



Congratulations Newly Elected Squaxin Island Tribal Council Members



DAVID LOPEMAN
Tribal Chairman



MISTI SAENZ-GARCIA
First Council Member



MARCELLA CASTRO
Second Council member

During the annual General Body meeting on May 3rd, David Lopeman was elected Tribal Chairman, Misti Saenz-Garcia was elected First Council Member and Marcella Castro was elected Second Council member.

Nominees for the Tribal Council position were Jim Peters (79 votes), nominated by Chazmin Peters, Marvin Henry (28 votes) nominated by Sue Henry, Dave Lopeman (94 votes) nominated by Ruth Lopeman and Will Penn (27 votes) nominated by Laureen Rosetta.

For the First Council member position, the nominees were Misti Saenz-Garcia (67 votes), nominated by Julie Owens, Paula Henry (20 votes) nominated by Rose Blueback, Joe Peters (37 votes) nominated by Daniel Kuntz, Bryan Johnson (61 votes) nominated by Buck Clark, LaMetta LaClair (9 votes) nominated by Angel Blueback and Janita Johnson (31 votes) nominated by Jeanette Sigo.

Nominees for the Second Council member position were Rick Peters (18

votes) nominated by Sue Henry, Marcella Castro (93 votes) nominated by Virginia Beruman, Pete Kruger (94 votes) nominated by Andy Whitener, Steve Sigo (20 votes) nominated by Janita Johnson, and Sue Henry (declined) nominated by Levi Sanchez.

In the runoffs, Jim Peters received 97 votes and Dave Lopeman received 132 votes. Misti Saenz-Garcia received 120 votes and Bryan Johnson received 109 votes. Marcella Castro received 119 votes and Pete Kruger received 110 votes.

After elections, tribal government directors gave overviews of the progress made during the past year.

Concerns raised by tribal members included not having adequate time during the election process to ask questions. Melonie Hause said she doesn't feel that three

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PEOPLE OF THE WATER

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COMMUNITY



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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:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

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

Enrollment Committee

The Enrollment Committee will meet on the 2nd Tuesday of each month and will be an advisory board to the Tribal Council. They will have the ability to provide recommendations to Council regarding changes in enrollment and are encouraged to discuss any changes to policy, requirements and the process of enrollment.



Members are:

Vicki Kruger ~ Chair
Misti Saenz-Garcia ~ Vice-Chair
Liz (Johns) Yeahquo ~ Secretary
Margaret Henry ~ Member
Mary Whitener ~ Member
Paula Krise Henry ~ Member
Marcella Castro ~ Member
Charlene Krise ~ Council Rep.
Diane Stymacks ~ Alternate
Janita Johnson ~ Alternate

Staff:

Tammy Ford ~ Enrollment Officer
Melissa Puhn ~ Recorder
Kevin Lyon ~ Attorney

First Meeting with the Newly Elected Tribal Council Members

Photo by Charlene Krise



Squaxin Island Tribe First Public FY09 Budget Hearing

JUNE 11, 2008 AT 4:30 P.M.

Council Chambers

The Squaxin Island Tribe needs to hear from you. The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities. Come share your concerns, visions and help set priorities for FY09 programs. Dinner at the Elders Room will follow.

If you need additional information, please contact a member of the Budget Commission:

Russell Harper, *Council Treasurer*
Ray Peters, *Executive Director*
Deborah Stoeck, *Comptroller*
Whitney Jones, *Deputy Executive Director*
Carrie Smith, *Tribal Member*
Carolyn Hoosier, *Tribal Member*
Pam Hillstrom, *Tribal Member, Alternate*
Rhonda Foster, *Tribal Member, Alternate*



Business Development Center Presentation - Couldn't Hear Me at General Body?

Here is a 2nd chance for anyone in the community that is interested in the plans to assist tribal entrepreneurs. I will be giving another presentation on the Business Development Center on Friday, June 6th @ 2:00 p.m. at the Squaxin Island Museum. For questions contact: Jennifer Ulrich (360) 432-0231 jwulrich@ieinc.org

House For Sale

Ray Henry is selling his home for \$70,000 (negotiable) with a good size down payment. For more information, call him at 462-9366,

General Body Meeting Continued from Page 1

minutes, the maximum time currently allotted to each candidate to state their positions, is enough. Joe Peters requested trash from casino events to be recycled. Vicki Kruger reminded everyone about the upcoming hosting of the Canoe Journey in 2012 and asked everyone to begin preparing for this enormous event. She asked if tickets to casino events could be provided to tribal elders and thanked the casino for selling tribal members' artwork in the gift shops. Lisa Ewing thanked the tribe for everything that has been done to take care of the Mud Bay Shaker Church. Young Jaimie Cruz talked about playground equipment and asked about expenditures on public safety equipment. The meeting began at 10:00 a.m. with 192 members signed in. A quorum of 190 was needed to hold elections. The meeting concluded at approximately 3:00 p.m.

Cashiers Office Hours


MONDAY - FRIDAY

7:30 a.m. - 4:00 p.m.

Closed for lunch from Noon -1:00 p.m.

Phone: 432-3940

We accept VISA, MasterCard and American Express



Native Youth POWER Conference 2008

Great Wolf Lodge — Chehalis, WA — June 20-23, 2008

Promoting Outreach & Wellness Empowerment at the Reservations

Expected Outcomes:
native youth learn healthy habits
native youth learn how to prevent disease
native youth become peer educators in wellness
native youth set goals and learn new physical activities

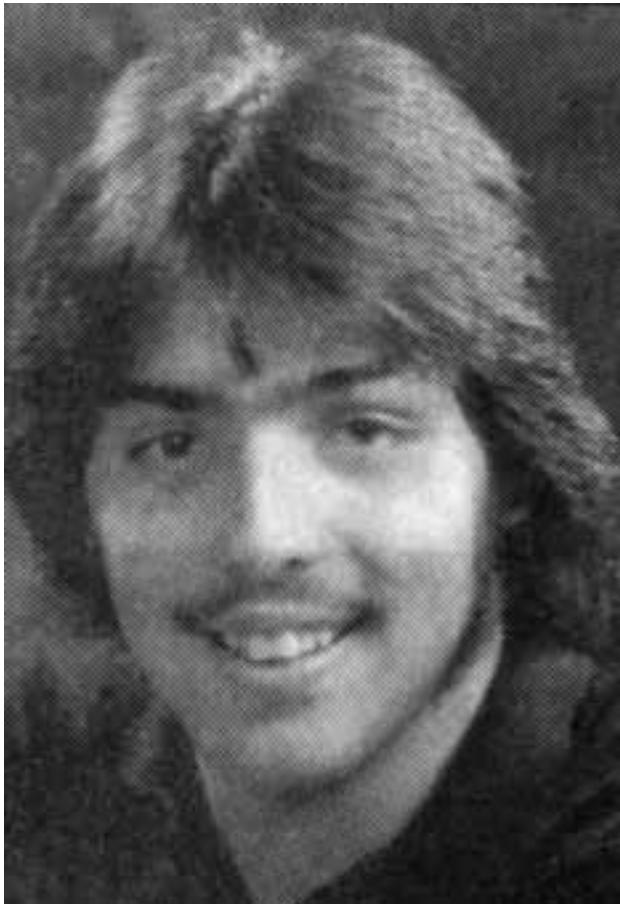
Vision: native youth become leaders in wellnessfor a lifetimefor their community

Contact John Simmons
Comprehensive Cancer Control Program Coordinator
360-462-3660

June 20th		June 21st		June 22nd		June 23rd	
8:00-8:30	breakfast + Dig Story	breakfast + Dig Story	breakfast + Dig Story	breakfast + Dig Story	breakfast + Dig Story	breakfast + Dig Story	breakfast + Dig Story
8:30-9:00	welcome, introductions, instructions	welcome, introductions, instructions	welcome, introductions, instructions	welcome, introductions, instructions	welcome, introductions, instructions	welcome, introductions, instructions	welcome, introductions, instructions
9:00-10:00	History of Cancer	History of Cancer	History of Cancer	History of Cancer	History of Cancer	History of Cancer	History of Cancer
10:00-11:00	Risk and Prevention of Cancer	Risk and Prevention of Cancer	Risk and Prevention of Cancer	Risk and Prevention of Cancer	Risk and Prevention of Cancer	Risk and Prevention of Cancer	Risk and Prevention of Cancer
11:00-12:00	Treatment of Cancer	Treatment of Cancer	Treatment of Cancer	Treatment of Cancer	Treatment of Cancer	Treatment of Cancer	Treatment of Cancer
12:00-12:30	Traditional Art/Craft	Traditional Art/Craft	Traditional Art/Craft	Traditional Art/Craft	Traditional Art/Craft	Traditional Art/Craft	Traditional Art/Craft
12:30-1:00	Genetics of Cancer	Genetics of Cancer	Genetics of Cancer	Genetics of Cancer	Genetics of Cancer	Genetics of Cancer	Genetics of Cancer
1:00-1:30	Lifestyle & Lifestyle	Lifestyle & Lifestyle	Lifestyle & Lifestyle	Lifestyle & Lifestyle	Lifestyle & Lifestyle	Lifestyle & Lifestyle	Lifestyle & Lifestyle
1:30-2:00	lunch + Dig Story	lunch + Dig Story	lunch + Dig Story	lunch + Dig Story	lunch + Dig Story	lunch + Dig Story	lunch + Dig Story
2:00-2:30	Wellness Measures for a Lifetime	Wellness Measures for a Lifetime	Wellness Measures for a Lifetime	Wellness Measures for a Lifetime	Wellness Measures for a Lifetime	Wellness Measures for a Lifetime	Wellness Measures for a Lifetime
2:30-3:00	Selfing Physical Activity Goals	Selfing Physical Activity Goals	Selfing Physical Activity Goals	Selfing Physical Activity Goals	Selfing Physical Activity Goals	Selfing Physical Activity Goals	Selfing Physical Activity Goals
3:00-3:30	Dangers of Unhealthy Foods	Dangers of Unhealthy Foods	Dangers of Unhealthy Foods	Dangers of Unhealthy Foods	Dangers of Unhealthy Foods	Dangers of Unhealthy Foods	Dangers of Unhealthy Foods
3:30-4:00	Physical activities #1	Physical activities #1	Physical activities #1	Physical activities #1	Physical activities #1	Physical activities #1	Physical activities #1
4:00-4:30	Physical activities #2	Physical activities #2	Physical activities #2	Physical activities #2	Physical activities #2	Physical activities #2	Physical activities #2
4:30-5:00	Physical activities #3	Physical activities #3	Physical activities #3	Physical activities #3	Physical activities #3	Physical activities #3	Physical activities #3
5:00-5:30	Physical activities #4	Physical activities #4	Physical activities #4	Physical activities #4	Physical activities #4	Physical activities #4	Physical activities #4
5:30-6:00	Physical activities #5	Physical activities #5	Physical activities #5	Physical activities #5	Physical activities #5	Physical activities #5	Physical activities #5
6:00-6:30	Physical activities #6	Physical activities #6	Physical activities #6	Physical activities #6	Physical activities #6	Physical activities #6	Physical activities #6
6:30-7:00	Physical activities #7	Physical activities #7	Physical activities #7	Physical activities #7	Physical activities #7	Physical activities #7	Physical activities #7
7:00-7:30	Physical activities #8	Physical activities #8	Physical activities #8	Physical activities #8	Physical activities #8	Physical activities #8	Physical activities #8
7:30-8:00	Physical activities #9	Physical activities #9	Physical activities #9	Physical activities #9	Physical activities #9	Physical activities #9	Physical activities #9
8:00-8:30	Physical activities #10	Physical activities #10	Physical activities #10	Physical activities #10	Physical activities #10	Physical activities #10	Physical activities #10
8:30-9:00	Physical activities #11	Physical activities #11	Physical activities #11	Physical activities #11	Physical activities #11	Physical activities #11	Physical activities #11
9:00-9:30	Physical activities #12	Physical activities #12	Physical activities #12	Physical activities #12	Physical activities #12	Physical activities #12	Physical activities #12
9:30-10:00	Physical activities #13	Physical activities #13	Physical activities #13	Physical activities #13	Physical activities #13	Physical activities #13	Physical activities #13
10:00-10:30	Physical activities #14	Physical activities #14	Physical activities #14	Physical activities #14	Physical activities #14	Physical activities #14	Physical activities #14
10:30-11:00	Physical activities #15	Physical activities #15	Physical activities #15	Physical activities #15	Physical activities #15	Physical activities #15	Physical activities #15
11:00-11:30	Physical activities #16	Physical activities #16	Physical activities #16	Physical activities #16	Physical activities #16	Physical activities #16	Physical activities #16
11:30-12:00	Physical activities #17	Physical activities #17	Physical activities #17	Physical activities #17	Physical activities #17	Physical activities #17	Physical activities #17



Walking On



Eric Jon Kruger

Eric Jon Kruger, a beloved Squaxin Island tribal member, died at Mason General Hospital on May 1, 2008.

He was born in Shelton on November 23rd, 1964 to Pete and Barbara (Ruch) Kruger. Eric was 43 years old and he will be greatly missed by many friends and family members.

Eric lived in Shelton nearly all of his life. He attended Mt. View Elementary, Shelton Middle School and Shelton High School where he played football and

baseball. He also played American Legion Baseball during the summers of his high school years.

Eric worked as a roofer for Kruger Roofing Co. Unfortunately, a motorcycle accident in 1989 made it difficult for him to work and participate in athletics. In spite of dealing with the challenges caused by the accident, Eric is remembered by his friends and family for his beautiful smile and laughter, his sense of humor and his genuine care for others.

Eric cared for many children and many grew up having a special love for him.

In addition to remembering Eric's athletic abilities, we all remember Eric's love for music and how fun it was when he played "air guitar." Eric made traditional Native American drums and did beadwork and other traditional crafts. Recently he was making a pair of moccasins. He also had an interest in cooking.

What a gift Eric has been, and will always be, to all of us who have loved him.

Eric was preceded in death by his mother, Barbara, and by his maternal and paternal grandparents. He is survived by his father and stepmother Pete and Lil Kruger of Shelton; his sisters Kathi Neilson of Enumclaw and Michelle Drengson of Olympia; his brothers Mike Kruger, Pete Kruger, Clint Kruger and Tully Kruger, all of Shelton. He is also survived by 18 nephews and nieces, 3 God-children and 12 great-nephews and nieces.

A burial was held at Shelton Cemetery on Tuesday, May 6th at 11:00 a.m. and a celebration of his life was held at the Squaxin Island Tribal Center on Thursday, May 8 at 1:00 p.m. Out of respect for the family, the Tribal Center was closed at noon that day.

Memorial donations can be made to Multiple Sclerosis Society and sent to Our Community Credit Union at P.O. Box 1670, Shelton, WA 98584.



Tentative 2008 Canoe Journey Schedule

July 14	Squaxin Island hosting
July 15	Arrive at Nisqually
July 16	Arrive at Puyallup
July 17	Arrive at Muckleshoot - 2 days
July 19	Arrive in Suquamish
July 20	Arrive in Port Gamble
July 21	Arrive in Port Townsend
July 22	Arrive in Jamestown
July 23	Arrive in Elwah - 2 days
July 25	Arrive in Songees
July 26	Arrive in Tsaout
July 27	Arrive in Tsartlip
July 28	Arrive in Cowichan
July 28	Potlatch protocol begins
August 1	Final Day of Potlatch protocol
August 2	Rehearsal day for Indigenous games
August 3	Opening Ceremonies and Cowichan Host Potlatch

If you are interested in participating this year, please contact Jeremiah George - jgeorge@squaxin.nsn.us





Are You Registered to Vote?

If not, ask at the front desk.
We will help you get signed up.

Mark Your Calendars!!!

Annual Sgwi' Gwi

Honoring Education

June 20th at 5:00

in the LCCR Events Center

Congratulations Kim Heller, Grays Harbor College Student and Morris K. Udall Scholarship Recipient

Grays Harbor College (GHC) student Kim Heller is one of only two GHC students in the nation to win the prestigious Morris K. Udall scholarship. Udall scholarships support future leaders with a demonstrated commitment to careers in the environment or in tribal public policy and Native health care. Eighty scholarship winners were chosen from among 510 applicants across the nation.

The Udall Scholarship program was established by Congress in 1992 to honor the legacy of Congressman Morris Udall who was a champion for the rights of Native Americans and Alaska Natives and the environment.

Kim Heller is a descendent of the Squaxin Island tribe and a student in the Grays Harbor College Reservation-Based program.

Commenting on the opportunity, Heller said "I am honored to have been selected for the Udall scholarship. I am looking forward to the leadership seminar this summer and hope to use the knowledge I gain to better serve my tribal community."

Udall scholarships provide \$5000 support for the student's education as well as the opportunity to participate in a week-long leadership seminar in Tucson, Arizona.

Terri Capoeman to Earn GED



Hello, my name is Terri Capoeman. I'm the daughter of Lizzie Perez and Herbert Capoeman, Jr. I'm an enrolled Squaxin Island member. I have five daughters, Latoya, Lachell, Koreena, Elena and Clara, and one son, David Josiah. My hobbies are clam digging, native dancing and drumming. I love to go on Tribal Canoe Journeys every year. Tribal Canoe Journeys bring families together in a positive way.

I work at Little Creek Casino Resort, and have been there since 2001. I like it there because I get to work with people from all over Indian Country.

I would like to say thank you to my family and my family at Little Creek Casino Resort Hotel for all the love and support. I couldn't have done it without you all helping me achieve my GED. I will be graduating June 19th! Hoyt!

P.S. Brother, if you are reading this, I did it, can you believe it? Just want to let you know we are thinking of you and you are in our prayers.

- Love, your family





Twohawks Krise Young, Semi-Pro Skateboarder, Will Assist with Tribal Board Park Plan

AGE: 24

YEARS SKATEBOARDING: 16

Twohawks Krise Young, the son of Mike Krise and Laura Young, has made his way to the skateboarding minor leagues, and will be using his broad knowledge of the sport to assist tribal planners in developing a skateboard park here at Squaxin Island Tribe. The plans are in the rough draft stage, but stay tuned for great things to come! Let's let him tell the rest of the story!

"I grew up mostly on Steamboat Island, and first started skateboarding out there at our house on a small area of concrete. Back then there wasn't any skatepark nearby; the closest was in Yelm. Sometimes my mom would give in to me begging and take me out there. With nowhere nearby my house to skate, I would walk the six miles to Griffin Elementary because they had red curbs you could grind on. On the weekends I would make the voyage on the bus to Olympia to the Westside, and sometimes skate all the way to the capital campus, and back home again. Back then, there wasn't a skatepark in Olympia, and, at most of the places I skated in the city, it was illegal - just like it is now.

"After the Olympia skatepark was built, I skated there, mostly because there weren't any hassles and because it's a fun park. I went to high school at Capital, and continued to skate. At that time my friends started driving, so we would drive to skateparks all over the Northwest. Once I started driving, I would come up to skate in Seattle at Rain City Skatepark, a huge indoor park in a airport hanger.

"That's when I first met Marshal Reed and Eric Green who later started Manik Skateboards, and sponsored me. That was mostly due to the help of one of my best friends, Tom Carter, who filmed me skateboarding, and made skateboard movies.



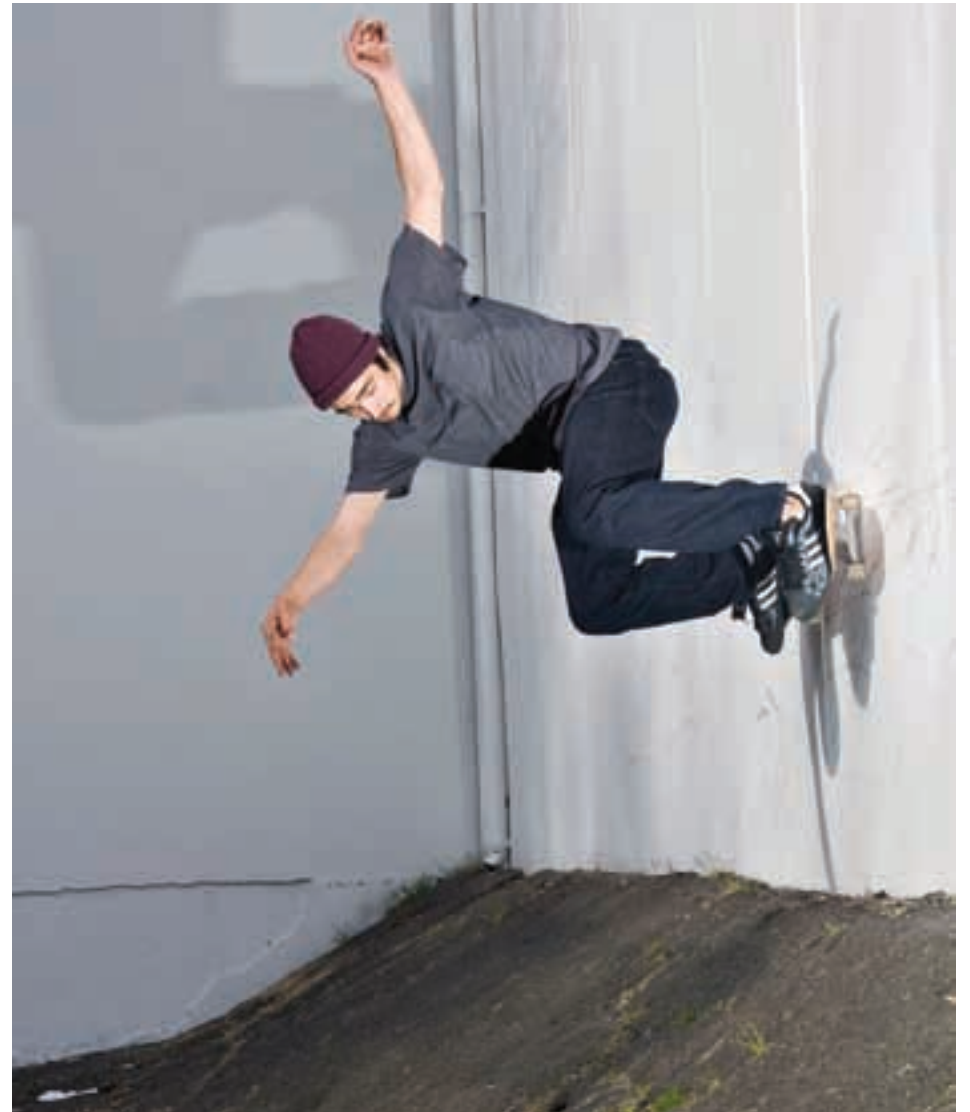
He moved down to California and, every time I talked to him, he would try to get me to move down. I had been to Los Angeles before and pretty much all over California on skateboard trips, so I knew pretty much what to expect moving there. I saved up money working on Jason Koenig's boat and tending the geoduck drivers, and then moved.

"Living in Los Angeles was really intense. I was going to college in Santa Monica, working in Westwood, and living by downtown, which meant I spent two hours a day in traffic. At the end of the day, or whenever I had free time, I would skate. LA is a huge concrete jungle, so there was a lot of stuff to skate. I have mixed feelings about LA. I like it because of how busy it is and hate it because of how overpopulated it is.

"Eventually I got sick of it and home sick, so I moved back to Washington. Once I got back here, I was filming for a video at night, and broke my arm. Just a reminder - don't over wax ledges. I was so bummed out! I'd never been seriously injured skating, and I couldn't skate or do anything else I wanted to do that summer like float down a river. Still hurting with my broken arm plus three pins and two plates, I moved to Seattle. I'm happy in Seattle, but I still miss the Country livin'. Just being around trees feels good.

"Recently I've been skateboarding a lot, working on my part for the Toebock video "don't act famous," and going to school at Seattle Central. I've also been working on trying to get a skatepark built, and in the some temporary ramps out, which should happen soon. Everybody is really psyched about making a park, so I think that it's going to happen!"

You can look Twohawks up online at: <http://toebock.com/team-toe/twohawkswyoung.html> OR <http://www.boardumbskates.biz>





Island Optics LLC

Jennifer Ulrich - Island Optics is an exciting startup company that manufactures and sells high quality patented flex titanium sunglasses and optical frames. Island Optics is a unique partnership created by John Ericks (co-owner of the flex titanium patent), Sonny Davis (Quinault tribal member), and the Squaxin Island Tribe (majority owner of Island Optics), with the goal of building a solid company in the growing eyewear/optical market while enhancing and diversifying the tribal economic base.

The concept for the partnership and vision for Island Optics comes from John Ericks, who brings considerable entrepreneurial experience and expertise to the partnership of Island Optics. John has years of experience selling sunglasses and optical frames to Costco and other major retailers, and he has many amazing contacts in the retail industry vital to the success of Island Optics. The other partner in Island Optics is Sonny Davis. Sonny brings an important component to the partnership with his experience managing tribal businesses and also working at the executive level of state government for several years.

The first official employee of Island Optics is Pete Kruger, a Squaxin Island tribal member hired by Island Optics in March. He is responsible for production and machinery operation. Pete is a welcome addition to Island Optics and brings an outstanding work ethic to the company!

Island Optics sunglasses will initially be sold and marketed to large corporations, companies and casinos who will use the sunglasses as promotional items, or sales incentives for their customers (retail purchase of Island Optics sunglasses is also available at the Little Creek Casino gift shop). Island Optics will print the name or logo of the company or casino on the sunglasses and sunglass case, which provides great advertising for the company and a high quality product for their customers!

Production and office space for Island Optics is temporarily located next to the IEL office building on Old Olympic Highway. Plans for a permanent factory for Island Optics include locating the facility at the current industrial park near the cigarette factory. Ground breaking for that facility will take place in the spring of 2009.

Production machinery for Island Optics arrived from Sweden the last week of April. Sunglass stock will arrive soon after in May, and Island Optics will be in start up production by early June. If you would like to purchase Island Optics sunglasses and other great designer brands, please look for a new display at the Little Creek Casino gift shop starting in June!



**Come One, Come All!!!
It's Fun! It's a Ball!
Get Out and Leave Your Home!
Bring Your Kids or Come Alone!**

Dorinda Thein - Please come join us for line dance class. Have some fun while exercising. The ladies that teach the class are very nice and extremely patient! We desperately need more bodies, male or female, young or older. We laugh a lot, but at the same time, get a workout. It's very low impact, but very effective. So please come join us on Wednesdays and Fridays from 12:00a noon to 1:00 p.m. We really want to keep the class going!

Congratulations Michael Peters

The Olympian, May 9 - The Olympian's art page showcases artwork from students across all grades and schools in the districts we cover.

Look for the weekly feature each Friday on the education page.

The May 9 section features "Sisiutl Greet Sunrise," a print by Michael Nawamuks Peters, a senior at Capital High School.

Peters, a member of the Squaxin Island tribe, created the print as part of his culminating project and this work will be included in the "Emerging Northwest Artist" show at the WildTrout Gallery in Chehalis on May 16.





Native Business: Reach for Success



Jim Stanley, Quinault - There are a lot of ways to advance as an employee in a business. Whether it is to move to a better position within your existing company or to a new company the method to do so is the same. Tell people what you want. Make a good impression. Work hard. Be watchful for an opportunity to show itself. Go for it.

When I started in banking, I took a position as a personal banker in a retail branch. It was not where I wanted to start, but it was the only position available at the time. My desire was to be a business banker. It took me one year to get my shot. During that time I had to hustle to show management that I was worthy of the opportunity. My mindset as a personal banker was to learn the job, perform well, and then do two things that would help me move into becoming a business banker. One, when I first started I asked the business banking manager for a few minutes of his time. I told him that I wanted to be in his group and asked what I needed to do to be there. He said to perform well in my current job and an opportunity for me might come up. Second, after about three months on the job I asked one of the seasoned business bankers if I could help make his life easier by performing simple yet necessary tasks.

Three months later and six months into the job, I ended up generating leads by cold calling on the phone and putting loan packages together. That year was the most challenging of my career. I performed well as a personal banker and found time to "plug in" to the business banking group. Management's expectations for retail production were high and customers' demand for my time was unrelenting. Many times I would only take five minute lunches, long enough to gulp down two peanut butter and jelly sandwiches, and then run out onto the retail floor. That year I found out how character is earned. It was a time where I was constantly being tested. I was developing my skills and earning trust with the right people; and always doing so under time and production pressure. It was often difficult to keep my cool and I felt like blowing up, but I knew that people were always watching me. If I did something that made a bad impression with a decision maker, I would not advance.

Reaching for success starts with a plan and a belief that you can do it. Then find the right people to believe in you and help you with your plan. It will probably take a lot of hard work that tests your skills and patience but in the process you will build character.

Thanks for reading, Cousin. I am hopeful this is helpful.



Congratulations to my grandson, Keenon Vigil-Snook, for achieving the status of being on the Honor Roll. He is in 7th grade, and is a home run hitter on his baseball team at MCRA! His family is so proud of him!!!

Great job! Keep hitting all those home runs!!!

- Lila Vigil

Congratulations Mr. & Mrs. Chris Stewart



Jamie Rose Holaday and Christopher Wade Stewart will be united June 7th. Chris is the son of Debbie Tennis and the grandson of the late Kenneth Dale Pickernell.

Welcome to the family, Jamie, crazy as we are! Love you!

Love always, Mom and family!

HAPPY BIRTHDAY TRISHA

Sweet 16!!! We love you!

The entire Squaxin Island community is invited to help Trisha celebrate her birthday at a dance on June 7th at the Tu Ha' Buts Learning Center Gymnasium. There will be a live DJ and free food!!!

**Squaxin Island youth - please come!
June 7th at 6:00 p.m.**

We love you Trisha!!!





General Body Meeting

Transportation Survey Game Results

Lynn Scroggins - Top priority transportation projects – to be eligible for federal, state, and other transportation grants and loans – need to be on a 3-year priority list with some secured funding. To help Tribal Council establish top transportation priorities, a “game” was held at the May 3rd General Body meeting.

At the Transportation Planning table, people learned about Squaxin’s multi-modal (i.e. motorized, non-motorized, aviation, marine, freight, rail, transit) long-range transportation planning process and project list. They received three dots (each dot representing \$10,000) to mark their top transportation priorities. The results are tallied below, sorted by owner, name, and description, not by priority. Thanks to the advocate who brought lots of people to the table, the Canoe Shed project won the game and will receive extra consideration :-)

1. Mason County, Bike/pedestrian lanes: 1
2. Mason County, Bloomfield Rd resurfacing: 1
3. Squaxin, Bike/pedestrian lanes: 2
4. Squaxin Island dock – pier removal: 2
5. Squaxin Transit – mini-bus replacements: 2
6. Squaxin, Arcadia Boat Ramp phase 1 – replacement, widening: 3
7. Squaxin, Arcadia Boat Ramp phase 2 – parking, restrooms: 3
8. Squaxin, Arcadia Boat Ramp phase 3 – economic development: 5
9. Squaxin, ATV trails: 1
10. Squaxin, Canoe Shed Rd: 9
11. Squaxin, Canoe Shed: 25
12. Squaxin, Community alert system: 2
13. Squaxin, Klah-Che-Min Dr improvements: 2
14. Squaxin, Road maintenance: 1
15. Squaxin, Tourism Center: 4
16. Squaxin, Trails: 2

Transportation Project List

Under Consideration

Here’s the latest 20-year capital improvement project list under consideration, totaling roughly \$43 million. 3-year priority projects (so far) with partially or fully secured funding are marked with an *, totaling roughly \$3.7 million. Visit http://www.squaxinland.org/community_dev/index.html for more information.

The transportation capital improvement project list below is sorted by owner, name, and description, not by priority.

1. Mason County, bike/pedestrian lanes – 20 miles
2. Mason County, Lynch Rd improvements to the spur leading to the Arcadia Boat Ramp – 0.8 mile
3. * Mason County, Simmons Rd – new road between Lynch Rd and Simmons Rd, Hwy 101/Lynch Rd intersection improvements
4. Mason County, Old Olympic Highway/Simmons Rd intersection improvements
5. Squaxin Transit – 1 charter bus, 56 passenger, for elders trips and other uses
6. Squaxin Transit – 1 mini-bus replacement, 16+ passenger
7. Squaxin Transit – 2 buses, 23+ passenger
8. Squaxin Transit – 2 charter buses, 24+ passenger for elders trips and other uses
9. Squaxin Transit – 2 vans, 14+ passenger
10. Squaxin Transit – 3 shelters and pull-outs



11. Squaxin Transit – 3 vans, 12 passenger, for ride sharing
12. Squaxin Transit – Dispatch system improvement
13. Squaxin, Arcadia Boat Ramp phase 1 – replacement, widening
14. Squaxin, Arcadia Boat Ramp phase 2 – parking, restrooms
15. Squaxin, Arcadia Boat Ramp phase 3 – new facilities
16. Squaxin, ATV trails – for many purposes, 5 miles
17. Squaxin, Bike/pedestrian lanes – 5 miles
18. Squaxin, Canoe Shed – new facility
19. Squaxin, Canoe Shed Dr – new road, 0.25 mile
20. * Squaxin, Cemetery Dr – new road, 0.25 mile, 25% complete
21. * Squaxin, Emergency management – community alert system
22. Squaxin, Fleet Maintenance Building – new facility
23. * Squaxin, Klah-Che-Min Dr improvements (i.e. curb, gutter, bike lane, sidewalk, resurface), 0.45 mile
24. * Squaxin, Maintenance – cleaning, repairs, etc
25. * Squaxin, Minor construction/safety – lighting, striping, signage, fencing, railings, etc... also trails and pathways between housing, community, transportation, and commercial areas, 10 miles
26. Squaxin, Natural/Cultural Resources Building – boat storage and workshop
27. Squaxin, Natural/Cultural Resources Building Dr – sidewalks and new road, 0.5 mile
28. Squaxin, Park & Ride lot – expansion
29. * Squaxin, Rail spur – for economic development
30. Squaxin, “Salish Highlands” – new roads in the new commercial area north of Highway 108, 3 miles
31. Squaxin, Salish Hills – new bridge
32. * Squaxin, Salish Hills – new roads in the new commercial area south of Highway 108, 5 miles, 25% complete
33. Squaxin, Slocum Ridge 2 – new bridge
34. Squaxin, Slocum Ridge 2 – new bridge/culvert
35. Squaxin, Slocum Ridge 2 – new roads in the new housing area, 1 mile
36. Squaxin, Squaxin Island dock – pier removal
37. Squaxin, Tourism Center – infrastructure and new facility
38. Squaxin, Tourism enhancements – kiosks, benches, lighting, etc
39. * State of Washington, Highway 108 turn lane into the Little Creek Casino Resort area
40. Thurston County, Boston Harbor ramp improvements

Help prioritize. Please contact Planner Lynn Scroggins at (360) 432-3952 if you would like to help prioritize and/or provide feedback about these or any other transportation projects. Your comments are an important part of the long-range transportation plan update and priority list to be approved by Tribal Council at the end of June. Thanks!



Long-Range Transportation Planning Squaxin Transit Rider Survey Results

Lynn Scroggins - In April, as part of the long-range transportation plan update, Squaxin Transit conducted a two-week survey of bus riders. Of the 32 respondents who completed the survey, 94% were on a deviated fixed route or demand response route and 6% were on a Dial-A-Ride route. 41% of surveys were completed before 1 p.m., 47% were completed after 1 p.m., and 12% were completed at an unknown time. The results below will help inform how Squaxin prioritizes and funds future transit operations and improvements:

How long have you been riding the bus?

28% less than 1 year, 9% 1-2 years, 63% more than 2 years.

How often do you ride?

25% ride less than once a week, 6% ride once a week, 25% ride 2-4 times a week, and 35% ride 5 or more times a week.

What is the purpose of your ride?

11% work, 9% school, 26% shopping, 15% dining, 40% social, 2% medical.

Your age?

9% less than 13 years old, 28% 14-27 years, 31% 28-43 years, 22% 44-62 years, 10% 63 years old and older.

Your gender?

34% male, 66% female.

Your ethnicity?

68% Native American, 19% Caucasian, 5% African American, 8% Hispanic.

Your annual household income?

86% less than \$50,000, 11% \$50,000-\$100,000, 3% more than \$100,000.

Any mobility limitations?

7% yes, 93% no.

Comments.

Never ever charge!! :-) * I think it is awesome that we have the Squaxin Transit. This helps in so many different ways. Thank you, Squaxin * You gals are awesome, the best * Keep this service available to everyone. Thank you * Love this service * Work on weekends!! :-) * Mainly I ride Intercity Transit in Olympia * The drivers are very professional, courteous, helpful * All the Squaxin Transit drivers are down to earth * It's a blessing this bus is available * The transit to Griffin is very important to us and very convenient. Thank you! * Always very nice & helpful. [I] enjoy my ride! * Better or another handrail * Thank you!

Save the date.

June 17 is the final public meeting to review and comment on the 90% draft long-range transportation plan, 4-6 p.m., in the Council Chambers. If you would like to review and provide feedback on the plan, please visit the Squaxin web site www.squaxinland.org/community_dev/index.html. If you have any questions/comments or if you would like a copy of the draft plan, contact Planner Lynn Scroggins at (360) 432-3952.

Welcome!!!

The Office of Housing would like to welcome Kimberly James and her family to the community!!!

How to Save Money in Today's Economy

Civita Dyer - Are you like most of us, worrying about the economy, sky rocketing gas prices and the cost of living? Unfortunately, these are things that we have to think about today. Over the past year, especially, we have seen the prices of everyday items skyrocket. Read on for some helpful tips that can help you learn to save money. They are surprisingly simple. We can easily overlook them; but they can have a big impact on our budget.

- Start with your electric bill. At night, turn down your home thermostat 1 to 5 degrees lower than your daytime setting. Sleep in long pajamas and add extra blankets to your beds. Not only will this help lower your heating costs, cooler air also helps you sleep more comfortably. If you have young children or elderly people in your home, make sure they sleep in warm clothing to avoid getting chilled. Keep doors closed to the rooms you don't use regularly during the day.
- Wash clothes in cold water whenever possible. Make sure the washer and dryer are full to conserve energy.
- Clean the lint filter on your dryer after each use. This keeps your dryer working properly.
- Make the most of your lighting. Using energy efficient bulbs reduces electricity use around 75 percent. Plus, they last longer! Install dimmer switches in all rooms. You can dim your lights lower in the day time when all you need is a soft glow. If you use night lights, use only ones that turn off automatically in daylight.
- Monitor your family's spending habits. Sit down and calculate the total family income. Next, list all bills with an approximate due date. Then, write an amount that can be your mad money. Try to put some in checking for unexpected expenses and a little savings for your future. Having everything in black and white may help you curb impulse buys!
- Cut your grocery bill by comparison shopping. When shopping for your groceries, compare the store brand with the name brand you usually buy. Most often, there is little or no difference in the quality. But there is usually a substantial difference in the price.
- Use coupons. Anytime you can find a coupon for a product that you use, clip it and take it along on your next shopping trip. Some stores even offer double or triple coupon days once a month. Find out if your local store offers this service. If not, suggest that they start.
- Eat before you shop! This may not sound very helpful; but it works! Shopping while hungry always makes you buy more junk food and spur-of-the-moment items.
- Lower your gas costs on your auto by not speeding. The faster you drive, the more your gas mileage decreases. Use the cruise control when possible. Also, change your oil regularly. Clean oil reduces friction and helps improve fuel economy.
- Check your tires. Make sure they are inflated according to your owner's manual and are aligned correctly. This can increase gas mileage between 1 and 3 percent.
- Carpool if you have friends going in the same direction or at least combine your trips so you don't have to drive as often. Walk or ride a bike, if possible.

These tips are simple suggestions that, when put into use, can be quite effective at helping to save money. The main step in saving money and cutting household bills is to set a budget and stick to it!



Office of Housing Highlights

The Office of Housing Free Tax Preparation Site prepared a total of 26 returns this year. A HUGE thanks to Phil Wozniak who did a wonderful job as our sole tax preparer. Next year we'll be back again, so please consider using this FREE service, just think of the money you will save!!

Thanks to everyone that joined us for the Maintaining Your Homes Exterior Workshop / BBQ. Todd Hagman, our Housing Maintenance Specialist gave us a tour of the exterior of a house and offered some valuable information on simple tasks we can do to extend the life of your home.

There will be a series of "Do It Yourself" classes in which each participant will receive a toolbox and the tools needed to complete the task at the workshop. Please watch for details in the near future and consider joining us!!!

Upcoming Events

Do It Yourself Workshops

Screen Repair / Gardening

June 30, 2008 - 5:00 p.m.

Administration Bldg. 1st Floor

Plumbing Basics

July 28, 2008 - 5:00 p.m.

Administration Bldg. 1st Floor

Preparing Your Home for Winter

September 22, 2008 - 5:00p.m.

Administration Bldg. 2nd Floor

Building Native Communities

Financial Skills for Families

Administration Bldg. 2nd Floor

July 15, 16 and 17

3:00 - 6:00 p.m.

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.

Clear Hints for Clean Windows

By Mary Beth Breckenridge | Akron Beacon Journal • Published May 10, 2008 - Invite the sun in with these window-cleaning pointers from Jeld-Wen Inc.

- A cloudy, dry day is best for washing windows. Intense sunlight can dry the cleaning solution too quickly, causing streaks.
- Make a glass cleaner by mixing either 1 teaspoon baby shampoo or 1 1/2 cups vinegar with a gallon of water. Wash windows using the solution and a clean, soft cloth or sponge, and rinse with clean water. Promptly dry glass thoroughly. Use a separate cloth to dry window frames.
- Avoid washing windows with pressurized sprayers, which can break seals.
- Use mild soap and water and a soft sponge or cloth to clean exterior finishes on a window, such as wood, vinyl, plastic or metal. Rinse and wipe dry immediately after cleaning.
- To remove stubborn labels on glass, soak with soapy water and scrape with a plastic putty knife.
- Dried paint can be removed by soaking it with a solution of warm water and baby shampoo, then removing the paint with a soft cloth or plastic putty knife.
- Remove screens to clean them, placing them in a tub or shower stall indoors or on a hard surface outdoors. Gently spray with water, and brush lightly with a soft-bristle tool. For stubborn dirt, use a mild soap-and-water solution. Rinse the screens and let them dry before replacing them in the windows.





COMMUNITY



Alexandria Cooper-Lewis	6/1
JeNene Miller	6/1
Julia Austin	6/3
Rocky Bloomfield	6/3
Tyrone Krise	6/3
Jayde Smith	6/3
James Sen	6/4
Malachi Johns	6/4
Wendy Whitener	6/4
Julie Goodwin	6/5
Debra Tennis	6/5
Dominique McFarlane	6/6
Trisha Blueback	6/7
David Elam	6/7
Georgena James	6/7
George Krise	6/7
Raeann LaFlame	6/7
Paula Henry	6/8
Lori Hoskins	6/8
Elizabeth Seymour	6/8
Laken Bechtold	6/9
Pamela Hillstrom	6/9
Kimberly Peterson	6/9
George Sumner	6/9
Alex Ehler	6/11
Brandon Greenwood	6/12
Teresa Ford	6/13
Raymond Henry	6/14
Stephanie Tompkins	6/14

Happy Birthday

Janette Sigo	6/14
Casey Brown	6/15
Kylind Powell	6/15
Yvonne Bell	6/16
Dorothy Nelson	6/16
Andrew Sigo	6/16
Kristin Penn	6/16
Ronald Whitener	6/17
Kevin Bloomfield	6/17
Jackson Cruz	6/17
Tasha Campbell	6/18
Daniel Napoleon	6/18
Nicholas Armas	6/19
Jacob Johns	6/19
Thomas Farron	6/19
Vicki Kruger	6/19
Andrea Shirk	6/19
Andrea Sigo	6/19
Eugene Galos	6/20
Shelby Todd	6/20
Donald Whitener	6/20
Verna B. Henry II	6/20
Laurinsa Bethea	6/21
Wynn Clementson	6/21
Beau Henry	6/21
Jamie McFarlane	6/21
Kyleigh Peterson	6/21

Rodney Schuffenhauer	6/21
Rose Blueback	6/22
Monica Nerney	6/22
Alexander Smith	6/22
Tamika Green	6/23
Christopher Cain	6/24
Katherine Smith	6/25
Joanne Decicio	6/25
Arthur Pleines	6/26
Candance Sumner	6/26
Geraldine Coble	6/27
Robert Cooper	6/27
Charles Bloomfield, Jr.	6/28
Jeremiah George	6/28
Hurricane James	6/28
Fleet Thunder Sky Johns	6/29
Kaitlyn Burrow	6/29
Jessica Cruz	6/29
Dakota Lorentz	6/30
Neekie Perez	6/30
Joshua Mason	6/30

New Employee



Cathy Magby

My name is Cathy Magby and I am the newest employee in Finance/Accounts Payable. I was born and raised in Anchorage, Alaska and have been in this area now over 20 years. I am the mother of two, and am also blessed to have a 4 year old granddaughter. Hiking, fishing and reading are some of my hobbies. I am learning a lot and enjoying my experience here. If we haven't already met, I look forward to meeting you soon!

What's Happening						
1	2	3	4	5	6	7
Squaxin Indian Bible Church 11:00 a.m.			Family Court		AA Meeting 7:30	Good News Book Club 10:30
8	9	10	11	12	13	14
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court	Public Budget Hearing	Council Mtg.	AA Meeting 7:30	Good News Book Club 10:30
15	16	17	18	19	20	21
Squaxin Indian Bible Church 11:00 a.m.		Transportation Hearing 4-6 p.m. Council Chambers			AA Meeting 7:30	Good News Book Club 10:30
22	23	24	25	26	27	28
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		Council Mtg.	AA Meeting 7:30	Good News Book Club 10:30
29	30					
Squaxin Indian Bible Church 11:00 a.m.						



SHAKER CHURCH CLEANUP



Coordinating Transportation for the Tribal Leadership Summit

Tammy Ford - I was assigned the challenging and rewarding task of coordinating the numerous tours, workshops, pick-ups and drop-ins for the Tribal Leadership Summit, and I am happy to say that all went smoothly, and that our Alaskan friends appreciated and enjoyed all our efforts.

I was delighted by The Alaskan Indians' spirit and gracefulness as well as their gratitude and admiration of our tribe and our state. They were an inspiration to us all. I particularly want to thank our drivers, Loretta Case, Joe Brown, Dorinda Thein, Mark Snyder, Joe Tornquist and Robin Velazquez for their efficiency, enthusiasm and professionalism. Many thanks also to John Konovsky and Brenda Nipp for providing me with accurate and timely information.

The success of coordinating the transportation of so many people to so many places in such a short time is due to a well teamed effort. My deepest gratitude goes out to all involved.

7th ANNUAL

MUCKLESHOOT VETERANS ASSOCIATION POWWOW

"Celebrating Freedom Indian Style"

SINGING CONTEST:

1st \$6000
2nd \$5000
3rd \$4000
4th \$3000
5th \$2000
6th \$1000

Adult Categories:

1st \$1200
2nd \$1000
3rd \$800
4th \$600
5th \$400
6th \$200

Teen Categories:

1st \$500
2nd \$400
3rd \$300
4th \$200

Junior Categories:

1st \$400
2nd \$300
3rd \$200
4th \$100

Championship Specials:

Men's Traditional
Men's Grass
Team Dance
Junior Boys
"3 on 3 YOUTH BASKETBALL"
Hoop It Up



Moon When the Men Get Ready © Cheleng Taha - www.thegirls.com

JUNE 20, 21, 22, 2008

"HONORING OF THE VETERANS" - SATURDAY AFTERNOON

HOST HOTEL: King Oscar Hotel (253) 288-1916 (ask for Pow Wow Rates)
ALL ROYALTY ENCOURAGED TO ATTEND

For more information contact: Kelvin Frank (206) 793-0347 or Mike Starr (253) 261-1764

1st GRAND ENTRY:
Friday, June 20th, 7pm

HEAD JUDGES:
Tiny Bellanger, Chippewa
Edmund Bull, Cree
Boys Ladd, Winnebago
Elaine Miles, Umatilla, Cayuse
Moses Spear Chief, Blood

Special Performances by:
Boys Ladd, Vietnam Veteran

ARENA DIRECTORS:
The Thunderchild Brothers

MC's:
Eric Tootoos, Poundmaker, Cree
Jason Good Stiker, Blood
Jerry Meninick, Yakama

HOST DRUMS:
"Poundmaker"
Poundmaker, Cree Nation
"Red Bull"
North Battleford, Saskatchewan



Driving the Alaskan Indians

Dorinda Thein - I really enjoyed the Alaskan Indians, who came here for the Tribal Leadership Conference in April, 2008. They were in awe of our beautiful casino and museum, and our water treatment facility, which I have not seen, but plan on seeing now! I want to go on a tour because they say it is really remarkable. One of the things they said about Washington that struck me as kind of odd is that it's warm and cheap here. Most of them live on the islands and for them to go shopping there is typically very expensive.

Alex Gouley was the tour guide of the Skokomish Estuary and he was also very nice.



Tammy Ford and Dorinda Thein



Robyn Velazquez and Tammy Ford

Congratulations on Your Retirement Shirley Lopeman



Shirley with granddaughter Cynthia Dorland

**Thank You
for 32 Years
of Dedicated Service
to the Squaxin Island Tribe!!!**



Bev Hawks, George Krise and others gave presentations as summit participants toured Squaxin Island - Photos on this page by Charlene Krise.



Alex Gouley





End of Life Support Group

Rose Algea - These pictures are from our first meeting. The meetings are tentatively scheduled for the last Wednesday of each month. The next meeting is tentatively scheduled for June 25th before the Elders dinner.



Congratulations Raffle Winner



Mary Hartline
April Mammogram



Thank You Northwest Indian Health Board!

The NW Indian Health Board provided a limited number of Nike N-7 Shoes to Tribal members as an incentive to be more active or to encourage continued increased activity. Let your friends know (see pictures below) you are proud of them to make a commitment to being more active!





What is the Latest About Those Artificial Sweeteners?

Modified by Patty Suskin. Original Article from Sally Squires, M.S. in Nutrition

What are artificial sweeteners?

Love something sweet? Artificial sweeteners are so much sweeter than sugar that very small amounts are needed to create a sweet taste. Alternative sweeteners promise flavor with few or no calories. But caution is wise.

What is new on the market?

1. **Whey Low.** It's made from fructose, the sugar found in fruit; sucrose, ordinary table sugar; and lactose, the non-sweet-tasting sugar found in dairy products. At just four calories per teaspoon, Whey Low pours and bakes just like sugar, with 75 percent fewer calories.
2. **Blue agave nectar,** extracted from a cactus-like plant, is another natural sweetener that is growing in popularity. But it's not much of a calorie-saver: It has 15 calories per teaspoon, just one fewer than table sugar and six fewer than honey. It's touted as sweeter than either, so that smaller amounts can be used.
3. **Stevia** is a South American herb that has been used as a sweetener by the Guaraní Indians of Paraguay for hundreds of years. The leaves of this small, green Stevia rebaudiana plant have a delicious and refreshing taste that can be 30 times sweeter than sugar. Stevia has not gone through FDA approval yet. Currently, it is sold as a supplement.

Calories are one thing. Safety is another.

In 1977, a Canadian study found that in large doses saccharin -- the sweetener in Sweet'N Low -- caused bladder cancer in rats. The FDA considered banning saccharin, but Congress stepped in to give the sweetener a reprieve and has extended a moratorium on its ban several times since then. Since then, some concerns have arisen about two other substitutes, aspartame and acesulfame K.

Aspartame (NutraSweet and Equal), is found in a wide range of products from diet drinks to sugar-free ice cream. Aspartame contains amino acids -- the building blocks of protein -- and methanol, an alcohol. It isn't heat-stable, so it doesn't do well in baking. An Italian research team found lymphoma and leukemia among female rats in a long-term study of aspartame.

Acesulfame K, sold as Sunett, is not metabolized by the body and so contains zero calories. It's found in baked goods, diet soft drinks, sugar-free gum, Domino Pure D'Lite and Sweet One, a sugar substitute for baking. Large doses of breakdown products from acesulfame K have been shown to affect the thyroid in rats, rabbits and dogs, the Center for Science in the Public Interest (CSPI) notes.

Neotame is another sugar substitute; it's found in Clabber Girl Sugar Replacer and Domino Pure D'Lite. Approved in 2002 by the FDA, it has zero calories and is made from two amino acids.

Manufacturers, the FDA and the Calorie Control Council say that these products are safe. But in the May issue of its Nutrition Action newsletter, the CSPI called these products and saccharin either unsafe or poorly tested. The only artificial sweetener to get a "safe" grade from the consumer advocacy group is sucralose, a.k.a. Splenda.

What about sugar alcohols?

Other options that you'll likely see appearing on grocery shelves include erythritol, a sugar alcohol. It's found in Zsweet. Sugar alcohols such as maltitol, xylitol, and sorbitol are often seen in sugar free candies and contain slightly fewer calories than sugar. Despite the name, they aren't actually sugar or alcohol. Some sugar alcohols naturally occur in plants, but they are mostly manufactured from sugars & starches. Additionally, sugar alcohols don't promote tooth decay as sugars do, so are often used to sweeten chewing gum. One, xylitol, actually inhibits bacterial growth in the mouth. They can cause gas, bloating, and loose bowels because they ferment in the intestines and are not completely absorbed by the body.

Bottom line: If you're looking for sweetness with fewer calories, consider the natural sugar in fresh or dried fruits, and minimize your use of artificial sweeteners or try sugar alcohol, sucralose (Splenda) or Whey Low, which seem to have flavor with few risks.

If you have Diabetes, remember that a food label that says "Sugar Free" may not be your safest choice. Check the Nutrition Facts Label for the amount of carbohydrate & calories to work into your meal plan. Contact Patty Suskin, Diabetes Coordinator, at (360)432-3929 or stop by across the parking lot from the clinic for more information.

Enjoy this quick, easy, tasty casserole. Its great for using up leftover chicken. Consider boiling a whole chicken and using some for this dish.

Submitted by Patty Suskin

Chicken Divan

Ingredients

- 2 – 10 ounce packages of frozen broccoli OR
1- 2 bunches of fresh broccoli
- 2 or 3 cups cooked chicken in bite-size chunks
- 2 cans cream of chicken soup
- ¾ cup mayonnaise
(can use reduced fat)
- 1 Tbsp lemon juice
- ½ tsp curry powder
- ½ cup to 1 cup cheddar cheese
- ½ cup bread crumbs, toasted

Directions

- 1) Cook broccoli till almost tender and drain. Arrange in 13 X 9 baking dish. Place chicken in spaces between broccoli.
- 2) Mix together soup, mayonnaise, lemon juice & curry powder & pour over chicken & broccoli.
- 3) Sprinkle cheese & bread crumbs on top.

Bake at 350 degrees for 25 to 30 minutes. Serve with rice, orzo, couscous, or noodles.



HEALTH & HUMAN SERVICES



Meal Program Entrees

2- Chalupa
4- Soup & Sandwich Bar
5- Baked Ham

9- Chicken Fajitas
11- Tuna Casserole
12- Pork Stirfry

16- Baked Fish
18- Meatloaf
19- Hot Turkey Sandwich

23- Macaroni & Cheese
25- Breakfast for Dinner
26- Chicken Wellington

30- Grilled Cheese & Clam Chowder

** Menu Subject to Change*



Summer Fun



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



BIKE
BOAT
CAMP
CLIMB
DIVE
FISH

HIKE
PICNIC
SKATE
SLIDE
SWIM
SWING



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Upcoming Health Events

DIABETES SUPPORT GROUP

Check with Patty for details

BRIEF COMMUNITY WALK

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

HEALTH PROMOTIONS

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

COMMUNITY HEALTH WALK

Thursday, June 19th
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!
The Tribe with the most walkers
each month wins the walking stick
for that month.
We won it in July . . .
can we get it back in June?

MAMMOGRAMS WOMEN'S HEALTH EXAMS

Tuesday, June 10th
9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

LIFESTYLE BALANCE PROGRAM

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

FREE PILATES CLASSES

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

LINE DANCING

Wednesdays & Fridays at noon
in the gym
\$2 donation

YOUTH HEALTH FAIR

Wednesday, June 18th
In the Gym 10 am to 3 p.m.
Youth- Bring your parents, too!

INTERESTED IN A GARDEN?

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

SMART SHOPPING/FOOD LABEL READING WORKSHOPS

Smart Shopping/
Food Label Reading Workshops
Contact Patty to schedule a
family & friends session

Questions?
Contact Patty Suskin @ 432-3929
or
Janita Johnson @ 432-3972



Happy 1st Birthday Baby Zach



Love, Dad, Mom, KK
Kaya and Grandpa

Happy Birthday Baby James The Big "2"



We All Love You!
Love, Daddy, Mommy,
Brothers and Sisters



Happy Birthday To My Beautiful Sister Rose BlueBack!



We Love You!
Love, The Sen Family



Congratulations to Mr. & Mrs. Sen Married on April 22nd 2008

I Promise

I promise to give you the best of myself
and to ask of you no more than you can
give.

I promise to respect you as your own
person
and to realize that your interests, desires
and needs
are no less important than my own.

I promise to share with you my time and
my attention
and to bring joy, strength and imagina-
tion to our
relationship.

I promise to keep myself open to you,
to let you see through the window of my
world
into my innermost
fears and feelings, secrets and dreams.

I promise to grow along with you,
to be willing to face changes
in order to keep our relationship alive
and exciting.

I promise to love you in good times and
bad,
with all I have to give and all I feel inside
in the only way I know how.

Completely and forever.



A Very, Very Happy 44th
Birthday to the Greatest
Daughter in the World,
Joanne!
Loads and Loads of Love
Honey,
- Love, Mom
And Happy 73rd Birthday to
Steve!



ENTERTAINMENT AT THE CREEK
LIVE IT UP

Six-Time Vocal Group of the Year
DIAMOND RIO
Sunday, June 29th, 2008 • 8pm

Rock & Roll Hall of Fame Inductee
BUDDY GUY
Friday, July 25th, 2008 • 8pm

He's Bad To The Bone!
GEORGE THOROGOOD
Friday, July 25th, 2008 • 8pm

Stay the night in our
luxurious hotel...
Packages Available!
Book yours today!

Voted Best
LITTLE CREEK
CASINO • RESORT™

For tickets and more information visit
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Skookum Creek Event Center • Skyboxes Available
All shows are 21 and over • Minutes North of Olympia on Highway 101



Happy Fathers Day and
Belated Birthday
Dad!!!



Love Kristy, Kenna and Larissa Maria

Happy 1st Birthday
Larissa Maria Eleanor Krise



Love, Mommy, Dad
and the Fam Bam

