

KLAH-CHE-MIN

ʔacaciʔalbiḡ ɡʔl̥ tə ʔʰəlc̥ yəx̥ ti stultulək̥. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciʔalbiḡ ɡʔl̥ tə ʔʰəlc̥ yəx̥ ti stultulək̥.

MAY 2004

► *People of the Water* ◄

COMPLIMENTARY

Mark Your Calendars for These May Events

ANNUAL GENERAL BODY MEETING Saturday, May 1st

Sign in starts at 8:30

First Roll Call at 9:00

Second Roll Call at 9:30

Elections will be held for Vice Chair
(currently held by Andy Whitener) and
Third Council Member
(currently held by Charlene Krise)

POTLATCH

May 15th, Beginning at Noon

Everyone is invited!

Please come join us!

SHELTON SCHOOL DISTRICT INDIAN EDUCATION AWARDS BANQUET Friday, May 21st @6:00 p.m.



Tribal Staff Prepare to Move into New Building

Tribal employees will be busy packing, moving and unpacking during the first part of May as they prepare to occupy the new Administration Building. Limited financial services will be available during that time. Please plan ahead. Housing and Utilities payments should be received by May 5th for deposit. Thank you for your patience and understanding during our move.

Tribe Is Ready to Roll -- Its Own

Squaxins leverage tax break into a smoking business

Lewis Kamb, Seattle Post-Intelligencer - On a sunny Tuesday afternoon, business is picking up at the Little Creek Casino and nearby Kamilche Trading Post, and cigarette smoker Albert Nelson has just made a first-time purchase for a longtime habit.

Exiting the trading post -- the Squaxin Island Tribe's longhouse-themed gas station, liquor store and smoke shop -- Nelson, a 43-year-old Olympia man, admits it was price, more than anything, that attracted him to a new brand of cigarettes.

"I'm not loyal to any brand; it's whatever's cheapest," says Nelson, holding an unopened carton of Complete Deluxe Kings.

And at \$14.99 a carton -- almost half the price of similar-quality tobacco brands -- it's hard to go wrong, he says, even with an untested product.

Bolstered by an investment from its successful casino -- and a competitive tax advantage for Indian manufacturing

ventures -- the Squaxin Island Tribe is betting there will be many more smokers like Nelson willing to give the tribe's new, inexpensive brand of cigarettes a try.

With Complete and Complete Lights hitting the Tribe's convenience store earlier this month, the Squaxins are one of only two American Indian tribes now selling their own brands of cigarettes.

And tribal leaders say that later this year, when the Tribe's Skookum Creek Tobacco Co. begins mass production at a new, 25,000-square-foot factory behind the casino, the Squaxins will own and operate the only large-scale cigarette manufacturing plant on the West Coast.

But it's largely an exception in federal law that has the Squaxins eyeing success through smokes.

Continued on Page 2.





KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

70 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
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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 & staff.

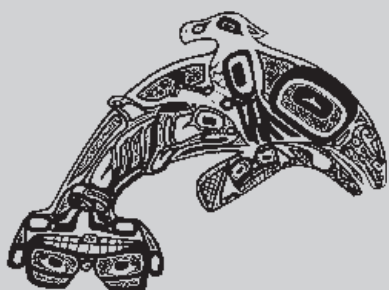
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*
ANDY WHITENER: *Vice Chairman*
VINCE HENRY: *Secretary*
PATTI PUHN: *Treasurer*
PAULA HENRY: *First Council Member*
ROY PEREZ: *Second Council Member*
CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

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



COMMUNITY

Tribe is ready to roll, *Continued from Page 1*

"With this product," explains Robert Whitener Jr., president and CEO of Island Enterprise Inc., the company in charge of the Tribe's economic development ventures, "we don't have to have a tax equal to the state's on our cigarettes."

By manufacturing its own cigarettes, the Tribe is taking advantage of a federal legal exception that allows it to avoid imposing taxes on its Complete brand equal to the state's cigarette taxes -- now \$1.425 per pack, the fifth-highest in the nation.

It's a business venture that once again will give the Squaxin Island Tribe a huge price advantage in Washington's cigarette wars, an advantage that all but evaporated for the Squaxins and several other tribes a little more than two years ago.



Kristin Penn stocks shelves with Skookum Tobacco's Complete cigarettes at the Kamilche Trading Post. The brand now is made in North Carolina, but production will soon move to the Squaxin Island Tribe's plant near Shelton.

State makes a deal

In late 2001, after a decades-old dispute, more than half the federally recognized Indian tribes in Washington agreed to negotiate cigarette tax compacts with the state -- agreements that require each tribe to impose its own tribal tax on cigarettes equal to the state's soaring cigarette tax.

The matter came to a head when the state calculated losses of some \$69 million a year in tax revenue, money lost when non-Indian smokers headed to reservations to dodge state cigarette and sales taxes by buying cut-rate, tax-free smokes.

Although legally, tribal members don't have to pay taxes on cigarettes, non-

Indians who buy them on reservations are supposed to be taxed fully.

But the state has no enforcement rights in Indian country -- the reservations and trust lands of sovereign Indian nations.

So the state Liquor Control Board and the Washington State Patrol began beefing up policing tactics off the reservations, including intercepting reservation-bound shipments of "contraband" cigarettes without the state tax stamps required under Washington law.

"It really hurt our business," Whitener says. "The state had made it too dangerous for the customer to buy from tribes."

Under the compacts, several tribes agreed to impose an equivalent tax on tribal cigarette sales and use the collected money for tribal government services. But largely, the tribes' cigarette price advantage was eliminated.

And although the Squaxins led the way in the tribal-state cigarette compromise -- in late 2001, the Tribe became the first to sign such a compact -- all the while, they had bigger plans.

Before it signed the compact, the Tribe made it widely known it intended to go into cigarette manufacturing.

It was a venture that the Squaxins had vetted with the state Department of Revenue to ensure the Tribe and state agreed: Tribally produced cigarettes would be exempt from any equivalent tax.

"We don't have an issue with it," says Leslie Cushman, the department's assistant director of special programs and tribal liaison. "They've invested in business, they've bought the equipment, and they'll do the manufacturing on Indian land. That pre-empts the tax on non-Indians."

Whitener, the Squaxin business leader, said that going into cigarette manufacturing is simply "a logical extension for our tribe. We know the business."

Since the mid-1970s, the Tribe has sold cigarettes at its Kamilche Trading

Continued on Page 4.



Current Employee Drug Testing Data

Heightened Level (those driving vehicles and working with youth):

70 tested, 5 positive and following Employee Assistance Program plan.

General level: 13 tested, 0 positive.



ATTENTION ALL TRIBAL YOUTH 14-21 Years Old

Are you interested in working
for Squaxin Island Tribe
this summer?

Please contact Patti or Jill in
Human Resources at the
Tribal Center (360.426.9781)
to get an application.

Application Deadline is June 1st

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

The six weeks of employment will begin on Tuesday, July 6th and will run through Friday, August 13th. All of the youth workers will work an eight hour day Monday, Tuesday, Thursday, and Friday and have a half-day training session each Wednesday.

Please submit your application by June 1st so that we have time to find positions for all who complete the application process. We look forward to hearing from you.

2004 SQUAXIN ISLAND BINGO NIGHT! BINGO SESSION PAYS CLOSE TO \$2000!!



**THIS EVENT
WILL NOT BE
OPEN TO THE
PUBLIC AND IS
NO COST TO
TRIBAL
MEMBERS AND
THEIR
SIGNIFICANT
OTHER!!**

FRIDAY, MAY 28, 2004

LOTS OF DRAWINGS!



Must be 18
years old or
older.

GAMES BEGIN AT 6:45

**Drawings include Pendleton Blankets,
Leather Coat, Hotel Stay, Two \$125
cash drawings, Dinner for two in
Legends, and much more!!!!**

**PULLTABS
WILL BE
OPEN FOR
SALES.**

APPETIZERS AND BEVERAGES WILL BE AVAILABLE!!

Bar will be open for alcohol sales.

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

Pizza, fry bread, Indian tacos and family style salads to go from 4:00 - 10:00 p.m.

Call 427-3006 to place an order!



Tribe is ready to roll, *Continued from Page 2*

Post, one of the only constant income streams for tribal government before its casino was built in 1995.

In the first year after the Squaxins signed the cigarette compact, the Tribe's yearly gross from cigarette sales fell to half of its typical level, he says.

The manufacturing venture is a way "to stabilize the tribal store," Whitener adds, and to diversify the Tribe's economy from reliance on gambling.

Through Island Enterprises Inc., the 700-member Squaxin Island Tribe has worked hard at economic diversification. The tribal firm -- a holding company separate from tribal government -- looks for ways to invest gaming revenues into existing or new tribal businesses.

Along with the Kamilche Trading Post, the Tribe owns and runs the Harstine Oyster Company. Last year, the Tribe opened a hotel adjoining its casino. And in 1999, it applied for a license from the federal Bureau of Alcohol, Tobacco and Firearms to operate its Skookum Creek Tobacco manufacturing plant.

With the ATF license in place, construction of the cigarette factory is nearly finished. Complete with an air-conditioning system to control humidity, the factory has the capacity to manufacture about 100,000 cartons, or 20 million cigarettes, per month.

The Tribe bought used cigarette-manufacturing equipment, including one machine that rolls tobacco into paper and adds filters and another that packages the smokes. The machines are now being rebuilt in England, and two tribal technicians soon will travel there for training.

One goal: Creating jobs

By November 1, all equipment will be in place at the Tribe's plant, with cigarette manufacturing in full swing, Whitener says. "We'll be the first and only tribe in Washington in the cigarette-manufacturing business."

Not to mention one of only a few nationwide. The Omaha Tribe in Nebraska recently ended a similar endeavor, leaving

the Seneca-Cayuga of Oklahoma as the only tribal government in the United States manufacturing tobacco products. A smattering of individual American Indians also operate cigarette manufacturing firms independently, including the successful Smokin' Joes brand in western New York.

But it was job opportunities -- more than the chance to be pioneers -- that sold the idea to Squaxin tribal members. A survey found most tribal members supported the plan, as the factory would offer jobs to those with manufacturing skills -- something the Tribe's casino and other enterprises don't afford, Whitener says.

In all, the factory is expected to employ about 20 workers, with 10 more likely to be added to help with distribution, he says.

Until the factory is up and running, the Tribe's North Carolina-based tobacco supplier, Standard Commercial, will manufacture and ship to the Tribe its brand of Complete and Complete Lights, made from a tobacco blend mixed specifically for the Squaxin venture.

The tobacco used in the Tribe's cigarettes is deemed "second tier" -- not of as high quality as tobacco used for major brands, such as Marlboro and Camel, but on par with higher-end, cheaper brands such as Basic and GPC, Whitener says.

It's those cheaper brands the Tribe is targeting for competition. While the tribal store still will sell -- and collect equivalent taxes on -- other brands of cigarettes, it's heavily promoting the Tribe's Complete brand.

The Tribe has set an introductory price on 10-pack cartons of Completes at \$14.99. Comparatively, at a Safeway store in nearby Olympia, Basics are selling for \$39.99 a carton, with Marlboros at \$42.99.

Eventually, the Squaxins plan to raise prices on Completes.

And although the tribal tax rate on its cigarettes has yet to be decided, "it will be substantially less than the state rate," Whitener says.

As with tribal taxes collected on

RESPECT

IS DUE THE WEAKEST
AND THE WORST
IS BEAUTY IN ACTION
IS SELF REFLECTION
IS MUTUAL
IS MULTI-DIRECTIONAL
REQUIRES NO RESPONSE
IS RESPONSE
IS RECIPROCAL
IS THE MESSAGE
AND THE MESSENGER
IS HONOR, ENCOURAGEMENT,
LOVE AND PEACE
IS THE ESSENTIAL INGREDIENT
INSULTS NO ONE
ENDURES

BY DAVE W. WHITENER, SR.

other cigarette sales, tax revenues from the Tribe's cigarettes will help pay for tribal government services -- from law enforcement to day care.

And the Tribe hopes to expand its market -- distributing its cigarettes to retailers nationally and internationally, Whitener says. The tribe also is considering producing other tobacco products, including smokeless tobacco and cigars, as well as using its plant to do packaging for other cigarette brands. "You don't build a factory for one store," Whitener says.

But for now, the Tribe is excited about its own brand. In the first week of sales, the tribal store sold 11 cases of Completes containing about 60 cartons each, making it one of the Kamilche Trading Post's biggest sellers, sales clerks say.

And with the tribal smokes' clear price advantage, die-hard smokers such as Nelson say they're more than willing to switch brands.

"With all these anti-smoking campaigns, cigarettes are taxed to hell," Nelson says. "If the Tribe can sell 'em cheaper, more power to them."



Squaxin Youth Perform the Joyce Cheeka Play "The Rememberer"



Mason County Journal - In conjunction with Skokomish and Squaxin Island youth, CHOICE High School presented a play April 16 & 17 at the Shelton High School Auditorium entitled The Rememberer, about a Squaxin Island Indian woman torn between two cultures in the early 20th century.

The Rememberer is a true story taken from the memoirs of a Squaxin Native woman, Joyce Simmons Cheeka. As a girl, she was chosen to become her tribe's next Rememberer, which gave her the duty of remembering all of the stories of her people. In 1910, she was taken from her tribe and put in a government-run Tulalip Boarding School in Marysville. Students at the school were forbidden to use their native language or practice their culture.

Government officials believed that if the Natives were to survive, they must abandon their customs for the "modern" way of life and so the Rememberer must learn to cope with this strange new world while she struggles to hold on to the history of her people. The play closes with the line, "There is a lot to remember."

This play was first produced in 1994 for the Seattle Children's Theater, but has never before been produced in Mason County.



Both of the Indian tribes in Mason County supported the project with singing, dancing and cultural expertise as well as financial grants. Organizers of the production have carved a 10-foot house post and have made eight drums and a canoe on wheels. Participants sewed their own costumes including school uniforms and native regalia.

Students are doing reports in historical aspects of the play and have been interviewing their elders as part of a course that earns them academic credits in Washington history and art.

Way to go girls! You are awesome!!! And you are very much appreciated for all your hard work. Job well done! Our hands are up to you!



Scholarship Corner

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

Squaxin Island Tribal Council

The Squaxin Island Tribal Council is looking for high school seniors who are committed to continuing their educational experience. Interested students must possess and demonstrate initiative, positive attitude and inspiration in regard to their education and commitment to their community. The following is required of all interested students: 1) Must graduate from high school in 2004; 2) Must have plans to attend an institution of higher learning *fall quarter of 2004 (vocational school, community college or university); 3) Must submit letter of application to the Squaxin Island Tribe by application deadline (applications received after deadline will not be considered); 4) Must complete an oral interview.

The four scholarships to be awarded in 2004 will be: 1) Available to students in Mason County; 2) No greater than \$500 per student; 3) Paid directly to the institution of higher learning; 4) Used toward the cost of tuition and/or books only. Interested students are required to write a letter of application to the Squaxin Island Tribal Council. The letter should include the following: 1) Background information; 2) Educational interest and plans; 3) Information that demonstrates applicant's initiative, positive attitude and inspiration, including any community service performed by the applicant and how these attributes have been motivational in setting and achieving educational goals. Students must attach a copy of their most recent High School transcript. (Scholarships will not necessarily be based on high GPA.)

Applications must be received by May 3, 2004.

American Indian Endowed Scholarship

Applicants must be financially needy students with close cultural ties to an American Indian tribe who will be enrolled full-time at a public or independent college or university in the

State of Washington by fall term 2004. Application materials must be submitted as one complete unit, including the following attachments: 1) A statement describing the applicant's close social and cultural ties to an American Indian Tribe and/or community in Washington State; 2) A statement of intent to return service to the state's American Indian community; 3) Three letters of recommendation. Two of the letters should verify the student's social and cultural ties to an American Indian tribe or community within the state, and one letter should address the applicant's character and commitment to return service to the state's American Indian community; 4) High school, GED, and/or college transcripts, as applicable; and, 5) The signed release of information form, as printed on the application.

National Native American Youth Initiative

Native American high school students planning to enter the health professions between the ages of 16 through 18 years old are eligible to apply. Students must have a minimum cumulative 2.0 GPA (A=4.0). 1) One page essay expressing plans to enter the health professions (double spaced). 2) Current academic transcript. 3) Letter of Recommendation from school counselor/teacher. 4) Primary Data Sheet. 5) Photograph.

Nursing Scholarships

Deadline for these scholarships is Friday June 25, 2004.

- J. Edwin Leggett Memorial Nursing Scholarship
- Margaret Borquist Nursing Scholarship
- Howard Truant Memorial Nursing Scholarship
- Olympic Peninsula Kidney Foundation, Wanda Mosbarger Nursing Scholarship

Cosmetology School Scholarships

8 @ \$250 – Deadline 05/01/04

WA State Employee Credit Union
10 @ \$1,700

International Air Academy

3 @ \$1,000 – Deadline 05/01/04

Better Business Bureau Scholarship

1 @ \$250/1 @ \$1,000
Deadline 04/30/04

St. Martin's Merit Scholarships

www.stmartin.edu

University of Portland

\$7,000-\$12,000 per year
www.admission@vp.edu

Education Communication Scholarship

Deadline 05/15/04

Learning Center Update

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

Private tutoring sessions are now being offered in TLC. A certified teacher will be available for private, individual tutoring sessions. If your child needs a little extra help in any academic area, please call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Reading Program Sessions are being offered in TLC every Tuesday and Thursday, between 4:00-6:00 p.m. We have state-of-the-art reading curriculum and equipment available. Individual reading sessions can also be scheduled, contact Lisa Evans at 432-3882 or stop by TLC to schedule your session.

The Annual 2004 Sgwi' Gwi Celebration is scheduled for Friday, June 4, 2004, at 5:00 pm in the Little Creek Casino Bingo Hall. We look forward to seeing you there. If you know of someone who should be honored, please let us know. You can contact Lisa Evans at 432-3882.



LEARNING CENTER



Easter Fun



Attention All Tribal Members Interested in Higher Education

Are you thinking about taking college courses or attending college in the 2004-2005 school year? Are you an enrolled Squaxin Island Tribal member? Do you need additional financial support to help you through school?

If so, you may qualify for funding through the Squaxin Island Higher Education Program. For more information or an application, you can contact Walt Archer at 432-3826 or Lisa Evans at 432-3882. Applications must be submitted to the Education Commission no later than April 30, 2004.

Staff Hours

Kim Cooper, Director

8:30 – 5:00 432-3904

Mark Snyder, Youth Coordinator

9:30 – 6:00 432-3872

Walt Archer, Education Liaison

7:30 – 4:00 432-3826

Lisa Evans, Administrative Assistant

8:30 – 5:00 432-3882

Jeremiah George, Cultural Coordinator

10:00 – 7:00 432-3968

Tuesday through Saturday

Patricia Green, Volunteer Tutor

4:00 – 6:00

Kurt Poste, Volunteer Tutor

4:00 – 6:00

Mandy Valley, Volunteer Reading Tutor

4:00 – 6:00

Tuesday and Thursday

Graduating?

We want to honor you for your accomplishment! Please contact:

Lisa Evans at 432-3882

Walt Archer at 432-3826

or

Kim Cooper at 432-3904

Time is Running Out Have a Graduating Senior in the Family?

TIME TO GET BUSY ON THEIR BUTTON ROBE!

A standard robe with a sun design and necessary buttons will be provided to you at no cost by volunteers of the Shelton Indian Education Button Robe Project. It will be your family's responsibility to personalize your graduate's robe.

WORKSHOPS: SMS ART ROOM 6:00

April 13 & 27

May 4, 11, 18 & 25



Sgwi' Gwi
*Celebrating Educational
Achievements*

Friday, June 4th at 5:00

Little Creek Casino

Bingo Hall

*The Youth Activities bus
is all dressed up (check out
that gorgeous logo!) and
ready for summer fun!*





Tribal Member Kim Burrow

Enjoys Her Management Position at Little Creek Casino Hotel



Hello everyone, it has been nearly eight months since I began my hotel management internship and I thought it might be a good time to let everyone know how things are going. I have been so busy these days that I rarely see anyone any more, including my husband and children. In fact, up until three weeks ago, I hadn't been on a clam dig in over six months.

I am happy to say things have finally began to calm down at the hotel, although I hesitate to say that out loud for fear of what may be waiting in the wings.

I am totally blown away by everything that has happened to me in the past few months and equally amazed at how much I have been able to learn in such a short period of time. For that I must tip my hat to the management and staff at LCCH. I am truly grateful for all of those who are taking the time to teach me. And you know, it's really been a team effort by everyone, whether they realize it or not. Each department manager has taught me something new every day - Sam, of course, but also Walt, Doug, Mike, Peggy, Eric, Kelly, Patty, Bea, Terry, Deb, Mark, Dennis and, believe it or not, even Toby the Facilities Director. Every day this extraordinary bunch of people teaches me something new. All of it may not be rocket science, but it's important nonetheless.

There is so much more to running a property like this than I ever thought, and you know it's true that the guy or gal that orders the light bulbs is just as important as the guy that signs the checks. We are all part of something special at LCCH and, without the knowledge and experience that each has to offer, my learning experience would certainly be a lot tougher. So, to all of you, I take this opportunity to say "Thank You"

So what's in Kim's future? Along with my day-to-day internship, I am also studying to complete the business degree that I started so many years ago. I am enrolled in an on-line study program which has proven to be very successful for me. I completed my first semester with an overall grade point average of 3.5. Not bad for an old mom that has been out of school for twenty years. Actually, the toughest part was disciplining myself for study time, and finding time when one of my kids wasn't on the computer chatting away. I am now well into my second semester and am proving to myself that I have what it takes to get this done. Part of my study program allows me to challenge some of the courses I am taking based on life or work experience; this just means that, if I think I know enough about the course, I can take an exam to test my knowledge and, if I pass with a 70% or better, I can elect to skip that course material and receive the credit for the class.

I decided this semester to attempt this with the Human Resource Management course I was in, and what do you know, I passed the exam with a 98%. I realize now how much this life has really taught me. That's not to say there isn't more to learn, but, wow, the things you have in your head and you don't know it!

I hope I will be able to complete my degree by the end of the year, but will not be disappointed if it doesn't happen until next summer. My education plans this year also will include attending hospitality courses at the University of Las Vegas, Nevada. The program there really sets the standard in the industry, so I am told, and I am really looking forward to attending some of their courses. I am, however, not looking forward to the weather, I really do like the rain.

And the view? Well, let's just say there is no comparison.

As for the hotel, let's just say the first few months have really been more than we anticipated. Our room occupancy has been much better than we planned and the Banquet and Conference Center is positively booming. We have already started booking for New Year's and have even taken inquiries about dates into 2005. It has become ever so clear to me that what we have is truly something special. Our guests are totally swept away when they see the hotel and its amenities. It truly is the finest property this side of Seattle and I am so proud to be a part of it.

If someone was to ask me right now, "what is the thing that you like most about your job?" I would have to say making my guests smile. You would really be amazed at how little it takes to make some people happy; it might be a simple bottle of champagne for the newlyweds, a basket of strawberries for the couple that just stepped out for a night away from the kids or walking the dog of an elderly guest in four inches of snow. Whatever it is, whatever it takes, I am glad to be able to do it. I am proud to say that I am a Squaxin Island tribal member and this is my hotel. I would like to encourage any of you that have not had the chance to stay to please do so. I know a lot of people think it's silly to stay at a hotel so close to home, but, really, it's like taking a mini-vacation. Experience it for yourself and take pride in knowing this belongs to us.

As I bring this article to a close, let me just say, thank you, to my husband. If not for your support, this internship would not be possible. You are my strength. To my children, thanks for learning how to turn the dishwasher on. Papa Murphys Pizza, thanks, for without you, my family surely would have starved to death in December. Thanks to Mom and Dad for helping with Kaitlyn and to the executive team at LCCH for selecting me for this internship. I will do my best not let you down.

Hoyt
Kimberli Burrow



Why its Important to "Get Out and Vote"

EYMAN DRAWING SALARY FROM CAMPAIGN MONEY

Says funds support property tax initiative

Initiative king Tim Eyman is paying himself a \$3,100-a-week salary from campaign contributions to his new proposal to cut state property taxes by \$400 million a year.

Taxes on expanded non-tribal gambling, which Eyman's initiative would also permit, would generate \$400 million annually to plug that revenue gap, he contends.



In an e-mail sent to supporters, he said he has already drawn a check for the week of March 21 and plans to continue taking \$3,100 per week to manage the campaign to get the new initiative qualified for the fall ballot.

For the 15 weeks between March 21 and the July 2 deadline for submitting voter signatures to the secretary of state, he will earn \$46,500.

Eyman didn't indicate what his salary situation will be after July 2 if the "Just Treat Us the Same" initiative qualifies for the ballot.

Eyman, who has turned initiative politics into a cottage industry, declined further comment.

Critics blasted him.

"It just validates what we're said all these years, that it's about profit and maintaining a business -- and nothing to do with crafting good policy," said political consultant Christian Sinderman.

"He has tried to maintain this faux populist image," said critic David Goldstein of TaxSanity.org., adding the salary disclosure should remove any doubt that Eyman is out to line his own pockets.

Eyman included his revelation part-way through an e-mail campaign update and financial solicitation to backers.

"I also wanted to let you know that I've decided to compensate myself for my political work on behalf of Just Treat Us the Same. It's a reasonable level of compensation, considering the \$400 million per year in property tax relief that

it offers taxpayers."

Eyman said he has raised \$158,500 in the last two weeks. "That's a good start, but much more needs to be done," he wrote.

Eyman's initiative would allow non-tribal businesses, such as bowling alleys, bars and mini-casinos, to operate as many electronic slot machines as tribes are authorized to have.

Washington's 27 tribes, operating under compacts with the state, run more than 13,000 of the faux slots as a big feature of their casinos.

"2004" Chilocco Boarding School Reunion

Muckleshoot Casino
2402 Auburn Way South
Auburn, WA 98002

May 21st & 22, 2004
Time: 5:00 p.m. - 10:00 p.m.

May 21st - Memorabilia & Reminiscing
May 22nd - Dinner & Semi-Formal Dance

For more information, contact:
Sharon LaClair
253-804-4401
Sk63laclair@wmconnect.com

The New Childcare Center is "Looking Good!!!"



"A Tradition of Native American Housing"

NAIHC Logo Contest \$1,000 Prize

Design a new logo for National American Indian Housing Council and win \$1,000 if your design is selected! Submit in both color (up to four) and black & white. It can be ink, pencil, hand drawn or mechanically drawn or any combination thereof. It should render well on a white background. Detail should be limited so that it works in small versions appropriate for stationary. Present it on 8.5 x 11" paper or .tif or .jpg format. The logo should clearly reveal that NAIHC is an Indian housing organization. The design should have national perspective. The name and slogan must be included. Include a brief, one paragraph description/explanation justifying your design. For example, the current logo has two crossing lines depicting the silhouette of a teepee, a visually recognizable type of American Indian dwelling. The dash beneath the silhouette represents the opening of the teepee. The nine stars around the top of the logo represent the nine regions which NAIHC represents. The current logo, above, may also be considered. Deadline is May 17th. Send to NAIHC Logo Contest, 900 Second Street NE, Suite 305, Washington, DC 20002-3557, ATTN: Larry Frank or email to Lfrank@naihc.net Good luck!



Screen Repair Workshop

Are you interested in learning how to repair your window screens? Join us for a SCREEN REPAIR WORKSHOP on June 14th in the Mary John's Room.

Watch for more details on this workshop in the near future.

Narcotics Tips Line

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

432-3898

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



Inter-Tribal Warrior Society

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

We would be honored for you
to join our group.

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

Crosswords by David Whitener, Sr.

ACROSS

1. faucet leak
2. past tense of ride
3. popular 4x4's abbreviated
4. source of protein
5. _____
6. _____
7. good advice
8. _____
9. respected community members

DOWN

1. rhythm maker
2. recite from memory
3. thought or plan
4. sometimes a little sibling can be a _
5. historic era
6. community dwelling place
8. trickster bird / clan symbol
10. place of comfort and safety for a baby
11. identity, can be owned and given away
12. main tune

Answers on Page 12

[illegible]

Appreciation

I would like to extend a huge thank-you to JeNene Miller for creating a new database system for our court. It is customized to fit our needs and works wonderfully. Great job JeNene!! I would also like to thank Mitzie Whitener for making all this possible. It is a huge benefit to be working with a database created by our own tribal members.

Kim Heller
Court Clerk

A Special Thank You

Thanks to Tribal Council and Ray Peters.
Thanks for all the support and help you
gave in helping us use the gym for the fu-
neral services for my Aunt Mabel. I really
appreciate all the respect everyone had.
- Rose Algea

Natural Resources Hotline
360-432-3899



Museum Presents an "Artist in Residence" Project



"There was a revival of Northwest Indian dance and a group of our kids traveled the country showing the tradition of our ancestors," Randy said. "My father was a fisherman first, then became a logger. But, first and foremost, our father took care of us - all eight of us girls and boys."

As Randy entered the 9th grade, he researched more information about Northwest Coast art, and became self-taught in this traditional art form. His first formal training was

a two-week class in 1974. It all began to come together for him as he began to develop and refine his skills. In 1989, Randy did a limited edition print for local galleries that became a huge success. He began to do art full time and soon became well connected in the art field. After about two years, Randy settled into a nine-to-five job for a period of time.

In the year 2000 Randy began to develop an interest in carving cedar. This was a very new media for him, so he researched and studied the art for about six months. Randy received his first job restoring a 10-foot totem pole for the Queets Clearwater School. He totally restored the totem and claims this was where he learned how to read the grain of cedar wood. He developed his skills to the point where he had gained enough confidence to carve a totem pole solo for the Lake Quinault Resort. His successful completion of the pole became a confidence builder for him.

Randy received another gift from the Creator right after completion of the Lake Quinault Resort project. He was given a cedar log to carve another 22-foot totem pole and took three months off from work to complete the project. He had no help when he first started, so he invited two teenagers from home to help. He carved

Thunderbird accompanied by Killer Whale, Bear and Frog. The Institute for Community Leadership in Kent, Washington bought the totem and it now sits majestically at the entrance of their building.

Randy's goal is to teach youth the Northwest Coast style of drawing and totem carving to the best of his ability.

Randy has three children: daughter, Angel, 10; son, Titus, 13; and daughter, Charisse, 14.

He is commuting daily from Taholah and was given leave from his regular job managing the gift shop at the Quinault casino.

Randy said the welcoming pole will feature the mask of an eagle.

All Squaxin Island carvers are invited to participate in the project. Once finished, the pole will be transported to the property of former Secretary of State Ralph Munro at Mud Bay where the Tribe, archaeologists and South Puget Sound Community College have been excavating an ancient tribal village site.

Regular museum admission applies to this project. Call 360.432.3851 for questions or directions.



The pole at the Institute for Community Leadership in Kent, Washington-

The Museum Library and Research Center initiated an "Artist in Residence" project funded by the Ford Foundation with renowned Quinault carver, Randy Capoeman beginning Monday, April 19, 2004. The residency is at the museum and will run approximately six weeks.

Randy began work in mid-April on a 25-foot-long cedar log that arrived from the Quinault Indian Reservation on April 17. The log was donated by Gary Davis, a property owner on the Quinault Reservation, and transported by Kim Johnson, an Olympia logger.

Randy, who lives in Taholah, is known for his outstanding art prints. Carving has also become one of his specialties.

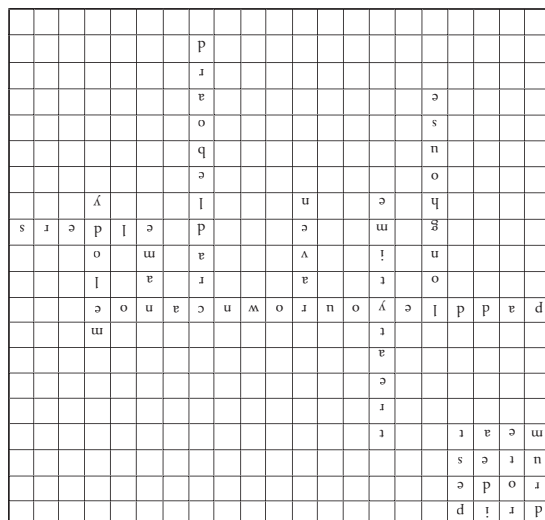
Randy was born on the Quinault Indian Reservation on September 22, 1956. Through Dick Jackson, Randy's great-grandfather, Randy has Squaxin Island ancestry. Dick Jackson's daughter, Catherine Jackson Capoeman is Randy's mother. His family comes from a very traditional background. Randy grew up watching his grandfather carve river canoes and his grandmother weave cedar baskets. Randy began to draw in the early 60's and, as his talent grew, his interest became heightened by his experiences in song and dance.



HEALTH & HUMAN SERVICES



Crosswords Answers



Congratulations Raffle Winners

Candis Larson (L)

Women's Health
and

Nancy Lorton (not pictured)
March Mammogram

Mammogram Day

May 10th and June 21st

To schedule an appointment,
call Rose Algea at 432-3930

MEAL PROGRAM MENU

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

Food Group	Monday	Wednesday	Thursday
Meat	Baked Montreal Cod ³	Beef Pot Pie ⁵	<i>Mother's Day Meal</i> ⁶
Vegetable	Broccoli, Cauliflower, Carrots	Asparagus	Lemon Pepper Chicken
Grains/Bread	Orzo Pilaf	Bisquits	Roasted Potatoes
Meat	Sandwich Bar w/ Soup ¹⁰	Tuna Noodle Casserole ¹²	Wheat Rolls
Vegetable	Black Bean, Corn & Rice Salad	Petite Green Beans	Chalupa ¹³
Grains/Bread	Variety of Breads	Noodles	Zucchini and Carrot Strips
Meat	Sandwich Bar Day ¹⁷	Breakfast for Dinner - Eggs ¹⁹	Brown Rice
Vegetable	Copper Pennies Salad	Hash Browns, Veggie Tray	Asian Shrimp & Noodles ²⁰
Grains/Bread	Variety of Breads	Wheat Toast	Stir Fry Veggies
Meat	Dilly Baked Snapper ²⁴	Cornflake Chicken ²⁶	Fortune Cookies, Brown Rice
Vegetable	Mixed Vegetables	Mashed Potatoes, Peas	Sandwich Bar Day ²⁷
Grains/Bread	Parmesan Noodles	Wheat Rolls	Broccoli & Potato Salad
Meat	Baked Potato Bar w/ Chili ³¹		Variety of Breads
Vegetable	Jicama Salad		
Grains/Bread	Corn Bread		



HEALTH & HUMAN SERVICES



Outdoor Activity of the Month

Hike, lounge and enjoy the outdoors at Millersylvania

Park offers miles of trails for hiking and biking, lake for boating and camping throughout year

WHAT

Millersylvania State Park

WHERE

South of Tumwater on Tilley Road.

TO DO

Millersylvania, with 842 acres of lush fir and cedar forest, campgrounds, trails and Deep Lake, is South Sound's year-round outdoor playground. Camping is allowed all year, and the 8.6 miles of hiking trails and 7.6 miles of biking trails are also popular with day visitors. Millersylvania was logged early in the last century, and hikers still find weathered cedar stumps notched for logger's springboards -- planks that tree fallers stood on while they worked their saws. Millersylvania has three picnic areas and table sites throughout the park.

FISHING

Deep Lake is a popular fishing hole that will open April 24. Anglers fish for stocked rainbow trout and wild bluegill, pumpkinseed and bass. Deep Lake is one of the best South Sound fishing holes for eager-biting and tasty bluegill and pumpkinseed. A fishing dock near the launch ramp is a good place for kids to catch their first panfish.

BOATING

The lake is open to nonmotorized boats. The launch ramp is shallow, and boaters are limited to small boats that can be launched by hand. Deep Lake has milfoil, so boaters must clean all weeds off boats and trailers before leaving the park.

SWIMMING

Deep Lake has a swimming area that gets a lot of use during the summer.

CAMPING

There are sites for tents, trailers or motor homes. Check-in time is 2:30 p.m. and check-out time is 1 p.m. Call 1-888-226-7688 or visit www.parks.wa.gov for reservations.

WILDLIFE

Spring brings many wild animals and birds to Millersylvania. Deer, mallard ducks, herons and raccoons were around during a visit earlier this week. Watch for raccoon tracks in sandy areas around Deep Lake. Watch for songbirds near the campgrounds and picnic areas.

PICNICS

Millersylvania's three big picnic shelters, which have stoves, water, grills and electricity, can handle more than 100 people, but they must be reserved. Call 888-226-7688 for reservations.

PARKING

State Parks charges \$5 a day to park at Millersylvania.

CAUTIONS

The lake is weedy during the summer, and waders can get tangled in plants or getting a ducking in a sudden drop off. Swim or wade with a buddy, and don't let children play in the water without close supervision. Park roads get a lot of traffic, so keep an eye on children riding bikes or skateboards.

DIRECTIONS

From Olympia, take Interstate 5 south to Exit 99. Cross back over I-5 and follow 93rd Avenue to Tilley Road. Turn right on Tilley. The park is on Tilley Road between 113th Avenue and Maytown Road.

EQUIPMENT

Hiking shoes, sunglasses, bug spray, sunscreen and the outdoor equipment you need for biking, camping, fishing, boating, swimming and loafing.

HISTORY

Millersylvania's 842 acres were homesteaded in 1855 and eventually sold to a man named John Miller. Miller's family gave the land to the state in 1921. In 1935, the Civilian Conservation Corps built most of the buildings at the park.

INFORMATION

Visit www.parks.wa.gov.



* Submitted by Patty Suskin, Registered Dietitian and Certified Diabetes Educator/Courtesy of The Olympian

Diabetes Support Group

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

Mondays: May 3, May 17, 2004

Elder's Building after lunch
12:45 pm-2 pm

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

TAKE TIME FOR YOU AND YOUR DIABETES
Join us!

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



Carbohydrates:

How Much is Healthy?

Did you miss the workshop on this topic on Wednesday, March 24th presented by Patty Suskin, our very own Registered Dietitian and Certified Diabetes Educator?

Thirty two people enjoyed lunch, a chance at door prizes and information about carbohydrates from Patty's first Powerpoint presentation! Here are some of the highlights:

What are carbohydrates?

How much do we need?

- Carbohydrates are important macronutrients and are found in: vegetables, grains, fruits, milk products and sugars. (However, sugars do not contain the fiber & other nutrients /vitamins the others do)
- Carbohydrates are needed to fuel the brain, a minimum of 130 grams of carbohydrates each day. (Most Americans take in at least 200 grams of carbohydrates a day)
- Without enough carbohydrates, a person lacks energy and can't think straight.
- The American Heart Association recommends 55 percent of our total calories should be from carbohydrates
- Low carbohydrates does not equal low calories
- The Atkins diet is lower than 100 grams of carbohydrates a day, which is not enough for your brain to work properly.

Consequences of following

a low carbohydrate

eating plan for more than six months:

- Increased cancer risk
- Increased heart disease risk
- Poor long term weight loss
- Reduced athletic performance
- Increased gout
- Increased kidney stones
- Increased osteoporosis
- Fainting
- Keto breath
- Insufficient vitamin, mineral and fiber intake

What can I do to lose weight? or

WHAT CAN I DO TO BE HEALTHIER?

- Eat breakfast
- Eat every 4 to 5 hours (don't skip meals)
- Drink water
- Be aware of the size of your portions of food or drink
- Listen to your body - are you satisfied? (not stuffed)
- Eat vegetables
- Eat fruits
- Fill up on fiber: beans, whole grains, vegetables and fruits
- Limit chips, cookies, fries, candy and other desserts
- Be more active
- Eat more fish and other seafood
- Check your beverages for hidden calories
- Use the Food Guide Pyramid for healthy eating ideas:
 - SET A GOAL - Eat something from at least three food groups on the pyramid during each meal and one or two food groups during each snack

Rules for A Healthier YOU:

- **DIET IS A FOUR LETTER WORD**
- **Ask Yourself: Can I do this for the rest of my life?** If not, why now?
- **No forbidden foods** - All foods can be enjoyed
- **Moderation, Not Elimination** - Enjoy foods with little nutritional value in smaller amounts and less often
- **Progress not Perfection** - Praise yourself for any healthier habits you adapt and reward yourself with a non-food reward

Setting Health Goals

- Start small & gradually increase
- Make them measurable
- Work on one or two goals at a time
- Set up a non-food reward for yourself when you have established a new habit

Examples of measurable health goals:

- I will walk for 10 minutes, three days a week (ultimate goal - walk 30 minutes 5 days a week)
- Instead of eating vegetables twice a week, I will eat vegetables three times a week (ultimate goal - eat three vegetable servings a day)

Healthy Math

- 3,500 calories equals one pound. To lose a pound of fat you must decrease your calorie intake or increase your activity by 3500 calories!
- 500 calories/day X 7 days/wk = 3,500 calories or one pound
- Walk a mile - about 100 calories
- Realistic weight loss is 1 to 2 pounds a week
- Think inches, not pounds - check monthly
- Muscle weighs more than fat, so don't rely on the scale - check how you fit in your clothing
- Anyone can lose, can you KEEP IT OFF?

Thank you to the following people who helped me with set up and clean up: Arlene Strobe, Vicky York, Sharon Johns, Lucy James, Tom Ryke, Gloria Hill, and any others I forgot to mention. Thank you to Katie Suskin, Daniel Suskin, and Mark West for their patience & help with Powerpoint!



For more individualized help towards a healthier you, call Patty Suskin, Registered Dietitian and Diabetes Educator for an appointment at (360) 432-3929 or stop by the clinic.



The Truth

About Low-Carb Products

As America goes crazy for low-carb diets, new terms and claims are popping up on food labels, ads and menus. Unfortunately, not of all of these terms mean what you might think. Here are some important tips to help you select your carbohydrates wisely.

Q: Are claims – like low-carb – legal on food packages?

A: No, carbohydrate claims have not been approved by the government. Technically, a label that says 'low-carb' or 'no-carb' is violating the law. The Food and Drug Administration has not issued regulations about carbohydrate claims. Companies are supposed to avoid false or misleading statements. But, for now, it is "buyer beware."

Q: What do all these carb terms really mean?

A: The current low-carb terminology is essentially meaningless. 'Net carbs,' 'impact carbs,' and 'effective carbs' do not have standard definitions and no one is checking their accuracy. Companies get these numbers (which are of questionable clinical significance) by subtracting fiber and sugar alcohols from total carbohydrates.

Q: What are sugar alcohols?

A: Made from sugar, these compounds are used to sweeten foods. Sugar alcohols (manitol, sorbitol, and xylitol) generally have fewer calories than sugar. They are converted to blood glucose, but at a slower rate than sugar or starch. CAUTION: High intakes of sugar alcohols can cause diarrhea and gas in some people.

Q: Are low-carb products lower in calories?

A: Not necessarily; they can have the same, or higher, calorie levels. Since there are no standards or regulations, low-carb items often have as many, or more, calories than their conventional counterparts. Many low-carb candies have more calories and fat than regular candies. Some low-carb beers have just five less calories than light beer.

Q: Are low-carb products better for you than conventional items?

A: Not usually; low-carb brownies are no healthier than regular ones. Minimally-processed whole foods are the best choices for a healthy weight. These naturally nutrient-rich foods (lots of nutrients per calorie) include whole grains; fruits and vegetables; lean meat, fish and poultry; nuts and legumes; and low-fat dairy foods.

Q: Why are low-carb products usually so much more expensive?

A: Manufacturers will charge a premium price when they can get it. Food companies know when they can cash in on hot consumer trends – and low-carb is 'in' right now. Be a savvy shopper – and don't be fooled by prices that are two to four times those for regular products. Save your money for some delicious fresh produce!

12 Nutrient-Rich, Carb-Smart, Super Snacks

A balanced snack can make all the difference in your blood sugar, hunger levels, ability to concentrate, and general attitude. All it takes is some lean protein balanced with nutrient-rich carbohydrates (from whole grains, fruits, or vegetables). Pack at least one super snack into your day – and you'll get an energy boost, long-lasting satisfaction, and the nutrients your body needs to stay strong and healthy.

1. Oatmeal with low-fat milk: All it takes is one minute to heat up a bowl of wholesome nutrients and fiber in the microwave.

2. Vanilla yogurt with berries: Take one cup of yogurt and stir in half a cup of blueberries, raspberries or strawberries (frozen or fresh).

3. Almonds and dried fruit: Start with a small handful of nuts and add your favorite dried fruit (raisins, apricots, or apples).

4. Cheddar cheese and an apple: Combine creamy and crunchy, with an ounce of sharp cheese and a crisp Granny Smith for tartness.

5. Beef jerky and pea pods: With teriyaki jerky (1-2 ounces), this low-fat treat will taste like a Chinese take-out mini-meal.

6. Turkey on multi-grain bread: A slice of smoked turkey, a slice of whole grain bread and a bit of your favorite mustard. Yummy!!

7. Peanut butter on bananas: Whether you like creamy or crunchy, a tablespoon or two of peanut butter makes this a perfect snack for kids of all ages.

8. Cottage cheese and fruit: Juice-packed, canned fruit goes great with a half cup of cottage cheese. Try pineapple, peaches, or pears.

9. Cheese stick and tomatoes: Easy to take anywhere, enjoy a mozzarella cheese stick with sweet cherry or grapes tomatoes.

10. Salad with sunflower seeds: Sprinkle a tablespoon of crunchy seeds on leftover salad and dress lightly with olive oil and vinegar.

11. Wheat wrap with cheese: Pick a slice of your favorite cheese and roll it up in a whole wheat tortilla or other flavored wrap.

12. Microwave bean soup: Instant soups (or beans and rice combo) make quick, heart-healthy, cold-weather snacks.

* Provided by Eat Right Montana
www.montanadieteticassociation.org/promo.html

* Submitted by Patty Suskin, Registered Dietitian and Certified Diabetes Educator



Upcoming Health Events May 2004

Brief Walk

Every Thursday
(May 6, 13, 20, 27) at 12:40
Meet at the Elder's Building

Mammogram Day

May 10th
Contact Rose Algea at 432-3930

Diabetes Support Group

Monday, May 3rd & Monday, May 17th
12:45 to 2:00 p.m.
Walk at 12:45, Talk 1:00 – 2:00 p.m.
Meet at Elder's building right after lunch
Contact Patty Suskin @ 432-3929

National Women's Health Fair Day

Monday, May 10
Mammograms & Health Fair
Little Creek Hotel Conference Rooms
Contact Rose Algea 432-3930

Stress and Relaxation Workshop

Wednesday, May 19th
Noon to 1:00 p.m.

Elder's Building
Lunch Provided
Facilitators: Brenda Dorsey and
Heidi Chambers

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

Celebrating Healthy Families 2004 *12 Ways to Add Value to Your Daily Walk*

A daily walk is one of the best ways to maintain a healthy weight. Research also shows that 30 to 45-minutes of brisk walking helps boost your immune system, reduce your risk of disease, and lower your stress level. If these benefits aren't enough to get you off the couch, here are twelve easy ways to make your walking time even more valuable.

1. **Take a friend:** Walking and talking with a friend is good for your body, good for your heart, and good for your soul.
2. **Take a child:** See the world through the eyes of a child – in a stroller, in a wagon, in a backpack, or just hand-in-hand.
3. **Take a pet:** America's pets are facing their own weight crisis. Do your dog a favor – take a long walk together.
4. **Take a song on CD or tape:** Music lightens every step – and makes the time go faster. Pick your favorite tunes and pick up the pace.
5. **Take a book (on tape):** If you need to do two things at once, walking and listening to books on tape is the perfect solution.
6. **Take a camera:** Want to be a better photographer? Make every walk a photo expedition and you'll be a pro in no time.
7. **Learn about birds:** Wherever you walk outdoors, there are birds to watch and hear. Perhaps it's time to start your lifetime list.
8. **Learn about plants:** City parks, country roads, and wilderness trails all have flowers and trees waiting to be enjoyed.
9. **Learn about geology:** With a little reading and a lot of observation, you can learn about the forces that shape our land.
10. **Learn about history:** History is all around us. Use a map or guidebook to learn what happened before your time.
11. **Learn about your community:** Become more informed and more involved by walking around your neighborhood and your town.
12. **Learn a language:** Language tapes or CDs make ideal walking companions – and you can even practice out loud!

AIDS

Can Indian Kids Get It?

What do you know about Aids? You have heard lots of things about AIDS. Maybe you still think Indians don't get AIDS. NOT TRUE! AIDS is a disease caused by the Human Immunodeficiency Virus (HIV). The virus knocks out your body's immune system so that it can't fight off infections anymore.

INDIANS ARE DYING FROM AIDS!

Before 1982 only two Indians were known to have AIDS. As of September 1988, 77 Indians had AIDS - half of those Indians died. And the number goes up every year. Today, there are two Indian teenagers with AIDS.

HOW DO YOU GET AIDS? The AIDS virus is found in body fluids: blood, semen and vaginal secretions.

HOW IS THE AIDS VIRUS SPREAD?

The AIDS virus is passed (traded) from one body to the next during sex or by sharing IV drug needles. The AIDS virus can also be passed from mom to baby (if mom is HIV infected).

RISKY BEHAVIOR SPREADS AIDS!

The safest thing is to not have sex, but if you do, Use a FRESH LATEX CONDOM WITH NX9 EVERY TIME WITH EVERY ONE.

DRUG USE CAN SPREAD AIDS!

The safest thing to do is not use IV drugs (shooting up)! DON'T SHARE NEEDLES.

ALCOHOL CAN SPREAD AIDS!

Alcohol changes your behavior. Drinking and partying makes you forget about AIDS. You can't afford to forget about using condoms. THE BIG EXCUSE: "I was drunk and didn't know what I was doing." Excuses won't protect anyone from AIDS...only YOU can.



NEW EMPLOYEES



Yolanda Perez Harvey
Family Services Manager

Hi, my name is Yolanda Harvey. I was born in Texas and raised in Southern California. My parents are both deceased (dad in 2000, mom in 2002).

I am Hispanic and Yaqui Indian. I have been married to Robert Harvey since 1994. We live in Hansville (North Kitsap) and I have two children from previous marriage: John, 32 yrs and Gina, 30 yrs.

John is a pharmacist and Gina is a hair stylist. We have three grandchildren: Jared, 13, Justeen, 6 and Isaiah, 2.

We also own two businesses: Salon Madison-Bainbridge Island (started in 1997) and Y and R Stump Grinding (started in 1994).

I earned a bachelors degree in Psychology in 1999 and a MSW (Master of Social Work) in 2003, both from the University of Washington.

From 1999-2004, I was the Indian Child Welfare (ICW) Case Worker and ICW Program Manager for the Port Gamble S'Klallam Tribe on the Little Boston Reservation, Kingston.

We lived on the Little Boston Reservation from 1990-1994. My granddaughter, Justeen, is S'Klallam/Suquamish and Alaska Aleutian/Eskimo as well as Hispanic/Yaqui, German and Welsh.

My hobbies and interests include collecting marine and Native art, miniature

dachshunds (3) and traveling to Mexico and Hawaii.

My professional interests include master's level therapy in child mental health, child advocacy in family violence and program administration and training.

Prior to working for the Port Gamble S'Klallam Tribe, I had seven years in banking and 13 years in publishing.



Pam Hammond

Hi, my name is Pam Hammond and I am a temporary employee at Health and Human Services. In the absence of Jen Olson, I am working on special projects that include coordination of information and activities related to the Tribe's Health Service and Facilities Master Plan. I am also working closely with Paula Henry, helping her coordinate senior activities.

I am a member of the Hoopa Valley Tribe located in northern California, and I am a graduate student at the Evergreen State College. I will be graduating from the Tribal Master's in Public Administration program this June. Even though my tenure here with the Squaxin Island Tribe is likely to be a short one, it has been a very positive experience. I feel privileged to have worked with such a progressive tribe that strives to maintain a strong vision of prosperity and well-being for the future of their people.

Ni'-whong-we' na'-sa-dethl.

I wish you well (good things).

Ni'-whong-we' ah'-din.

You guys are doing good (for your people).

Family, Friends and Co-Workers

Lorretta Case and Doe Bridge - Family, friends and co-workers, I write this for you. Have you ever seen the expression on the face of a child the first time they get to taste candy? They don't like to share!!! And when they do, they cry and complain that the other person got more. The Tribe receives money and every department wants some. It kind of reminds me of this story about the boss:

The eyes said, "I want to be the boss!" The arms said, "No!"

The eyes asked, "Why?"

The arms said, "I get everything for you." The eyes said, "But I let you see everything you want to get!"

So the legs said, "No! No! I want to be the boss because I take you everywhere you want to go." So the rectum said, "I want to be the boss!" They all laughed, "Hoe! Hoe!" and made the rectum mad.

Pretty soon the eyes became foggy, the arms were so weak they could not lift anything and the legs, too, were weak. They could not walk.

What does that story tell you???

It is great to have family, friends and co-workers who are as precious as the sight of a rainbow after a cloudy day. Some of us are lemons and others are oranges. We have our ups and downs. It doesn't matter who is right or who is wrong. But what does matter is that we work together!!!

We all want to be appreciated. Our works are our thoughts and sometimes they are painful like a slap across the face. At other times they are as delightful as apple pie. To work alone is nothing. To be able to work with family, friends and co-workers is exquisite as we walk hand in hand.

Our children are our future, and someday they will follow in our footsteps. It is very important that they have self-esteem, jobs, college, parenting classes, and most of all, protection from molestation, alcohol and drugs. If you cannot do this, what good is it to have all the money, cars, houses and land? Nothing is more important than family!!! Never forget who you are and where you come from!!! Maintaining pride, dignity and honoring the old ways.



Gathering Clams for the Potlatch

The story of Frogs and Tide is told by many Native Americans throughout the Puget Sound region.

b(ə)ascutəb čəł ʔə tiil luʔluʔ,
ʔal ʔuswəliʔil ʔə tiil swəq̄iq̄ ʔal kʷi pədhə(d)təb,

The elders say to us that when the frogs appear in the warm time of the year,

gʷəl huy ʔuqʷiʔatəbəxʷ ʔə tiil swəq̄iq̄.
then the frogs will call out now.

ʔuʔilitəb ʔə tiil swəq̄iq̄,
The frogs are habitually saying,

"ʔəʔə swadač.
didiʔ swadač."
*"Tide come (in)
Tide go (out)."*

"ʔəʔə swadač.
didiʔ swadač."
*"Tide come (in)
Tide go (out)."*

"ʔəʔə swadač.
didiʔ swadač."
*"Tide come (in)
Tide go (out)."*

diləxʷ ʔushuy ʔə tiil swəq̄iq̄.
Now this is what the frogs habitually do.

Brenda Dorsey - I watched while the delighted children ran straight to the shore with their buckets, some so small I thought they would soon tire. They didn't. Instead, they dug and dug, piling small Manila and Little Necks and large Butter clams into their stash which grew larger and larger. They were so enthralled with the task of gathering clams for the upcoming potlatch they had to be strongly encouraged to come and eat lunch.

Finally they began devouring the hot dogs, clams and oysters from the fire, enjoying the ease of eating with their fingers and the reward of their work which seemed more like play.

The language and customs of their ancestors were taught on the land where their spirit remains strong. Children whose spirits are free are freer to learn. The eagle flew over us when we arrived and perched on a nearby tree, as though he wished to witness this joy of children being free.

Even when the pick-up boats arrived, the children continued to dig for clams. I never once heard them complain or argue, their happiness so evident in the bright eyes that sparkled.

The little ones huddled in the boat with their buckets full and much of their bodies covered in sand. Broad smiles appeared when the wind rushed by the movement of the boat. This experience was pure delight, for them and for me.

Many thanks to all who planned and shared this experience of children gathering the potlatch clams. A special thanks to Barbara Whitener for sharing this story with us and Vicki Kruger who continues to give so much of herself by passing the traditions on to the children and making sure the clams are preserved for the potlatch.

"ʔəʔə swadač.
didiʔ swadač."

"ʔəʔə swadač.
didiʔ swadač."

"ʔəʔə swadač.
didiʔ swadač."



COMMUNITY



Thanks to Arnold Cooper for providing transportation and Will Henderson and Arnold's sidekick for helping on the way back. Thanks to Barbara Whitener for telling the kids the story about frogs, and Vicki Kruger for teaching the kids clam identification and the Lushootseed word for butter clams. Thanks to the drummers and singers. Thanks to all the adults who went along and helped. Butter clams were dug for the potlatch give-away and Little Necks were dug and traded for Razor clams to be served at the potlatch dinner.



Warriors

Lorretta Case and Doe Bridge - Your friends, co-workers and family appreciate all the hard work you women warriors do to help our tribe - Vicki Kruger and Charlene Krise.

Vicki is the Wolf - the protector of the children.

Charlene is the Eagle - the keeper of knowledge.

Both of these gifts are a blessing. And we have hope for the future.

One is bold, out-spoken and hated for her bluntness. At our social events she stands alone, making sure the children are serving the elders and learning respect. She gives instruction in dancing and singing. She provides transportation and self-esteem out of her own pocket.

The other is silent with cunning. When she prepares for the kill, she is deadly (on the hunt for funding for the museum and protecting knowledge for the people).

It is only instinct to want to touch a rose, yet you are often stung by the thorns that protect its beauty.

The beauty of the wolf and the eagle. Thank you for preserving the old ways.--



Tribal Council Resolutions

04-10: Adopts revisions to the Squaxin Island Gaming Ordinance

04-11: Approves the Broadband Installation Agreement between the Tribe and Hood Canal Communications

04-12: Gives license to Hood Canal Communications to enter, inspect, maintain, repair, construct, and reconstruct equipment as necessary at no cost to the Tribe

04-13: Approves submittal of the Hazard Identification Vulnerability Analysis for the Tribe

04-14: Approves the 2004 Squaxin Transportation Priority List (roads in need of repair) to be submitted to the U.S. Department of Interior, Bureau of Indian Affairs, Indian Roads program and to other transportation programs, as needed, for inclusion in their respective transportation improvement programs

04-15: Requests that the Tribe's road and bridge inventory and associated mileage be added to the BIA's Indian Reservation Roads (IRR) road and bridge inventory

04-16: Approves an agreement between the Tribe and Northwest Indian College, committing an annual \$2,500 connectivity fee to be connected on the K-20 network and to provide classroom space within tribal facilities

04-17: Approves the draft form of agreement between the Tribe and Pam Cummings regarding espresso sales

04-18: Enrolls Samantha Ackerman

04-19: Enrolls Eugene Galos

04-20: Tabled enrollment

04-21: Tabled enrollment

04-22: Enrolls Jocelyn Campbell

04-23: Tabled enrollment

04-24: Tabled enrollment

04-25: Enrolls Jordan Lopeman-Johns

04-26: Agrees to purchase HUB property from D.O.T. for \$800

Hey, Bosses Really Do Work!



Little Creek Casino General Manager Doug Boon and LCC Hotel Director Sam Askew wash LCC employees' cars (this one's Darlene's) as part of their "Spring Cleaning" marketing campaign. All LCC managers participated in washing employees' cars. Nice work!

Deschutes Parkway, Interpretive Walkway Planting

MARCH 27, 2004 - Squaxin Island Natural Resources Department staffers and family participated in replanting the Deschutes Parkway Interpretive Trail last month. Participants included: Jeff Dickison, Tracy Farrell, John Konovsky, Paula LaFlame, Colleen Seto, Scott Steltzner and families. Thank you everyone for your support.

This replanting project was sponsored by the Washington State Department of General Administration, The Stream Team, The Native Plant Salvage Project and WDOT. It is a restoration and outreach project for the community to learn about and recognize the significance of native plants and their role in riparian habitat. These plants were placed on the

border of a wetland and Capital lake after the reconstruction of a walkway damaged in the Nisqually earthquake. Squaxin Island Tribal Natural Resources staff participated in this effort to restore habitat and give support to a successful community event.



Top Right: Paula LaFlame and Marisol Steltzner, daughter of our newest fish biologist, Scott Steltzner, and his wife Kristen. Below: Squaxin Island Natural Resources staff and family



Native Americans, We Have Purpose

By Debbie Obi, March 2004

What I'm about to say is true to the best of my knowledge (that I have learned so far)!

When I say "we," I'm referring to Native Americans.

We are all put on this Earth by our Creator for a purpose.

Whatever this purpose is, we won't know until its time.

All that we learn is passed down from our elders, from their elders and so on.

That's how we learn and, as we grow older, we grow wiser.

We are not put on the Earth to hurt one another.

A word like (or similar to) "jealousy" was never in our vocabulary.

There are many people who forget about our purpose and get weak and go astray.

Our Creator deals with these people in his own way.

That's why I always say "never wish evil or bad on anyone."

It'll turn back on you and be twice as bad.

The people our Creator deals with suffer till the day they die.

But they are forgiven in the next world.

So always remember you are here for a purpose. Never forget this!

Remember all the lessons and knowledge that were passed down to us,
because when we know what our purpose is, we'll be doing the best we can!

There are very few of us left. Remember we are here for a purpose.

I'm one of them. The owl is my protector. He reminds me all the time.

In spirit and soul we get wiser and stronger with all our knowledge.

So never let your guard down and go astray,

even though its easy to forget we are here for a purpose.

Our Creator will always provide for us and long as we keep on the right path.

Money means nothing to us, As I mentioned, our Creator will provide for us.

Never take more than you need and always return something for what you have taken.

Happy Birthday Mom



**You May Be Gone,
But You Will Never Be Forgotten!
We love you!
Your Daughters, Susan, Marie,
Margaret, Lydia and Gloria
And, Of Course,
The Rest Of Your Family**

**Happy Birthday Levi
From Rose & Family**

**Happy Birthday Veronica
Love,
Mom, Sisters, Brothers,
Son & Daughter**

Happy 25th Birthday Mikey!

Happy 20th Birthday Jolene Renee'



**Happy Birthday Dad (Buddy)
and Mom (Mabel)
Love,
All the Kids**

**Happy Birthday Veronica
Love,
Marcella & Family**

**To My Son Eric
Love,
Mom, Dad and All the Kids**

**Happy Birthday Michael Stewart!
Lots of Love,
Auntie Margaret, Vinny, Jolene,
Malia & Kiana**



**We love you!
Mom, Dad & Marge**

**Happy Birthday Levi
From Rose & Family**

**Lots of Love,
Mom, Vinny, Jer, Malia & Kiana**



Tribal Justice Summit

Mike Evans - The second annual Washington State Tribal/County Criminal Justice Summit was held at the Little Creek Casino/Hotel on March 3rd and 4th. Last year's forum, organized under the theme, *"Building New Partnerships for Community Safety,"* was very successful.

This year's summit was entitled, *"We're Better Together."* During the two day summit, this theme was applied to issues like methamphetamine use, mutual aid, cross deputizing, juvenile justice, domestic violence and homeland security.

Day One:

Dave Whitener provided the invocation and Chairman Lopeman gave the opening remarks.

Debora Juarez, an attorney with WILLIAMS, KASTNER & GIBBS, spoke about economic development and the evolution of the relationship between the tribes and the counties.

There was a panel discussion with local Tribal Chairpersons.

After lunch there were several break out sessions, which involved discussions on drugs, meth and clean up; mutual aid agreements/cross deputizing; working with native juvenile offenders; and domestic violence.

Shannon Inglis, Assistant Attorney General, provided a Legislative update regarding legislation of particular interest to criminal justice.

A guided tour of the Squaxin Island Tribal Museum preceded dinner.

A presentation by the Squaxin Island Drum Group and a speech by Attorney General Christine Gregoire accompanied dinner. Closing prayer was presented by Dave Whitener.

Day Two:

Squaxin Island Chief of Police Robbin Rhoades opened day two with comments and played a piece on his flute.

The opening address was presented by Washington State Patrol Chief Lowell Porter. He was followed by facilitated discussion on the successes which have been attained since the last summit. Small working groups met to work on issues, problems and solutions which were unique to the local areas.

After lunch, participants were briefed on Domestic Terrorism and Homeland Defense. The small break out groups met to continue discussions regarding local issues.

One of the local issues addressed in Mason County was the lack of a system to input Tribal Court protection and restrain-

ing orders in to the state computer system. This, at times, prevented valid orders from being enforced off the reservation. A follow-up meeting was scheduled and a system was put in place that is now being used successfully. Additional training for all law enforcement officers and others on protection orders is scheduled for May 3rd, 4th and 5th.

The summit wrapped up in the afternoon with all parties confirming progress toward working "Better Together".

Looking for Employment?

Remember to check out the Squaxin Island Web Site : <http://www.squaxinland.org> There is a link from the first page that will take you to current job announcements.

Also, under the Links button, you can go to Raven Employment Company. Use the word "Squaxin" for your login and "Tribe" for your password.

Happy Hunting!

Happy 10th Birthday
Kassidy Rose
Pauline Whitener



Love,
Mommy Bear and Family

Happy Birthday Eric
Love Gramma

Happy 2nd Birthday
Kiana Jean (L)



Love,
Your Big Sister Malia Red-Feather,
Mom, Dad and the Rest of Your
Loving Family

Happy Birthday To My
Cousins, Connie (50)
and Becki Napoleon,
Love You Both!

Happy Belated Birthday
Marcella
Love,
Mom

Happy 39th Birthday Dad
Love,
Vanessa, Lee and Marie

Wishing a Very Happy Birthday
To Our Sister
Ila Dee Johns King
We love you!
Conrad & Liz



COMMUNITY



Happy Birthday

Leo Henry	5/1	Kevin Harper	5/10	Tamatha Ford	5/22
Fame Rankin	5/2	Breanna Peters	5/10	Melissa Henry	5/22
Veronica Rivera	5/2	Kassidy Whitener	5/10	Richard Monger	5/22
Krystal Koenig	5/3	Linda Allen	5/11	Rebecca Napoleon	5/22
Kim Cooper	5/3	Richard Johns, Jr.	5/11	Carly Rose Peters	5/22
David Lewis "Toby"	5/3	Jeremy Meyer	5/11	Tiffany Hartwell	5/23
Brian Tobin	5/4	Wesley Whitener	5/12	Michael Ogden Hill	5/23
Todd Hagmann, Jr.	5/5	Connie Napoleon	5/12	Levi Sanchez	5/23
Sally Brownfield	5/6	Julie Smith	5/13	Theresa Sanchez	5/23
Nancy Rose	5/6	Tyler Barnwell	5/14	Donald Hartwell	5/24
Justin Saenz-Garcia	5/6	Kenneth Wilbur	5/14	Raymond Peters	5/25
Raven Thomas	5/6	Donna Wood	5/17	Spirit Jones	5/25
Eric Castro	5/7	Bryan Johnson	5/17	Tyler Johns	5/26
Dustin Barnwell	5/8	Jaclyn Meyer	5/17	Craig Parker	5/26
Francis A. Cooper, Sr.	5/8	Marlene Henry	5/18	Mildred Wagner	5/26
Morningstar Green	5/9	Shawnee Kruger	5/18	Jeremyha James	5/27
Justin Johns	5/9	Gary Brownfield	5/19	Kurt Poste	5/28
Colleen Peters	5/9	Richard Harper	5/21	Jack Selvidge	5/29
Stanley Black	5/10	Jennie Kuntz	5/21	Iladee King	5/30
				Carol Phipps	5/31

WHAT'S HAPPENING IN MAY

						1
						General Body Meeting
2	3	4	5	6	7	8
	Diabetes Support Group 12:45 - 2:00 p.m.	Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	
9	10	11	12	13	14	15
	National Women's Health Day Mammograms and Health Fair	Court Church 7:30	Drum practice 6:00 p.m., MLRC	Tribal Council Brief Walk After Lunch	AA Meeting 7:30	Potlatch
16	17	18	19	20	21	22
	Diabetes Support Group 12:45 - 2:00 p.m.	Church 7:30	Stress and Relaxation Workshop Noon - 1:00 Elder's Bldg Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	Shelton Indian Ed Banquet Chilocco Boarding School Reunion AA Meeting 7:3	Chilocco Boarding School Reunion Muckleshoot Casino
23/30	24/31	25	26	27	28	29
		Court Church 7:30	Drum practice 6:00 p.m., MLRC	Tribal Council Brief Walk After Lunch	Tribal Members Only Bingo Night at LCC AA Meeting 7:30	

MAY YOUTH ACTIVITIES CALENDAR

						1
						Youth Conference Ocean Shores Leave 7:30 a.m.
2	3	4	5	6	7	8
Youth Conference Ocean Shores Return 3:00 p.m.	Homework Help 3:00 - 5:00 Basketball Practice 4:00 - 6:00	Potlatch Arts & Crafts 4:00 - 6:00 Gym Closed Homework Help 3:00 - 5:00	Homework Help 3:00 - 5:00 Basketball Practice 4:00 - 6:00	Homework Help 3:00 - 5:00 Basketball Practice 4:00 - 6:00	Baton 3:00- 7:00	Basketball Tourney Queets
9	10	11	12	13	14	15
Basketball Tourney Queets	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00	Potlatch Arts & Crafts 4:00 - 6:00 Gym Closed Homework Help 3:00 - 5:00	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00	Homework Help 3:00 - 5:00 Gym Closed	Gym Closed	POTLATCH!!!
16	17	18	19	20	21	22
CLOSED	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00	Homework Help 3:00 - 5:00 Gym Closed	Baton 3:00 - 7:00	Anti Tobacco Workshop Teens Only Trip to Seattle
23/30	24/31	25	26	27	28	29
CLOSED	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00 / CLOSED Memorial Day	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00	Homework Help 3:00 - 5:00 Open Gym 4:00 - 6:00	Homework Help 3:00 - 5:00 Gym Closed	Baton 3:00 - 7:00	

SQUAXIN ISLAND TRIBE

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