

COMPLIMENTARY

People of the Water

10 S.E. Squaxin Lane
Shelton, WA 98584

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Squaxin Island TRIBAL NEWS

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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:

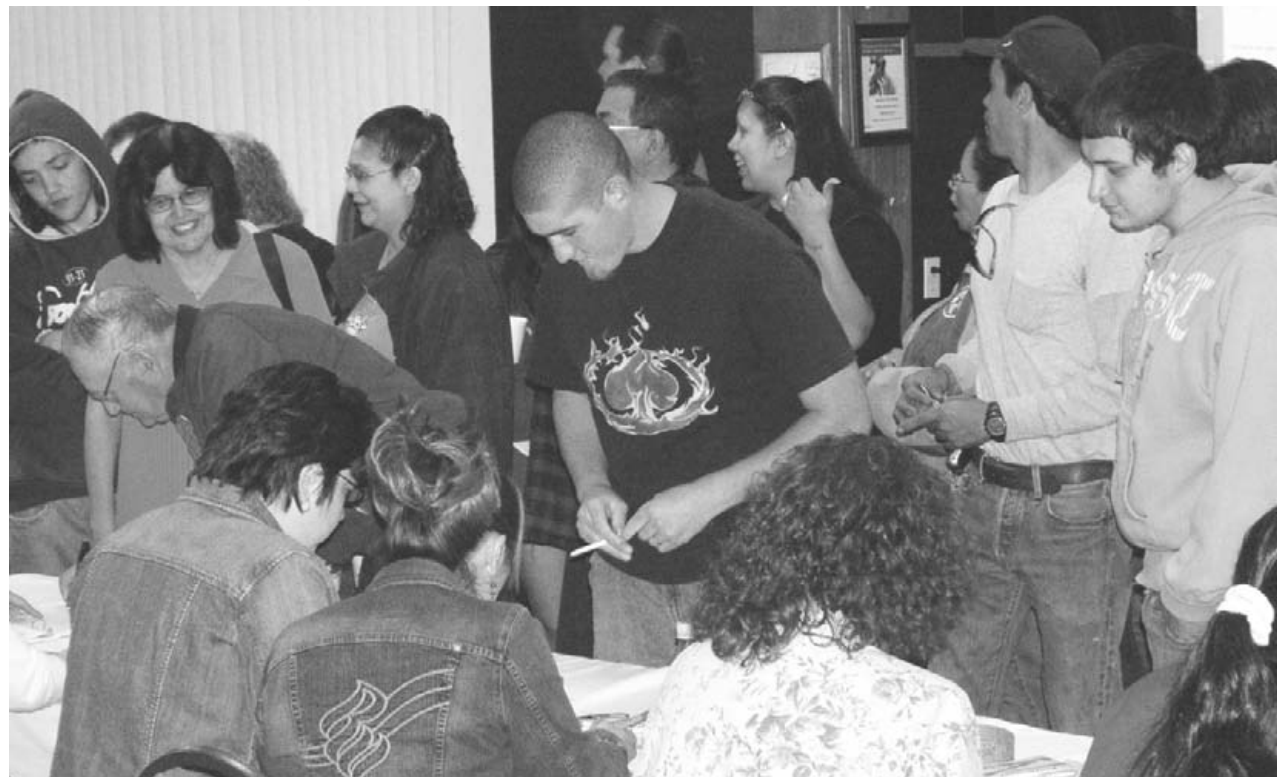
JIM PETERS: *Chairman*
ANDY WHITENER: *Vice Chairman*
VINCE HENRY: *Secretary*
RUSSEL HARPER: *Treasurer*
WILL PENN: *First Council Member*
PETE KRUGER: *Second Council Member*
CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

General Body Meeting

Continued from Page 1



is changed in time for the next meeting which will be held in December '06 or January '07.

A letter was read aloud from an anonymous tribal youth asking for more people to become involved with tribal youth projects.

Gloria Hill asked for a veterinarian to be hired to come to the reservation one day per year to perform any needed services.

Meloney Hause thanked the casino and tribal government for everything they did for her when her father passed away this year. She also wondered why there has been no input from tribal members in regard to design plans for the upcoming hotel and other facilities. She asked that elders who have transferred to Squaxin Island from other tribes be exempt from the five year wait for benefits. "Who knows if they have that long?" she asked. "Is that the way to treat elders?"

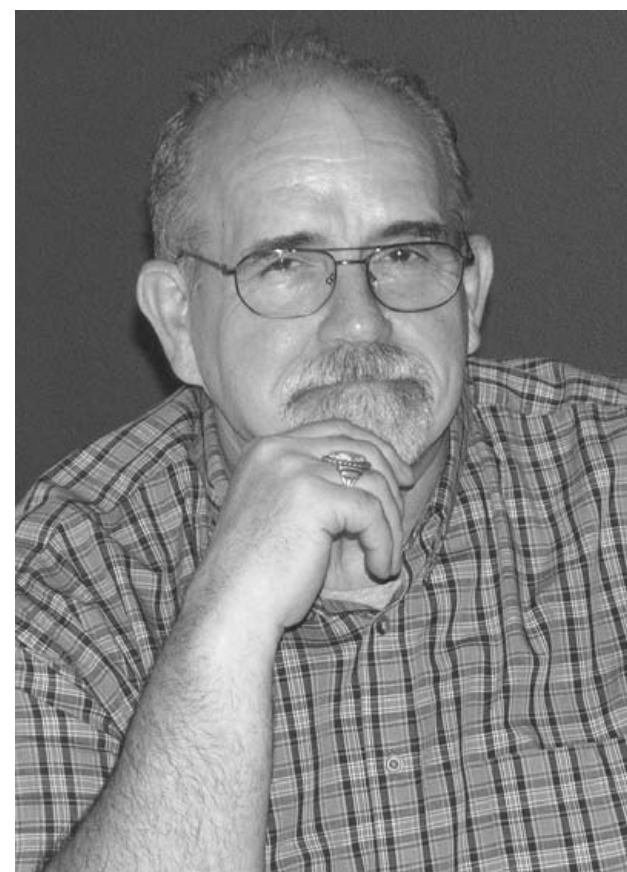
Meloney also noted that the Tribe has a "great gift in our nurse, Pam." She asked for some form of health insurance coverage for tribal members who fish and harvest clams rather than work "a regular job."

She went on to say she's not sure who is watching over the decisions being made by a handful of people. She asked if there isn't some way to get notes and minutes mailed out to all interested tribal members in a timely manner.

Russell Harper said he feels there should be a way to ensure the messages given by the General Body are carried out properly by those in authority.

Tribal member and former pastor of the Ka-

milche Valley Christian Church, Ron Dailey, asked for a way for God to be included in all aspects of tribal activities. "A nation led by God has less abuse and less



John Briggs. Photo by Charlene Krise.



General Body Meeting *Continued from Page 2*

problems all together," he said. He suggested all religious groups form a congregation to agree on how and who should attend and guide specific ceremonies and events.

Cal Peters said tribal members should put their ideas in writing, not in the form of criticism, but priorities. He said he feels the people who are "higher up" are not looking out for the elders, youth and other members. "Somewhere along the line, we forgot the tribal members," he said. He said he feels there are a few people making big money and leaving tribal people behind. "We are ALL members," he said. "We are all family. You're doing a wonderful job; just don't forget the preamble to the Constitution says the membership will benefit by the actions of the leaders."

Vicki Kruger asked why there are so few clam harvests, and expressed a concern about dental services not being provided in a timely manner. She also expressed concern about people being unable to get purchase orders for health services, and shared a story about a relative who was unable to get approval for a necessary surgery. She asked for a medical review board made up of patients who can review appeals. She said she would be passing around a request for signatures for an enrollment committee.

Jeremiah George said he would be passing around a petition to support culture.

Gloria Hill asked why she never received a response from the casino regarding an application for employment. She said she was concerned about the cost of the golf course and the addition to the hotel. "I don't think we should keep borrowing until we pay off what we already owe," she said. "We're being told not to water our lawns. How are they going to water a golf course?" She also expressed concern about tribal members being dropped off the housing waiting list, tribal members being demoted from top positions and the need for a way for tribal members to sell their artwork.

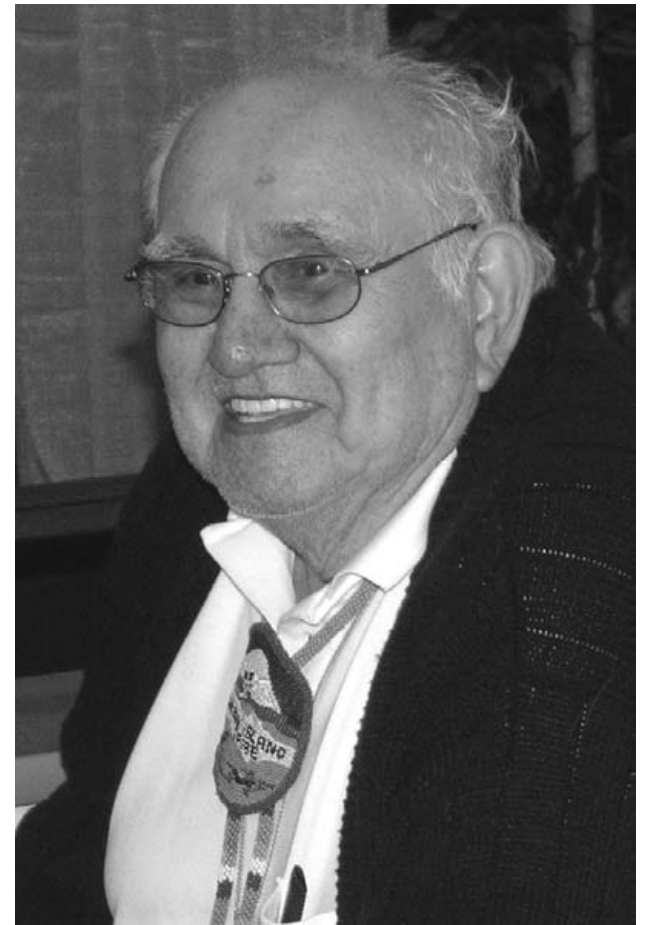
Vernon Sanchez asked why the Bingo Hall is going to be moved from its current location.

Doug Boon responded by saying the highest attendance at Bingo has been 131 guests with an average of 87 people. He said casino management looked for a way to provide up to 150 seats, plus Class II electronic games to boost Bingo with more money for prizes and pay outs. The competitors, he said, all have Class II games augmenting Bingo. "We want to provide the same opportunity here while we continue to grow," he said. The current Bingo space will be turned into a non-smoking casino area. "That's what the people

of Washington want. They voted to ban smoking in public places. This will be a way for us to provide them with what they want."

June Krise asked for support for college students who are doing well, but struggling with finances. "It's sad," she said. "There are programs to help you if you're pregnant. There are programs to help you if you are addicted to drugs or alcohol. But there is nothing to help you if you are not in any kind of trouble. You shouldn't have to make errors to get help."

Rose Blueback asked about a promise of house repairs for an elder that never took place. She was told those services are no longer being provided, and that the person who made the promise was unaware of that fact.



Cal Peters. Photo by Charlene Krise.

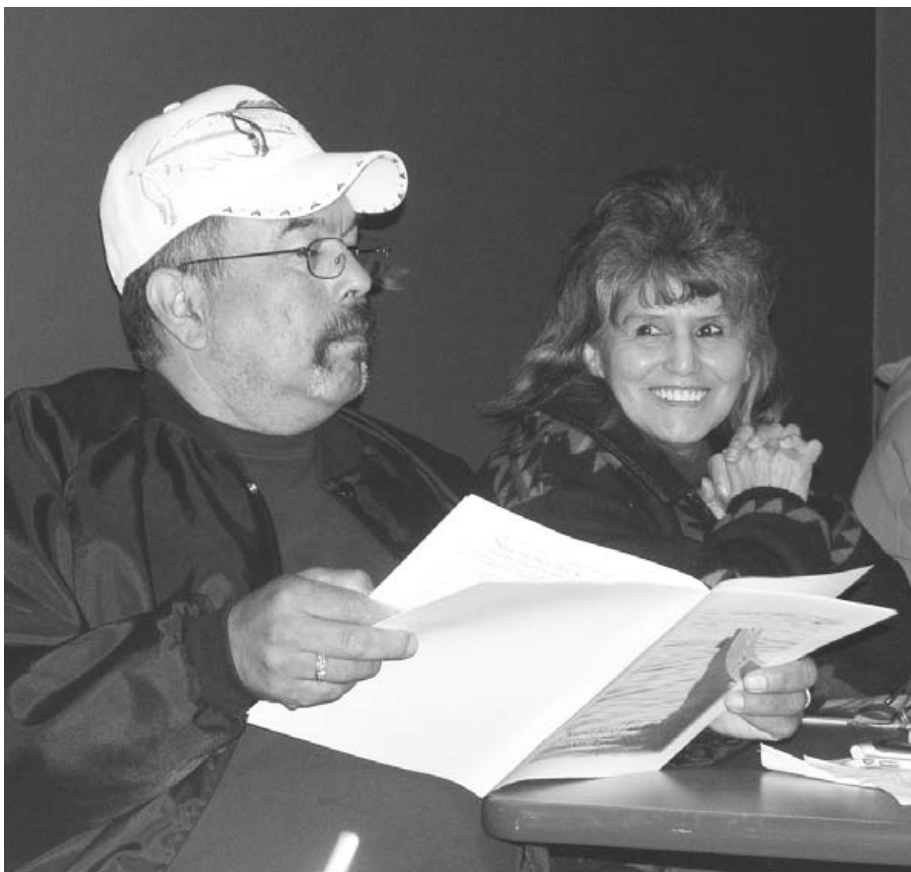
Vicki Kruger expressed a desire that the house that was fitted for a handicapped person remain that way so another handicap person can live there and the repairs not be wasted.

Jeremiah George invited everyone's participation in the annual canoe journey. He asked for funding so the language tutor could become a permanent employee.

There were several concerns about Indian Child Welfare cases. Due to the sensitivity of these cases, no details will be provided. Whitney Jones explained that there are federal laws and tribal laws that govern ICW decisions.

Angel Blueback expressed concern about law enforcement using excessive force when making arrests. She said a tribal member was tased when showing concern during a rape arrest.

Bev Hawks expressed concern about a tribal elder being denied treatment and denied a purchase order to be used for treatment elsewhere based on assumption of drug abuse when, in fact, the elder had three broken toes. She also expressed concern about ICW. "I don't like self-governance, but we're stuck



Arnold and Charlene Cooper. Photo by Charlene Krise.



General Body Meeting *Continued from Page 3*



Nora Coxwell and Bill Peters. Photo by Charlene Krise.

with it," she said.

Charlene Krise said its not just Squaxin Island, but most tribes across the country who are suffering due to federal funding cutbacks. "We are not the only ones working under the 'loss life and limb' policy (only allows payment to outside clinics or hospitals if life or limb is in jeopardy)."

She went on to congratulate tribal police officer Kris Peters who she said was forced to cuff a very large, non-tribal member who was threatening a tribal woman. "He was there in five minutes, cuffed the man and then he offered him a glass of water. That's true compassion," she said.

Sally Brownfield said, "Boy, have we seen changes! Changes come by bumpy roads. The casino IS a Business. It's purpose SHOULD be to be the best. I know people are happy with the service they receive here. But, it should be the best in order to serve our people. It is not the personal enterprise of a few people. It belongs to the whole people. It should serve the community. People come to these meetings and share stories and you keep hearing the same kinds of stories year after year. There needs to be a balance. We need to make money. And we need to take care of our people. I think we are a bit out of balance. We need to look at our policies. It doesn't take money to treat each other with respect (to this, Sally received a loud round of applause). We need to treat each other with respect and we need to remember that Tribal Council doesn't run our business on a daily basis, we do. We all have to be part of the solution."

She also challenged the senior program and all interested tribal members to support youth who are away from home attending college. "Its tough for them. Send them a postcard. Tell them thank you. Tell them to stick with it."

Ray Peters took the floor to make some comments about law enforcement. "Are they perfect? No. Do they care? Yes. Are they trained? Yes. Are they cross commissioned? Yes. These people give their heart and soul and they choose to work here because they care about the Squaxin Island Tribe. You can't have it both ways. You can't say NO to drugs and violence and not hold people accountable. They come to work with the challenge that YOU gave them - get those drugs out of here. Stop violence. The person who was tased was obstructing justice. If you want drugs out of the community, we have to be able to enforce the law. We have to be fair, and being fair is the same thing as being consistent. I do promise full investigation."

Will Penn addressed the questions relating to shellfish harvests. He said the shellfish court case is nearing settlement and that a three-year shellfish



Fame Rankin and Steve Sigo



Michael Ogden checks in with Vicky York



General Body Meeting

Continued from Page 4

program had just ended. He said a new biologist has been hired and the Natural Resources Department and Tribal Council are looking at new and creative ways of managing the resource, including new beaches and harvesting whole areas, such as Oakland Bay, rather than splitting it up into sections. He also said ICW is a very important issue and that the Council will look at the code to make sure it is more Indian-friendly. "I applaud Bev for saying that she will be responsible for herself. We all need to be responsible for ourselves."

Whitney Jones, Director of Health and Human Services, said there is a Medical Advisory Team that consists of non-staff members. "Things that go there are confidential," she said. "But, we can commit to looking at it again."

Vicki asked if patients can be given the opportunity to waive their right to confidentiality in order to have their plea heard.

Concerning ICW, Whitney said ICW is a federal act. "We will look at our

tribal code. And we do frequently require a second opinion."

Fame Rankin thanked Tribal Council and the casino for the "wonderful 86th birthday party!"

The meeting concluded at approximately 3:00 p.m.



Craig Parker, Glen Parker, Joanne Decicio, Joe Peters (behind Joanne with cap) and Barb Henry. Photo by Charlene Krise.



Stephen Henry and Stella Yocash. Photo by Charlene Krise.



9th Annual Sgwi' Gwi Celebration

The 9th Annual Sgwi' Gwi Celebration is scheduled for June 9, 2006; dinner will begin at 5:00 p.m.. This year the celebration will be held in the new Little Creek Casino Resort Events Center. Please join us in honoring the achievements of the Squaxin Island Tribal Community.





You Are Invited!!!

A baby shower for Krissy Penn
June 5th at 4:00 in the Senior Lunch Room
Everyone is invited!



Congratulations Darren Brownfield

Winner of the quilt
raffled during the General Body meeting
to benefit the Elders program.
The quilt was made by Rose Brownfield.



Tribal Council Resolutions

06-16: Appoints delegates to the Tribal Leader Congress on Education for committee meetings and negotiations with Washington State and other law making bodies with oversight of K-12 and higher education and to sign resolutions, committee correspondence, etc. in the absence of the Tribal Chairman. The delegates are Patti Puhn (Council member), Charlene Krise (Council member). Alternate delegates are Kim Cooper (Tu Ha' Buts Learning Center Director) and Walt Archer (Education Liaison)

06-17: Approves and supports the Draft Memorandum of Agreement for the implementation of House Bill 1495: *Tribal History - Common Schools* and authorizes the Chairman or his designees to take any necessary action on behalf of the Tribe as a participant in the Tribal Leader Congress on Education to finalize the agreement

06-18: Enrolls Taylen and Kybind Powell

06-19: Enrolls Trinity Byrd

06-20: Enrolls Jada Krise

06-21: Enrolls Grace Pugel

06-22: Enrolls Jeremiah Obi-Rivera

06-23: Enrolls George Thale

06-24: Approves rate increases for garbage disposal as follows: 35 gal=\$11 per month, 65 gal=\$16 per month and 95 gal=\$22 per month

06-25: Authorizes submission of a grant application to the Administration for Native Americans, Social and Economic Development Strategy to implement the two year Social and Economic Development Project. This project will support the Tribal Tourism project as the conduct strategic tourism activities, cultural coordination and planning, tourism plan implementation and overall tourism evaluation

06-26: Approves slope easements for the Skookum Creek Bridge

06-26A: Adopts the updated Housing Code

06-27: Enrolls Austin, Ronnie and Bryce Penn

06-28: Allows for a waiver of sovereign immunity pertaining to the contract with Zenon Environmental Corporation for the Kamilche WRP project

06-29: Corrects the enrollment records for Mary Mason and Emma Jean Valle

06-30: Requests the Tribe enter into a cost reimbursable construction contract with the U.S. Department of Interior, Bureau of Indian Affairs, to construct the Skookum Creek Bridge, including construction engineering, inspection and testing and project management

06-31: Clarifies enrollment privileges for resource harvesting (5 year wait), education benefits (2 year wait), per capita and dividend payments (5 year wait)

06-32: Requests the Natural Resources Department to develop and submit grant proposals to advance protection and restoration of riparian areas along Skookum Creek and its tributaries

06-33: Enacts an agreement for construction services and a waiver of sovereign immunity and waiver of jury trial pertaining to the contract with Korsmo Construction to build the second hotel tower to Little Creek Casino Resort

06-34: Enacts an agreement for construction services, a waiver of sovereign immunity and sets out the terms of mediation, arbitration and waiver of sovereign immunity pertaining to the contract with Ambia, Inc., an architectural firm, to design the second hotel tower for Little Creek Casino Resort

06-35: Approves purchase of the Lorine Whitener property

06-36: Certifies the Tribe will provide Medicaid State Match funds for non-Indians who receive chemical dependency treatment services at Northwest Indian Treatment Center

06-37: Agrees to a limited waiver of sovereign immunity pertaining to the contract with Richard L. Martin, Inc. to perform certain site preparation services related to the wastewater reuse facility ("WRF")

06-38: Agrees that the Department of Health and Human Services and the Tribe have each fulfilled all of their obligations under the Memorandum of Agreement and the Project Summary and their amendments in regard to the request for Indian Health Services (IHS) to provide technical assistance to create a single computerized, as-built drawing of water and sewer facilities on the reservation

06-39: Authorizes the Tribal Chairman, Executive Director or Deputy Executive Director to be the Tribe's representative in all future matters requiring authorization for the Interagency Agreement between the State of Washington and the Tribe to develop or update the Tribal Emergency Response Plan (ERP) to include public health components and work with tribal departments and staff to identify roles and responsibilities during an emergency that will enable the Tribe to effectively respond to emergency events

06-40: Approves Addendum 1 to the Richard L. Martin, Inc. contract for services



A Promotion



Kris Peters
Police Sergeant

Hi, my name is Kris Peters, and I have been promoted to the rank of Sergeant at the Squaxin Island Public Safety Department. I have worked in law enforcement for about seven years now and have experience working in patrol, natural resources enforcement, narcotics and investigative work. I am a Squaxin Island tribal member, and I enjoy working for my tribe. My hobbies include skiing, hunting, fishing and camping. I love sports. I am a Seahawks season ticket holder and I will talk football for hours if you let me. My greatest enjoyment is spending time with my family. I just built a house in Olympia, where I hope to live for the rest of my life. I am married to my beautiful wife, Brandi, and we have a two year-old son named Kody. Brandi is also pregnant with our second child who is due in early September.

I believe in enforcing the laws of the Squaxin Island Tribe and the laws of the State of Washington to protect lives and property and to keep order in our community. And, although my job is to enforce laws and at times I have to make tough decisions, I have always believed in treating people with respect and dignity. My late Grandfather, Emory Peters, was once the Chief of Police at the SIPD (1978-1982) and people have told me that he was a very honest and respectful man. My father, Michael Peters, is someone who I believe exemplifies class. He stresses the importance of good interpersonal relationships with others. Being a good communicator (listener), treating people with respect and some class, and caring for people are all things that I believe my father and grandfather stand for. I truly have compassion for my tribe and my people, and I will always work to uphold the values that my grandfather has passed down to my father, then to me.

Please feel free to come by my office and talk with me. My door is always open.

New Employees



David Whitener, Jr.
Systems Administrator

Hi, I'm David Whitener Jr (aka Davey). I am the newest member of the Information Services Department and I moved up the hill from my position at Little Creek Casino. I am excited to be working for the Tribe and to be working in an area I really enjoy-computers. It feels like being home!

Thanks for the opportunity and I look forward to my new career with the Tribe .



Ed Fox
HHS Assistant Director

Hello, I'm Ed Fox, and I'm the new Department of Health and Human Service Assistant Director. I've worked for Tribes for the past 12 years with 11 of those years at the Northwest Portland Area Indian Health Board. Portland was our home all those years. I was the Executive Director of the Northwest Portland Area Indian Health Board (NPAIHB, www.npaihb.org) from 2000 to 2005. Last year I helped Nevada tribes establish their new Indian Health Board of Nevada (www.ihbn.org).

My wife, Peggy, and I both have Bachelor's in Political Science degrees, and I have a PhD in Political Science from the University of Washington. We are both from Duluth, Minnesota. Peggy is looking for work in Olympia or nearby, by the way.

Our daughter, Claire, was born in Seattle, and she will move back there next fall as a freshman in the honors program at the University of Washington. Philip, our 14 year-old son, will be a sophomore in high school next fall. He was born in Spokane where I taught political science at Eastern Washington University for four years. My favorite student, Chief Allan, is now the chair of the Coeur d'Alene Tribe and a good friend.

I have expertise in health policy and politics, but I am most interested in learning what real life is like where the patients meet the services. My goal for the next three years is to spend a lot of time with my family after years of traveling weekly to support the work of tribes.





South Puget Sound Community College

Archaeological Field School, Anthropology 280

Thurston First Bank (Thank you very much!) has provided a full scholarship (\$1000 for tuition, lab fee and books) for a Squaxin Island student to attend the Mud Bay Archeological School this summer. For an application, contact, Kim Cooper at 432-3904.

JUNE 26—AUGUST 18, SUMMER 2006

Joint Squaxin Island Tribe/College Investigations at

The Q̓w̓uʔgw̓əs site, Southern Eld Inlet, Olympia, Washington

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

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

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

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

Contact the Co-Directors:

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

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



SPSCC Welcome Pole Annual Celebration

THURSDAY, JUNE 1ST

Noon

Student Union Building

Free Food

(Including Fry Bread!)

Come help celebrate this
wonderful work of art
by tribal member Andrea Sigo!

Photo by Dale Croes

**Thank You
Muckleshoot Tribe
for Your Contribution
of \$5,000 to support
the MLRC!!!**

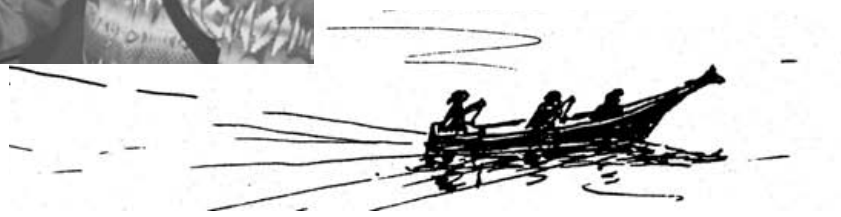


Canoe Family Thank Yous

Thank you for helping Squaxin Island Tribe to host the Canoe Society meeting May 13th. The comments from the other participating tribes are still coming in... The hospitality of Squaxin will be spoken of throughout the tribal canoe nations. Jeremiah, thank you for helping the cooks, preparations, digging clams and completing numerous errands. Vicki, Soccorro, Arlene, and Ruth Jackson, thank you for working in a hot kitchen and having the dinner "on time" and serving a gourmet lunch and dinner. Vicki, thank you for gathering our clam diggers to dig clams. Tully, thank you for making sure we had chairs, checking up on our needs and helping us clean-up. Terri, thank you for getting our dancers ready and for teaching good manners to our young ones. Joseph! You were always helping us in the cultural way of being a good "speaker" with a good voice. Many thanks for your consistent help. You saved my back by putting all the chairs away. Bear, thank you for always being "on call" and helping our Squaxin singers/dancers. Mari, thank you for supporting Bear and also for supporting our drummers/dancers with your beautiful voice. To all the Dancers/Drummers/Singers, thank you for your dedication in upholding the culture and Canoe Family.



Photos by Charlene Krise





COMMUNITY DEVELOPMENT



New Employee



Diane Beattie

Housing Occupancy Specialist

Hello, my name is Diane, I am a Squaxin Island tribal Member. I am excited to be part of the team for the Office of Housing, I will be the Housing Occupancy Specialist. You will be seeing me out in the community assisting in housing inspection, community workshops and I look forward to working with every one with the upcoming Summer Spruce up Contest. I look forward to meeting and working with all the Tribal Members. I appreciate the opportunity to work for the Tribe. Thank You.

Who Are These Handsome/Gorgeous Protectors of Freedom?



Rusty Plaines



Misbell Miller



HELP!

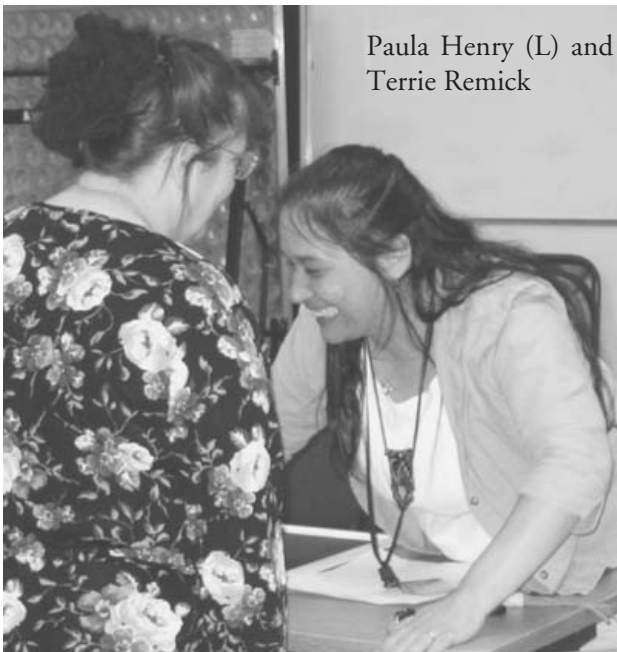
Help those who have served you! 2The Veterans Committee is in need of volunteers for the fireworks stand fundraiser. If you are willing to help out, it would be GREATLY appreciated!!! Please call Carolyn Hoosier at 432-3825. Thank you!!!



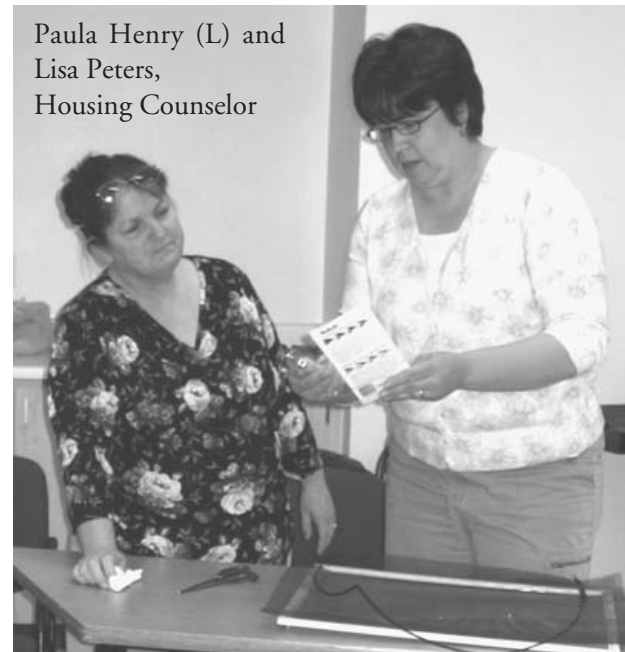
Screen Repair Workshop



Liz Kuntz (L), Housing Manager and Paula Henry



Paula Henry (L) and Terrie Remick



Paula Henry (L) and Lisa Peters, Housing Counselor



Names Dropped From Housing Priority List

As of March 31, 2006 at 4:00 p.m., the following names were removed from the Housing Priority List because updated housing applications were not received:

Josh Smith
Lincoln Villanueva
Aaron Edgley
Lawton Case
Brandon Greenwood
Mickey Hodgson
Marjorie Hall
Walter John Henry III
Lewis Mason
Dorothy Nelson
Thomas Peterson
Deborah Obi

Secondary List:
Michael Steptin III

Office of Housing Upcoming Events

June 1

USDA at Elders Meeting – A representative from the USDA will be at the next Elders meeting to discuss Section 504 Grant and Loan Programs.

June 20th and 21st from 5:30 p.m. - 8:00 p.m.

First Time Homebuyer Education
You must attend both classes to receive certificate.

July 7- 18

Summer Spruce-Up

If you would like more information on the events listed above, please contact Lisa Peters @ 432-3871.

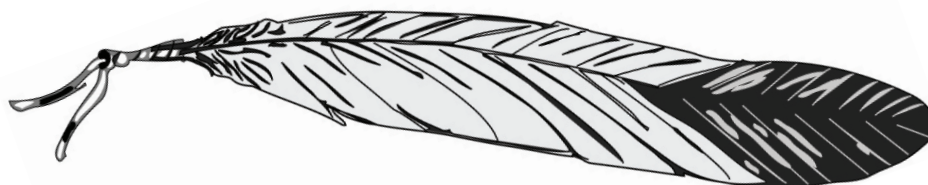
Meth Watch

On May 3, 2006 Mason County Drug Abuse Prevention and Mason County Health Department presented an informational session on Methamphetamine.

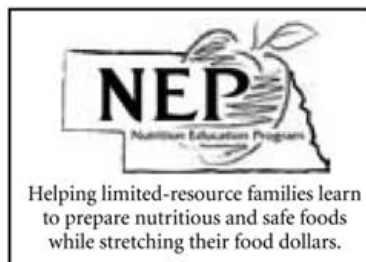
Discussion items included the following topics:

- Meth's impact on communities, families and the addict.
- What a meth lab may look like.
- Signs to watch for in your community and what to do if you suspect a meth lab.

The Office of Housing sponsored this workshop and will be having the information presented again in the near future. Please watch for the flyer.



\$tretch Your Food Dollar by \$pending \$mart



Mardel Meinke
UNL Extension Associate

We have all asked, "Where does the money go?" Where do those nickels, dimes, quarters and dollars disappear? Answer these questions to discover ways you manage your food dollars wisely.

1. Does our family limit spending on the "little things"?

Do we routinely buy a soda, cup of coffee or snack from the vending machine or the convenience shop? Do we routinely eat out? Do we have other habits that make money disappear? This can easily add up to \$5 or more a day. We don't always think of this spending as part of our food budget. If you invested \$5 a day at 10 percent, you would have \$1,885 after only one year; \$11,616 in five years. Those nickels, dimes, quarters and dollars add up.

2. Does our family have a "spending plan"?

How much can your family spend for food each month? Part of that budget may also include paper and cleaning products, which add to the cost. If your family shops once a week,

divide the monthly budget by the number of weeks so your family can stay within the budget. The more trips we make to the store, the more we spend on both groceries and gas.

3. Does our family make a weekly menu plan?

There are many good reasons to make a menu plan, especially for the main meal of the day. Most important, your family is more likely to share important family time by eating at home. Your family also stays healthier by eating a greater variety of foods and saves you money.

Look for specials, use coupons and buy store brands, if less expensive. Also buy in larger quantity if the unit cost is less, storage space is available and you will use the product before it is outdated.

Balance buying more expensive foods with low-cost foods. One woman who was on a limited budget chose to buy steak once a month with the money she saved by stretching her dollars with bulk foods. "Planned leftovers" stretch your food budget, save time and taste good. Look through grocery sale ads and coupon specials to incorporate those foods into your menu plan. Find local sale items by reading advertisements in the newspaper or on-line. Involve your family in suggesting their favorite foods. Include plenty of fruits and vegetables for low calorie, healthy snacks. Find a routine time each week to write down your family's

menu ideas.

4. Do we use a shopping list?

Keep a running list of foods to buy as items run low during the week. Keep this list in a handy spot so everyone may add to the list. Look in your cupboards, refrigerator and freezer for foods you need to use.

5. Do we read the Nutrition Facts Labels?

This information is the most accurate way to find out what we are actually purchasing. First look at how many servings are in the container. Recommendations are based on a 2,000 calorie diet, which is considered "average". The Daily Values (DV) listed are for one serving. Look for low-fat, sugar and salt content. Below five percent of the DV is considered low. Twenty percent or higher DV is considered high.

6. Are we paying for the food, not the package?

We pay a lot for packaging of advertised brands, individually packaged foods, canned foods and convenience foods. In fact, 90 percent or more of the cost of a food item may be just for the package. Minimize packaging costs by purchasing more foods in bulk and fresh produce. Limit individual serving-size foods.

If you answer "yes" to five or six of these questions, congratulations! You are Spending Smart.

Submitted by Office of Housing



LEARNING CENTER



Learning Center Update

Squaxin Island After-School Program Notice

Parents/Guardians: Please be aware that the activity hours of the Rec Room are Monday through Thursday 3:00 p.m. to 6:00 p.m. unless otherwise noted. The TLC computer lab is open Monday through Thursday from 3:30 p.m. to 6:00 p.m., and Friday from 3:30 p.m. to 5:00 p.m. unless otherwise noted. These are "at will" after school programs; students are not required to sign in or out. TLC staff cannot force your child to stay at the TLC, gym or Rec Room. Therefore, the TLC staff cannot be responsible for students after hours or when children leave the premises. Thank you for your understanding and cooperation. Please contact Kim Cooper, Education Director at 432-3904 if you have any concerns.

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

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

Youth Cultural, Educational and Fun Activities Calendar

				1	2	3
				Homework Help 3:30 - 5:00 Pool & Card Games 3:30	Movie Night 4:00	
4	5	6	7	8	9	10
	Homework Help 3:30 - 5:00 Cedar Hat Weaving 4:30	Homework Help 3:30 - 5:00 Ping Pong Tourney 4:30 - 6:00	Homework Help 3:30 - 5:00 Pickleball 4:00 Youth Council 5:00 Drum Group 6:00	Homework Help 3:30 - 5:00 Tetherball Tourney 4:30 - 6:00	Sgwi' Gwi 5:00 p.m. - 8:00 p.m. New Events Center Rec Center CLOSED	Intertribal Canoe Journey Planning Mtg. 12:00 Noon Senior Room
11	12	13	14	15	16	17
	Homework Help 3:30 - 5:00 Board Games 3:30	Homework Help 3:30 - 5:00 Last Day of School for Wa-He-Lut	Homework Help 3:30 - 5:00 Medicball 4:00 Youth Council 5:00 Drum Group 6:00	Homework Help 3:30 - 5:00 Softball Game 4:30 - 6:00	Movie Night 4:00 SHS Graduation!	Nisqually Canoe Family Potlatch Noon
18	19	20	21	22	23	24
Happy Fathers Day!	Homework Help 3:30 - 5:00 Cedar Hat Weaving 4:30	Homework Help 3:30 - 5:00 Kickball Game 4:30	Homework Help 3:30 - 5:00 Pickleball 4:00 Youth Council 5:00 Drum Group 6:00	Last Day of School Shelton Party Time Food and Bingo for prizes!!! 3:00 - 6:00	Youth in Grades 9 - 12 Rec Center CLOSED	Canoe Trial Run/ Meeting Muckleshoot
25	26	27	28	29	30	
Canoe Family Meeting	Summer Rec Training Week Rec Center OPEN 3:00 - 6:00	Summer Rec Training Week Rec Center OPEN 3:00 - 6:00	Summer Rec Training Week Rec Center OPEN 3:00 - 6:00	Summer Rec Training Week Rec Center OPEN 3:00 - 6:00	Summer Rec Training Week Rec Center OPEN 3:00 - 6:00	



9th Annual Sgwi' Gwi Celebration

The 9th Annual Sgwi' Gwi Celebration is scheduled for June 9, 2006; dinner will begin at 5:00 p.m.. This year the celebration will be held in the new Little Creek Casino Resort Events Center. Please join us in honoring the achievements of the Squaxin Island Tribal Community.

Are You or Someone You Know Graduating This Year?

If you, or someone you know, will be graduating from high school or college (AA, BA, MA, Ph.D., or certificate program) or will be receiving a GED certificate this year (2005-2006), please submit the names to Walt Archer at 432-3826, ASAP. It is important that we recognize all educational achievements during the Annual Sgwi' Gwi celebration scheduled for June 9th. Thanks for your help!!

Higher Education

The deadline to apply for funding for summer '06 quarter is Friday, June 16, 2006 by 5:00 p.m. A special request letter for summer quarter must be submitted to the Education Commission for approval. If you need assistance with higher education paperwork, please call Lisa Evans at 432-3882.

Scholarship Corner

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

Shelton High School Receives Grant to Serve Adults at Its Early College High School

Dawn Stevens - Shelton School District received approximately \$50,000 in a grant award from Antioch University Seattle to allow Native American adults to take classes alongside secondary students at its Early College High School. The Early College is a small high school within the larger Shelton High School that allows students to earn college credits towards their associates of arts degrees from Olympic College free of charge. The new \$50,000 grant encourages adults to earn college credits along with adolescents. Shelton is one of the first three high schools in the nation to pilot the combined adult and adolescent community learning model. The grant, called New Path: Intergenerational Learning Program, also highlights Native American cultural content in the college courses. Its goal is to promote college access among Native and other underserved groups.

New Path is funded by monies from Lumina Foundation for Education and coordinated by Antioch University Seattle. With Lumina Foundation's funds, Shelton and La Conner school districts, both in Washington State and Klamath River Early College in California will develop the structure, capacity and process to allow adults to take college courses on local high school campuses in the afternoon during the school day. Antioch University Seattle will provide technical assistance with school planning, policy research and will ensure the outcomes are documented so other schools and programs might replicate this model. New Path appears capable of being a cost-effective approach to higher education for local community members who can attend college courses at their area high schools without travel and other common college barriers. College faculty, and often high school teachers with the appropriate degree credentials, teaches the courses. Schools use their facilities for broader community learning purposes. Such strategies may prove to reduce college costs.

Shelton's Early College High School plans to offer New Path classes beginning this summer and for each semester of the next school year. For information, please contact ECHS Coordinator, Dawn Stevens; Shelton High School Principal, Wanda Berndtson; or Shelton School District Curriculum Director, Dr. Debbie Wing.

About the Lumina Foundation for Education

Lumina Foundation for Education, an Indianapolis-based, private, independent foundation, strives to help people achieve their potential by expanding access and

success in education beyond high school. Through grants for research, innovation, communication and evaluation, as well as policy education and leadership development, Lumina Foundation addresses issues that affect access and educational attainment among all students, particularly underserved students groups, including adult learners. The foundation bases its mission on the belief that postsecondary education remains one of the most beneficial investments that individuals can make in their selves and that society can make in its people. For more details on the foundation, visit www.luminafoundation.org.

Staff Hours

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

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

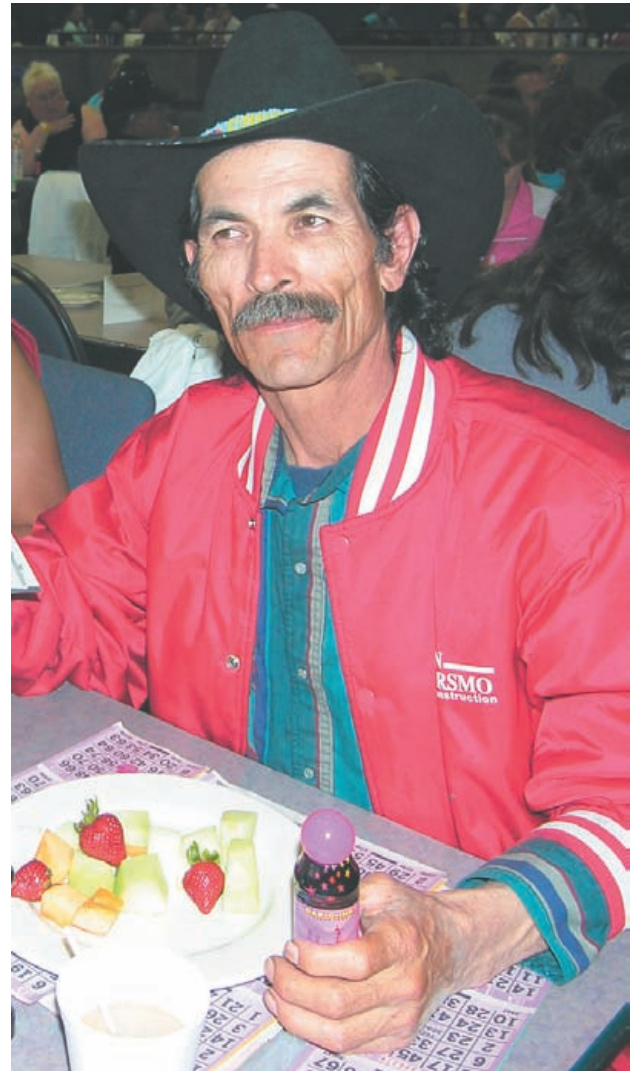
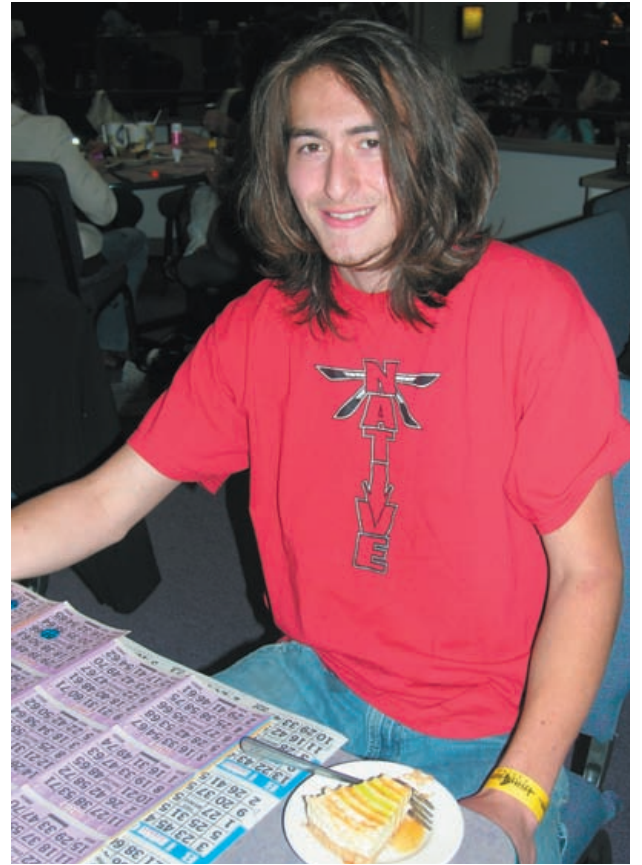
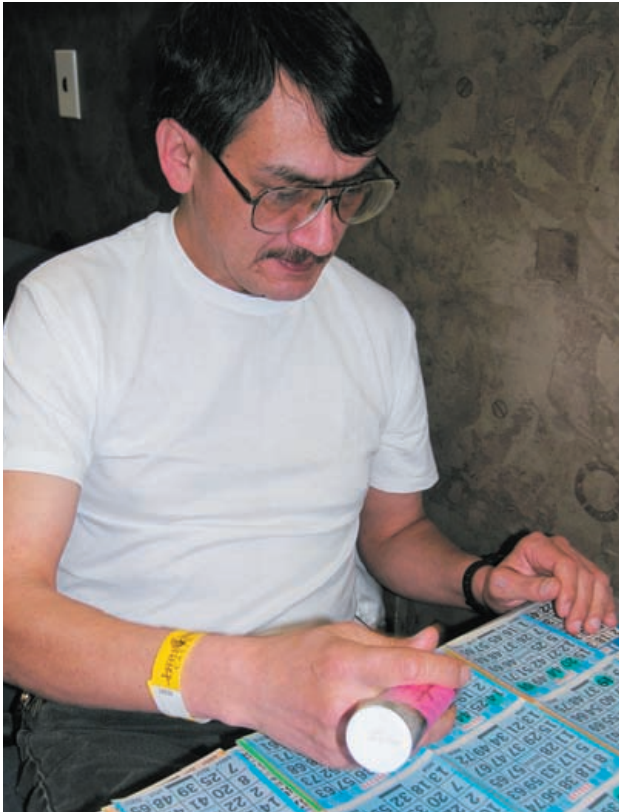


- SQUAXIN TRIBAL MEMBERS' BINGO NIGHT -





- SQUAXIN TRIBAL MEMBERS' BINGO NIGHT -





- SQUAXIN TRIBAL MEMBERS' BINGO NIGHT -





-SQUAXIN TRIBAL MEMBERS' BINGO NIGHT-





- SQUAXIN TRIBAL MEMBERS' BINGO NIGHT -





- SQUAXIN TRIBAL MEMBERS' BINGO NIGHT -



SALMON FEST

Little Creek Casino Resort Parking Lot

August 19, 2006

10:00 am to 6:30 p.m.

7:00 p.m. Terri Clark Concert

@ Skookum Creek Events Center

\$100.00 per booth total

We need vendors!!!!

Strut your stuff!

Traditional or contemporary salmon dishes

Traditional or contemporary side dishes

Artisans and crafters

Let's make this an event our tribal community can be proud of!

Questions? Call Leslie Johnson, Tourism Director, 432-3838

Email: Ljohnson@ieinc.org





LEARNING CENTER



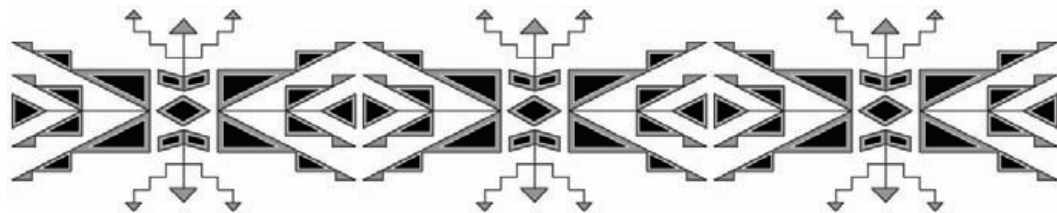
Annex and Gym Usage

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

Computer Lab

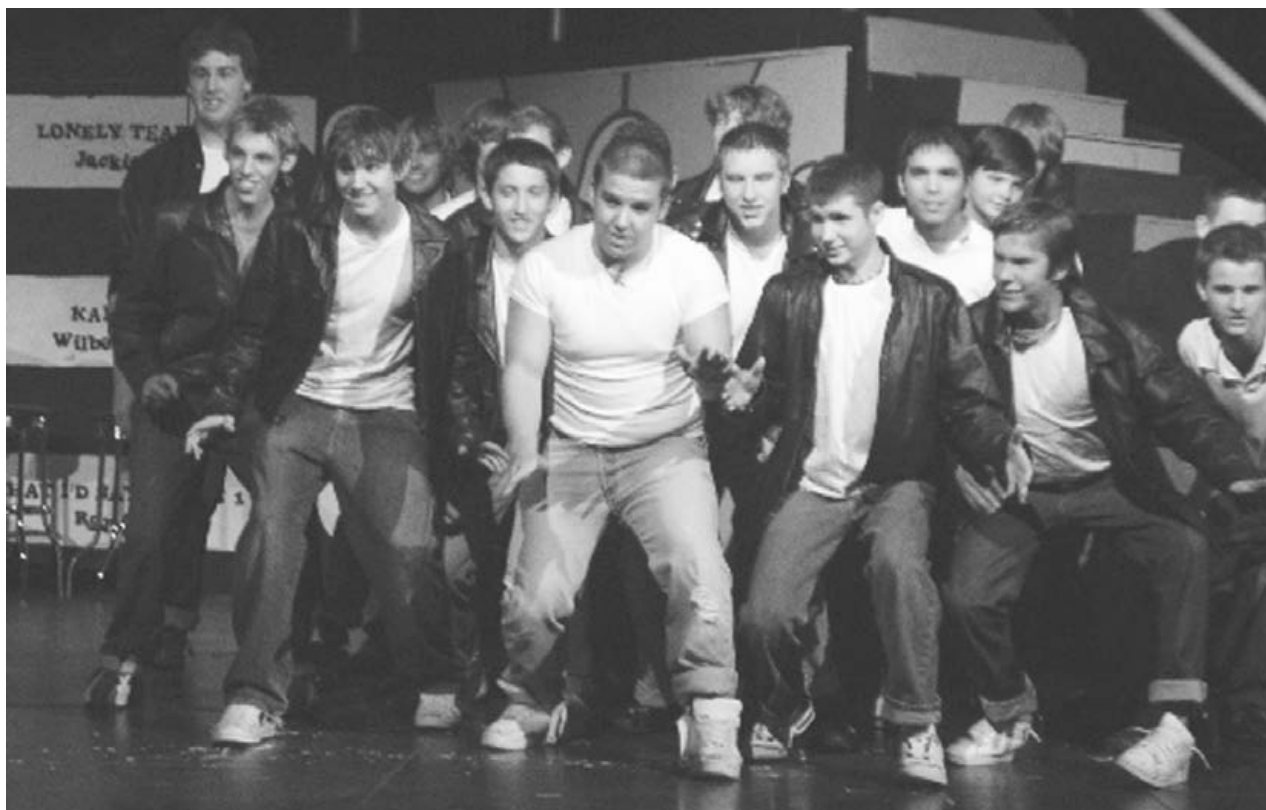
The Computer Lab is open Monday through Thursday, 3:30 to 6:00 p.m. and Friday from 3:30 to 5:00 p.m. Students and parents must read, complete and sign the TLC Computer Use Agreement **before** they will be allowed to use the computers in the TLC Computer Lab. The computers in the TLC Computer Lab are intended to be used for educational purposes, homework, research and reports, etc.

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

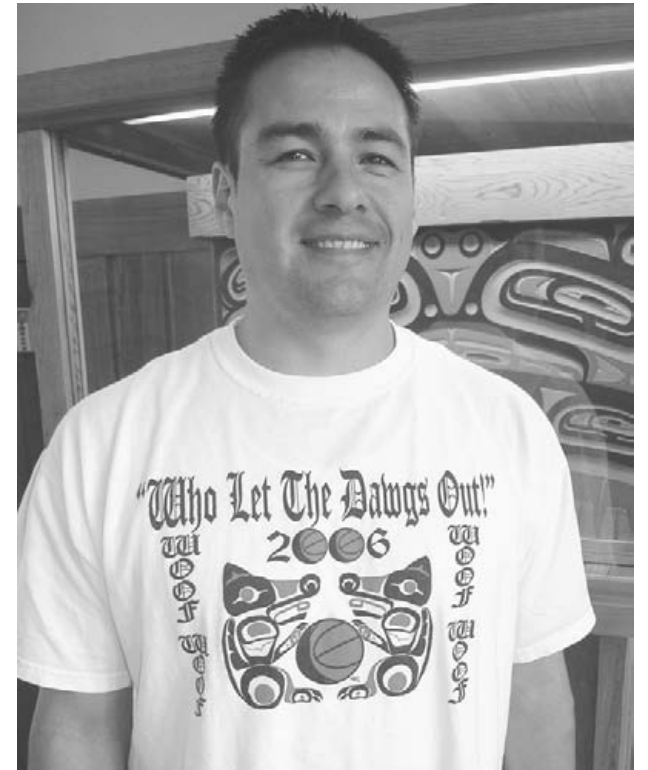


Nice Job Michael Peters *(center)*

Michael Peters sang and danced in the Capital High School Cabaret, an ensemble of performances by the school's young actors. He was a narrator and lead in four different sets!!!



New Employee



Bill Kallappa

Skill Building Activities Coordinator

Hello! My name is Bill Kallappa and I am the new Skill Building Activities Coordinator for the Tu Ha' Buts Learning Center. I will be working specifically in the after school and summer youth programs with Mark, Jeremiah and Sedar. I started here at Squaxin in April, after having spent the past year as the Youth Programs Manager for the Skokomish Tribe. I earned my B.A. in Education from the Evergreen State College in 2004 and worked as an Educational Assistant and Athletic Coach for the Tumwater School District from 1994 to 2004. I hope to use my experience to compliment the successful youth programs already in place in the Squaxin Community.

My parents are Bill and Colleen Kallappa. I have a twin Sister, Kari, who works at SPIPA in the TANF program. I have a wonderful wife, Maia, and together we have been blessed with a two year-old daughter, Talia (pronounced like the flower Dahlia), who enjoys playing and learning at the Squaxin Island Child Development Center. I am from the Makah Tribe in Neah Bay, Washington, but grew up in the Skokomish valley near the Skokomish reservation.

I am grateful for this opportunity and look forward to serving the youth of the Squaxin Tribal community!



Shelton School District Indian Education Banquet

Marjorie Penn - The 2006 Indian Education Awards Banquet was held on Friday, May 19. All the Native kids that attended from Kindergarten through high school received awards. The highlight of the evening was the button robes presented to the high school graduates. Squaxin Island Tribal member Tamika Green received a button robe. The Bloomfield family, including daughters Pam Hillstrom and Vicky York family have been working on the Button Robe Project for 12 years. They encouraged the families of the graduates for 2007 to attend the bi-monthly workshops to make robes for the graduates next year. The Skokomish people performed native dances with the children and we (Squaxin Island) danced with the graduates and their button robes.

Thanks to Clara Capoeaman for coming to help sing/dance. I'm sorry about Grandpa Pete rubbing butter on your arm, Clara. And I'm sure he and Andy didn't mean to set a bad example when they were having a food fight. My family loves to attend this annual event. Although I hear them compliment the fish cook, Joe Kooney, I believe it's mostly because of the free food. Lol!





Hell Has Frozen Over



Manny Cathers, Bob Smith, Mary Hernandez-Hallek and Cari Smithz (they wanted me to leave this spelling) are the proud parents in announcing the engagement of their children. Amanda Hernandez and Desmond Smith will be getting married on June 17, 2006 in Olympia, WA. Both are employed at the Little Creek Casino. The couple have lived in Shelton for a big part of their lives. They have a beautiful daughter, Haelee, who will be flower girl. She'll be accompanied by her handsome brother, Jeremie, who will be ring bearer. Guests of honor will be their grandfathers, Bill Peters of Steamboat Island, Ardell Cathers of Pomroy, WA, and Raul Hernandez of Ojai, CA. Honorable mention should go to Grandma Betty Smith of Shelton, WA. Photographs are courtesy of Mr. And Mrs. Pete Cuch.

Artist Needed

The Family Services Department is looking for an artist to contract with to do shawls and regalia with coastal designs. We will also be doing the Fancy Dance shawls and regalia with young ladies and young men ages 8 to 18 who are interested in getting ready for our 2006 New Years Eve Powwow.

We want to get this started by May 19, 2006. We will work every Friday for 3 to 4 weeks to get the shawls done. Then we will get started on the regalia. If you are an artist who is interested in helping or a youth who is interested in taking the class, give Marcella Castro a call at 432-3931 to get on the list. We will be serving dinner and all materials will be provided for this fun event. The funding for this project is from the DASA prevention grant.



Summer Youth Employment

It's that time of year again—time to begin recruitment of Squaxin Island tribal youth who desire summer employment with Squaxin Island Tribe. If you are between the ages of 14 and 21 and are interested in working for six weeks this summer, please contact Vicky York in Human Resources to get an application. You must submit an application even if you participated in the program last year.

The six weeks of employment will begin on Wednesday, July 5th and will run through Friday, August 11th. Most of the youth workers will be working eight hours a day on Monday, Tuesday, Thursday and Friday and have a half-day training session each Wednesday.

Please submit your application by May 26th so we have time to find positions for all who complete the application process. Applications received after May 26th will be considered only if positions are still available. Due to time constraints, no applications will be received after June 9th. Hurry and submit your application before you miss the final date.



Congratulations on Your Graduation Tamika!!!

*(Center, pictured with Sisters
Morningstar (L) and Patricia)*



**Love,
Your Cousin Marjorie**



The Taylor Family of Taylor Shellfish Farms

cordially invites you

to an open house/reception celebrating the opening of our new processing facility
at

130 SE Lynch Road in Shelton

3:00 p.m. to 7:00 p.m., Friday, June 2

Ongoing tours, shellacious fare, beverage, live entertainment.

RSVP 360-426-6178 appreciated by May 31

Taylor Shellfish Farms is pleased to announce the completion of a \$3.5 million, 22,000 square foot processing plant at their headquarters in Shelton. The state-of-the-art facility is the result of increased demand and a major shift in how Taylor is farming and marketing oysters.

Historically, West Coast oysters have been farmed using a cultch and cluster method where oyster spat is collected on cultch, usually oyster shells, and spread over the tideland, resulting in clusters of oysters at harvest time which are brought to a plant for shucking. When oysters are shucked for meats, the appearance of the oyster in the shell isn't critical.

The current emphasis is on nicely-shaped, single oysters for the domestic half shell trade and Latin and Asian in-shell markets. "Cultchless" single oyster seed is produced at Taylor's state-of the-art hatcheries in Quilcene and Kona, HI by introducing finely ground oyster shell to the larva tank. The oyster shell particles are so small there is only surface area enough for one microscopic larva to attach to. Once attached, the larva becomes "spat" and grows into a single oyster seed. Grow-out techniques for seed oysters at Taylor farming locations depend on bottom type and oyster species.

"We've been running shifts 24 hours a day to keep up with demand," says Austin Doctor, plant manager. "The new plant will give us the opportunity to quadruple our production in just one shift and will provide capacity for growth. In addition to increasing capacity, we will be able to handle fresher product more quickly, colder and more efficiently. We'll be sending a better quality product to the market." With impeccable sanitation essential in working with live shellfish, the new facility is designed for easy, thorough and regular cleaning.

Specialty oysters will be graded to the gram at the rate of four oysters per second by a system designed for Taylor by the Marel-Carnitec Company. The latest nitrogen quick freezing technology will produce frozen top-off oysters for a growing market. The new facility has an 850 pallet freezer storage capacity. The new plant will employ 12 new people immediately and will provide economic influx to the community by bringing product in from other areas of the Sound for processing.

Taylor Shellfish Farms is a fourth generation family-owned company with 375 employees farming shellfish on 9000 acres of owned and leased tideland in the Puget Sound and Willapa Bay, Washington. The company produces Manila clams, Mediterranean mussels, geoduck, and a variety of live, shucked and frozen oysters for national and international markets.

Contacts: Austin Doctor 360-432-3326 austind@taylorshellfish.com

Jon Rowley 206-963-5959 rowley@nwlinc.com

www.taylorshellfish.com.

In Memoriam

Gloria Hill - A book entitled 'TITA KWINALt (OF THE QUINAULT)' was dedicated to our Mom, Marjorie J. Hill, whose dedication and devotion to the necessity of education for her people was equal to none. Ant that is how she will always be remembered.

These were her words:

"Culturally, education has always played a major role in the lives of the Indian people. Youngsters had to learn the ways of the land and the habits of other living things around them. They had a place in the structure of the family as well as that of the community. In the beginning, when the whites first came to this area, they said to themselves, 'These people are an uncivilized people, so, therefore we are going to civilize them. We will start with the young and educate them in the ways of our religion. In order to do this we must take them away from the influence of their families and elders. We will build a school in what is now Taholah.' In this school, the child was told that his language was wrong and that he must learn the English language which would enable him to read out of the Holy Book, which again proved that our traditional ways of life were wrong. The children were taken away from their homes which were in villages that were scattered along the Quinault River. They were given clothing that was too large and foreign to their bodies.

In the beginning, the schools were those of the missionary people. Later these schools were transformed to the hands of the B.I.A., The educational system did not improve. The culture and the language were slowly disappearing.

In 1924, the school system became one of the state's districts. For the first time in the history of the Indian people, they had something to say about the education of their children. Since then, the Board of Directors has been an elected body serving the people of Taholah. The school has developed in recent years, from a two room building housing six grades, to that of a facility housing eight grades plus kindergarten, ten teachers, plus two administrators.

To break the bond of assimilation that has always been forced on the Indian people, we are in the process of developing a curriculum that will make education more relevant and meaningful to our students, we are trying to break the bond that says the only way Indian students are going to make anything of themselves is to leave the reservation to get your education and forget about your past. Live like the rest of the world. In the eyes of our people this is wrong. The Tribal leaders have, in recent years, been trying to fill a void that has been long in the making and a very hard void to fill. The resources of the reservation have been built up to the point that most of the administrative positions are filled by non-Indians. By building a relevant curriculum and encouragement of tribal leaders, we hope that, in the not too distant future, some of these positions will be filled by the people of the tribe. This is not only in the natural resources of the land, but in the field of education.

With the help of many colleges and universities we are going to be able to break the bonds of the traditional educational system and make one that will truly fit the needs of our people.

Even if there are some of you who don not agree with our ideals, try to understand that we as a people who have been oppressed since the beginning of the history of the United States are trying to once more instill in the Indian students a pride in a race that once stood tall with a pride in the individual and his people.

My sisters, Margaret Henry, Lydia Parrot, Marie Snyder, our late sister Susan Gorbett and myself wanted to share these words with all of you.

Our Mom was dedicated to educating the Indian People. Mom was Chair of the Quinault Education Committee, the Indian people listened to her words, she was held up in respect for the work she did with the Quinault people, she was always traveling around the states to conferences, which is how she gained her education and knowledge of the work she loved so much.

- Mom, we miss you and we love you always. Gloria J. Hill



Special Thank You

A special thank you to everyone who came to Jamie's baby shower on May 16th. We had a great time and had a lot of fun. Thank you cards will be following in the mail soon. Love, Paula!



The Public Safety Department will be hosting a Public Safety Fair on July 8th at Little Creek Events Center from 10:00 – 5:00. Watch for flyers.

Baby Needed for Film Part

I am a filmmaker who is shooting a dramatic movie in the Shelton area, and I'm looking for a baby to be in my film. I am looking for a baby girl under the age of 1 (supposed to be part native and part caucasian), whose parents would be willing to come and let her be in the movie for an hour or two. I shot some of the movie last year with some members of the Squaxin Island tribe and we all had a good time. The movie is a dramatic action adventure that has to do with the Sasquatch, and takes place in the Northwest in the 1830s.

Thank you,
Ken Michie
New Legend Entertainment
Olympia, WA
(360)786-6129

A Rap About My Life Growing Up On the Rez

by Deanna Hawks

My life sucks at this point
I'm so sick of it
I just want to say forget it
Mess up my life
Growing up on the Rez sucks
Us Indians get bad reputations
Because we're from the Rez or a different family
People just really don't understand us
We're tired and very sick of it
That's why we get involved with gangs and drugs
We cry out for help
It seems we're getting pushed away
But in the end our people, people in general die
This thing we call life seems to suck
Because it seems as if we're getting treated unfairly
And we're suffering for it!
We have been sick of it for centuries
We skip school, act badly, whatever
But Indians kill and cuss up each other
We've forgotten who and what we are
It's sad we do this to each other
Back in the day we treated everyone
And everything with respect
It's hard nowadays
Because it seems we're not being heard by others
We get so mad because of what happened
We forget what we're doing
We cut and burn one another
Do drugs or commit suicide once in awhile
We think about everything
And forget what our responsibilities are
We cry to let fear out
But it doesn't work that way most of the time
We lose brothers, sisters, aunties, uncles and other
Loved ones
And just about everything we own
Most of us give our lives for this drug
We believe it takes the pain away
Bad things we may not want to see or hear
I think we need to be heard
And we need help
Because we're not really getting it right now

**Birdsong brings dawn
Dancing twilight gently fades
Nighttime into day
- Dave Whitener, Sr.**

**Happy Father's Day (Larry)
Love, Shawnell,
Seth and Dominique**

**Baby Shower
for Krissy Penn**



**June 5th at 4:00
Senior Lunch Room
Everyone is Invited!**

My Life Poem

by Deanna Hawks

I'm so sick of being sad
I hate being moved place to place
One after another
Sometimes I hate myself because of what happens
I blow up on people for no reason
I hit things or people!
I'm so tired of my old life
I want to switch it all around!
My old life makes me look bad and stupid
I'm so sick of not getting my education
I just want to be normal
Be with my family
Have fun with my little brother and cousins
I've missed out on so much
You don't even know
I feel so dumb because I brought myself here
I didn't need to hurt myself
I should have asked for help
Instead of damaging myself
Or others!



Congratulations

Earla Penn

Earla Penn, pictured below, was gifted with a number of items by the China Pullers during the Dragon Boat Races at Capitol Lake Heritage Park last month. The gifts were in return for Earla's very first totem pole. "It's customary to give away your first piece," Earla said. The Squaxin Island Tribe MLRC was one of the sponsors for the event. The China pullers came in second place, according to Earla.



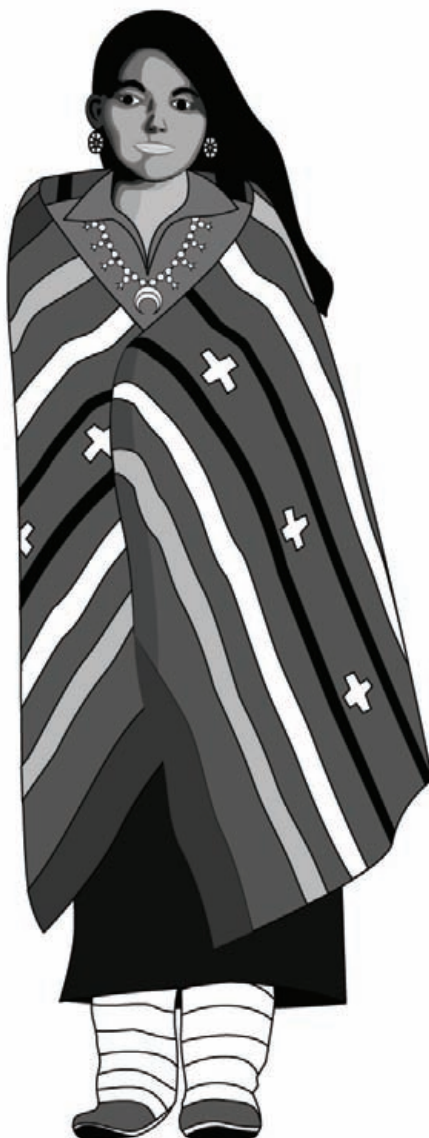
Reminder

This is just a reminder to please make payments on your Housing and/or Utilities to the Squaxin Island Tribe's Finance Department.

The Rent Collection Policy of Housing and Utilities specifically states under the Collection Process of Payments: **"All payments for housing services shall be made to the Finance Department . . . The Office of Housing is not authorized to accept payments."**

To avoid interruptions with utilities and late fees on housing due to miscommunication, it is important to make your payments to the Cashier, Esther Fox, or to Bonnie Sanchez and Julie Goodwin in Accounts Receivable of the Finance Department.

Thank you.



Walking On

Walter P. Bloomfield, a lifetime Shelton resident, died on Monday, May 1, at his home. He was 86.

He was born in Kamilche on November 11, 1919 to Myrtle (Gingrich) and Charles Bloomfield.

He served in the U.S. Army during World War II.

He married June Loving on April 24, 1987 in Shelton. Previously, he was married to Hellen B. (Clark) Bloomfield. She died in 1984.

Mr. Bloomfield worked as a logger, timber faller, tree grower and commercial fisherman.

He loved to fish and hunt, especially with his dogs and grandchildren. He also enjoyed all sports, particularly baseball.

He was a member of the Veterans of Foreign Wars, the Shelton Moose Lodge and the Nimrod Club.

Preceding him in death were daughter Catherine L. Heminger in 1974 and stepson Richard Loving in 1983.

Surviving are wife June Loving-Bloomfield of Shelton; daughters Barb Baisden and her husband Herman of Melbourne, Florida, and Betty Florek and her husband Tom of Shelton; sons Carl Bloomfield of Tacoma and Phillip Bloomfield and his wife Cathy of Grapeview.

Also surviving are brother Pete Bloomfield and his wife Maxine of Shelton; sister Dolly O'Malley and her husband Bill of Shelton; stepdaughter Margaret A. Sloan Ridenhour of Burlington; stepson William R. Sloan of Burlington; 17 grandchildren and 35 great-grandchildren.

A graveside service was held at 11:00 a.m. on Saturday, May 6, at Shelton Memorial Park, followed by a reception at the Shelton Moose Lodge.

Memorial donations may be made to the charity of the donor's choice.



The R.O.C.K.

(The Restoration Outreach Church of Kamilche)
101 SE Whitener Rd. Shelton, WA 98584

Sunday Services

Prayer Time 9:00 am

Worship Service 10:00 am

Musicians Practice directly after the services.

Wednesday Service

Bible Study and Prayer 6:30 pm

Children's Fun Time 6:30 pm

All are welcome if you should have any questions you may contact
Pastor Gary Jackson at 360-426-5833



Are You at Risk of Getting Diabetes?

Answer these 7 questions to find out. If you score 10 or higher and would like to find out how to reduce your chances of getting Diabetes or postpone getting Diabetes, call Janita Johnson, Diabetes Prevention, CHR at 432-3972 to get information on the Lifestyle Balance Program.

Are you . . .

More than or equal to the weight on the chart?
(See chart below)

If yes, 5 points

Under age 65 and get little or no exercise during a usual day?

If yes, 5 points

Between 45 and 64 years of age?

If yes, 5 points

Age 65 or older?

If yes, 9 points

A woman who had a baby weighing 9 pounds or more at birth?

If yes 1 point

Do you have a sister or brother with Diabetes?

If yes, 1 point

Do you have parent with Diabetes?

If yes, 1 point

Chart For Men and Women

Height	Weight
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221



Congratulations Nancy Barker

April Women's Health Winner

IF THE TRUTH WERE TOLD,

THEY WOULD RATHER HAVE YOU QUIT SMOKING.

As American Indians we are taught at an early age about respecting the family.
Secondhand smoke hurts others. Please respect your family. To learn more about quitting call:

Washington State Department of Health
Tobacco Quit Line
877-270-STOP
toll-free 7 8 6 7
QUITLINE.COM



What About Blood Sugars and YOU?

Question: Can you rely on body awareness to know when blood sugars are either too high or too low?

American Diabetes Association: Your body can tell you a lot, but you should not rely on this alone. Checking blood sugars often is part of managing diabetes. You should check your blood sugar levels according the schedule you work out with your health care provider. The results from checking your blood will tell you when your blood glucose is too low or too high and that you need to treat it, often before symptoms develop. In addition, whenever you have signs that your blood sugar is too low (hypoglycemia) or too high (hyperglycemia), check you levels and treat quickly.

Here is a list of target blood sugars - check with your health care provider about your target levels.

Fasting (before breakfast)	80-120 MG/DL
2 hours after Meals	80-140 MG/DL
Bedtime	100-140 MG/DL
Hemoglobin A1C	Less than 6.5%

WHY CHECK YOUR BLOOD SUGAR?

No doubt about it, it is a pain to check your blood sugar. However, the information can help you live longer - if you use it.

- If levels are out of range, you are at higher risk for complications such as kidney failure, blindness, amputations, heart disease, stroke & nerve disease.
- If they are out of range, talk with your health care professional about changes in your treatment plan (Medication, Exercise, Eating Plan) to bring the levels in range and reduce your risk of these complications.
- Blood sugar levels can change by stress, exercise, food and beverages consumed and medications.

YOU HAVE THE POWER TO INFLUENCE YOUR HEALTH BY TAKING CHARGE OF YOUR BLOOD SUGARS!

For more information and assistance with Diabetes, contact your health care professional or Patty Suskin, Diabetes Coordinator at (360)432-3929

Free Children's Books

These books, called "Eagle Books," were created with tribal, IHS and Center for Disease Control and Prevention consultation and were beautifully illustrated by Native Americans. The stories are a series of 4 for Native children aged 4 -9. They were developed to teach children about Diabetes prevention. Just call CDC at1-800-232-4636 to order your free copy today! Ask for the Eagle Books.

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

Diabetes Support Group

People with Diabetes, their friends and family welcome

Tuesday, June 13th, 2006
noon to 2 pm
Please RSVP for lunch

Squaxin Island Health Promotions
Across the parking lot from the Clinic

- ▶ 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(360) 432-3929



Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40

Meet at the Elder's Building after Senior Lunch

Mammogram & Women's Health Exams

June 15th, Contact Rose Algea (360)432-3930

Community Health Walk

Thursday, June 15th

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

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

Help us win the Walking Stick!

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

Next Community Clean Up

Saturday, June 10th, 1:00 p.m. to 3:00 p.m.

Meet in front of the gym

Garbage bags and gloves provided

Snacks to follow

This is a tobacco-free and alcohol-free event

Funds are provided by DASA

(Division of Alcohol and Substance Abuse)

Contact Janita Johnson at (360) 432-3972

Food Label Reading Workshop

Monday, June 19th

Leave the Elder's Building at 12:45

(right after lunch)

We will drive to Fred Meyer and

Learn about Food Labels

Contact Patty Suskin at (360) 432-3929

Diabetes Support Group

Tuesday, June 13th

Noon to 2:00 p.m. Please RSVP to Patty for lunch

Health Promotions Area (across from the clinic)

Take time for you & your Diabetes

Come Visit Our Health Promotions Programs

We have exercise videos (Sit & Be Fit, Yoga, Walk
Away the Pounds and more). You can come and
use the building across from the clinic. Work out
alone or schedule an time for a group.

I will be happy to join you.

Contact Janita Johnson at 432-3972.

Contact Patty Suskin at 360-432-3929 or Janita

Johnson at 360-432-3972.

Or, just stop by across from the clinic.

Try this Delicious Healthy Chocolate Banana Shake

Flavor of a shake, but much lower in calories! Makes 2 servings, $\frac{3}{4}$ cup each

- 127 calories
- No fat
- 27 grams carbohydrate
- 5 grams protein

- 1 medium sized banana, peeled and frozen
overnight in a ziplock bag
- 1 cup nonfat milk
- 1 tbs chocolate syrup

The next day, place the frozen banana in blender

Add to blender. Blend until thick and creamy.

Serve immediately

Variations:

1. No time to freeze a banana? Crush some ice in a blender, then add a ripe banana and other ingredients
2. Add a $\frac{1}{2}$ teaspoon of peppermint extract for a minty-twist

Embrace the Outdoors

If you enjoy running or walking, take your exercise routine outdoors for a more effective workout. Propelling your own body weight is more challenging than letting the treadmill do it for you. Added bonus: Outdoor workouts are more entertaining, which means you're bound to keep at it longer. If you ever need a walking partner to walk around the Rez feel free to call Janita Johnson "Diabetes Prevention, CHR 432-3972.

Join in Our Community Clean Ups!

The next one is scheduled for Saturday, June 10th from 1:00 - 3:00 p.m.





Outdoor Activity of the Month

Rainier Vista Park-- Great for Family Gatherings

WHAT/WHERE

Rainier Vista Park in Lacey (5475 45th Ave. SE)

TO DO

So many activities! Use them on a first come, first served basis. No reservations are taken. Check it out!

AMENITIES INCLUDE

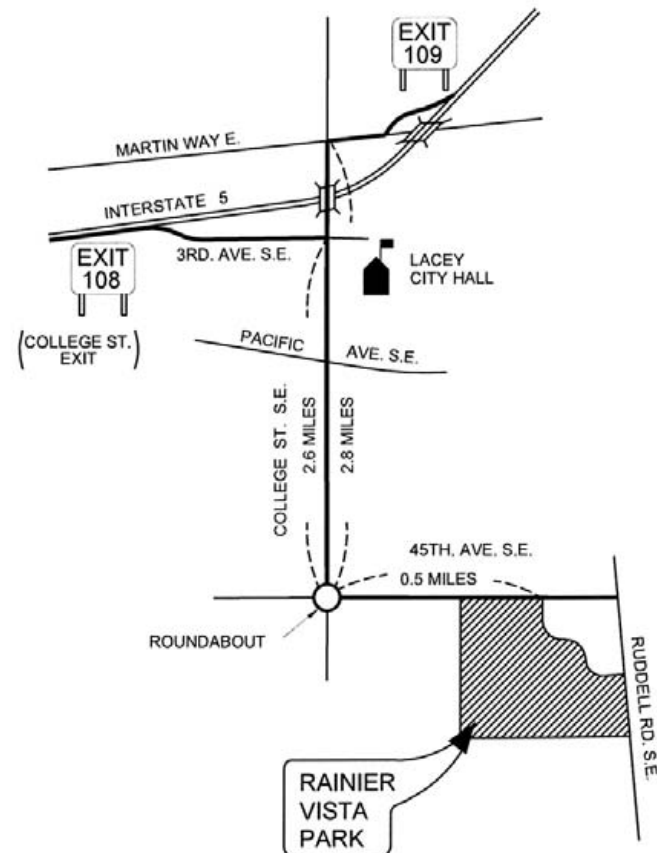
- Covered BBQ/picnic tables
- Sand volley ball courts
- Basket ball courts
- 3 baseball/softball fields
- 3 soccer fields
- Local access skatepark- beginner & intermediate
- Bicycle/walking paths
- Tennis courts
- Restrooms
- Free Parking

DIRECTIONS

From Shelton, take U.S. Highway 101 toward Olympia to I-5 North. Take Exit 108 and follow signs to College Street. Turn right at the signal/intersection onto College Street. Follow College Street and go about 2.6 miles to the roundabout and 45th Ave SE. Go around the roundabout about $\frac{3}{4}$ of the way and travel East on 45th for about a half mile. The entrance to Rainier Vista Park is on the right.

MORE INFORMATION

Call Lacey Parks & Recreation at 360-491-0857



Chickenpox Vaccine

As of July 1, 2006, children attending Kindergarten and 6th grade are required to show proof of immunity from varicella disease (chickenpox). Documentation must include one of the following:

- Age-appropriate varicella vaccine
- Date of varicella vaccine administered on or after 1st birthday
- Parental documentation of history of varicella disease, yes/no is required,
- Documentation of approximate age of disease. If parent is unsure, refer child for immunization or exemption for immunity based on medical, religious or personal reason.

The tentative plan for implementation includes an effective date of July 1, 2006 and screening as follows:

- Kindergarten entry
- 6th grade entry
- All children 19 months and older (through 12 years) who attend licensed child care and preschool.

If you have questions or concerns, call Pam Peters, R.N. for an appointment 427-9006 at the Squaxin Island Health Clinic.



MEAL PROGRAM MENU

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

Monday	Wednesday	Thursday
		Chalupas 1
5 Southern Fried Chicken	7 Pot Roast	8 Beef Stew
12 Chicken Fettuccini	14 For Father's Day Steak & Baked Potatoes	15 Spaghetti Dinner
19 Soup and Sandwich	21 Turkey Dinner	22 Chicken Fried Steak
26 Swiss Steak	28 Fish Fry	29 Tacos



COMMUNITY



Happy Birthday

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

What's Happening

June 13th - family court June 27th - criminal/civil court				1	2	3
					AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
4	5	6	7	8	9	10
		Church 7:30		Council Mtg.	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
11	12	13	14	15	16	17
		Court Church 7:30			AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
18	19	20	21	22	23	24
		Church 7:30		Council Mtg.	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
25	26	27	28	29	30	
		Court Church 7:30			AA Meeting 7:30	

Baby (Lisa)

**Life can be very hard at times.
Remember the same confidence
and faith you had when you were
facing "Silver." You did it.**

**Good job! I know that you can
accomplish anything. Between the
Lord, you and I, we can concur
the world! Believe That.**

**I Love You Sweetness!
Love, Mami**

**Happy Father's Day Daddy!
I Love You!
Love, Your Baby Girl**





COMMUNITY



**Happy Belated 18th Birthday
Baby Sister
(Morningstar - Left)
Your all Grownup Now.
I Hope it Was a Blast!
Love, Your Big Sisters**

**Happy Belated Birthday to
My Babies
Raven and Morningstar
I love You!
Love, Mom**



**Happy 21st Birthday
Sister (Kristin)
Hope it's Lots of Fun.
Love, Your Sister Marjorie**

**Have 14th Birthday
Trisha Rae Blueback
I Miss You Kids a Lot!
Hopefully
We Can All Be Together
On That Day
I Try To Get Visits,
But They Deny Me
Love You Always,
Your Mom, Stella Yocash**

Have a Very Happy Birthday Dodie

**We Love You and Wish You a Good Day of Health, Recovery and Joy! We Miss You!
REMEMBER! Prayers at 10:00 p.m., Wherever We Are, We'll Be Together!
Love Mom, Leo, Ayshia, Running Bear, Corri, Mat and Rosie, J.C. and Scott and Boys,
Jamie and Jason (and Maybe Little Jason by Your Birthday) and Christopher**

**Happy 15th Birthday Jaime!
Love Aunt Misti**

Happy Birthday Rose!



**Love, Dad, Mom,
Sister and Brothers**

**"I Love You, Uncle Ed"
I would like to say the reason
your cancer is gone, is because
of the Lord, not because of me
(Lisa) and Aunt Charlene.
We were only doing what the
Lord wanted us to do,
His will.
"All Glory be to God."
Give credit where
credit is due.
Love you! Lisa**

**Happy 3rd Birthday to My
Boogas
(Dominique)
Love, Gramma (Donna)**

**Happy Belated Birthday to
My Sister Raven
Love, Morningstar
and the Rest of Your Sisters**

**Happy Birthday Dodie
Get Well Soon
Love You!
Love, Your Sister Corri**

**Happy 19th Birthday Sister
(Tamika)
I hope its a Blast!**



Love, Your Sisters and Mom

**Happy 3rd Birthday
Baby Girl
(Dominique Rosalee)
We Wish You
Nothing But the Best.
You're Our World!
We Love You, Princess,
With All My Heart.**



**Love, Mom, Dad, Sissy,
Brother Bear and the Rest of
Your Loving Family**

Big D's Custom Shirts and Embroidery Has Much to Offer

Business is Owned by Tribal Member Angie Lopeman and her Husband, Derick Hunt

It all began just in time for Christmas. Big D's Custom Shirts and Embroidery, owned by Derick Hunt (Angie Lopeman's husband), opened in mid-December in downtown Shelton, offering a wide array of clothing gift ideas.

Want a tee shirt that reads, "Squaxin Fireworks," with your individual stand's name and logo on emblazoned across the front? Look no further. Derick will set you up and at a great price.

How about that beautiful baby picture on a tee shirt for Grams and a hat for Gramps? No problem!

Or, how about a picture of Gramps with the words "Original Kamil'chan," across the bottom? No problem!

Big D's even offers window decals, including Native American feather designs and more.

Whether you are interested in Canoe Journey gear (sweats, hats, blankets, fleeces, tees, tanks, etc.) or Native American art, Derick can customize any order to fit your needs.

Located at 224 W. Cota Street in downtown Shelton across the street from the Mason County Journal office, Big D's will set you up with just about anything you (or even a newborn baby) might ever want to wear. There are literally thousands of designs to



choose from, or, you can simply bring in your camera's memory stick or a computer file with your own art.

In preparation for this year's fireworks sales, Derick is offering \$5 off for fireworks stand owners if they bring the blue coupon (below) in with them. He also offers discounts for bulk orders.

All tee shirts are made of a non-shrink, 50/50 polyester/cotton blend. Although subject to change, his current price is \$15 per tee shirt and \$20 per hat. Embroidered hats are \$30. Fleeces are just \$20. Sizes range from Xsmall to 3X. Photos are an additional \$15.

Big D's is open Monday through Saturday, from 10:00 a.m. - 6:00 p.m., and accepts, VISA, MasterCard, and lay-a-ways.

In addition to his downtown store, Derick sets up a booth at powwows, canoe journeys and other cultural events and activities.

He has sold product to Little Creek Casino and sports teams.

"I really want to work with the Squaxin Island community," he said. "I have all kinds of product tribal members might be interested in wearing or giving as gifts."

Walk around the rez at any time and you just might see someone sporting one of Derick's latest creations.

Good luck in your new business venture, Angie and Derick!



Now your next shirt can say exactly what you want!

We have a huge selection of transfers and we can custom order to your needs



BIG D'S

Custom Shirts & Embroidery

Squaxin Island Fireworks stand owners can redeem this coupon for \$5 off

Business logos, school teams, photo transfers, embroidery, Native American designs, tee shirts, sweats, hats, blankets, jackets so much more!

Open 10:00 - 6:00, Monday - Saturday
224 W. Cota Street • 360-888-9427