Suskin, Diabetes Coordinator at (360)432-3929 or stop by the clinic.

Pictured above from our April 26th, 2005 meeting are: Left to Right: Mary Scherer, Diabetes Coordinator Chehalis tribe, Linda Porter, Diabetes Coordinator Shoalwater Bay tribe, Ann Becker, Nurse Practitioner, Chehalis Tribe, Patty Suskin, Diabetes Coordinator Squaxin Island Tribe, and Sharon Krupski, Chehalis Health Director.



Six Week Wellness Trek An Adventure in Good Health

Our Wellness Trek kick off was Monday, May 2nd. Participants enjoyed a walk around T'Peeksin for a great start to Wellness Trek. Thank you all who came & walked! If you are interested in participating in Wellness Trek, pick up a brochure at the clinic, tribal center reception, or natural resources. Need help with how it works? Contact Patty Suskin, Diabetes Coordinator, (360)432-3929 or BJ Peters, Health Promotion Assistant at (360) 432-3884 for more information.

Join us for another walk on Thursday, June 2nd, at 4:00 p.m. in the clinic parking lot.



Pictured are Bob & Lorna Gouin at the fresh vegetables, fruit and water table as part of the event.



Sara Doran, Sandy Cole and Jan Bryant from SPIPA



Lorna Gouin, BJ Peters, Nora Coxwell (hidden), Bob Gouin and Tamara Fulwyler (SPIPA grant writer)

Wacky Nutrition Scientist

In May, the Wacky Nutrition Scientist (a.k.a. Patty Suskin, Diabetes Coordinator) made strawberry and banana smoothies with the youth after school. In this photo, Shelby Fuller operates the blender as Tyler Mireles and Douglas McFarlane wait their turn.



The second photo is Willow Henry who also helped the Wacky Nutrition Scientist with making smoothies. Our recipe: fat free vanilla yogurt, ripe bananas and strawberries YUM! The youth also enjoyed tasting fruits & vegetables prepared by our new Health Promotion Assistant, BJ Peters. Thank you BJ!. Thank you also to Sedar Rowson for inviting us to bring healthy snack ideas to the youth! We'll be back soon!





A New Food Guide Pyramid has Been Released!

Lots of great information on nutrition is available at mypyramid.gov. Here is the home page for you to get an idea of what it looks like. If you need help with searching for information, feel free to contact Patty Suskin, our Diabetes Coordinator and Registered Dietician at (360)432-3929 or stop by the lower level of the clinic.



Looking for a Delicious and Healthy Way to Make Broccoli?

Try this! Broccoli is rich in vitamins & fiber!

Submitted by Patty Suskin, Diabetes Coordinator

- Broccoli with Pine Nuts
- 1 small bunch broccoli
- Nonstick cooking spray, preferably olive-oil spray
- 1-1/2 teaspoons olive oil
- 1 small clove garlic, minced
- 2 tablespoons pine nuts, toasted

Cut broccoli into florets, reserving stems for another use (we used the stems for this, too). Place florets in a large microwaveable casserole. Add 1/4 cup water, cover and cook on high power for 3 to 4 minutes, or until broccoli is tender-crisp and bright green. Drain.

Coat a large nonstick skillet with cooking spray; add oil.

Turn burner to medium high; when oil is hot, swirl pan to coat with oil. Stir in garlic; immediately add drained broccoli.

Cook, stirring constantly, 2 minutes.

Transfer to serving bowl; sprinkle with toasted pine nuts.

Note: To toast pine nuts, heat dry skillet over medium-high heat. Add pine nuts and cook, stirring frequently, until nuts begin to brown. Remove from pan immediately, or they will burn.

Makes 2 servings

The screenshot shows the MyPyramid.gov website. At the top, it features the USDA logo and the text 'United States Department of Agriculture' on the left, and 'MyPyramid.gov' on the right. Below this is a navigation bar with links for 'Home', 'About Us', 'News & Media', 'Site Help', and 'Contact Us'. On the left side, there is a search box and a 'Subjects' menu with options like 'My Pyramid Plan', 'Inside the Pyramid', 'Tips & Resources', 'Dietary Guidelines', 'For Professionals', 'Related Links', and 'My Pyramid Tracker'. The main content area is titled 'Steps to a Healthier You' and features an illustration of a person climbing a pyramid. Below this, there is a 'My Pyramid Plan' section with dropdown menus for 'Age' and 'Sex', a 'Physical Activity' section with a text area and a dropdown, and a 'SUBMIT' button. There is also a 'My Pyramid Tracker' section with a link to an in-depth assessment. A 'Tip of the Week' section suggests replacing a coffee break with a 10-minute walk. A 'For Professionals' section offers resources for education materials. At the bottom, there are 'Spotlights' for 'Tour MyPyramid', 'Mini-Poster Download', 'Inside The Pyramid', and 'Tips & Resources'. The footer contains various legal and policy links.



The Power of Positive Eating



Left to Right: Patty Suskin, Pam Hillstrom, and Penni Giles at the Washington Center

On Wednesday, April 20, these three women attended the presentation by Zonya Foco, Registered Dietitian, "The Power of Positive Eating." This was part of the Heart to Heart Series for Women presented by Providence St. Peter Hospital. Zonya showed us (on the hands of an audience member) just what a doughnut contains and gave tips from her book, "Lickety-Split Meals for Health Conscious People." Come join us at the Healthy Habits for Life group that meets on Tuesdays at the Tribal Center Lunch room for more healthy ideas.



Diabetes Answers

Q: Why do I go to bed with normal blood sugar levels and wake up with highs when I haven't eaten all night?

A: Morning highs are typically caused by one of two things: The Somogyi effect (also called rebound hyperglycemia) or Dawn Phenomenon.

With the Somogyi effect, you may be experiencing hypoglycemia (or low blood glucose episodes) during the night. In reaction to these untreated lows, your body releases stress hormones and the subsequent high blood glucose levels that you're seeing in the morning.

The Dawn Phenomenon is an early-morning (4:00 to 8:00 AM) natural rise in blood glucose levels that is caused by a release of hormones as your body prepares to meet the day.

Sometimes these morning highs can be avoided by a bedtime snack at night or other adjustments in insulin or medication. Talk to your doctor about any unexplained irregularities in blood glucose levels and how you might adjust your treatment plan accordingly.

Submitted by Patty Suskin, Diabetes Coordinator

Healthy Habits Group

Join us! Healthy Habits for Life meets noon to 1:00 p.m. on Tuesdays at the Tribal Center lunchroom. Pictured Left to Right from our May 3rd, 2005 meeting are: Patti Puhn, Lorna Gouin, Liz Kuntz, Lisa Peters, Penni Giles and Pam Hillstrom. Community and staff members are invited to attend when you can and share ways to be healthier by making healthier food choices and being more active. For more information, contact Patty Suskin, Diabetes Coordinator and Registered Dietitian at (360)432-3929.

Another Supermarket Tour and Food Tasting!

On Wednesday, May 4th, we met at Fred Meyer in Shelton & learned more about how to find healthier foods. Afterwards, we had a "tailgate tasting" of some vegetables including grape tomatoes, broccolini, carrots, and crunchy snap peas. Glen Parker, Lori Hoskins, Ann Parker, BJ Peters attended. Thanks for participating in improving your health. Glen shared that it was painful when he first started to eat better for his diabetes, but now he has adjusted to it. You can learn to eat healthier & adjust, too! Our next Supermarket Tour & food tasting will be Monday, July 11th from 1:00 to 3:00 p.m. If you are interested, Contact Patty Suskin, Diabetes Coordinator at 360-432-3929 or stop by the clinic. The next food label workshop will be on Monday, June 11th.



Lori Hoskins and Glen Parker review frozen food labels



Glen Parker "Tailgate Tasting" of grape tomatoes



Here Are Some Activity Tips from Lori Hoskins:

1. Park your car in the parking lot as far as possible from the store entrance
2. Buy a lawnmower that you need to move with your strength, not the self-propelled.
3. When you have appointments in buildings under 6 stories high, use the stairs to get to your appointment

Thank you, Lori!

Send your health tips to Patty Suskin, Diabetes Coordinator, at psuskin@squaxin.nsn.us or call (432)3929

Appointments Now Necessary for Evening Clinic

The walk-in evening clinic has changed.

It is now an extended hours clinic by appointment only.

The change started April 18th.

Call 360-427-9006 to make an appointment.

Sorry for any inconvenience.

Thank you.

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/Meat Alternate Vegetable Starch		1 No Meal Elders at Little Creek	2 Vegetable/Beef Lasagna Caribbean Vegetables French Bread
Meat/Meat Alternate Vegetable Starch	6 Chicken Fettucini Steamed Carrots	8 Pork Chops Mixed Vegetables Baked Potatoes	9 Salmon Patties Squash Potato Casserole
Meat/Meat Alternate Vegetable Starch	13 Sandwich Bar w/ Tuna Carrot-Raisin Salad Assorted Breads	15 Shrimp/Broccoli Stirfry Broccoli Brown Rice	16 Cornflake Chicken Green Beans Macaroni & Cheese
Meat/Meat Alternate Vegetable Starch	20 Grilled Ham & Cheese Spinach Salad Potato Soup	22 Baked Fish in Red Sauce Steamed Vegetables Orzo Pilaf	23 Pozoli Shredded Cabbage Corn Tortillas
Meat/Meat Alternate Vegetable Starch	27 Hamburgers Potato Salad, Carrots Baked Beans	29 Breakfast - Canadian Bacon Veggie Tray French Toast	30 Chef Salad Vegetable Tray Toast & Crackers

Congratulations Raffle Winners



Mammogram raffle winner for March



Mammogram raffle winner for April



Womens Health raffle winner for March



Outdoor Activity of the Month

The Chehalis Western Trail makes up part of an easy 8-mile-long bicycle route in South Sound. Try bike loop with ease.

WHAT

Easy cycling loop route on South Bay Road, 26th Avenue and the Chehalis Western Trail

WHERE

In Olympia and Lacey, north of Martin Way

TO DO

This ride, which is about 8 miles long, has some gentle climbs, but it is mostly flat and fast. The ride is short, which is good for a lunch hour on a nice day. The ride also is a good way to get used to riding in traffic for those who plan cycling in the Seattle-to-Portland ride or Ride Around Puget Sound this summer. The ride has a short stretch on Martin Way, where the traffic is heaviest. If the route seems too short, just do it two or three times and pretend you're riding a criterium.



ROUTE

This ride starts at North Thurston High School, 600 Sleater-Kinney Road N.E. If it's a weekend or after school hours, it's OK to park in the school lot. Ride out of the parking lot and turn right onto Sleater-Kinney Road. Ride north on Sleater-Kinney to 26th Avenue, where you'll turn left. Ride on 26th Avenue to South Bay Road, where you'll turn left. Take South Bay Road to Phoenix Street, where you'll turn left. Take Phoenix Street to Martin Way, where you'll make another left. Ride east on Martin Way to Ensign Road. Turn left onto Ensign Road. Follow Ensign Road across Lilly Road and keep going until you hit a dead end at a housing development. Look right ahead, and you'll see a short trail to the paved Chehalis Western Trail. Get off of your bike, walk it the few steps on the Chehalis Western Trail and get back on. Turn left and ride north on the Chehalis Western Trail to the intersection with 26th Avenue. Watch out for the maze at 26th Avenue that keeps cars off the trail. Turn right on 26th Avenue and ride to the intersection with Sleater-Kinney Road. Turn right on Sleater-Kinney Road and ride south back to North Thurston High School.

SAFETY

Cyclists can use traffic lanes to turn left on public roads. Whether you do this on this route is your choice. If you're riding in a long ride, such as the Seattle-to-Portland event, just about all riders use traffic lanes for turns. It's a judgment call on this ride. Traffic usually is fairly light on 26th Avenue and South Bay Road, so they are good places to practice moving your bike into that left-turn lane. Don't push things on Martin Way if the traffic is heavy or the stoplight is low. Know your hand turn signals so drivers can tell what you're doing. Wear bright cycling clothes so you're easy to see. Watch for dogs, horses and walkers on the Chehalis Western Trail.

CYCLING SIGNALS

To turn left, extend your left arm straight out from your body. To turn right, extend your right arm straight out from your body.

TO SEE

The stretch of the Chehalis Western Trail is the most scenic part of this ride, but 26th Avenue and South Bay Road also go through rural areas.

EQUIPMENT

Bicycle, helmet, gloves, water and snacks. A map is a good idea.

INFORMATION

This ride is a modification of a ride found in "Bicycle Routes in Thurston County," a pamphlet sold at the Bike Stand, which is the bike shop inside Olympic Outfitters at 407 Fourth Ave.

Upcoming Health Events

BRIEF WALK

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

MAMMOGRAM/WOMEN'S HEALTH DAY

June 13 & July 28
Call Rose Algea @ 360-432-3930

DIABETES SUPPORT GROUP

Next meeting August 29th
1:00 - 2:00 p.m.
Walk at 12:45, Talk 1:00 - 2:00 p.m.
Help plan the future of this group
Bring your ideas on what you want
Clinic lower level conference room

FOOT EXAM DAY FOR PEOPLE WITH DIABETES

Tuesday, June 7th 9:00 a.m. to noon

FOOD LABEL READING WORKSHOP

Open to the Community
Monday, July 11th, 1:00 - 3:00 p.m.
Meet at Elder's Building
Learn about healthy food choices

WELLNESS TREK

Six week Fitness & Nutrition Activity

Its not too late to begin!
Info available at Tribal Center front desk,
Natural Resources and the clinic

HEALTHY HABITS FOR LIFE

Take charge of your health!
Tuesdays noon to 1:00 p.m.
Tribal Center Lunch Room
Bring your own lunch & thoughts

WOMEN AND GIRLS GATHERING

July 28, 29, 30, 31 at Panhandle Lake
Contact Midge Porter at SPIPA 426-4451

COMMUNITY WALK TO NISQUALLY MEDICINE TREE

Date and time to be determined

QUESTIONS OR TO RSVP

Contact Patty Suskin, Diabetes Coordinator
at 360-432-3929 or BJ Peters at 432-3884.



TEEN DANCE



Should I dance with my brother so it looked like he danced with someone?

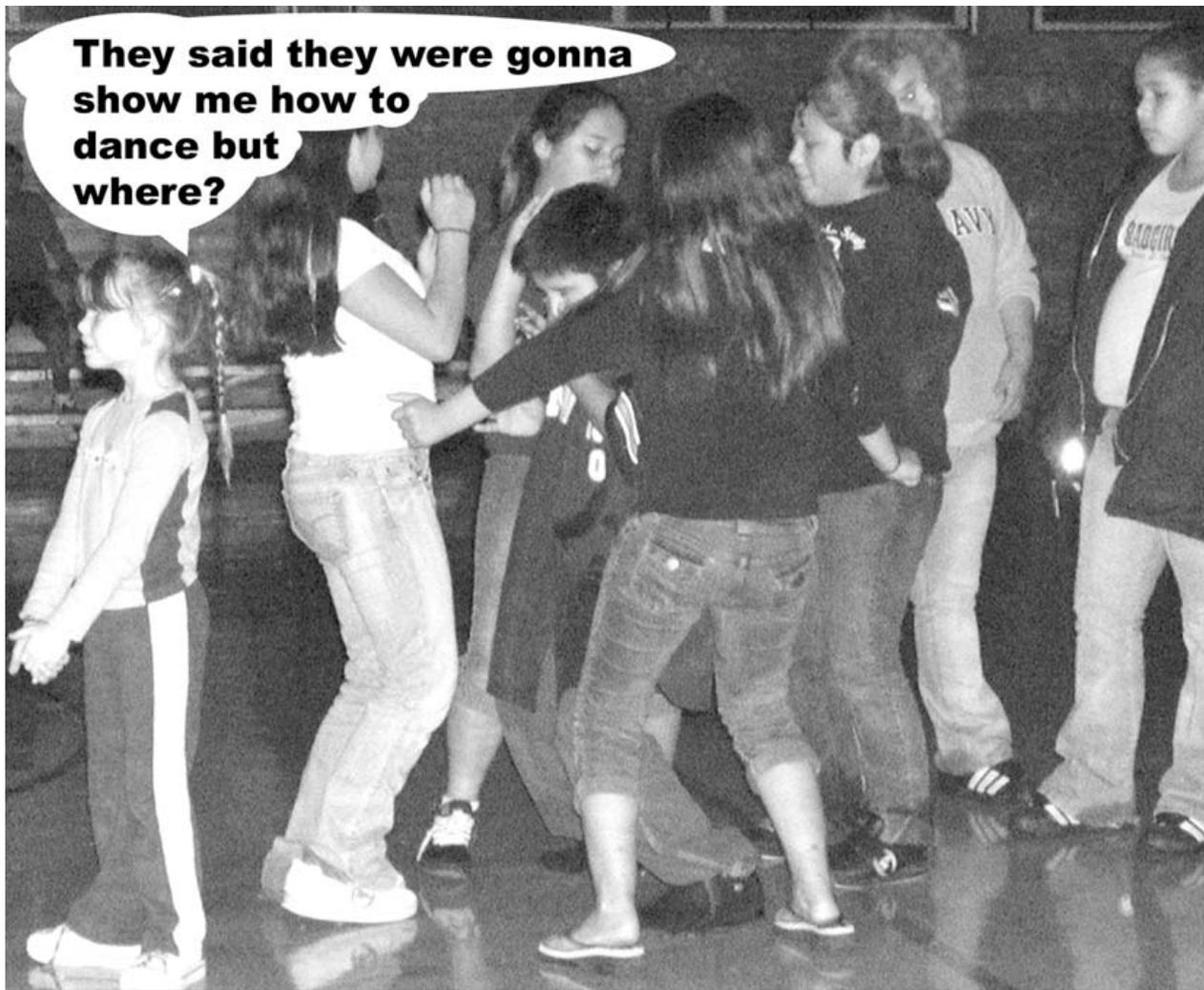


Low bridge



Was I safe Umpire?

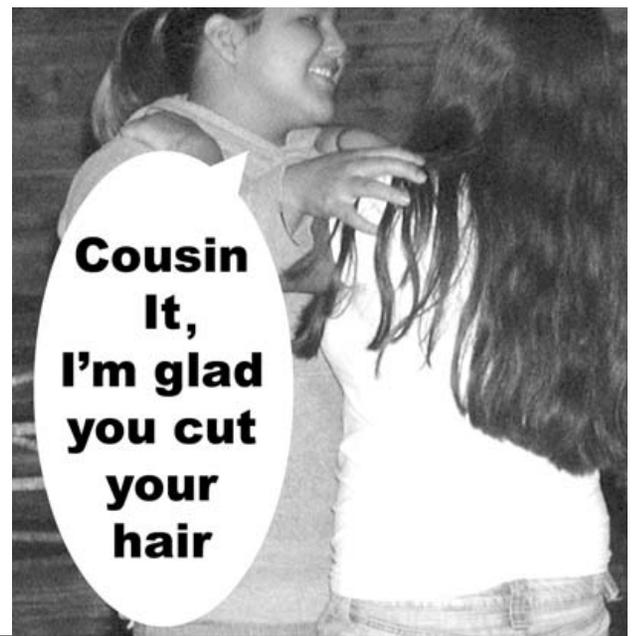
*Photos and captions by:
Jeremiah George*



They said they were gonna show me how to dance but where?



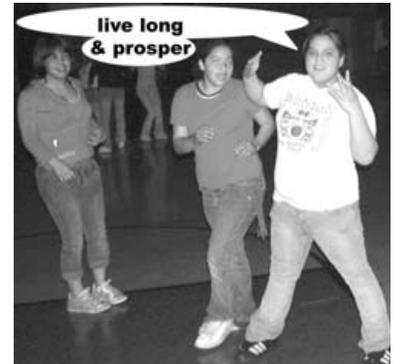
London Bridge is falling down, falling down!



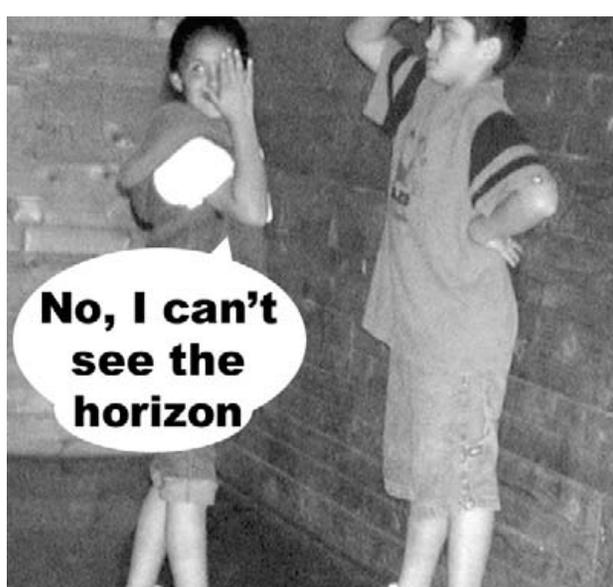
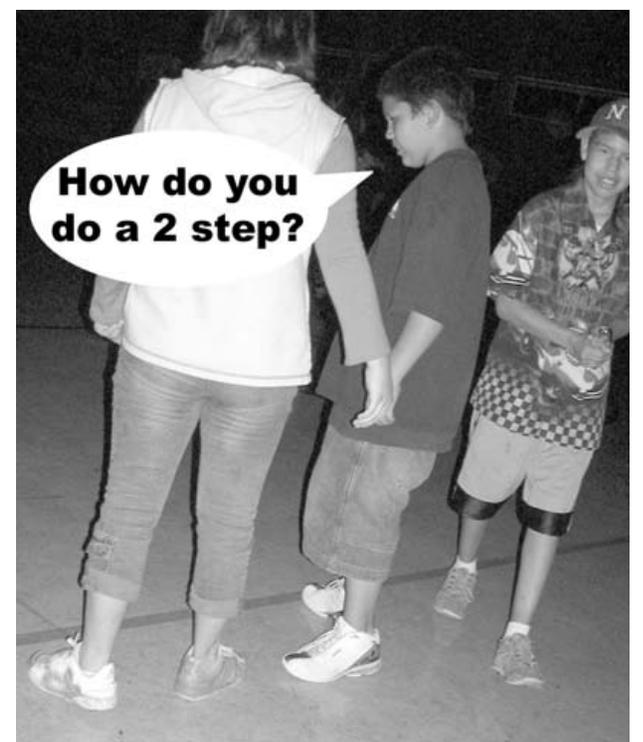
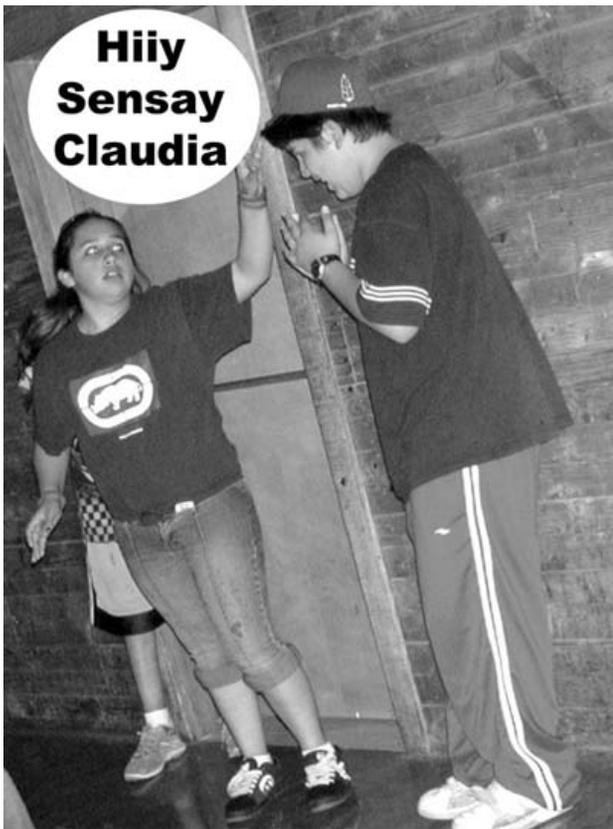
Cousin It, I'm glad you cut your hair



TEEN DANCE

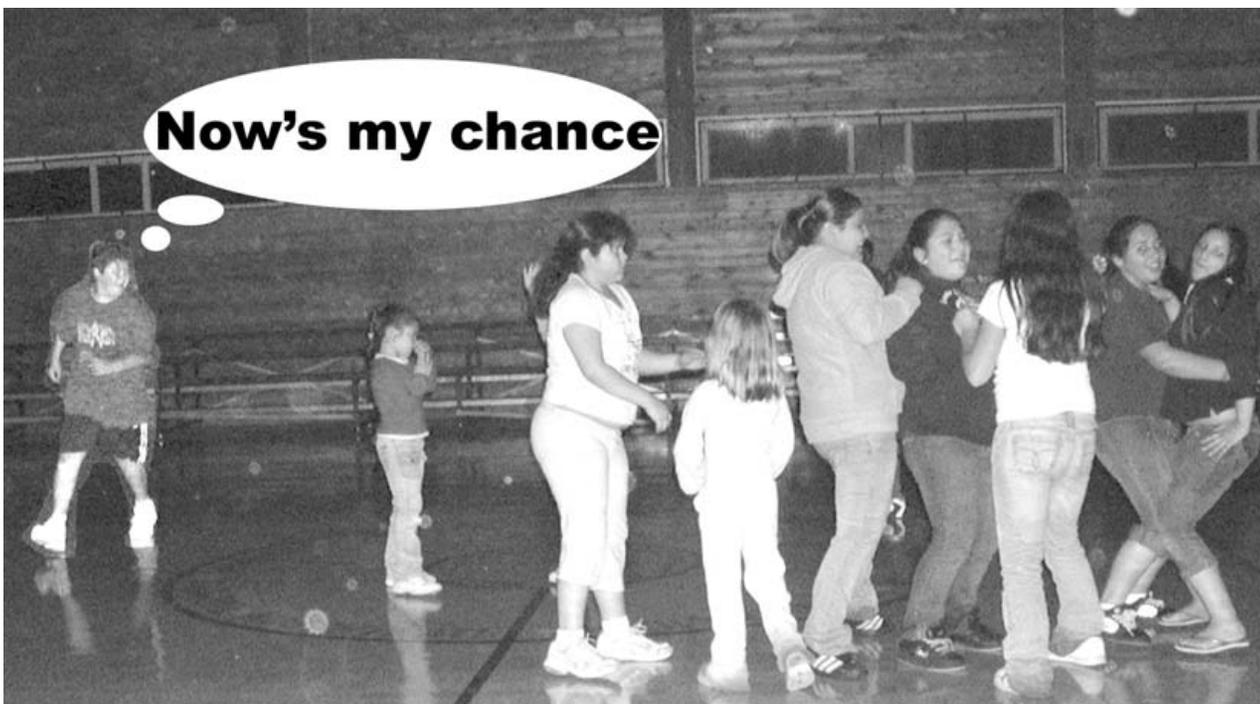


*Photos and captions by:
Jeremiah George*





TEEN DANCE



*Photos and captions by:
Jeremiah George*





TEEN DANCE



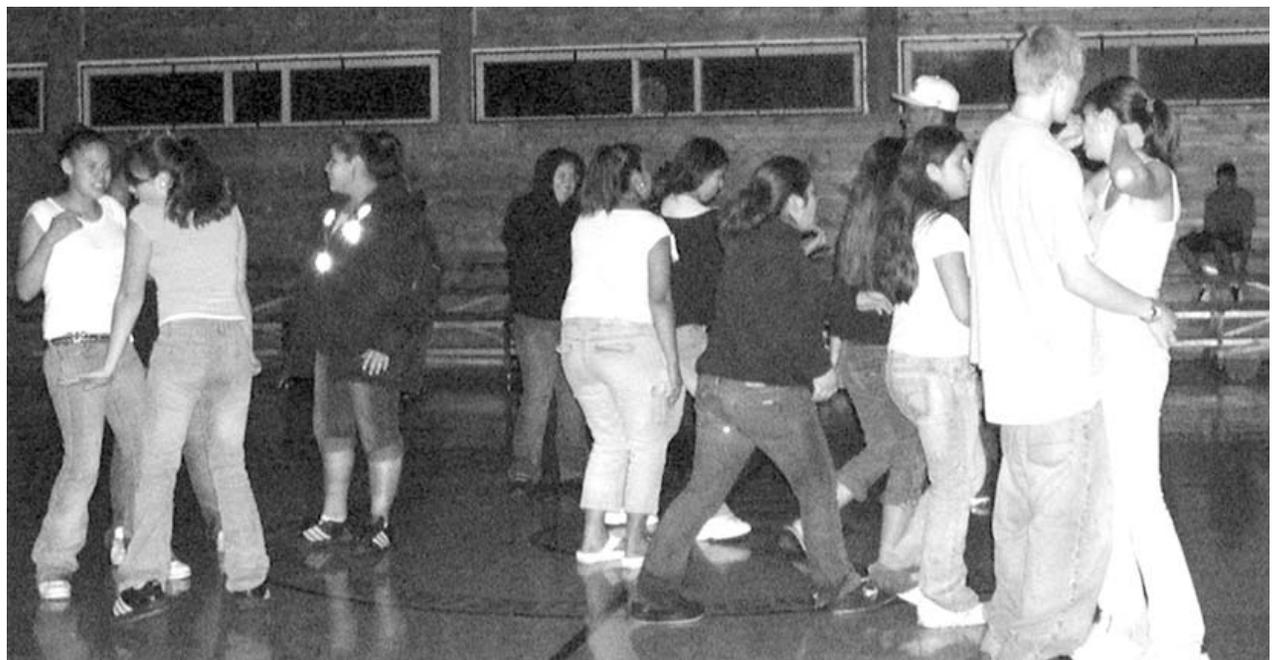
The fish was this big!



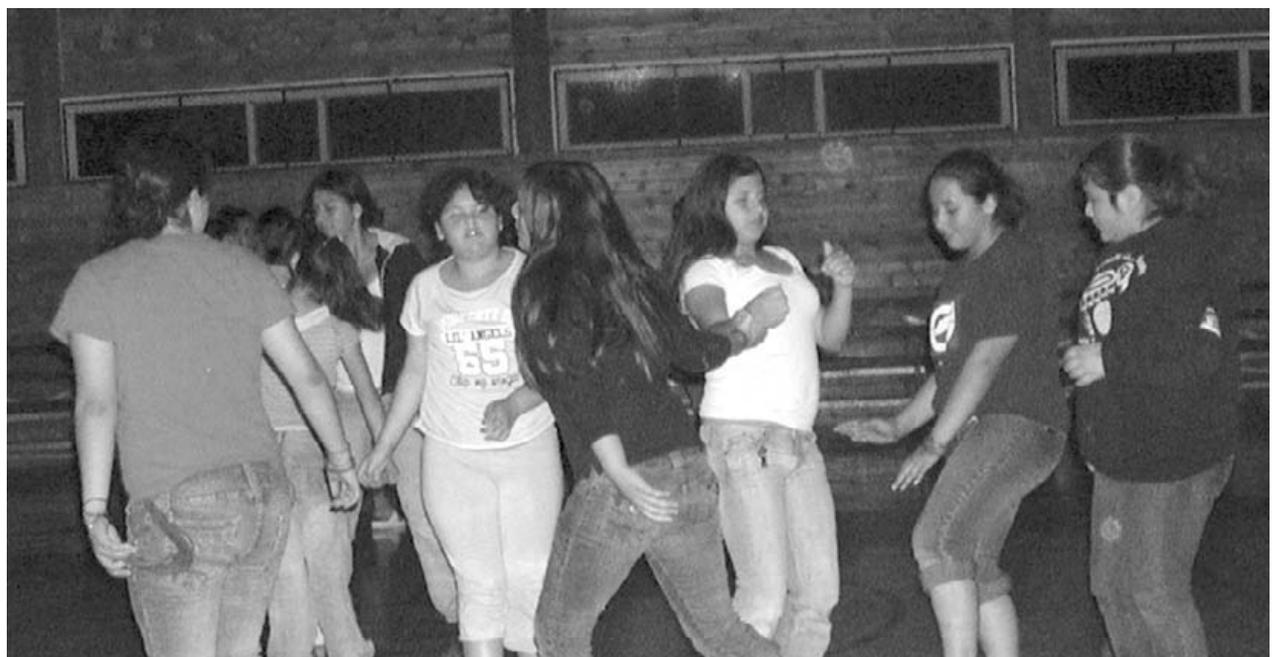
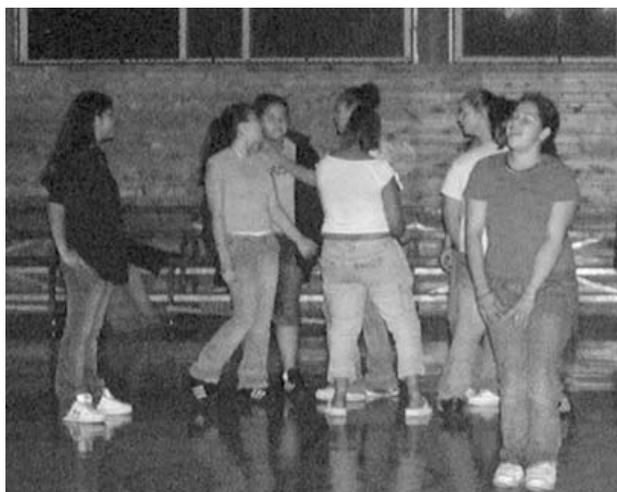
hopscotch, ay?



Yes I do want some ants!



*Photos and captions by:
Jeremiah George*





Tribal Council Resolutions

05-28: Authorizes the Squaxin Island Tribal Consolidated Plan to be submitted to Washington State Department of Health & Human Services (DSHS) to consolidate its grants and contracts for the period of July 1, 2004 through June 30, 2005

05-29: Approves Change One to the Rent Collections Policy of the Housing and Utilities Commission that now requires tenants to be current with monthly payments in order for discounts to apply.

05-30: Authorizes SPIPA to submit a grant proposal to the U.S. Department of Education for FY05 Recreational Programs funds for up to \$514,679 over a six year period

05-31: Supports Turning Pointe's (a non-profit agency providing confidential services to victims of domestic violence) capital campaign to design and construct a permanent domestic violence shelter in Shelton

05-32: Authorizes payment of dues for National Indian Gaming Association membership

05-33: Enrolls Raven Roush-Lizotte

05-34: Enrolls Eileen George

05-35: Enrolls Anthony James, Emma Lee James and Kayla Johnson

05-36: Enrolls Christopher Brown

05-37: Authorizes submission of an ANA grant

05-38: Appoints David Whitener and Kim Cooper as official delegates to the April 29, 2005 special meeting of SPIPA tribes

05-39: Authorizes submission of a grant application to the U.S. Department of Justice OJJDP under the Family Court Grant Program for up to \$450,000 over the period of three years for the purpose of developing and establishing the Squaxin Island Tribal Drug Court that will serve non-violent substance-abusing adults who are part of a family (child welfare) and tribal court systems due to child abuse and/or neglect issues

05-40: Authorizes submission of a grant application to U.S. Department of Agriculture to apply for FY 2005 Section 533 Housing Preservation Grants for up to \$69,000 for the purpose of preserving and protecting homes on the reservation from deterioration such as rotting siding and leaking roofs

05-41: Requests that the Port Blakely 51A & B property be put in Trust status

05-42: Approves Honorary tribal membership for Laura Lorine Whitener (deceased) due to her extraordinary commitment and life-long contribution to the tribal community and bestowing on her all rights and privileges that attend honorary membership, including specifically that she be recognized as an Indian within the meaning of 25 U.S.C. Chapter 17, Section 1452(b)

05-43: Enrolls Talon Peterson

05-44: Enrolls Jacqueline Smith

05-45: Enrolls Jean Henry

05-46: Enrolls Mataya Stroud

05-47: Enrolls Jolene Cowan

A Salute to Teachers

Submitted by Loretta Case

What do Teachers Make?

The dinner guests were sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option is life was to become a teacher?"

He reminded the other dinner guests what they say about teachers: "Those who can, do. Those who can't, teach." To stress his point, he said to another guest, "You're a teacher, Susan. Be honest. What do you make?"

Susan, who had a reputation for honesty and frankness (kind of sounds like Vicki) replied, "You want to know what I make? I make kids work harder than they ever thought they could. I make a C+ feel like the winner of the Congressional Medal of Honor. I make kids sit through 40 minutes of study hall in absolute silence. You want to know what I make? I make kids wonder. I make them question. I make them criticize. I make them apologize and mean it. I make them write. I make them read, read, read. I make them show all their work in math and perfect their final drafts in English. I make them understand that if you have the brains and follow your heart, and if someone ever tries to judge you by what you make, you must pay no attention, because they just didn't learn."

Susan paused and then continued. "You want to know what I make? I make a difference!" "What do you make?"

Hands up to our teachers Sally Brownfield

and Barbara Whitener and all those moms and dads, the principle teachers!

CONCERTS AT THE CREEK
SUMMER 2005

JOE DIFFIE • 6/18 • 8PM
TICKETS NOW ON SALE!

BLUE OYSTER CULT & FOGHAT • 7/10 • 7PM
LONESTAR • 7/31 • 8PM
JONNY LANG • 8/13 • 9PM
JOHNNY RIVERS • 9/4 • 6PM

LITTLE CREEK CASINO • RESORT
FOR MORE INFO
CALL THE BOX OFFICE: 360-432-7300
TICKETS GO ON SALE 60 DAYS PRIOR TO EACH EVENT
MINUTES NORTH OF OLYMPIA ON HIGHWAY 101 • 360-427-7711

SQUAXIN ISLAND TRIBAL MEMBERS!!!!

Are you looking for Employment??

Come check out the exciting opportunities at Little Creek Casino Resort!

Contact Erika Poste, the Squaxin Island Tribal Member Recruiter and share your interests.

Call or better yet, stop by!

432-7036
eposte@little-creek.com



NWITC Community Needs Assessments

In May, 2005 a community needs assessment form was completed by 50 people at the General Body meeting. The results are below. Some people did not respond to all areas.

Are you aware of the services offered by NWITC?

The awareness of the programs is high this year, but there is still room for improvement. Thirty five people new about the residential program and forty knew about the outpatient program.

What trends do you see in the drug and alcohol use of community members?

Eleven people said they thought there was reduced use. Twenty one said use was about the same and thirteen said they believed there was increased use. The percentages are very close to those of last year, but in 2004 perceptions changed significantly from 2003.

	2003	2004	2005
less use	18.3%	21%	24.4%
the same	36.6%	42%	46.6
more use	45%	30%	28.8%

If you, or a family member were in crises, would you know how to contact this program for services?

Thirty six said yes and ten said no.

Strengths and weaknesses of the programs were identified. They are listed and summarized.

STRENGTHS

- Sally and Gail
- Astrid
- Training tribal Chemical Dependency Counselor
- Good location
- Great counselors (this was listed by several people)
- Caring staff
- Helps the community
- The new building
- Easy access
- Proactive team
- Compassionate and sincere
- They work for the whole family
- Dedicated staff
- Speed of placement
- Traditional values

NEEDS

- More growth/more funding (several variations of this)
- More space
- Need more counselors
- Need more community activities
- Need a fence (several variations of this were listed)

There is room for improvement in making sure the community knows how to access service. It is encouraging to note the warmth in many of the responses about the programs.

WEAKNESSES

- Don't use tribal culture
- Don't use Squaxin Island culture/songs
- Parking has no confidentiality
- No staff, no phone
- Inconsistent
- Need to be closer to the community
- Other departments need to accept reports of progress
- No services for non-Natives
- Lack of outreach, need more awareness in community
- Need more community involvement



Parents - The Anti-Drug Monitor Your Child's Media Habits

Reports released recently have drawn attention to the increasing amount of time children and teens spend engaged with various forms of media, often exposing them to potentially harmful content. A Kaiser Family Foundation study shows that young people today are exposed to media for an average of eight and a half hours a day— the equivalent of a full-time job. The Pew Internet & American Life Project also released a study about American families' usage of online filters to limit children's access to harmful content. The report shows large gaps in perception about how much parent-child monitoring is taking place when teens are online: 62% of parents report checking up on their child's online activities, but only 33% of teens say they believe their parents monitor their Internet activity. Research has shown that teenagers whose parents are aware of the television they watch and the music they listen to are less likely to smoke, drink or use drugs. Parents should review and talk with children about the images of drugs and alcohol that are presented in media, paying special attention to the subtle, yet influential, messages that promote unhealthy choices.

The Many Ways to Be Involved

Simply put, the more involved parents are in their child's life, the less likely they are to try drugs or alcohol. While the increase of drug and alcohol imagery in the media is unfortunate, parents can use this trend as a way to talk to their kids about the risks associated with substance abuse. For instance, parents can make a weekly date with their child to watch a popular show targeted at youth. Or perhaps a weekly video game match between parent and child, with a free-dinner on the line, would be an enticing engagement? Making this a regular practice not only increases parent's awareness of what their kids are watching, but also ensures time with their child. *TheAntiDrug.com* and the *American Academy of Pediatrics* offers information on reducing access to potentially harmful media and guidelines for parents to make better use of their teen's media time.

Make Clear Rules

Talk With Your Kids

Learn to Listen

Praise Positive Behavior

Be a Good Role Model

Be More Involved



COMMUNITY



Happy Birthday

Alexandria Cooper-Lewis	6/1	Alex Ehler	6/11	Shelby Todd	6/20
JeNene Miller	6/1	Brandon Greenwood	6/12	Donald Whitener	6/20
Julia Austin	6/3	Ryan Fox	6/13	Verna B. Henry II	6/20
Rocky Bloomfield	6/3	Teresa Ford	6/13	Laurinsa Bethea	6/21
Tyrone Krise	6/3	Raymond Henry	6/14	Wynn Clementson	6/21
Jayde Smith	6/3	Stephanie Tompkins	6/14	Beau Henry	6/21
Malachi Johns	6/4	Janette Bunce	6/14	Fleet Thunder Sky Johns	6/21
Wendy Whitener	6/4	Casey Brown	6/15	Jamie McFarlane	6/21
Julie Goodwin	6/5	Yvonne Bell	6/16	Kyleigh Peterson	6/21
Debra Tennis	6/5	Dorothy Nelson	6/16	Rodney Schuffenhauer	6/21
Dominique McFarlane	6/6	Andrew Sigo	6/16	Rose Blueback	6/22
Trisha Blueback	6/7	Kristin Penn	6/16	Monica Nerney	6/22
David Elam	6/7	Ronald Whitener	6/17	Alexander Smith	6/22
Georgena James	6/7	Kevin Bloomfield	6/17	Tamika Green	6/23
George Krise	6/7	Jackson Cruz	6/17	Christopher Cain	6/24
Raeann LaFlame	6/7	Tasha Campbell	6/18	Katherine Smith	6/25
Paula Henry	6/8	Daniel Napoleon	6/18	Joanne Decicio	6/25
Lori Hoskins	6/8	Nicholas Armas	6/19	Arthur Pleines	6/26
Elizabeth Seymour	6/8	Jacob Johns	6/19	Candance Sumner	6/26
Laken Bechtold	6/9	Thomas Farron	6/19	Geraldine Coble	6/27
Pamela Hillstrom	6/9	Vicki Kruger	6/19	Robert Cooper	6/27
Kimberly Peterson	6/9	Andrea Sigo	6/19	Charles Bloomfield, Jr.	6/28
George Sumner	6/9	Eugene Galos	6/20	Jeremiah George	6/28
				Hurricane James	6/28
				Kaitlyn Burrow	6/29
				Jessica Cruz	6/29
				Dakota Lorentz	6/30
				Neekie Perez	6/30
				Joshua Mason	6/30

What's Happening

		1	2	3	4
		Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club
5	6	Court Foot Exam Day Church 7:30	8 Drum practice 6:00 p.m., MLRC	9 <i>Tribal Council</i> Brief Walk After Lunch	10 Pole Raising SPSCC 2:00 AA Meeting 7:30
11	Bible Book Club Hunter Education		12	13	14
12	13	14	15	16	17
Hunter Education	Mammogram Day	Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30
18	Bible Book Club 10:30 Mary Johns Room Food/Transportation		19	20	21
19	20	21	22	23	24
Happy Fathers Day		Court Church 7:30	Drum practice 6:00 p.m., MLRC	<i>Tribal Council</i> Brief Walk After Lunch	AA Meeting 7:30
25	Bible Book Club 10:30 Mary Johns Room Food/Transportation		26	27	28
26	27	28	29	30	
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	

**Happy 8th Birthday Andy
Love,
Mom, Dad & Sisters**

**Happy Belated Birthday
Connie & Becky Napoleon
Love,
The Seymour Family**

**Happy Birthday
Uncle Lewis Denny
Love,
The Capoeman / Seymour Family**



COMMUNITY



ViewPoint

Dear People of the Water

Dear People of the Water,

If you want to live and stay sober, I would like to you to think about coming to Northwest Indian Treatment Center (NWITC). If you want to change your life. I was there for 45 days and it changed me in a way I can't say. Take my word for it - it will change your life. It will



make your life easier to live. The people there go out of their way to help you. I ask you, PLEASE, think of your kids and stop what you are doing. I have done it for so many years. I can't remember where I have been or what I have been doing out there. Now I am in. I really don't want it. I really hurt too many friends and family. Think about it. Come to NWITC and be happy.

Your Friend
Clean and Sober
E.C.

**Happy 18th Birthday
Tamika Sharon
Love,
Mom & All Your Sisters**

**Happy 2nd Birthday
Baby Girl (Dominique)**



**Love,
Mom, Dad, Mom, Brother and Sissy**

**Happy 4th Birthday
Jacob Douglas Johns**



**Love,
Dad, Mom, Brother and Sisters**

Happy Birthday Jo (Joanne)



Love, Trees

Governor Christine O. Gregoire Reaffirms Government-to-Government Commitment

At the April 28, 2005 meeting of the Tribes and Governor Christine O. Gregoire, the Governor reaffirmed:

- The government-to-government relationship established in the Centennial Accord and the Out-of-State Accord,
- The commitment to the principles and resolutions of the New Millennium Agreement,
- The resolve to move forward into the new millennium with positive and constructive relationships with Tribes outside of the state with treaty reserved rights in the state, and all of the federally recognized Tribes in Washington.

Proclamation

In 1989, federally recognized tribes in Washington State, and the state of Washington signed the landmark Centennial Accord. The Accord reflected the signatories' mutual commitment to implement a government-to-government relationship that: acknowledges and respects the sovereignty of the participating governments, enhances and improves communication, and fosters and facilitates the achievement of mutual goals.

Ten years later, the signatories gathered to assess their progress and refine their course. Born from that gathering was the New Millennium Agreement. The New Millennium Agreement strengthened the foundation of the state-tribal relationship, and developed the process, protocols, and action plans that more fully institutionalized the government-to-government relationship. The signatories to the New Millennium Agreement resolved to move forward into the new millennium with "positive and constructive tribal/state relations."

Now, one hundred and fifty years after the signing of the Stevens Treaties, after the signing of federal executive orders that recognize certain tribal nations, and on the dawn of a new administration, the Governor intends to: reaffirm the government-to-government relationship established in the Centennial Accord and the Out-of-State Accord; recommit to the principles and resolutions of the New Millennium Agreement, and renew the resolve to move forward into the new millennium with positive and constructive relationships with Tribes outside of the state with treaty reserved rights in the state, and all of the federally recognized Tribes in Washington.

THEREFORE, I, Christine O. Gregoire, Governor of the state of Washington, now proclaim that the state of Washington: Reaffirms the government-to-government relationship between the State and federally recognized Indian Tribes in Washington and those located outside of the state with treaty reserved rights in the state, Recommits to the principles and resolutions of the New Millennium Agreement, and Resolves to move forward with the federally recognized Tribes in a positive and constructive relationship that will help us fairly and effectively resolve any differences to achieve our mutual goals.

Signed this 28th day of April, 2005

Governor Christine O. Gregoire

Elders and Youth Team Up to Clean Up

Tribal elders Loretta Case and Lila Jacobs teamed up with tribal youths Tamika Green, Tyler Mireles, Clara Capoeman and Shelby Ford as well as tribal member Sam Penn to clean up trash on the reservation on Sunday, May 15th.

"We had a lot of fun," Loretta said. "After we were finished working we had pizza, ice cream, pop and a movie."

"We might start doing this every two weeks, but we're hoping to find some funding to help us out a bit," Loretta said. "Penni (Giles, Housing Manager) said it really looked nice."

Stay tuned for upcoming information and ways that you can help.



First Boo Boo (Clara)



Clara and Tyler



Shelby



Tyler and Sam



Lila working her heart out!



The whole gang: Clara, Tamika, Shelby, Tyler and Sam (except Lila and Loretta who was taking all these great pics!)

