



Arnold Cooper Elected Vice Chair Charlene Krise Remains Council Member Three

Arnold Cooper was elected Vice Chair and Charlene Krise retained her position as Council Member Three during the General Body meeting held on May 5th

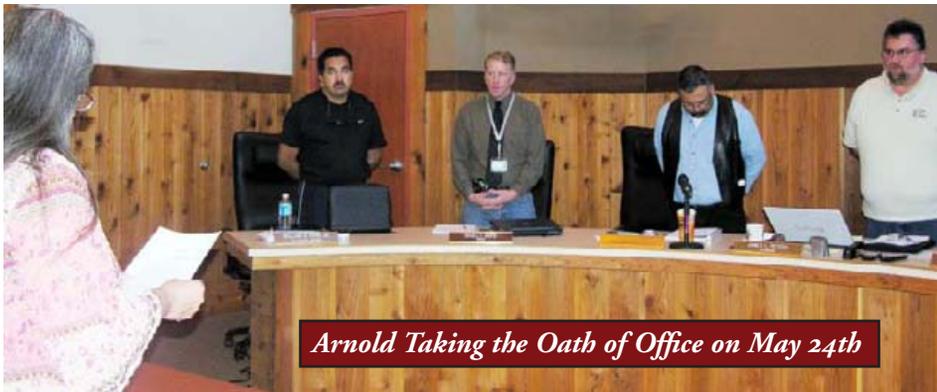


Arnold Cooper
Vice Chair

Charlene Krise
Council Member Three

The quorum was met by second roll call. Glen Parker, Irvin Fletcher, Pete Kruger, Will Penn and Don Brownfield posted the colors. Glen introduced the veterans and provided an update on the progress of the Veterans Memorial; the design is complete and they are seeking funding.

Continued on Page 3.



Arnold Taking the Oath of Office on May 24th

Windy Conditions Contribute to Bacteria Pollution in Oakland Bay, Tribal Studies Show

John Konovsky, Natural Resources Department - The state Department of Health restricted shellfish harvest on 60 acres at the head of Oakland Bay on November 15, 2006. The action was taken after elevated levels of fecal coliform bacteria were identified in the vicinity (see map on Page 14).

Squaxin Natural Resources staff have been instrumental in identifying sources of bacteria pollution and working with the community to implement an effective clean-up response. Staff continues to closely monitor the situation to try and prevent any expansion of the closure area.

Our field investigation was the first to identify the complex relationship between bacteria, mudflats and water at the head of the bay. A key finding is that bacteria levels are related to wind speed. The windier the conditions, the higher the fecal coliform levels.

Mean Bacteria Levels 2002-06 by Wind Direction and Wind Speed

| WIND SPEED | WIND DIRECTION | |
|------------|----------------|--------------|
| | SW | NW, NE, SE |
| < 5 MPH | 20 FC/100 ml | 7 FC/100 ml |
| > 5 MPH | 72 FC/100 ml | 14 FC/100 ml |

This finding suggests that bacteria may persist on the surface of the mud for some period after deposition by running water. Under windy conditions, the mud and bacteria are stirred up and re-suspended in the water column especially during the summer months.

While the sediment is not the source of fecal coliform bacteria, it may incubate or amplify them. Fecal coliform bacteria originate from livestock, pet, wildlife or human waste. Eliminating the sources is still a key action to solve the pollution problem in upper Oakland Bay.

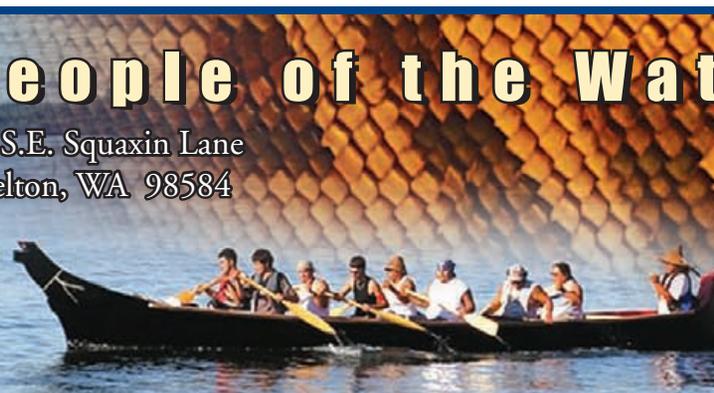
Bacteria pollution at the head of the bay worsened from 2004 to 2006. Average summer levels rose from 10 FC/100 ml in 2004, to 40 in 2005 and 120 in 2006. The Mason County Commissioners have responded to the harvest downgrade. On Tuesday, May 15, they voted in favor of forming a Shellfish Protection District around Oakland Bay.

The Shellfish Protection District will oversee corrective actions to improve water quality. Squaxin's immediate goals for the district are to reopen shellfish beds at the head of the bay and prevent any additional downgrades especially in Chapman Cove. No shellfish beds harvested by Tribal members are inside the closure area. Shellfish harvested from outside the closure area remain safe for human consumption. See the map on Page 14.

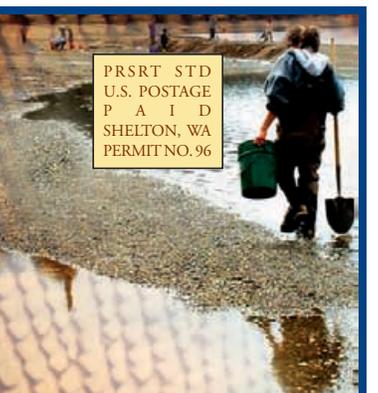


People of the Water

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Shelton, WA 98584



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Squaxin Island TRIBAL NEWS

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FAX: (360) 426-6577
www.squaxinisoland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL 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

Northwest Indian Treatment Center Staff Move Into New Administration Building

Northwest Indian Treatment Center staff eagerly began moving into their new and long awaited administration building on May 10th, and patients watched from a beautifully sun-drenched lawn as the old modular was moved out on May 11th.

In place of the old modular, a new sports court will be constructed allowing patients to play basketball and participate in other outdoor activities.

Planning and fundraising for the new building has been in progress for several years. The NWITC Counseling and Cultural Center was funded by a \$500,000 HUD Grant and about \$150,000 in tribal funds.

The 4,000+ square-foot building boasts a central lobby with comfortable seating and a reception desk, two large meeting rooms for group sessions (complete with a Shaker Church altar and storage for supplies) and 13 offices.

A Grand Opening Celebration will be held as soon as all the furniture and equipment is in place and the staff have had a chance to get accustomed to their new surroundings. Please stay tuned for more details.

Upcoming Outpatient Center Events

July 12th from 4:00 6:00 p.m., we'll be making herbal first aid kits for the canoe journey.

August 23rd from 4:00 6:00 p.m., we'll be discussing wild edible foods with an emphasis on berries.





General Body Meeting

Continued from Page 1

Whitney Jones introduced the Election Committee members.

Nominations began for Vice Chairman:

Pete Kruger nominated Andy Whitener.
James Brownfield nominated Russell Harper.
Rose Algea nominated Arnold Cooper.

Rick Peters moved to close the nominations.
All nominees accepted their nomination.

Nominations for Council Member 3:

Marvin Henry Sr. nominated Marcella Castro.
Sue Henry nominated Lorna Gouin.
Pete Kruger nominated Charlene Krise.
Dave Elam nominated Kim Burrow.
Rose Krise nominated Tom Blueback Jr.

Rose Blueback moved to close nominations.
All nominees accepted their nomination.

IEI presented during ballots.
Open microphone.

Andy Whitener received 76 votes.
Russell Harper received 34 votes.
Arnold Cooper received 66 votes.

Marcella Castro received 50 votes.
Lorna Gouin received 23 votes.
Charlene Krise received 67 votes.
Kim Burrow received 21 votes.
Tom Blueback received 14 votes.

New ballots were created and handed out for the second vote between Andy and Arnold for Vice, and Marcella and Charlene for Council Member 3.

Final count:

Andy Whitener 84
Arnold Cooper 97

Marcella Castro 82
Charlene Krise 99

Open microphone.

Please contact the Tribal Center at 360-426-9781 for minutes from the meeting.

Native Contractors Registry

Ray Peters, Executive Director - Squaxin Island Tribe has, for many years, had a policy in place which extends preference to Native contractors. Periodically we review the methods used to implement this preference to further increase opportunities for Native contractors. We have recently made changes to our contracting referral system which is intended to make contracts and sub-contracts even more accessible to preferred contractors.

If you are a contractor, please see Pam Hillstrom in the Department of Community Development to complete a new business registry form. This is the only way we can be sure that your contact information will be included in any and all proposals. It is very important to record any changes in your information so that we can continue to maintain a high level of Native participation in the development of our community and enterprises. This form is mandatory. Previous versions of the business registry will not ensure that you are contacted.

Thank you.

Tribal Council Resolutions

07-25: Adopts amendments to the Liquor Sales Code

07-26: Establishes a Tourism Board

07-27: Enrolls Felicia Berg

07-28: Enrolls Micha Frankie-James Roberts

07-29: Enrolls Randall Aldrich

07-30: Elects to participate as a registration jurisdiction in the National Sex Offender Registry system

07-31: Adopts amendments to the Tribal Code

07-32: Approves the South Sound Regional Shellfish Settlement Fund Trust Agreement



*Vice Chairman Arnold Cooper
and Chairman Jim Peters*

Budget Process

Deb Stoehr - The First Budget Public Hearing for Fiscal Year 2008 is scheduled for June 20, 2007, at 4:30 PM in the Council Chambers. The tribal department directors will be available to discuss their needs and priorities for the next fiscal year. This hearing is held before the completion of the draft department budgets to hear community concerns, requests for additional or different services, tribal policies that might require funds to implement and/or enforce, or other matters having an affect on the use of tribal moneys or the need to increase tribal revenues.

The Tribal Council discusses problems and issues facing the tribal community and ranks these issues and the proposed actions to resolve the issues. This ranking of issues and actions is used by the Tribal Council, the Squaxin Island Budget Commission, and the Executive Director to prioritize the budgeting of financial, human, and other tribal resources for the preparation of the draft budgets.

Draft budgets are prepared by tribal departments. The director of each department, upon receiving instructions from the Comptroller, prepares and updates work plans, goals and objectives, dollar budgets, budget narratives and cost justifications, list of anticipated sources and amounts of restricted use funds, all anticipated revenues and, if necessary, a request for unrestricted tribal funds. These proposed budgets are presented to the Executive Director and the Finance Department. The Executive Director with the assistance of Finance staff review these budget requests for completeness and accuracy, prepare recommendations concerning the budget requests and submit the budget proposal package to the Budget Commission.

The Budget Commission reviews and recommends for approval by the Tribal Council budgets for the expenditure or reserve of all restricted and unrestricted funds expected to become available to the tribal government in the coming fiscal year.

The Tribal Council reviews, amends and approves the Budget Commission's recommendations.

The draft budget is published and made available for review by the tribal community within seven days of its approval by Tribal Council.

The Second Budget Public Hearing for Fiscal Year 2008 is scheduled for August 15, 2007, at 4:30 PM in the Council Chambers. This hearing provides the members of the Squaxin Island Tribe an opportunity to comment on the Tribal Council's draft budget. Island Enterprises, Inc. and the Little Creek Casino Resort will present an overview of their annual operating plans at this hearing.

Please plan to be a part of our annual budgeting process. Your ideas and concerns are important.



Who Are These Handsome Protectors of Freedom?



Jim Krise



Joseph Hugh Seymour



Calling All Tribal Veterans

The Squaxin Island Tribe Veterans Memorial Committee is planning to publish a book listing all tribal veterans and their military history. The book will be used as a fund raiser for the upcoming veterans memorial and will be constructed in the Tu Ha' Buts (Future World) complex. The committee is requesting all veterans to submit a few paragraphs about their military history as soon as possible so they can begin compiling the information. The committee hopes to have the veterans memorial constructed in time for Veterans Day in November. Thank you VERY much!

Dear Friend of the Squaxin Island Tribe,

For over a century, Native Americans have served in the United States Armed Forces at a higher ratio than any other ethnic group. Tribal member veterans are fiercely proud of their service and the community is equally proud of their sons and daughters, fathers and mothers who have served and continue to serve in today's conflicts. We believe that now is the time to recognize and honor their service and personal sacrifice, and we ask that you support us in this cause.

Since October 2004, the Squaxin Island Tribe's Veterans Committee has been working with the Squaxin Museum, Library and Research Center, a 501(c)(3) organization, on a memorial to honor its veterans and strengthen the community. By honoring those who have served, we also hope to instill in our children, grandchildren and future generations, the virtues of service, honor and patriotism.

The Squaxin Veterans Memorial will be an extension of the museum featuring bronze war paddles (each with a veteran's name) in reflective pools of water, a house post portal by renowned Squaxin carver Andrea Wilbur, graceful walkways, an off-spring of the Medicine Creek Treaty Tree and bronze medallions commemorating each of the military services.

With your generous support, it is our goal to dedicate the memorial on Native American Veterans Day, Wednesday, November 7, 2007.

As a longtime friend and supporter of the Squaxin Island people--the People of the Water-- please join our tribal members, community members, veterans, leaders, families, and friends in honoring our warriors and support us with your tax deductible donations. Community members, tribal employees and staff have already raised nearly \$170,000 by sponsoring a variety of local fundraising events and personal donations. The total project will cost \$530,000. Your in-kind or cash donation will be recognized according to the attached Giving Levels.

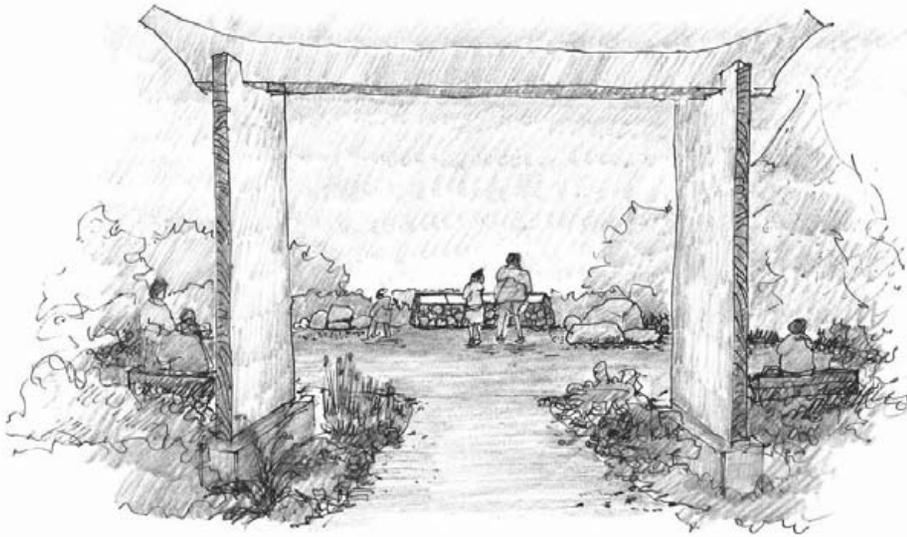
For more information, please contact Glen Parker at (360) 426-1755. Thank you for your support.

Sincerely,

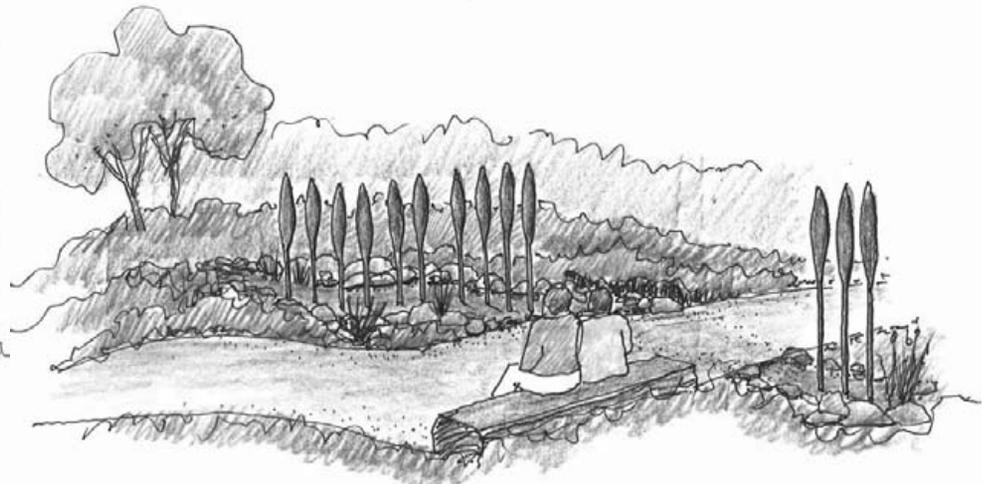
Glen Parker, Chairman
Robert Whitener, Sr., Secretary



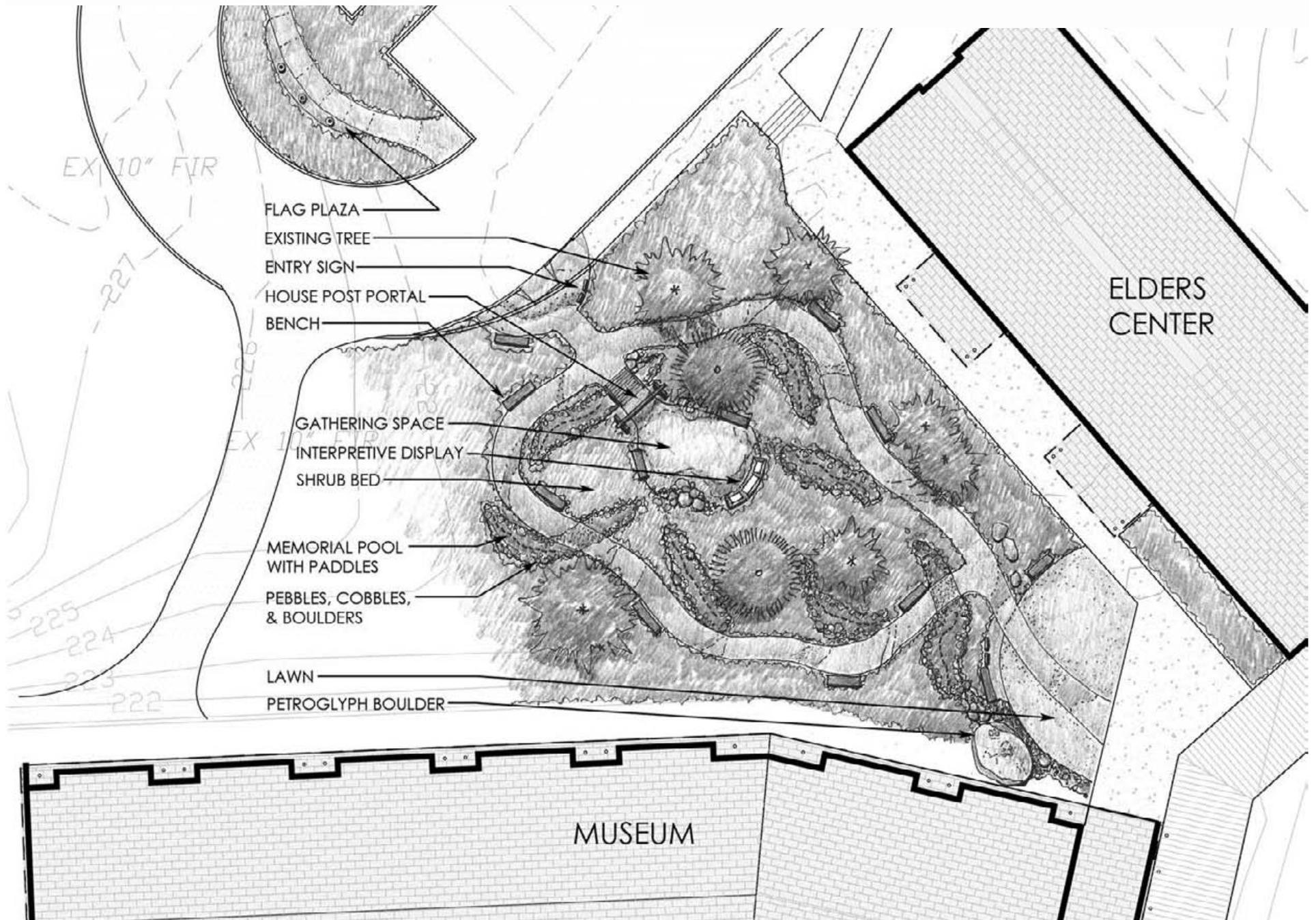
VETERANS MEMORIAL PROJECT



HOUSE POST PORTAL, INTERPRETIVE DISPLAY, & CENTRAL GATHERING SPACE



MEMORIAL POOL WITH PADDLES AND NEARBY BENCH





Squaxin Island Tribe's Mentoring Program Giving the Gift of Self-Awareness

No matter the thickness of the wallet or the limit of the credit card, giving the gift of self-awareness and the related gift of a willingness to be changed by another is the basis for the Squaxin Island Tribe's Mentoring Program.

Wisdom is learned thought created in response to another. We do not all think alike or feel alike, and thus the movement of wisdom between two people is possible. Each of us has knowledge as well as ways to gain knowledge. Process is one aspect of knowing, and content is another. The Mentoring Program helps to harness the thinking involved within wisdom.

Though we often think of a mentor relationship as one individual guiding another, mentoring is much more. Every period or stage in life is marked by its own way of making meaning. The differences in experience and perspective, within the Mentor and Mentee, create the wisdom to be shared. Mentoring creates a wisdom that becomes comprehensible. The essence of mentoring is self awareness and a willingness to be changed by an encounter with another.

As summer approaches and the youth are out of school, this would be a great time for wisdom to be exchanged between adult and youth.

3 Simple Steps to Finding Out More:

1. Fill out the information below and return it to Mentor Coordinator in Tu Ha Buts Learning Center.
2. Expect a call to arrange an informational meeting.
3. Once you successfully complete all of the application procedures, our staff will take care to match you with someone who shares your interests. You'll be on your way to a rewarding and fun friendship!

Please fill in the following contact information. Someone will contact you for an informational meeting. PLEASE PRINT!

First Name: _____ Middle Initial: _____

Last Name: _____

Phone: Work (if potential Mentor or Parent): _____ Home: _____

E-mail Address: _____

OR PLEASE CALL

Lynn Olson, Mentor Coordinator, Squaxin Island Tribe, 70 S.E. Squaxin Lane, Shelton, WA 98584,
Phone: 360-432-3957, lolson@squaxin.nsn.us



To the Squaxin Island Community

Barbara Whitener - I was told the subject of the ancestral language of the Squaxin Island people came up at the recent General Body meeting. Steven Dorland asked why there wasn't a native teacher of the language. Thank you for asking, Steven. You are a courageous young man to speak up in a General Body meeting with a very important question. Such a vital question certainly deserves a response. I have always felt it was important for a native person from within the community to teach the Lushootseed language.

I would like to give you some background about how I came to be a teacher. When our daughter was entering First Grade, I (along with others in the community) was offered "free" Lushootseed sessions. Zalmai (Zeke) Zahir had worked with the youth the previous summer and was honored with a Pendleton blanket at the community dinner prior to the opening of the casino. He felt this was not only a thank-you, but an offering requesting additional language instruction. What followed was the first "Blanket Ceremony". Sally (Sis) Brownfield and I "hosted" the sessions in my home near the tribal community. There was no fee required.....only that we learn what was being presented. Some of you may remember being asked to attend sessions. We met for six hours each Saturday for nearly four months. I was raised to honor my commitments and studied about 30 hours a week. Later, someone in the Muckleshoot community asked Zeke for a Blanket Ceremony and our family supported that effort by attending most of those Saturday sessions for three months; another Blanket Ceremony hosted by another in the Muckleshoot community followed and we also were there for support. I was hooked and thought it would be good to learn this information to enable our daughter to have a connection with the culture through the language. I continued to study whenever possible.

After a while Ron Whitener (who was working at the Squaxin Island Legal Dept.) asked me to begin language tutoring sessions for him in the community. He arranged for space and brought friends interested in learning. I volunteered. Later, Ray Peters requested I teach words/phrases at Director's meetings; again I volunteered. Those sessions led to a part-time contract where I was paid to offer language sessions to the community. Many sessions have been held and community members of all ages have attended.....some even received college credit. When I signed the first contract, I told Ray Peters I hoped I could train my successor. I hoped to be in the background helping native teachers fulfill their dreams of language revival. Now, over three years later, none have shown a serious interest in becoming a teacher. I have continued to sign a contract agreement each year because I believe this language is vital to the culture.

With the current state of my husband's illness and loss of income, I will soon not be able to support myself and our daughter (while she attends community college) with the income from the part-time language contract. Presently, I am attempting to secure full-time work at a living wage. When I do, I will not be available to schedule language tutoring sessions.



An Update from the Language Center

Barbara Whitener - Many of you may have noticed changes in activity around the Language Center since last October. Most of the "tutor time" is spent at the Squaxin Island Day Care Center where Barbara Whitener works with all ages. With eight rooms, it is difficult to spend quality time in every room each week, but progress has been noticed. Four- to five-year-olds can recognize numerous flash cards and respond with Lushootseed words and we all counted together to 100 recently! The wobblers (18 months-plus) respond appropriately when talked to in Lushootseed and attempt simple words at times.

The Language Center is open from approximately 11:30 to 1:30 Monday through Thursday for scheduled tutoring or drop-in inquiries. If you are interested in this time, be sure to call ahead. The Computer Center has five computers with Lushootseed instruction on interactive programs (lessons 1-8). You can work with these lessons at your own pace any time the Education Center is open. These programs do not have voice recognition, so be sure to also work with a speaker every couple of weeks.

Below is the current schedule of the Language Center.

Language Center Schedule

| | | |
|------------|--------------------------|--|
| Mondays | 8:30-11:30 11:30-1:30 | Squaxin Island Day Care Center Open for scheduled tutoring or drop in |
| Tuesdays | 8:30-11:30 11:30-1:30 | Squaxin Island Day Care Center Open for scheduled tutoring or drop in |
| Wednesdays | 8:30-11:30 11:30-1:30 | Squaxin Island Day Care Center Open for scheduled tutoring or drop in |
| Thursdays | 8:30-11:30 11:30-1:30 | Squaxin Island Day Care Center Open for scheduled tutoring or drop in |
| Fridays | 10:00-Noon | TANF staff tutoring Possible opportunities for special sessions |

Please call ahead to schedule tutoring sessions.

Language Center: 432-3897

Barbara cell: 490-2720

Barbara home: 426-0041

email: cicalali3@aol.com

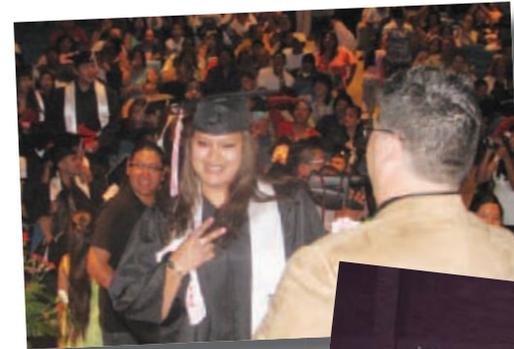
Reminder . . . Summer Youth Employment

Is your application in? The Deadline for applications was May 25th; however we will accept them through June 8th. Keep in mind that the applications we received by May 25th will be processed first. Applications received after the deadline will be considered if positions are available. The program runs from July 9th through August 17th.



Congratulations Vanessa!

Love Your Dad Levi,
Sisters Victoria & Tasheena and Brother Jeremiah
We All Love You!



Psssssst... We're back!
Sa'Heh'Wa'Mish Days

Dancin'
Drummin'
& Singin'

Contests &
Prizes too!

Native Art
Fair!



Sponsored by the Squaxin Island
Tribe~Shelton, Washington
Feb. 15, 16, and 17, 2008

Interested??? Contact: Leslie Johnson (360) 432-3838



Walking On . . . **Fame L. Rankin**

Fame Rankin, a much loved and well respected elder of the Squaxin Island Tribe, passed away on Friday, April 27th at St. Peter's Medical Center in Olympia, Washington after suffering a heart attack earlier in the week.

Fame spent her life taking care of her family and friends. She leaves behind three daughters and sons-in-law: Sallee and Donald Elam of Olympia; Elizabeth and Joe Kuntz of Olympia; and Mary and Bill Kuntz of Rainier, Oregon. She also leaves behind nine grandchildren, 21 great-grandchildren and many other children in spirit, including numerous nieces and nephews which she helped to care for as children and remained close with all her life.

Fame was born in Kamilche in 1920 to Annie and David Whitener. After she graduated from Irene S. Reed High School, she attended beauty school in Longview, Oregon and worked as a hair dresser. During World War II she went to Bremerton to work in the shipyard, where she met Dave Rankin, a sailor on his way to the Pacific. After corresponding for some time, they were married in San Diego.

After the war they made their home in Kamilche. After working with numerous logging operations throughout the Pacific Northwest, Dave eventually moved Fame and the family south to settle in Trinidad, California where they remained for many years. Fame worked as a cook at Trinidad Elementary School and other area restaurants. Then, in 1981, in order to be nearer to family once again, they returned to Washington and resettled in Olympia, where Fame lived for the rest of her life. Until recently, she cooked and cared for elders in the Nisqually and Shelton areas.

Fame goes on to meet her husband, her parents and all her brothers and sisters on the other side. She leaves behind her an entire community who will grieve her loss. We will miss her care, her comfort, her humor and her beautiful smile.



I'll Fly Away

Some glad morning when this life is o'er,
I'll fly away
To a home on God's celestial shore,
I'll fly away.

I'll fly away, O glory, I'll fly away.
When I die, Hallelujah, by and by,
I'll fly away.

When the shadows of this life
have flown,
I'll fly away.
Like a bird thrown, driven
by the storm,
I'll fly away.

I'll fly away, O glory, I'll fly away.
When I die, Hallelujah, by and by,
I'll fly away.

Just a few more weary days and then,
I'll fly away.
To a land where joy shall never end,
I'll fly away.

I'll fly away, O glory, I'll fly away.
When I die, Hallelujah, by and by,
I'll fly away.





Join the History Museum for the Second Annual

In The Spirit: Contemporary Northwest Native Arts Exhibit

*Discover Amazing Works of Contemporary
Northwest Native American Art!*

The second annual In the Spirit: Contemporary Northwest Native Arts Exhibit will feature premier American Indian artists, many living and working in the Northwest. Last year, the exhibit showcased Andrea Wilbur-Sigo, a Squaxin Island Tribal member and one of the finest women carvers in the nation. Her eight-foot spindle whorl, "Salmon People," won "Best in Show" and the "People's Choice" awards.



The work of other talented and prestigious artists such as George Hill's carved slate, David Boxley's "Octopus Woman" mask, and George Flett's colorful paintings made last year's "In the Spirit" one of the best contemporary Native American art exhibits in Washington.

This year's exhibit will be even larger than last year's and will fea-

ture many more artists, such as Pat Courtney Gold, Lorene Boxley, Susan Pavel, and Lillian Pitt. Andrea Wilbur-Sigo, last year's "Best in Show" and "People's Choice" award winner will also be participating in this year's exhibit.

The exhibit will run from May 12 through July 22, 2007.

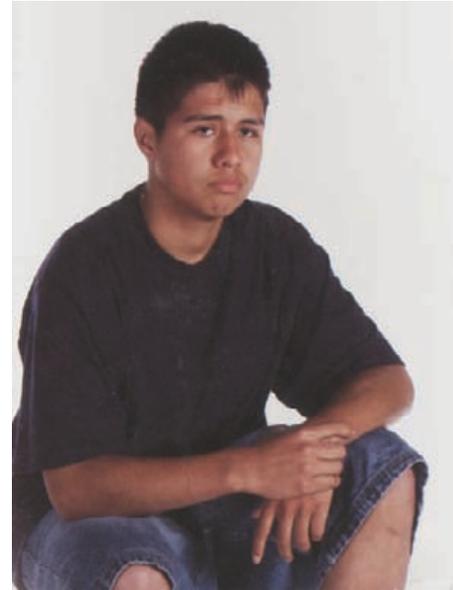
The Washington State History Museum, flagship of the Washington State Historical Society, is located at 1911 Pacific Avenue in downtown Tacoma, just off I-5. The museum presents exhibits, programs, and events that bring to life the stories of Washington's history. For more information, please call 1-888-BE-THERE (1-888-238-4373) or visit our web site, www.washingtonhistory.org.

Hours: Tuesday - Friday, 10 AM - 5 PM,
with extended hours and free admission
every Thursday night, 5 - 8 PM

Saturday, 10 AM - 5 PM

Sunday NOON - 5 PM

Admission: \$25 for families (two adults and up to four children); \$8 for adults; \$7 for seniors, age 60 and above; \$6 for students and military with valid ID; children, age 5 and below, and members are always FREE.



Best Birthday Wishes

Jake (Below) 6/19

&

Jaime (Left) 6/21

Lots - A - Love
Auntie Misti, Uncle Miguel
and Cousins



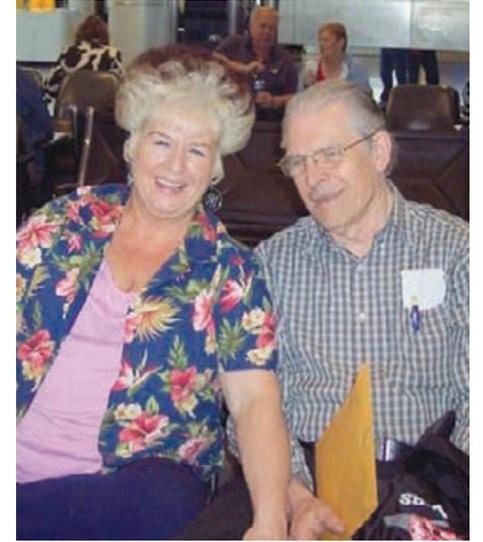
Way To Go Kayla and Carly Peters

Kayla Peters and Carly Peters balance their education and activities by participating in the Grand Puyallup Daffodil Parade in April for the second year. They belong to a group of about 30 students who call themselves Coyote. Coached by Brian McFarland of Collins Grade School, the group also participated at high school basketball game half time performances and other parades in Eatonville, Port Orchard and Gig Harbor.

Way to go, girls!



RENO, BABY, YEAH!





LEARNING CENTER



**The Summer Recreation Program
begins Monday July 9, 2007. Enrollment packets are available for pick up at TLC
or you may contact Lisa Evans at 432-3882.**

Squaxin Youth Cultural, Educational and Activities Calendar

June 2007

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|---|--|-----|
| | <i>Any Questions Call: Mark Snyder 701-1561 Jeremiah George 432-3968 or Bill Kallappa 463-6361</i> | | | | 1 CLOSED!! No After School! | 2 |
| 3 | 4 <i>3pm Board Games 3pm Snack Youth Baseball Practice 3:30-6pm</i> | 5 <i>3pm Board Games 3pm Snack Youth Baseball Practice 3:30-6pm</i> | 6 <i>5:00 Youth Council 5:30 Language Group 6pm Drum Group Youth Baseball Practice 4:30-6pm</i> | 7 <i>3pm Board Games 3pm Snack Youth Baseball Practice 4:30-6pm</i> | 8 <i>3pm Snack 3pm Movies 3pm Snack 3pm Board games</i> | 9 |
| 10 | 11 <i>3pm Board Games 3pm Snack Youth Baseball Practice 3:30-6pm</i> | 12 <i>3pm Board Games 3pm Snack Youth Baseball Practice 3:30-6pm</i> | 13 <i>5:00 Youth Council 5:30 Language Group 6pm Drum Group Youth Baseball Practice 4:30-6pm</i> | 14 <i>3pm Board Games 3pm Snack Youth Baseball Practice 4:30-6pm</i> | 15 SHS Graduation!! Congrats Grads!! | 16 |
| 17 | 18 <i>3pm Board Games 3pm Snack Youth Baseball Practice 3:30-6pm</i> | 19 <i>3pm Board Games 3pm Snack Youth Baseball Practice 3:30-6pm</i> | 20 <i>5:00 Youth Council 5:30 Language Group 6pm Drum Group Youth Baseball Practice 4:30-6pm</i> | 21 <i>3pm Board Games 3pm Snack Youth Baseball Practice 4:30-6pm</i> | 22 <i>Last day of school</i> | 23 |
| 24 | 25 CLOSED Summer Rec. Training | 26 CLOSED Summer Rec. Training | 27 CLOSED Summer Rec. Training | 28 CLOSED Summer Rec. Training | 29 CLOSED Summer Rec. Training | 30 |



COMMUNITY



Happy Birthday

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

What's Happening

| | | | | | | |
|--|----|---|--|--------------------|--|--|
| | | | | | 1 Sgwi' Gwi Events Center AA Meeting 7:30 | 2 Bible Book Club 10:30 Mary Johns Room Food/Transportation |
| 3 Squaxin Indian Bible Church 11:00 a.m. | 4 | 5 Church 7:30 | 6 | 7 | 8 AA Meeting 7:30 | 9 Bible Book Club 10:30 Mary Johns Room Food/Transportation |
| 10 Squaxin Indian Bible Church 11:00 a.m. | 11 | 12 Church 7:30 | 13 | 14 Council Mtg. | 15 Sock Hop 6:00 - 9:00 p.m. Gym AA Meeting 7:30 | 16 Bible Book Club 10:30 Mary Johns Room Food/Transportation |
| 17 Squaxin Indian Bible Church 11:00 a.m. | 18 | 19 Criminal/Civil Court Church 7:30 | 20 Budget Hearing 4:30 Council Chambers Family Court | 21 | 22 AA Meeting 7:30 | 23 Bible Book Club 10:30 Mary Johns Room Food/Transportation |
| 24 Squaxin Indian Bible Church 11:00 a.m. | 25 | 26 Church 7:30 | 27 | 28 Council Mtg. | 29 AA Meeting 7:30 | 30 Bible Book Club 10:30 Mary Johns Room Food/Transportation |



GED PREP. CLASS

*Squaxin Island Tribe
Tu Ha' Buis Learning Center*

BEGINNING
MONDAY
MAY 7, 2007

MONDAY & WEDNESDAY
5:00-7:00PM
In the Bill Leasing
Center—Across the Square from
Gym (opposite)



GED Prep. Class is available on Monday and Wednesday evenings from
5:00—7:30pm. Call Walt or Lisa at the numbers listed below for more
information or walk in on Monday or Wednesday and sign up. Students are
accepted on a continuing basis.

Reading
Writing
Math
Social Studies
Science

Squaxin Island Tribe



Dam Removal Helps Coho Salmon Flourish

John Dodge , The Olympian - The numbers don't lie: The largest dam-removal project in South Sound history is paying dividends for salmon.

It has been more than five years since a leaky, obsolete old dam on Goldsborough Creek was removed, opening up about 25 miles of upstream fish habitat that had been virtually inaccessible to fish since 1885.

The hope behind the \$4.8 million project was that wild adult coho salmon in South Sound would find the barrier-free spawning and rearing ground in the Goldsborough Creek watershed, which stretches from Oakland Bay deep into the forestland of Green Diamond Resource Co., formerly Simpson Timber Co.

Last year, more than 41,200 of the 42,729 young coho salmon leaving the creek to go to saltwater came from above the former dam site, according to a report by the Squaxin Island Tribe, which has been monitoring coho populations in the stream for several years.

"We're seeing more coho smolts leaving the Goldsborough Creek watershed and more adults spawning above where the dam used to be," tribal fish biologist Joe Peters said. "It's one of the more productive systems in South Sound."

That was the goal when Green Diamond, the Army Corps of Engineers, the tribe and state Department of Fish and Wildlife teamed up to take out the 32-foot dam, using a combination of \$4.8 million in public and private funds.

Historically, the dam was used to divert creek water through pipes to company mills on the Oakland Bay waterfront in downtown Shelton. But flooding in 1996 knocked the piping system out of commission, leading the way to serious talks about dam removal.



A smolt is laid out for measure during sample collection at the creek. (Steve Bloom/The Olympian)

Dam demolition and work to reshape about 1,700 feet of stream bed below and above the dam was completed in November 2001.

This time of year, the tribe anchors a fish trap in the stream to catch coho migrating out to sea after spending their first 18 months in freshwater.

During a check of the trap Thursday, Peters and tribal habitat biologist Sara Haque counted about 300 young coho, joined by a few chum salmon, cutthroat trout and steelhead — all benefactors of the dam removal.

"This is the peak time for coho out-migration," Peters said. "We're seeing 100 to 200 fish per day."

"That was the objective," Green Diamond spokeswoman Patti Case said upon hearing the number of young coho leaving Goldsborough Creek. "That's great news."

The data collected by Peters and Haque help evaluate the success of dam removal and provide fisheries managers with data to determine adult coho survival rates and shape coho fishing seasons.

Coho numbers can fluctuate a great deal, depending on ocean survival and weather-influenced conditions in the stream while the fish are there.

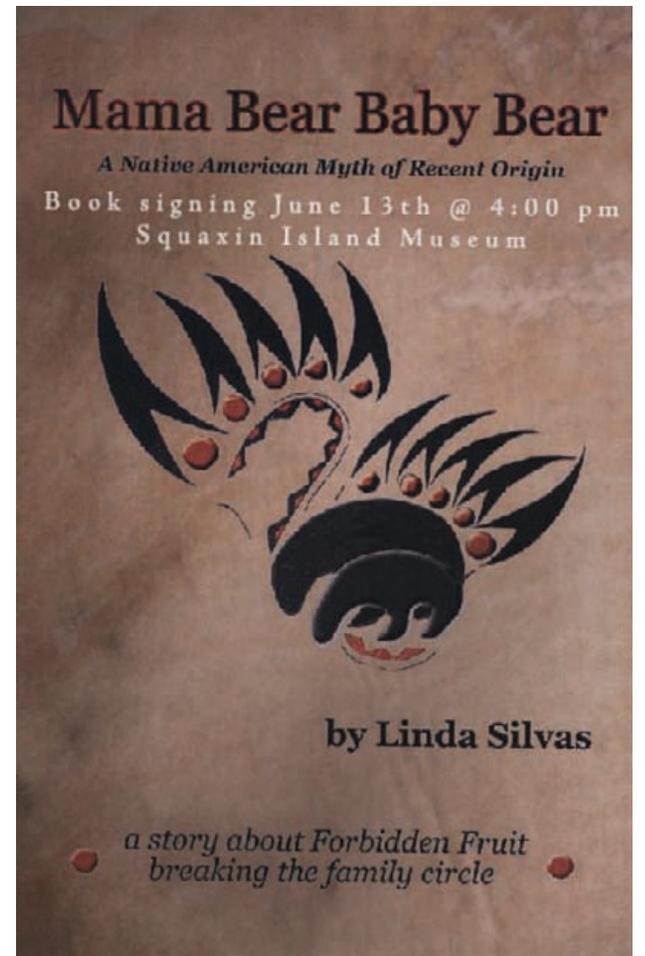
But the percentage of coho heading to sea from above the dam last year clearly was the highest to date.

"It's taken a couple generations to get back in the swing of things of using the upstream habitat," Peters suggested.

No small wonder, as it was off-limits for nearly 120 years.



Squaxin tribal fisheries biologist Joe Peters measures one of 100 selected samples from a Goldsborough Creek smolt trap as habitat biologist Sarah Haque logs the count in downtown Shelton. (Steve Bloom/The Olympian)



Dad & Mom,

Through all life's rough patches, we have made it. Just want to remind you both how special you are and how much we love you. What doesn't kill you truly makes you stronger. you deserve more than we can give you.

God bless!
Misti & Family

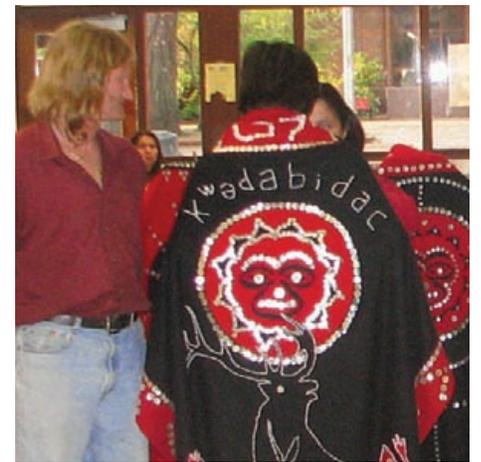




Shellfish growing area courtesy of Dept. of Health 2007
 Road layers courtesy of DNR 2007
 Orthophoto courtesy of NAIP/DNR-DOT 2006

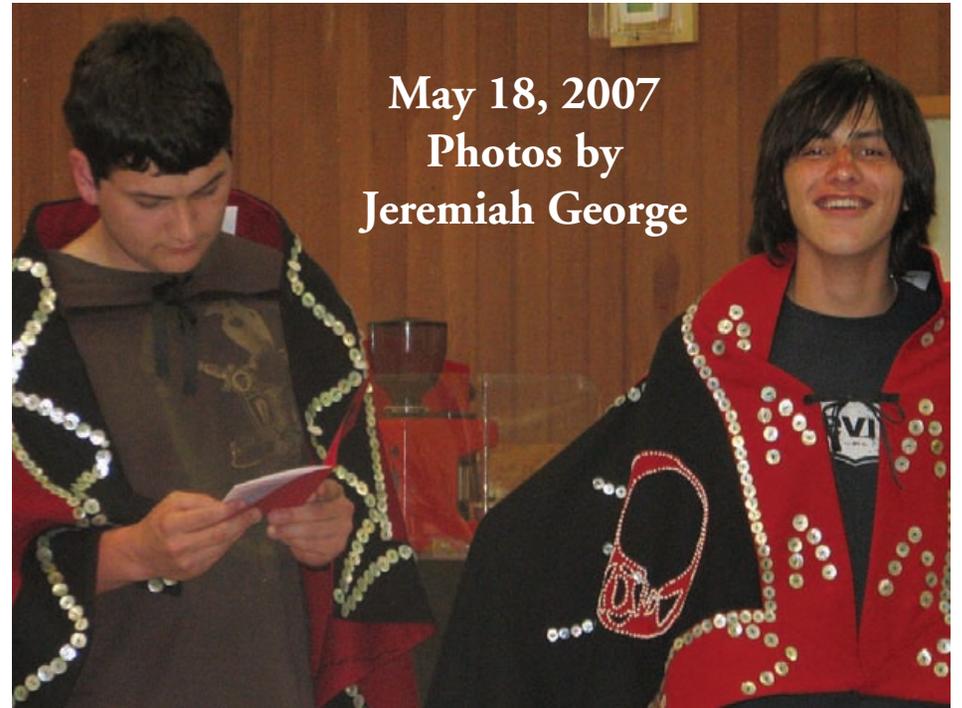
**Area of Restricted Shellfish Harvest
 at Headwaters of Oakland Bay**

For Squaxin Island Tribe use only.
 In accordance with source metadata





— SHELTON INDIAN EDUCATION BANQUET —





1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1950's song.

BLUEBERRY HILL
 BO DIDDLEY
 BYE BYE LOVE
 CRAZY ARMS
 DJANGO
 DONNA
 EVERYDAY
 FEVER
 HEARTBREAK HOTEL
 HONKY TONK
 HOUND DOG
 JAILHOUSE ROCK
 KANSAS CITY
 LA BAMBA
 LONELY TEARDROPS
 LONG TALL SALLY
 MACK THE KNIFE
 MANNISH BOY
 MAYBELLENE
 MISTY

MONA LISA
 MOVE IT
 MYSTERY TRAIN
 NIGHT TRAIN
 ONLY YOU
 PEGGY SUE
 RAVE ON
 RED HOT
 RIP IT UP
 RUMBLE
 SEARCHIN'
 SHOUT
 SIXTEEN TONS
 SPEEDO
 SUZIE Q
 TAKE FIVE
 TEQUILA
 TUTTI FRUTTI
 YAKETY YAK
 YOU SEND ME

R A V E O N I A R T Y R E T S Y M L I
 D Y T S I M H O N K Y T O N K L E O L
 O G N A J D A N I H C R A E S T N N E
 N V L O N E L Y T E A R D R O P S L Y
 N B E E Y R M M B T L S Q H G E H Y E
 A L T F O A O D A E M B K E J U O Y L
 S U O T I V D K N R L A M A I I U O D
 N E O N E N E Y A E E L I U T Z T U D
 O B Y I G F K Y R R S L E T R M U K I
 T E T A I T Z E B E H U U N E A A S D
 N R T V K A A T H O V R O U E N S H O
 E R E E R E R L U T F E S Y S N I O B
 E Y E C Q A T S L I K Y F A O I L U A
 T H F D E U E Y T S G C S T D S A N B
 X I H H H R I T Y G A C A I E H N D M
 I L S W O O U L E A I L O M E B O D A
 S L R C L T T P A T K D L A P O M O B
 L I K E V O L E Y B E Y B Y S Y V G A
 R I P I T U P E N I G H T T R A I N L

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>



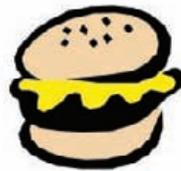
Sock Hop

Hosted by the Squaxin Island Elders

Friday, June 15th, 2007

6:00 pm - 9:00 pm

Lots of Fun Dress 50's Style
Squaxin Island Tribal Gym



Hamburgers \$ 1.00
Hot Dogs \$.50
&
Soda Pop



This event is Drug and Alcohol Free
and open to the Community, so please
invite your family, friends, and guest(s).

ATNI Skookum Creek Tobacco Company Booth

The Skookum Creek Tobacco Company Booth at the ATNI Conference held at Little Creek Casino May 21-25 was managed by Tyson Kruger and showcased company products. The Tourism banner (director Leslie Johnson pictured here giving Tyson a much needed break) featured upcoming events such as Sa-He-Wa-Mish Days (February 08) and SalmonFest and the Museum Library and Research Center.





OUR FRIENDS ARE WELL RESPECTED



Assisting the Chilean Navy

Captain Douglas Washburn, Quinault Tribe Resource Protection Manager - On January 11th, 2007, Sergeant Harry Butler located a capsized boat that has washed ashore near Whale Creek on the beach of the Quinault Indian Nation. At first we thought that this may have been related to a body that had washed ashore the same morning at the mouth of the Quinault River, but we later found out that they were two separate incidents.

The boat that had washed ashore was identified by researching the manufacturer of the boat, "Safe-boats," which we later found out is a company out of Port Orchard, Washington. After contacting the company, they were a bit surprised because this boat had been on a ship bound for Chile, South America, and that it had been reported missing off the coast of Mexico.

The boat appeared to be brand new because the two outboard motors that were on it still had plastic wrap on them with no propellers. The boat had numbering and ARMADA DE CHILE lettering on the tube portion of the boat. The Resource Protection Department was later contacted by officials from the Chilean Naval Mission in Washington D.C. about this boat, and the possibility of attempting to recover the boat.

The recovery effort was dependant on the insurance company, and the availability of a helicopter from a company call Columbia Helicopters. After approximately a week and a half, the recovery effort took place

on Sunday, January 21st. The plan was to have the helicopter attach a line to the boat and turn it over so that it was right side up, and then attach cables to the boat and airlift it to a location nearby on a road where a truck and a boat trailer were waiting. Harry Butler described the recovery as going as planned, except that the boat was near the weight limit for the twin bladed helicopter that was lifting it. They had to fly about a half mile to the south to gain enough altitude to clear the trees on the bluff near the beach. Once the boat was near the trailer, Harry said that it was difficult to guide the boat because of the prop wash from the helicopter.

On February 8, 2007, I received a letter from Felipe Carnajal. Rear Admiral, Head, Chilean Naval Mission. I think this letter came to me because I was the contact person with QIN. The letter was dated January 31, 2007 and read as follows: "Dear Sir, On behalf of the Chilean Navy I would like to extend our sincere gratitude for the good will and outstanding effort you and your personnel demonstrated on the case of the Defender class boat wrecked in the coast under your jurisdiction. I would like to make extensive the gratitude of the Chilean Navy to the personnel under you command and let you know that we are obliged to you, and will be glad to help if we could ever be of any assistance."

Squaxin Island Bible Church

Today we will consider the word "Hope."

The Psalmist David wrote, "Be of good courage, and the Lord will strengthen you heart, all ye that hope in the Lord."

The word "Hope" simply means expect the very best to happen in one's life.

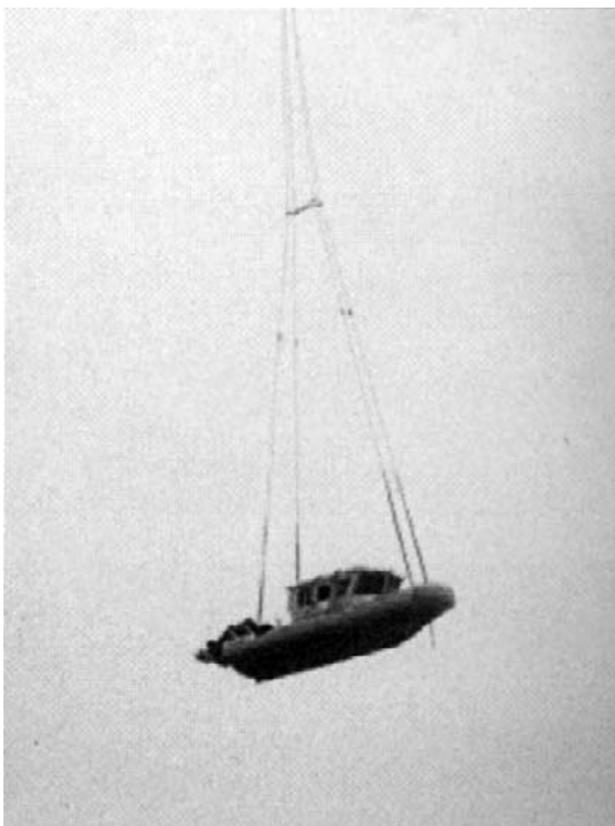
When that first child was born into your family, do you remember his or her first smile? In that smile all of Heaven seemed to come down and fill your heart with joy. The precious little face seemed to light up with joy and happiness. This was a special wonderful time in your life as a parent.

Now please allow me to share with you a very special truth which will bless you. The next time you baby puts on a happy face, look into his eyes. There you will see the light of the Lord, the Creator. The glistening light you see is the hope for tomorrow and the life for today.

Your child has grown now. Perhaps he or she is a teenager or a young adult. That light is still there. Look and I know you will see the shining, glistening light of Hope.

We, as parents, have that awesome responsibility of keeping the light burning in the heart and lives of our children. Please include Jesus Christ in your family life. He is the source of hope, faith and love.

Presented by Pastor Ron Dailey of the Squaxin Bible Church. The church meets in the Simpson Room at the Squaxin Island Tribe Museum on Sundays at 11:00 a.m. For further information, call 432-3009.



Did You Know . . . ?

Squaxin Island Tribe
has Toll Free Numbers
877.386.3649 - **Tribal Center**
800.772.5030 - **NWITC**
877.386.3645 - **NWITC Outpatient**

FOR SALE

SAMSUNG 10,200 BTU
WINDOW Air conditioner
I used it about 2 weeks last summer
Once the controls are set it is automatic
Paid \$289.00
Will sell for \$175.00
or best offer
All of the installation hardware is with it!
CALL RICK AT 426-1351



Domestic Violence and Sexual Assault Forum

Sally Heath - On 5-10-2007, a tribal forum was held in Tacoma to address Domestic Violence and Sexual Assault in our communities. We were invited to attend as a means of examining, training and gathering information about how to address Squaxin Island's needs and to share our own experiences on the above. The forum was sponsored by the Washington Coalition of Sexual Assault Programs (WSCAP) and was also one of five tribal gatherings held across Washington State. Christina Marie Entrekin is a staff attorney for WSCAP and has specialized in serving youth at risk, women and children and special education needs while working for the Northwest Justice Project. Christina provided us with an overview of the difference between Domestic Violence and Sexual Assault. She talked with us about the need for involving more men in our discussions and encouraged us to share our learning after we returned home.

The rates of sexual violence in tribal communities are so much higher than amongst other populations. In many areas, our rates are double the statistics collected from other groups and it is believed these numbers are not representative of our community due to under reporting.

Bonnie Claremont, a HoChunk tribal member, has been an effective tribal advocate for battered women and other sexual assault victims in the Native American community for the past 14 years. She created the Women of Nations, the first organization to address the issue of battering among tribal people. Bonnie worked with us to look at how our current laws both tribal, state and federal have prevented or interfered with justice being served.

Lastly, our own Mr. Ron Whitener, J.D., and also a Assistant Professor with the University of Washington School of Law, spoke about jurisdiction issues and why so many who have been assaulted and the connected charges, often go without prosecution. He shared the history of our current laws, and old cases which continue to interfere today. Ron did a great job of summarizing our concerns and it was wonderful to listen to him speak so clearly of the issues which continue to make reducing Domestic Violence and Sexual Assault difficult.

Here is what we learned:

- Sexual violence is not about sex
- It is about exerting power and control over another person
- Sexual violence is motivated by the need to control, humiliate and harm others
- Sexual violence occurs any time a person is coerced, and/or manipulated into any unwanted sexual activity
- Sexual violence violates a person's trust and feelings of safety

Sexual Violence IS Domestic Violence AND is not domestic violence because it often lacks the "domestic" relationship with the perpetrator. There are many similarities between domestic violence and sexual violence. Many D/V victims are likely to be survivors of S/V. However, many survivors of S/V are not likely to be domestic violence victims.

We know:

- Most victims are female
- Most perpetrators are male
- Most victims are raped by someone they know
- Most rapes do not cause viable physical injury

Sexual Violence is pervasive in American culture. The U.S. has the highest rate of rape of any country in the world which publishes such statistics. We are 13x higher than Great Britain and 20x higher than Japan. In Washington State, 1 in 3 adult

women have been sexually assaulted in their lifetime. 85% of rape victims do not report their assault to law enforcement.

What we know about domestic violence vs. sexual violence

- Society generally holds the perpetrator accountable
- Privacy is not a gate keeping issue
- Society generally doesn't question whether the victim is lying
- Society generally doesn't question the victim's behavior prior to an abusive episode
- More services exist for victims of domestic violence.

How are services different for victims of domestic violence?

- DV survivors generally need shelter, or a safe place to stay. They need immediate safety planning and of ten family law assistance with divorce or other custody issues.
- DV survivors have greater legal remedies available to them because of their status as a domestic violence victim.

How are services different for victims of sexual violence?

- Rape survivors often have significant privacy concerns that prevent them from seeking services
- Physical concerns, such as pregnancy, STD's, etc. necessitate medical interventions
- Counseling for victims tends to take a more clinical (therapy) model than domestic violence programs, which are often peer led

There is a strong push right now to coordinate the development of local resources. Based on our discussions, it was evident many people do not know where to go to receive services, who can help, or what steps to take. People need support during these times and it is important for their voices to be heard. There are current funding opportunities for programs and for community supports and guidance in how to implement these. As a result of our interaction, we have been invited to participate in a day long event where all of the information gathered from each of the tribal forums will be presented and action plans then developed as a result of our input. We are all dedicated to seeing our communities heal and this is one more HUGE step towards stopping further abuse of our people. We would love to have you join us. If you are interested in traveling with us to Daybreak Star on June 14, please contact Lisa Ewing at 426-3442. Food and travel arrangements will be provided.



Front: Ida Cooper, Dodi Nelson, Lisa Ewing, Traci Lopeman and Sally Heath
Back: Diane Beattie and Ron Whitener



COMMUNITY



**Happy Belated
Mothers Day**



**I Love You!
Your #1 Son, Ed**

**Very Happy Belated Birthday
to My Nephew, Leo,
My big Pear Headed Nephew and
Congratulations on my New Grand
Nephew 'Lil Pear Head (Lee)
Loads of Love
Love, Ya, Honey!
Aunt Barb**

**Happy 51st Birthday
to my Baby Brother Ray!
Love Your Chief Sister Barb,
The Whole Henry Clan
and the Rest of the Family**

**Happy 44th
Anniversary Toby and Merlene Lewis**



**He married the Angelic Princess
and ended up with the Queen!
And after 44 years,
he thinks she is more beautiful than ever
and she loves him more than ever!**



**Happy 73rd Birthday, Steve
From Barb and the Rest of the Family**



**Happy 43rd Birthday to My Baby Girl
Joanne, Love Mom
and the Whole Family**



Happy Birthday to Our Graduate, Kiana Jean Henry!!!

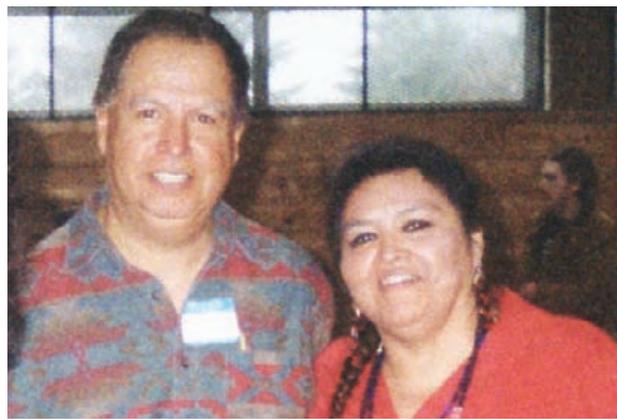




BAGLEY FAMILY REUNION



Many thanks to Gloria Hill and Terri Capoeman for pulling our family together!

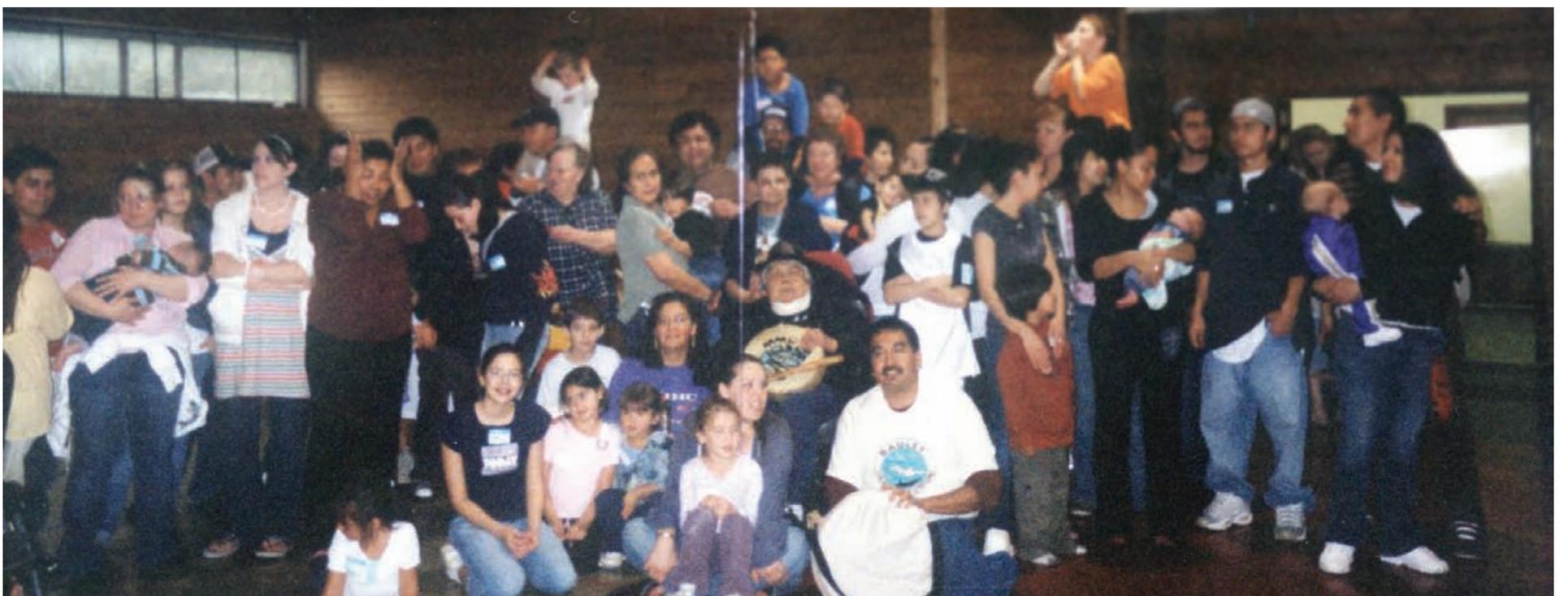
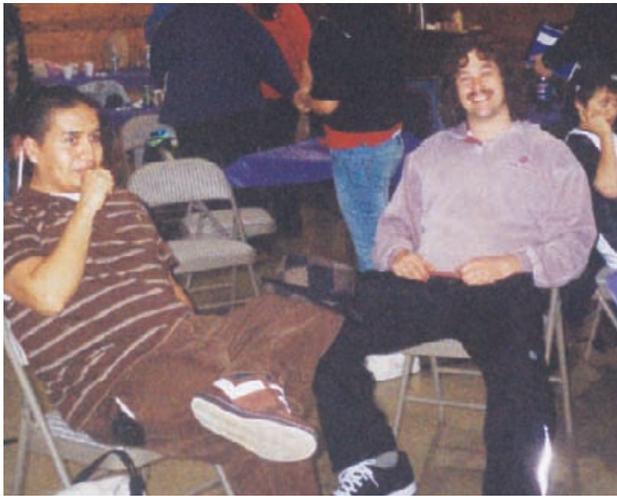




BAGLEY FAMILY REUNION



Photos by Margaret Seymour-Henry





— SQUAXIN ELDERS VISIT MUCKLESHOOT —





Youth Cancer and Wellness Conference

June 15th/16th at Little Creek

The SPIPA Comprehensive Cancer Control Program is hosting a two day culturally-tailored cancer awareness conference for our youth. The focus of this event will be on healthy living and cancer prevention. The youth are our leaders of tomorrow, so we want to provide them with the information on lifestyle choices that will help them live healthy and prevent cancer in the future.

Background

The seeds of tomorrow's leaders are being sown today. The idea of a Native Youth Cancer Committee started from our Cancer Advisory Committee and was included in the CCCP Cancer Control Plan. The CCCP Youth Sub-Committee got the ball rolling by hosting a Youth Leadership Institute on October 27th, 2006 at the Little Creek Casino. The Youth Leadership Summit was based off of a curriculum from the American Cancer Society. From this event six youth emerged as born leaders. This group met 8 times this spring to plan the larger Youth Conference.

Events planned for Conference

This conference will include sessions on Cancer 101, Tobacco, Diet, Exercise, HIV/AIDS, Cervical Cancer and HPV, Testicular Cancer and the connection between Hepatitis C and liver cancer. The training sessions will also include traditional foods.

The goal of this Youth Conference is to encourage youth to lead a healthy life and bring knowledge and wisdom back to their tribes.

This has only been made possible through successful partnerships with a number of agencies including the American Cancer Society, the Washington Health Foundation, The Spirit of the E.A.G.L.E.S, the Leukemia and Lymphoma Society, the American Lung Association, the SPIPA Native Women's Wellness Program and HIV/AIDS program.

This event will start with registration on Friday, June 15th at 3:00 p.m. and will end at 5:00 p.m. Saturday, June 16th. Limited spaces are available. Register as soon as possible. Contact Keena Brown at 360-462-3228 or kbrown@spipa.org



By the end of this Conference, those youth attending will be able to:

- Talk to their peers about cancer prevention and early detection
- Know at least five causes of cancer
- Know healthy lifestyle behaviors that prevent cancer
- Understand which cancers can be detected through routine screening and the importance of early detection of cancer
- Serve in a leadership capacity at the conference and at their Tribes
- Create peer networks and peer support for implementing future cancer control activities by the youth at the community level

Spirit Horse Diabetes Wellness Day a Success!

Patty Suskin, Diabetes Coordinator - On March 30, three Squaxin Island Tribal women, Thelma Shea, Lucille Hause and Meloney Hause attended Spirit Horse Diabetes Wellness Day in Rochester at Galloping Gate Ranch.

They met with Barbara Mora, Paiute/Dine, from Bishop-Paiute Reservation in Bishop, California. Barbara has had diabetes for over ten years and now has it well under control. She checks her blood sugar, walks, does Pilates, meditates and prays to take care of herself. Barbara did not always make her health a priority and now she meets with native people to encourage and inspire them on their road to better diabetes management and overall wellness. They made spirit horse pins, received journals, ate a healthy lunch, had a pilates lesson (see photo) and received pilates mats.



Got Diabetes or Know Someone with Diabetes?

*Want to Live a Long, Healthy Life?
We are Here to Help . . . Read on . . .*

Dave Caulfield and Patty Suskin - Staff at the Squaxin Island Health Center are committed to providing the best care for people with diabetes. We follow the Indian Health Services (IHS) "Standards of Care" for tribal members. The "Standards of Care" are a national set of guidelines to provide the highest quality care possible.

Not at your target for best diabetic management? See us every three months, until you are at your goal. These goals include your Hgb A1C (an average measure of your blood sugar for past 3 months), blood pressure and cholesterol. These are the "ABC's" of good diabetes management. They help ensure a long, productive and happy life for those with diabetes.

When you are at the clinic for your regular diabetes care appointment, your health care provider may say it is time for your yearly check-up. He or she may ask you to schedule a longer appointment so you can get several things done to meet "standards of care" and stay healthy with diabetes.

There are the guidelines that diabetes experts agree can prevent/delay diabetes complications and/or find diabetes complications early so treatment can be started right away. They include suggested medications, tests, immunizations and exams. It is important to get them done or "meet the standards" to give yourself the best chance to stay healthy with diabetes. Most of the long-term problems of diabetes can be treated better if they are found early. Regular examinations are needed, especially of the eyes, kidneys, feet and heart to check for problems.

Here are some ideas to help you keep up-to-date on your tests/exams/immunizations:

- Ask Patty for a wallet card. Record your test/exams/immunizations. This can remind you of what is needed and when.
- Schedule your yearly tests and exams on the same month each year (maybe your birth month?)
- Ask your health care provider at every visit if you are up-to-date with your test/exams/immunizations.

We will also keep you updated with the newest research in diabetes care. You may find that more medications are needed to ensure you will stay healthy. Research is being done all of the time, and things change quickly. We are committed to making sure you know what we know to keep you healthy.



Outdoor Activity of the Month

Explore tidal rips at Shelton's Walker Park

WHAT

Walker Park in Shelton.

WHERE

The park is at 2400 Walker Park Road.

TO DO

Walker Park is one of the nicest waterfront parks in Puget Sound. The park has a big pebble-and-shell beach that has great views of Hammersley Inlet. The five-acre park also has huge cedar and fir trees, picnic areas and play areas. There are few better places for a picnic and beach walk in Puget Sound — especially during a low tide. The beach is saturated with shellfish, but it is illegal to harvest them, as pollution has made them unsafe to eat. Beachcombers find lots of interesting shells on this beach. Many visitors launch kayaks or canoes on the beach and go for a paddle. A visit to this beach during a falling tide will reveal the giant rip — the seam between fast and slow water — that forms when the water is flowing through Hammersley Inlet. Kayakers sometimes play in the rip, but don't go out there unless you are very skilled. Swimmers should always stay well away from the rip. Hammersley Inlet has strong currents during rising or falling tides, so keep this in mind when planning a trip on the water. Millions of chum salmon fingerlings are swimming along Puget Sound beaches right now. Walker Park has a lot of fingerling chum right now. These tiny fish are the offspring of adult chum salmon that spawned last fall. This migration toward the Pacific Ocean is a huge — but very quiet — spectacle in Puget Sound. Young chum salmon head for saltwater soon after hatching from the egg. If you stand very still at the edge of the water, there's a good chance you'll see plenty of the little fish — they resemble tiny trout — swim by. Sometimes the baby chum are in dense schools, or you might see them in loose groups of a dozen fish or so. Watch for the gulls and herons that love to eat these tiny fish. The park also has a play area with a slide, swings and jungle gym.

TO SEE

Check out the jump-across stream that flows through the park, down a short cascade and into Hammersley Inlet. Walk along the beach for the views and to see many kinds of shorebirds and even a seal or two. Walker Park is part of the state's Cascadia Marine Trail — which is a network of launch sites and parks. A kiosk at the park has a map of marine trail sites and much information on the ecology of the Puget Sound.

EQUIPMENT

Kayaks, canoes, safety gear, sunglasses, rain gear, picnic supplies and a change of warm clothing

SAFETY

Don't walk on the beach without shoes or good sandals! Many of the pebbles have barnacles — especially at low tide. Other sharp-edged shells — such as oysters — are on the beach. Children will want to wade into the water, but watch for a fast-moving rip — the seam between fast and slow water — on this beach. Keep an eye on kids in the park area as well, as the stream can be hazard.

PARKING

There is plenty of parking.

PICNICS

There is a nice picnic shelter and barbecue, which can be reserved by calling 360-427-9670, ext. 535. There are many picnic tables, and there is water at the park.

DIRECTIONS

From 101, take the state Route 3 exit for Shelton and turn right onto state Route 3 toward Shelton. Take a right turn onto Arcadia Road. Follow Arcadia Road to Walker Park Road and turn left. Walker Park is on the right at 2400 Walker Park Road.

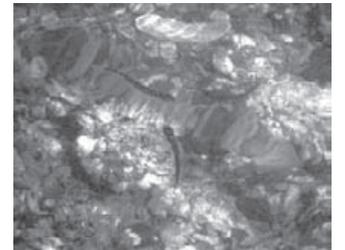
RULES

No alcohol, firearms or fireworks. The park opens at 8 a.m. and closes at dusk. Dogs must be on leashes, and owners must clean up after their pets.

INFORMATION

Call Mason County Parks at 360-427-9670, ext. 535, or visit www.co.mason.wa.us/

Fingerling chum salmon — the offspring of the chum salmon that swarmed into South Sound rivers, creeks and streams last fall — are hanging out near the shoreline at Walker Park and just about every other Puget Sound beach. The baby chum are feeding on plankton and growing fast — they'll head for deeper water in about a month or so.



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 |
|---------------------------------|-----------------------------|------------------|
| Hot Dogs 4 Macaroni & Cheese | Chicken Fajitas 6 | BBQ Ribs 7 |
| Indian Tacos 11 | Pork Roast 13 | Spaghetti 14 |
| Soup & Sandwich 18 | Beef Stew & Biscuits 20 | Baked Chicken 21 |
| Chalupas 25 | Ham & Scalloped Potatoes 27 | Pork Chops 28 |



Congratulations
Raffle Winners



Toni Marshall
April Mammogram



Elizabeth Campbell
April Women's' Health

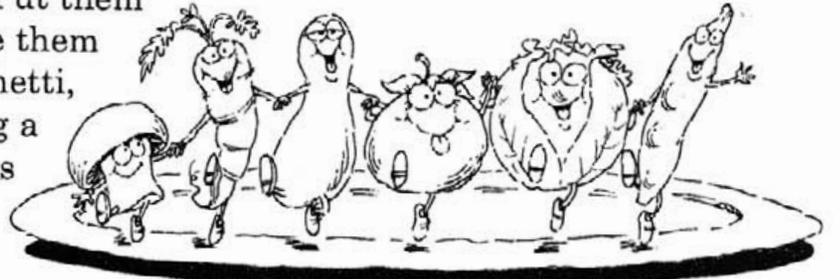


Alicia Saltmarsh
April Mammogram

FAST FOOD TIP #3

**FRESH VEGGIES ARE GREAT -
PILE 'EM UP ON YOUR PLATE.**

Add veggies to every meal you can! They're great for your health and taste good, too. Put them on sandwiches. Have them in salads, with spaghetti, and with rice. Eating a rainbow of vegetables is the way to go.



ACTIVITY

Pizza is a great fast food if you order it right. Choose a thin crust and veggies for your toppings. Find the vegetables from the Word List in this Word Search. Look across, down, backwards, and diagonally. Then write the remaining letters in order on the lines below to find a fruit some people put on pizza.

WORD LIST

- ARTICHOKES
- BAMBOO SHOOTS
- BEETS
- BROCCOLI
- CARROTS
- CORN
- GARLIC
- JALAPEÑOS
- JICAMA
- MUSHROOMS
- ONIONS
- GREEN PEPPERS
- PEAS
- SPINACH
- SQUASH
- TOMATOES
- ZUCCHINI

WORD SEARCH

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| G | B | S | O | G | A | R | L | I | C | B |
| R | R | E | S | N | J | I | C | A | M | A |
| E | O | O | C | P | I | P | E | A | S | M |
| E | C | T | P | A | I | O | I | N | Q | B |
| N | C | A | E | A | R | N | N | P | U | O |
| P | O | M | P | L | E | R | A | S | A | O |
| E | L | O | C | O | R | N | O | C | S | S |
| P | I | T | B | E | E | T | S | T | H | H |
| P | Z | U | C | C | H | I | N | I | S | O |
| E | J | A | L | A | P | E | N | O | S | O |
| R | M | U | S | H | R | O | O | M | S | T |
| S | A | R | T | I | C | H | O | K | E | S |



Health Events

Brief Community Walk

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

Men's Health Awareness Week

June 18- 22
Join us for the Men's Health Event
Wednesday, June 13th 4:00 p.m. to 6:30 p.m.
at the Clinic Parking Lot
Valuable Prizes, Fun Activities, BBQ Meal!

Community Health Walk

Thursday, June 21st
Meet at Elder's Building at 12:40
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
each month wins the walking stick for that month.

Mammogram & Women's Health Exams

June 11th
Contact Rose Algea (360) 432-3930

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come visit our Health Promotions Programs

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

Interested in Lifestyle Balance Program?

If you are Native American & over 18, see if you qualify to participate in this 16-week workshop to improve your health by changing your nutrition & activity



Did You Know . . .

We have a Food Bank for Squaxin Island Tribal community members!

We receive monthly deliveries from Northwest Harvest. Typical items include: pasta, rice, beans, fresh potatoes, canned tomatoes, pears, coffee, frozen turkey hindquarters, frozen potatoes and more. We never know what we will receive.

We are located at the Health Promotions Building (across the parking lot from the clinic). Hours are 9:00 to 4:00 p.m. on Wednesdays.

Contact Janita Johnson, Diabetes Prevention CHR, at 432-3972 for more information, or stop by on a Wednesday!

Free Tee Shirt

Join us for three community walks and on your fourth get a free shirt. To earn a tee shirt you must walk on the 3rd Thursday of the month. (These are the walking stick walks.)

Join us for the next Community Walk

Thursday, June 21, 2007

Help us get the walking stick back!
Meet at the Elder building at 12:30
(We leave as soon as people are ready)
If you can't join us for the walk, and did at least 20 minutes of physical activity, call and let me know so we can count you in our competition for the walking stick.

Janita 432-3972 or e-mail jjohnson@squaxin.nsn.us



Are you Having Trouble Making Ends Meet?..



Kathy Hatch (Chippewa) is a DSHS Employee who works for the Tribes at Tribal Clinics. She is here to help you get the services you need from DSHS. She is friendly & likes to help people.

When: Mondays and Wednesdays at the Clinic from 10:30 a.m. to 1:45 p.m.

Or call the clinic at 427-9006 & leave a message. She will call you back:

She can check your eligibility and applications for:

- Basic Food Program/Food Stamps
- Medical Benefits
- CHOICE medical (no income limit)
- COPEs (in-home care)
- SSI (Social Security)
- First Steps (Pregnancy)
- Child Placement Medical Applications
- ADATSA
- Community Resources
- And more...

Interested in receiving Commodities? Contact Shirley or Bonita at (360)456-9607

Night Clinic Hours

For the convenience of working patients
Are you busy working during the daytime?

Wednesday evening medical appointments are now being offered to working patients and working parents with sick children.

Wednesday evening clinic hours are from 5:00 to 7:00 pm with the last appointment being scheduled at 6:30 p.m.

The pharmacy is also open during these hours.



Happy Birthday Mikey

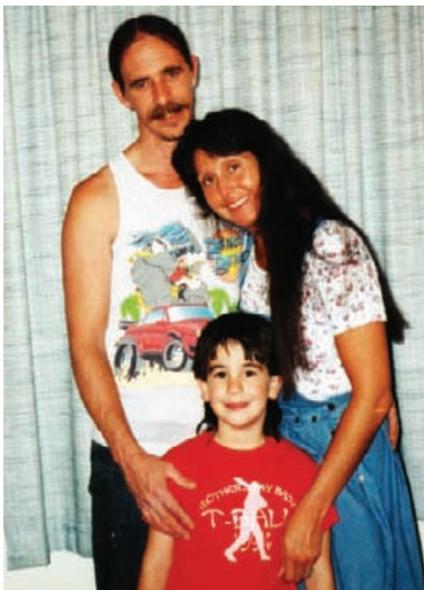


Cape Flattery 2006, Jamal, Gloria, Mikey, Jolene and Dusty

I Love You Son!
- Moms

June 5, 2007

Happy Birthday Dino, Dad, Grandpa



Dino, Joanne and Dillon, 1996

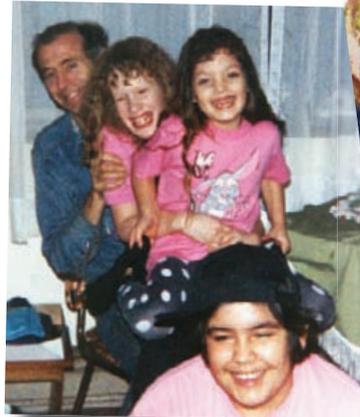


Dino, Joanne and Dillon and Chass
1997

We Love You!!!
Happy Father's Day!!!

Happy Birthday Dad (June 6), Grandpa, Great-Grandpa!!!

Below: Grandpa, Chass,
Jolene and Lil Vince



Steve Henderson



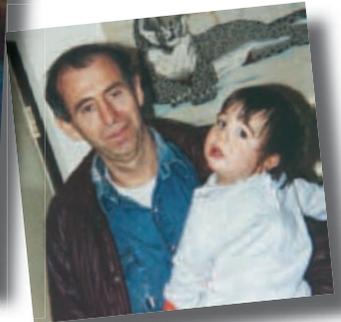
Above: Grandpa, Chass
and Lil Vince



Left:
Grandpa and Chasity

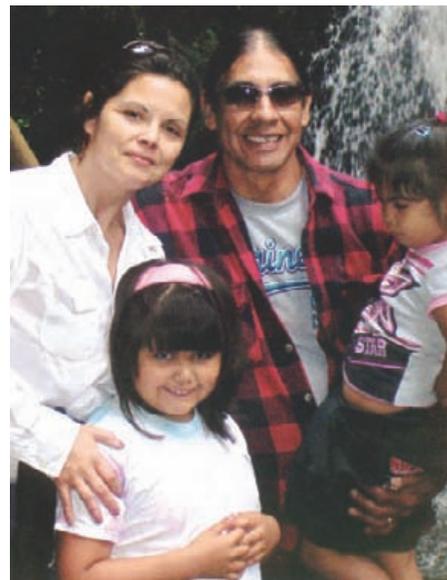


Mom, Dad
Grandma, Grandpa
Great-Grandma, Great-Grandpa



Grandpa and Dillon

And Happy Father's Day!!! We Love You!



Happy Father's Day Vinny!!!
Love,
Margaret, Malia and Kiana



Tourism Happenings



SUPER SATURDAY

SalmonFest has a booth at this event! We'll be serving clams & fry bread!!!!!! Come visit with us and support us! All proceeds benefit the Squaxin Island Museum Library and Research Center AND the Tu Ha' Buts

Learning Center. The booth is manned by Tourism, the museum, and the SPSCC Anthropology Club.

Super Saturday Celebrates 29 years
The Evergreen State College
June 16, 2007 | 10 a.m. - 6 p.m.

LAKEFAIR

SalmonFest has a booth at LakeFair this year! Come see us on Water Street. We plan to serve clams and fry bread at LakeFair too!

Golden Lakefair Festival
Olympia
July 18 - 22, 2007



SALMONFEST

Don't forget SALMONFEST!!!! Last year we didn't charge to enter and it was hard to estimate attendance. This year entrance is by \$2.00 donation. Don't worry though, donation means if you wanna donate to this worthy cause! Of course Elders & Tribal member are free.

August 18, 2007
Noon to 8:00 p.m..
Little Creek Parking lot next to 108!!!!

All proceeds benefit the Squaxin Island Museum Library and Research Center AND the Tu Ha'Buts Learning Center.

We always need native artists for SalmonFest!

CONTACT:

Leslie Johnson, Director, Squaxin Island Tourism
360 432-3838

Have tourism Ideas? -- give me a call. I want your thoughts! I hope you like our Tourism banner (at right)!

Scott Williams to Visit MLRC

Scott Williams, who has visited our tribe many times before with his Flint Knapping, is coming back again to the Squaxin Island Museum, **June 16 from 1:00 to 4:00 p.m..**

Knapping is done in a variety of ways depending on the purpose of the final product. For stone tools and flintlock strikers flint is worked using a fabricator, such as a hammerstone, to remove lithic flakes from a nucleus or core of tool stone. Stone tools can then be further refined using wood, bone, and antler tools to perform pressure flaking.

For building work a hammer or pick is used to split flint nodules supported on the lap. Often the flint nodule will be split in half to create two flints with a flat circular face for use in walls constructed of lime. More sophisticated knapping is employed to produce almost perfect cubes which are used as bricks.

For more information Contact Leslie Johnson at (360) 432-3838

In cultures that have not adopted metalworking technologies, the production of stone tools by flintknappers is common, but in modern cultures the making of such tools is the domain of experimental archaeologists and hobbyists. Archaeologists usually undertake the task so that they can better understand how prehistoric stone tools were made.

Hard Hammer Percussion

Hard hammer techniques are used to remove large flakes of stone. Early flintknappers and hobbyists replicating their methods often use cobbles of very hard stone, such as quartzite. This technique can be used by flintknappers to remove broad flakes that can be made into smaller tools. This method of manufacture is believed to have been used to make some of the earliest stone tools ever found, some of which date from over 2 million years ago.

-Soft Hammer Percussions

Early flintknappers could have used simple hammers made of wood or antler to shape stone tools. Soft hammer techniques are more precise than hard hammer methods of shaping stone. Soft hammer techniques allow a flintknapper to shape a stone into many different kinds of cutting, scraping, and projectile tools.

Pressure Flaking

Pressure flaking involves removing narrow flakes along the edge of a stone tool. This technique is often used to do detailed thinning and shaping of a stone tool. Pressure flaking involves putting a large amount of force across a region on the edge of the tool and (hopefully) causing a narrow flake to come off of the stone. Modern hobbyists often use pressure flaking tools with a copper or brass tip, but early flintknappers could have used antler tines or a pointed wooden punch. Traditionalist flintknappers still use antler tines and copper tipped tools. The major advantage of using soft metals is that the metal punches wear down less and are less likely to break under pressure.

From Wikipedia, the free encyclopedia
http://en.wikipedia.org/wiki/Flint_knapping

