



“Look at us Grow”

Jennifer Ulrich, Marketing Manager,
Island Enterprises, Inc. and Skookum Creek Tobacco -

Salish Seafoods

Also opening this past month at the Little Creek Casino is The Squaxin Island Seafood Bar, with products supplied from our very own Salish Seafoods. The bar serves a variety of seafood at a reasonable price (and it is labor free, they shuck the oysters and peel the shrimp)! Stop by and check it out!



Farmers Market

Do you like crafts, fresh fruit and friendly people? Than we have great news, we plan on opening the farmers market again this summer. We propose a challenge to you, replace your burger, fries and hotdog filled summer with our delicious, juicy and ripe fresh fruit and vegetables. You'll feel better, have more energy and save some money. Don't believe me, try it for a week and find out for yourself. For anyone interesting in selling crafts etc should contact Derek at (360) 229-1048.

Continued on Page 2

General Body Meeting

May 6, LCCR Showroom (Bingo Hall)

First Roll Call at 9:00 a.m.

Elections will take place for Secretary (*currently Vince Henry*)
and Treasurer (*currently Patti Pubn*)

Door Prizes and Raffles

The Squaxin Island Canoe Family will hold a silent auction including a cedar hat, a cedar basket and other great artwork! Bring your money!



Mount Rainier National Park

Entrance Fees Waived for Tribal Members

Tribal members who wish to visit Mount Rainier National Park do not have to pay entrance fees. Proof of tribal membership will be required at the park entrance, but no one will be asked to specify the exact nature or intended location of their visit.

The fee waiver applies to all members of the Squaxin Island, Nisqually, Puyallup, Muckleshoot and Cowlitz Tribes as well as the Confederated Bands and Tribes of the Yakama Nation. The fee waiver does not apply, however, to campgrounds or other user fees within the park. Tribal members will be required to adhere to standard park regulations and practices unless otherwise specified in agreements or special use permits. Large groups (12 or more) should notify the park in advance of intended uses and dates, so that appropriate personnel can be informed and permits issues, if necessary.

“I understand that land and resources in Mount Rainier National Park have special meaning for local Indian people, and that use of the area has long-standing historical and pre-contact precedent,” said David Uberuaga, Mount Rainier National Park Superintendent. “I trust that my action makes it easier for tribal members to come to Mount Rainier, and helps maintain the traditional importance of certain areas and resources within the park.”

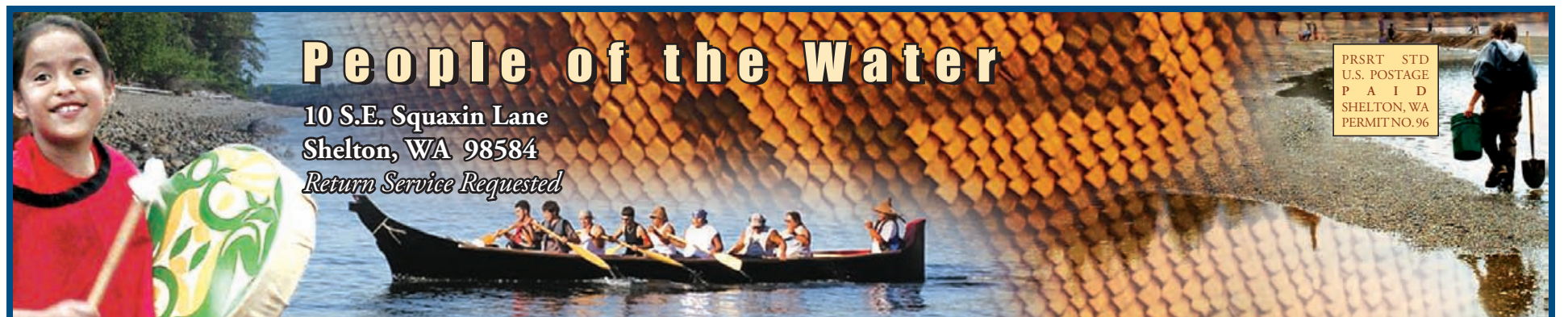


If you have any questions, please contact Rhonda Foster at 432-3850 or Larry Ross at 432-3837.

People of the Water

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Squaxin Island TRIBAL NEWS

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Shelton, WA 98584

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

Klah-Che-Min Staff:

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

“Look at us Grow”

Continued from Page 1

Island Enterprises Open House

The new Island Enterprises offices are open and we have been enjoying our new location on the creek. Stop by at the Island Enterprises OPEN HOUSE May 19th from Noon through 2:00 p.m. Food and drinks will be provided!



The Kamilche Trading Post

As I am sure some of you have noticed things are changing in layout down at the store. We are in the process of converting the tobacco merchandise to full-service, where the cashier will have to grab the product for the consumer. We have decided to do this for a number of reasons. The first is that Phillip Morris, manufacturer of Marlboro, will offer an additional discount to stores that move into this model.



Secondly, this will restrict access for the underage consumers that frequent the KTP and third, this new setup provides one more cash register and with the volumes the KTP has been experiencing this is very important for customer traffic flow.

More excited news from the KTP is that we have launched two new Skookum Creek Tobacco products; Premis and Island Blendz little cigars. Premis is our lowest tiered cigarette brand, but even for it competing at a lower price point the cigarette is very high quality. You just may find yourself switching from your favorite cigarette to Premis. Then there's Island Blendz little cigars; Island Blendz cigars are loaded with flavor. You can find them in Natural, Rum, Vanilla, Chocolate, Cherry, Menthol and Light flavors.

Skookum Creek Tobacco

The new Skookum Creek Tobacco Factory is scheduled to be completed by the end of April. Once it's up and running it will have a larger work load than ever before. We are excited about our new lines of tobacco products. We envision them to explode onto the market and hopefully make the name “Skookum Creek Tobacco” a common name wherever you go for your tobacco needs.

The old Skookum Creek Factory is getting a



Warehouse Manager Josh Smith and David Lopeman



makeover. The original home to the only Tobacco Factory in the Northwest will give way to a “First Class” Events Center. Stay tuned to the Little Creek Casino Resort events calendar to see which big name bands will be playing. If you like classic cars, hot rods, Harley's, collectables and trade shows, look no further than the new Events Center at the Casino. Don't get too excited, the paint still has to dry but it should be open for business by June/July.



Kamilche Farmers Market Now Open



Monday - Friday 11:00 - 7:00
Saturday - Sunday 9:00 - 5:00



2006 SQUAXIN

ISLAND BINGO NIGHT!

BINGO SESSION & DRAWINGS TOTAL OVER \$3000!!



THURSDAY, MAY 04, 2006

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

LOTS OF DRAWINGS!



**PULLTABS
WILL BE
OPEN FOR
SALES.**

**Must be 18
years old or
older**

GAMES BEGIN AT 6:30

**Drawings include Pendleton Blankets, Leather Coats,
Hotel Stay, Two \$125 cash drawings, Dinner for two
in Island Grille, MP3 Players, Portable DVD Players,
HDTV Television, Stainless Steel Barbeque, Camera
and printer bundle and more!!!!**

FOOD AND BEVERAGES WILL BE AVAILABLE!!

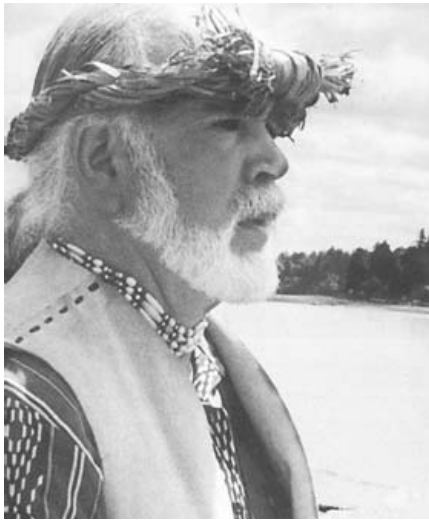
**A VERY Special Thank You to
Charlene Cooper and Lisa Braese**

**I am truly in your debt for what you did for me (shaking). Thanks to
you guys, I no longer have cancer. One day I will get you something for
doing this for me. All I have to say is, "THANK YOU!!!!"**

- Ed Cooper



Running For Tribal Council



David Whitener

kʷədačʰ

I greet all of you with both sincerity and lightness of heart. Sometimes we need a little humor, even (or especially) when things are serious.

What we need is "A few good men." But, "A good man is hard to find." And, "Behind every good man is a great woman." . . . or, sometimes in front; which means a great man is behind a good woman. Who can tell?

Sometimes in government we talk, but don't walk the talk. We love . . . we care, but only lightly. "Love is a many splendored thing."

My mother often said, "If you can't say something good, don't say anything."

Sometimes we, in government, try to walk our talk while chewing gum . . . We say, "We're working on it." Or, "The check's in the mail."

This may seal my fate, but it seems to me that the Squaxin Island Tribe has grown so fast, it distanced itself from the concept of culture, which is an intrinsically woven masterpiece of family, relations, love of nature, honoring of the Great Grandfather Spirit, respect, songs and celebration.

We should put our money where our proverbial mouth is by funding cultural and educational programs that include a tribal school that offers tribal language classes, a multipurpose recreational field for soccer, baseball, track and other sports activities offered on a regular basis. We should be a hospitable, financially astute tribe, which supports economically sound business opportunities.

But most importantly, we should do all these things without forgetting what it is that makes us truly great . . . our culture, our families and the relationship we have with the waters, the woods and all living creatures.

Without "beating around the bush," we should

exercise our INHERENT SOVEREIGNTY by amending the 1965 Constitution. The Constitution defines the eligibility criteria required for enrollment and adoption. We should pave the way for future generations by enrolling direct descendants of tribal members.

I once asked my uncle, Ray James, "How much Indian are you," and he replied, "All 165 pounds of me." Likewise, while teaching at The Evergreen State College, students would often ask, "How Indian are you?" I would respond, "From the top of my head to the tips of my toes."

Nippawanock, an Arapahoe leader said, "We do not come in parts. Either you are Native American or we are not."

Either you have ancestors who belonged to this land or you do not. The concept of blood quantum was imposed by Europeans. This was not traditional to Native Americans whose first priority was their people, their families, into the future for seven generations to come and even "as long as the sun shines and the rivers flow."

Being Native American is more about who you belong to, what you believe in and what you hold sacred and less about pedigree.

It is hurtful to tell family members, a son or a daughter, "You are Indian, but not Indian enough." Why should we do this to members of our own families?

"Together we stand, divided we fall."

Warm Breezes
Gentle Currents
Favorable Tides
Smooth Waters



Paula Henry

Hi Squaxin Island Tribal Members and Families!

I wanted to let you know that I am running for Council in May.

When I talk to the tribal members and their families in our community, I hear echoes . . . it's the same sounds and voices as from the past. Elders and youth issues, natural resources, unmet needs of insurance and medical, growth of our entities and the "left behind feeling" of our tribal members.

If the voices are not heard by our council, who will hear them? I want to make a positive difference for our Tribe and see growth on all levels. I will do the very best to make that difference. Thank you for allowing me this time to share with you. See ya at the elections.

- Paula Henry



SgwiGwi

June 9th from 5:00 - 8:00
in the new events center
at Little Creek



New Employee



Leslie Johnson
Tourism Director

Hi, I'm Leslie Johnson, the new Tourism Director for the newly created Tourism Department. Some of you may remember me from the late 70's and early 80's. Back then I was a Planner and Grantwriter. The Tribe only had 20 homes, the casino wasn't even a "gleam" in anyone's eye and the Tribal Center was the old Kamilche Elementary School. Today, I look forward to working with the Tribe and members to increase tourism to the Tribe's current and future ventures.

I would like your input in new tourism ventures the Tribe should take or encourage Tribal Members to take. I would like to invite members to talk to me about the Farmers' Market. Is anyone interested for 2006? If not, do you have any other ideas for this space? If you are interested in selling fresh products from your garden, what do you think we can do to make it a success?

I am also looking for volunteers for a few events (like the Salmon Fest coming in August).

My office is right alongside of Ruth Whitener at the Museum.

I previously worked at Saint Martin's University in Conference Services. There I worked on events management and bookings.

Tribe, Local Governments Sign Tourism MOU

The Squaxin Island Tribe, on March 14th, signed the "Inter-governmental Memorandum of Understanding for Mason County Tourism Development." Also signing the agreement were Mason County, City of Shelton, Port of Shelton, Port of Allyn, Port of Hoodsport and the Skokomish Tribe.

The agreement is meant to formally recognize the value of tourism. "Tourism is a legitimate and valuable form of economic development, capable of infusing new dollars into the local economy and should be nurtured and encouraged," it reads.

"The partners recognize that tourism is a service-based economy dominated by small businesses and entrepreneurial individuals with a creative approach to business development."

Visitor services intended to draw people to Mason County include (but are not limited to) lodging, dining, shopping, recreation, attractions, sports, events and other amenities.

The tourism partners agree to consider the needs of the visitor industry when addressing land use and infrastructure improvements and when promulgating regulations affecting small businesses. According to the agreement, certain elements of government are critical to economic development and include:

- Public lands that can be used for large facilities that service residents and visitors alike, such as parks, trails, fair grounds, marinas, lakes, civic centers, amphitheaters, etc.
- Master plans that provide the framework and parameters for growth, direction and speed of development
- Infrastructure, such as water, sewer, power, highways and roads
- Cultural preservation, such as museums, historical architecture and monuments
- Services, such as transportation, education and safety.

The partners promise to establish cooperation through inter-governmental dialogue in regularly scheduled meetings to exchange information and set goals. They also recognize the need to create a "brand"/tourism identity showcasing Mason County's unique attractions and amenities. Creation of this "brand" will require county-wide consensus and the eventual focusing of resources from the private sector, the county, City of Shelton, ports, unincorporated communities and tribal governments. Any adopted tourism brand should meet the following criteria:

- Have a wide appeal to attract a large tourism audience outside the county
- Be specific. "If it is all things to all people, it will not excite anyone."
- Must be unique within the regional market
- Must promise something of value to the target market
- Must be expandable

Any time more than an exchange of information is planned, the activity will be described in a Project Annex to the MOU and include a work plan, staffing requirements, cost estimates, funding source and other undertakings, obligations or conditions. The partners also agree to consult each other before any activity is disclosed to the media.



L-R: David O'Connel, Director, Mason County Transit Authority; Thomas Young, Commissioner, Port of Hoodsport; Thomas Longshore, Skokomish Tribe; Jayni Kamin, Commissioner, Mason County; Jim Peters, Chairman, Squaxin Island Tribe; Linda Blackwell, Commissioner, Port of Allyn; John Tarrant, Mayor, City of Shelton



Testimony of the Squaxin Island Tribe

Submitted to the House Interior, Environment and Related Agencies Appropriations Subcommittee for the Fiscal Year 2007 Budgets for the Bureau of Indian Affairs and the Indian Health Service on March 30, 2006 and presented by Jim Peters, Chairman

Good morning and thank you for inviting me to provide this testimony of the Squaxin Island Tribe on the FY 2007 budgets for the Bureau of Indian Affairs and the Indian Health Service.

The Squaxin Island Tribe, a signatory of the 1854 Medicine Creek Treaty, has a current enrollment of 897 and an on-reservation population of 400 living in 129 homes. Squaxin has an estimated service area population of 2,747, a growth rate of about 10%, and an unemployment rate of about 30%, according to the BIA Labor Force Report. Our requests include the following:

TRIBAL-SPECIFIC APPROPRIATION PRIORITIES

- \$845,000 to upgrade the Arcadia Boat Ramp Project
- \$440,000 to Supplement Implementation of K-12 Student Programs
- \$305,810 to Provide Higher Education for Tribal Members
- \$251,925 To hire biologist and technicians for Shellfish Management
- \$681,000 IHS Staffing Needs for the Sally Salvage Health Center
- \$415,000 Contract Health Services Shortfall
- \$67,000 for Medical Lab and Update Medical Equipment
- \$158,000 for Adult Social Worker and Welfare Specialist

REGIONAL PRIORITIES

- Restore \$1.875 million to the BIA Trust Budget for Water Management, Planning and Predevelopment
- Support all budget priority requests of the Northwest Indian Fisheries Commission, Affiliated Tribes of Northwest Indians and the Northwest Portland Area Indian Health Board

SELF-GOVERNANCE PRIORITIES

Indian Health Service

- \$485 million increase for Indian Health Service (IHS) mandatory, inflation and population growth increase needed to maintain existing health care services; restore loss of buying power
- \$75 million increase for Contract Health Services (CHS)
- \$150 million for 100% full funding of Contract Support Costs (CSC)

Bureau of Indian Affairs

- Sustained 8-10% annual increases in Indian Country Public Safety and Justice Programs
- \$5 million Appropriation to Support Tribal Education Programs and \$10.7 million Increase to Fund Operations of Tribal Colleges
- \$75 million increase for 100% full funding of Direct and Indirect Contract Support Costs

TRIBAL SPECIFIC REQUESTS

Arcadia Boat Ramp Project - \$845,000

The Arcadia Boat Ramp is a critical economic resource for the Squaxin Island Tribe. The Tribe has long been known as “The People of the Water” and the ability to access Puget Sound at the Arcadia Boat Ramp is fundamental. Virtually all key cultural ceremonies and events involve using the boat ramp in some capacity, including the Tribe’s First Salmon Ceremony and participation in the Annual Puget Sound Canoe Journey.

Centrally located just West of Squaxin Island, near Pickering Passage, and at the mouth of Totten Inlet, the Arcadia Boat Ramp is the primary launching point for Tribal entrepreneurs involved in fishing and shellfish, Tribal members exercising treaty/cultural rights, local shellfish businesses, and the surrounding community. The Tribe purchased the ramp in the 1980s after Mason County declared the property excess and put it into trust status, but has kept the facility open and free to the general public, as well as to commercial operators.

The Arcadia Boat Ramp is one of only four public access ramps in Mason County and is one of the most heavily used commercial and recreational launching sites in South Puget Sound. The ramp supports the nearly 400 Tribal fishers and shellfish harvesters, as well as numerous commercial aquatic growers such as Taylor Shellfish Farms (with 360 employees in Mason County, who use the boat ramp over 600 times a year). Commercial shellfish production is the second largest private-sector employer in Mason County and the Arcadia Boat Ramp is critical to the county’s continued economic growth.

In the 1990s, the ramp was heavily damaged, significantly reducing the ability of fishers and users of the ramp to launch boats at lower tides. Upgrading the ramp and making other critical improvements to the facility, including the construction of restrooms and repair to parking area are essential. The Tribe’s plan calls for rebuilding the ramp using state-of-the-art technologies to reduce the impact on beach migration and tidal habitat, extend ramp to allow access at lower tides and expanded to handle two boats at a time.

The Tribe will work closely with state and federal agencies and partner with local commercial growers/harvesters to ensure the new ramp achieves the goals of providing better access while having a minimal impact on the environment.



The Tribe has approximately \$30,000 of the needed funds for the project. The Tribe is actively seeking both federal and state funding support for the balance.

Supplement Implementation of K-12 Student Programs - \$440,000

We currently serve 212 students in grades K-12, with a current federal funding level that translates to approximately \$34.00 a student per year. This program is grossly under-funded. The Tribal high school on-time graduation rate remains around 40% - 45%, significantly lower than the Washington State average of 70% as published by the Washington State OSPI (Ray spell out these acronyms) in September 2005 in the "Graduation and Dropout Statistics" report. In order to realize our goal to "Increase Graduation Rates and Student Success," we need additional funding to support the implementation of K-12 student programs that will improve our student success rates. The approximate unmet need for this program is as follows:

Student Learning Assessments	\$10,000
School Counseling Services	\$80,000
Tutoring/Remediation Services	\$130,000
Prevention Activities/Strategies	\$60,000
Program & Administrative Staff	\$160,000
TOTAL	\$440,000

With this unmet need fulfilled the Tribe would average \$2,075/per student per year, in contrast to the current \$34. (As a comparison the Shelton School District average per student is well over double this figure, per information received by the Shelton School District Accountant. Ray what is the location of the Shelton School District to Tribal School? What is the Shelton K-12 population for this comparison? What is the per pupil average for Shelton—without this information no point to making comparison.)

Squaxin opposes the FY 2007 Administration budget proposal to eliminate the Johnson O'Malley (JOM) grants. In 1995 the Department of the Interior imposed a freeze on JOM funding that limited funds to tribes based on the population count in 1995. The freeze on these funds should be removed and the grants should be awarded to continue to provide students with programs that will help them to stay in school, including remedial instruction, counseling, cultural programs, and small but important personal needs such as eyeglasses.

Higher Education for Tribal Members - \$305,800

The Squaxin Island Tribe currently provides minimal financial assistance to Tribal members pursuing an undergraduate degree and no assistance to those seeking a Graduate degree. We can provide up to 25 eligible, enrolled tribal members between \$950 and \$1500 per quarter in financial assistance. The current funding level is far below the average yearly cost for an undergraduate degree in Washington State.

To provide adequate assistance (administrative and financial) to all tribal members who want to obtain a college degree we would:

- Employ a full time Higher Education Program Coordinator to administer higher ed. program and provide enhanced academic support services to existing higher ed. students. Additionally this person would perform community outreach to engage potential students - \$73,300 salary/fringes
- Provide financial support (awards) to 31 tribal member students for tuition, books, and room & board - 31 students @\$7,500/year = \$232,500.

Increased funding in this area will allow us to achieve our goal to provide adequate assistance (administrative and financial) to all tribal members who want to pursue their education goals and obtain a college degree.

The Squaxin Island Tribes requests that prior to the BIA restructuring the Office of Indian Education (OIE), formal consultation with Tribes occur. The BIA should adhere to Executive Order 13175, Consultation and Coordination with Indian Tribal Governments reaffirmed by President George Bush in 2001.

Hire Biologist and Technicians for Shellfish Management - \$251,925

We would employ a biologist and technicians to conduct the following activities:

1. Enhance beach production to improve shellfish harvest quantities.
2. Identify shellfish populations that are depressed and candidates for restoration and enhancement efforts.
3. Improve implementation of US v Washington Federal Court Orders in order to identify and access more aquatic lands for shellfish enhancement opportunities.
4. Utilize the best available science to implement shellfish resource protection restoration and enhancement strategies

IHS Funding Deficiencies - \$1.163 million

Current funding levels are woefully inadequate for us to provide reasonable health and preventative care for our tribal members and community. In order to provide comprehensive health care for our tribal and community members, the following shortfalls at a minimum need to be addressed:

Staffing Shortfalls for Sally Salvage Health Center

\$115,000	Nurse practioner
\$65,000	Medical Assistant
\$272,000	Dentist
\$79,000	Dental Assistant
\$150,000	Mental Health Counselor

Total IHS Staffing needs: \$681,000

Contract Health Services Shortfalls

\$ 35,000	Annual Medical Inflation
\$120,000	Service population increases
\$260,000	Health care and preventative services at a level beyond priority one and two status.

Total CHS Shortfall: \$415,000

Equipment needs

\$22,000	Updated medical equipment
\$45,000	Medical lab facility

Total Equipment needs: \$67,000

Bureau of Indian Affairs Funding Deficiencies - \$158,000 Current funding levels are inadequate for us to provide comprehensive health and welfare services for our children and vulnerable adults. In order to provide comprehensive care to these special populations, the following shortfalls need to be addressed:

Continued on Page 8



Testimony

Continued from Pages 6 - 7

Staffing Shortfalls

\$79,000 Vulnerable adult social worker

\$79,000 Child welfare specialist

Total BIA Staffing needs: \$158,000

Finally, the Squaxin Island Tribe supports the National FY 2007 Budget Priorities for the National Indian Education Association Budget Requests, the National Congress of American Indians and the National Indian Health Board.

Testimony of the Squaxin Island Tribe

Submitted to the House Appropriations Subcommittee on Labor, Health and Human Services, Education and Related Agencies For the FY 2007 Budget for the Department of Health and Human Services and Presented by Chairman Jim Peters on March 29, 2006

Good morning and thank you for inviting me to provide testimony on the FY 2007 budget for the Department of Health and Human Services on behalf of the Squaxin Island Tribe.

The Squaxin Island Tribe, a signatory of the 1854 Medicine Creek Treaty, has a current enrollment of 897 and an on-reservation population of 400 living in 129 homes. Squaxin has an estimated service area population of 2,747, a growth rate of about 10%, and an unemployment rate of about 30%, according to the BIA Labor Force Report.

Our requests include the following:

- Tribal Set-Aside for the Pandemic Influenza Planning and Education
- Secretary's Use of Head Start Set-Aside
- TANF Training and Development Funding for Tribal Governments
- Increase SAMHSA Funding to Support Tribal Practices to Address Epidemic of Methamphetamine and Distribution and Use in Tribal Communities

EXPLANATION OF REQUESTS

TRIBAL SET-ASIDE for PANDEMIC INFLUENZA PLANNING AND EDUCATION for TRIBAL COMMUNITIES

The Department of Health and Human Services' Pandemic Influenza Plan is a comprehensive work in progress. It is difficult to forecast just how this country will react in a time of pandemonium and chaos. The Squaxin Island Tribe is concerned that Tribes are not being considered in the context of our cultural and traditional practices. In addition, our remote locations suggest that we need to develop a preparedness plan indicative of our needs in our Tribal communities. As Tribal governments, we need the resources to develop a localized plan for our people.

We take exception to a plan that would require Tribes to be dependent on the state to distribute funds and coordinate relief on our reservations. All Tribes do not enjoy a positive relationship with the states and current relations would be further strained given the severity of such a life threatening and life-altering situation.

My final concern is the issue of staffing for Tribal health facilities. Tenured and experienced medical staffs in Tribal health facilities are members of the Commission Corps. More Commission Corps personnel are employed at Tribal health facilities than any place else, with the exception of the Department of Health and Human Services. When there are disasters or an emergency need for a federal national medical presence, the Corps are reassigned from Tribal facilities to other locations designated by the Department. We understand that these are highly trained and qualified people, but it is unfair to strip Indian Country of this resource without a staff rotation plan or other alternative to minimize the impact to Tribal beneficiaries.

We need to have our own resources to develop our local plan to coordinate with the Federal, state and local governments. We request a Tribal set-aside to allow Tribes to exercise the governmental responsibilities to our people. We also ask that the Department consult with Tribes about utilizing Commission Corps personnel and provide funding to develop a staffing alternatives for Tribal facilities during all federal emergencies.

SECRETARY'S USE OF HEAD START SET ASIDE

The Head Start program is a discretionary line item in the Department of Health and Human Services budget. Under the Head Start Act, the Secretary is required to use 13% of the Head Start appropriations to fund Indian Head Start and migrant and seasonal programs, trust territory programs, training and technical assistance activities, discretionary payments

by the Secretary, and research demonstration and evaluation activities. We are concerned that under the Secretary's discretionary payments, a sizeable portion of the 13% is used for states and that is not the intent of Congress.

The Secretary is authorized to use these funds as deemed appropriate to advance the purpose of Head Start, but it does not seem fair that such a small set-aside supplements programs outside of scope and intent of the set-aside.

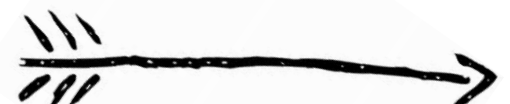
We request that the increase to Head Start supports the discretionary spending of the Secretary under this line item and not diminish the intent of Congress with the use of the Head Start set-aside.

TANF TRAINING AND DEVELOPMENT FUNDING FOR TRIBAL GOVERNMENTS

The Deficit Reduction Act of 2005, P.L. 107-171, reauthorized welfare reform another 5 years. The Tribal experience under Temporary Assistance for Needy Families (TANF) has been challenging and frustrating. States are provided bonuses when they can demonstrate that they have reduced the unemployment rate, but there is no mechanism to reward Tribes for demonstrating similar success. A reconciliation process needs to be designed and implemented to determine the accuracy of the number of people reported by the state versus the amount of funds the states receives which determines the state bonuses. Are states improving their TANF count by moving Indian people out of their system?

In addition, Tribes are not allowed a level playing field to perform under TANF. For instance, states have always had the benefit of performing welfare services. They have received training and development funds from the Department of Health and Human Services since the original welfare program was authorized. States have the historical and institutional knowledge about welfare and can be considered experts while Tribes are novices. Tribes have entered TANF at a disadvantage and Congress needs to help Tribes become better at implementing and managing TANF.

We request that Congress appropriate training and development funds for Tribal governments so that we can become more educated and proficient in implementing TANF.





INCREASE SAMHSA FUNDING TO SUPPORT TRIBAL PRACTICES TO ADDRESS METHAMPHETAMINE EPIDEMIC TRIBAL COMMUNITIES

Tribes need help in obtaining access to our fair share of the Prevention, Treatment and Recovery Support Services Funding appropriated by the Congress of the United States. Tribes need assistance to plan, develop, implement and measure alcohol, substance abuse and mental health services consistent with the demonstrated needs of our membership. We need the same level of support from the federal government for hiring and housing former addicts, rehabilitated prisoners, and former mental health patients that we have received for identifying, arresting and jailing or institutionalizing our people.

TRIBAL SPECIFIC SUBSTANCE ABUSE BLOCK GRANT

The Budget justification states that the Administration is seeking to fund the Block Grant at the same level as 2006, it is not proposed to stop inflationary increases that are automatically added to entitlement funding. We believe that this option is still workable. We ask that SAMHSA, the Department and the Administration seriously consider a one year diversion of the inflationary increase authorized for the Substance Abuse Block Grant to fund a Tribal specific Substance Abuse Block Grant.

IMPLEMENTATION OF SAMHSA POLICY TO ACTIVELY SUPPORT TRIBAL PROGRAMS

The increased costs of health care and the growing methamphetamine epidemic have many Tribal leaders across Indian Country concerned that Tribes do not have the necessary resources to deal with this epidemic. There are other social and economic costs associated with methamphetamine that are also impacting Tribes. According to two Portland economists (reported in the April 23, 2005 edition of the Oregonian) the cost of direct damages from methamphetamine that include property crime, fires, property clean-ups, foster care, and health care was \$102.3 million just for one single county. This cost analysis did not include the law enforcement, court costs, treatment, or incarceration costs associated with methamphetamine abuse. The costs of addressing the methamphetamine epidemic in Indian Country are simply too high for Tribes to adequately address.

We have been informed that SAMHSA's Administrator Charles Currie has issued a policy directive requiring SAMHSA staff to provide a written response to Tribal applications for grants, indicating why they could not receive funding to support their projects directly. We applaud the efforts of the Administrator to increase the awareness of IHS staff and Department Policy Makers of the overwhelming need among Tribal members, Tribal communities for prevention, treatment, and recovery support services.

Thanks you for providing me this opportunity to present our priorities for the Department of Health and Human Services.



Join Us! August 24-27 at Panhandle Lake *10th Annual Women and Girls' Gathering*

By Marilee Ransdell, Editor, The Intertribal News

Imagine the early morning. Mist rises from tree-rimmed Panhandle Lake. You have come to the Tenth Annual Women and Girls' Gathering at Panhandle Lake, located near Dayton, Washington.

In this secluded setting you enjoy coffee on the dock, then share breakfast with friends, old and new. During workshop-filled days you choose between a relaxing massage, paddling a canoe across the blue lake, or reconnecting with your culture as you work on a traditional craft.

You gain (or share) knowledge as you learn to apply traditional practices to today's life with its many challenges. You learn new skills from dynamic speakers.

This year one keynote speaker is reported to be Linda Burhansstipanov, MSPH, PH (Cherokee Nation of Oklahoma), Director of Native American Cancer Initiatives, Inc., who is nationally known and quite a popular speaker.

More speakers are being scheduled, but to give you a glimpse from the past: Mary Alice Trapp, from the Mayo Clinic's Native W.E.B. program, with 10 years experience training health workers in the early detection of cancer, was a 2005 keynote speaker. The other 2005 speaker was Inés Talamantez (Mescalero Apache), nationally recognized for preserving Native American ceremonies and demonstrating their importance in a fast-paced world. She spoke about female spirituality and the "rite of passage ceremony." Inés explained how the Apache consider this a woman's most important ceremony.

End your day in the ceremonial sweat lodge, join a talking or drumming circle, or enjoy traditional storytelling. Take part in a variety of crafts.

Don't forget the unique health opportunities ranging from free breast health exams to mammograms to cervical screenings. On-site professionals have generally included massage therapists, reflexologists, and aromatherapists.

There is an on-site day care so you have the chance to form and nurture a network that promotes and strengthens your health and leadership. You, like many others, return to your community with new skills, renewed in spirit and in strength. Please join us!

Photo by Marilee Ransdell





First Time Homebuyer Education Class

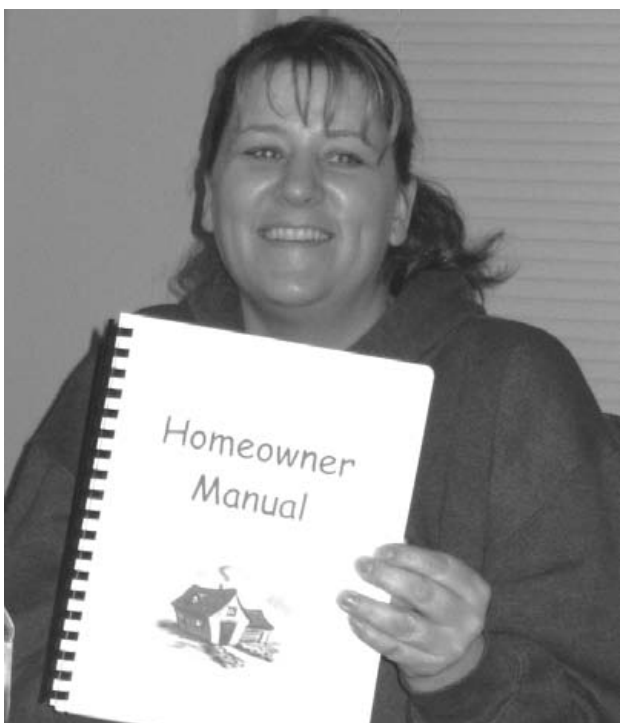
The Office of Housing would like to congratulate the tenants who completed their First Time Homebuyer Education Class and received their WA State Housing Finance Commission certificate.

The training was held on March 27 & 29 and included information on the following topics:

- Understanding your credit
- Types of Loans and understanding the loan process
- Predatory lending
- Maintaining your home
- Meeting your financial obligations

A BIG thank you to Mia Vermillion from Countrywide Home Loans and Don Preston from the Community Action Council for presenting all this valuable information.

The Office of Housing will be conducting First Time Home Buyer Classes on a quarterly basis. If you are interested in attending, please contact Lisa @ 432-3871.



Meth Watch Presentation To Be Held May 3rd

Mason County Drug Abuse Prevention and Mason County Department of Health Services will be providing a

"METH WATCH"

presentation on: May 3, 2006
6:00-8:00pm

Mary Johns Room.

If you have any questions regarding this presentation, please contact Lisa Peters @ 432-3871. We hope to see you there! Sponsored by: Office of Housing

Meeting the Needs of Imprisoned Native Americans

This is a call to Elders, Wisdom Keepers, Medicine Men, Roadmen and Tribal community members to bring forth support in teaching traditional native crafts, language, sweatlodge ceremony and drumming behind prison fences.

You can help the chaplain at the Stafford Creek Correction Center. Join incarcerated Native Americans in rebuilding their lives through traditional drumming, dancing, crafts, ceremony and prayer.

The Department of Corrections, Chaplain's Office, at the Stafford Creek Correction Center in Aberdeen, Washington in Grays Harbor County is making a challenge to all tribal leadership; please send in Native American representatives to instruct, guide, lead and support incarcerated Native Americans. Help in their journey of recovery so they may return to their people and resume balanced lives with relatives and friends.

Most Native Americans serving a sentence at Stafford Creek have been selected to be housed there because of their prospects for positive change. Most of these men have fallen from traditional ways and experienced a break in their connection with Indian ways. Through alcohol and substance abuse, many Native Americans end up violating the law, landing before a court and serving time in prison. Then, for perhaps the first time since they were children, they begin building strength to walk the good Red Road while earning their way back to their people and traditions. An important part of the walk is to reunite with the ceremonies, drumming, dancing and language of the people.

Please contact:

Rev. Steve Brill (Hunkpapa Lakota)
191 Constantine Way
Aberdeen, WA 98520
360-537-2024
sgbrill@doc1.wa.gov



Do You Qualify for Any of These Programs?

Section 504 Home Repair Loans and Grants

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

SECTION 504 HOME REPAIR LOANS

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

SECTION 504 GRANTS

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

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

SECTION 504 LOAN AND GRANT INCOME LIMITS

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

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

WEATHERIZATION ASSISTANCE PROGRAM

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

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

For more information on any of these programs, please contact Lisa @ Office of Housing 432-3871.

Who Are They?



Curtis Fletcher



Harry Fletcher



LEARNING CENTER



Learning Center Update

Squaxin Island After-School Program Notice

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

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

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

Youth Cultural, Educational and Fun Activities Calendar

	1	2	3	4	5	6
	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Food Tasting 4:30 - 5:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Youth Council 5:00 Drum Group 6:00	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Bingo 4:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Movie Night 3 - 6 Video Game Tourney 3 - 6	Movie Trip Leave @ 12:30 Return @ 4:00
7	8	9	10	11	12	13
	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Arts/Crafts for Potlatch 4:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Food Tasting 4:30 - 5:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Youth Council 5:00 Drum Group at Skok Leave @ 4:00	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Bingo 4:30 Exciting New Gym/ Outdoor Activities 3 - 6	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Movie Night 3 - 6 Video Game Tourney 3 - 6	Intertribal Canoe Journey Planning Mtg. 12:00 Noon Senior Room
14	15	16	17	18	19	20
	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Cedar Hat Weaving 4:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Food Tasting 4:30 - 5:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Youth Council 5:00 Drum Group 6:00	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Bingo 4:30 Exciting New Gym/ Outdoor Activities 3 - 6	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Movie Night 3 - 6 Video Game Tourney 3 - 6	Nisqually Canoe Family Potlatch Noon
21	22	23	24	25	26	27
	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Cedar Hat Weaving 4:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Food Tasting 4:30 - 5:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Youth Council 5:00 Drum Group 6:00	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Bingo 4:30 Exciting New Gym/ Outdoor Activities 3 - 6	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Movie Night 3 - 6 Video Game Tourney 3 - 6	Intertribal Canoe Journey Planning Mtg. and Cold Water Training Makah
28	29	30	31			
	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Cedar Hat Weaving 4:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Book Club 3:30 Food Tasting 4:30 - 5:30	Homework Help 3 - 5 Board/Card Games 3 - 6 Gym Activities 3 - 6 Youth Council 5:00 Drum Group 6:00			



Student Spotlight

In a continuing attempt to recognize outstanding academic performance, TLC would like to honor Jessica Cruz. Jessica is being honored this month due to her continual strive towards educational greatness. Jessica is consistently making use of TLC's resources by always utilizing the computer lab, homework help and the learning center staff. Jessica devotes an amazing amount of energy into her schoolwork. It is our pleasure to recognize Jessica for setting a good example amongst her peers and representing the Squaxin Island Tribe's commitment to academic excellence. Keep up the great work Jessica!

Tu Ha' Buts Staff



Jessica Cruz and Mandy Paradise, GED instructor

Higher Education

Attention ALL Higher Education students, tuition and book receipts for spring '06 quarter were due in the Education Department on or before Monday, April 24, 2006. Winter grades were due in the Education Department by Friday, April 14, 2006. If you need assistance with higher education paperwork please give me a call, Lisa Evans, at 432-3882. Please see the Higher Education Calendar for important dates and deadlines.

Scholarship Corner

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

Are You or Someone You Know Graduating This Year?

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

**Thanks TLC staff
for all the sprink break work
- Misti**

Staff Hours

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

KIM COOPER, *Director*
8:30 – 5:00 432-3904

MARK SNYDER, *Youth Coordinator*
10:00 – 7:00 432-3872

WALT ARCHER, *Education Liaison*
7:30 – 4:00 432-3826

LISA EVANS, *Education Assistant*
8:30 – 5:00 432-3882

BARB WHITENER, *Language Coordinator*
Check Language class schedules 432-3897

BRIDGETTE LOSEY, *Pathways Coordinator*
3:30 - 7:00 432-3895

JOY GONYEA, *Mentor Coordinator*
7:30 – 4:00 432-3957

MANDY PARADISE, *GED Instructor*
3:00 – 7:00 432-3876

JEREMIAH GEORGE, *Cultural Coordinator*
432-3968

SEDAR ROWSON, *Youth Counselor/Skillbuilder*
432-3896

News from Bordeaux Elementary School

GENERAL PTSO MEETING

Tuesday May 16th at 6:30 p.m.
Dinner will be served!
All families invited!
Election of new PTSO officers

OUTDOOR SCHOOL

All Bordeaux 5th graders will attend 5th grade Outdoor School at the Environmental Learning Center at Millersylvania State Park May 16 - 19. This is a great week of scientific outdoor learning for our 5th graders and a week that they all look forward to. If you would like to volunteer to help, please call Bordeaux to let us know at 426-3253.

VOLUNTEER TEA

May 26th
We thank all of our Bordeaux volunteers!

ELEMENTARY TRACK MEET

June 15 beginning at 11:45 a.m.
4th and 5th graders from the Shelton School District will compete in track events

Thank you for sharing your wonderful children with us!

A New Principal

Bordeaux has a new principal. Carey Murray has been acting as interim Principal this year while Margo Otto recuperated from a summer illness. Joan Zook announced Friday, March 17, that Margo has accepted a new district position as Director of Assessment for the Shelton School District. Margo will be able to support all Shelton schools as they interpret assessment data to help them drive curriculum and instruction, increasing student achievement. Mrs. Otto was Principal at Bordeaux for nine years.

Carey Murray did her student teaching at Bordeaux and taught many grade levels at Bordeaux over the years. She got her master's degree in administration and has done a great job this school year in leading Bordeaux as interim Principal. Mrs. Murray will be our new permanent Principal for the next year. Mrs. Murray is excited and ready for this new and challenging opportunity, and Bordeaux staff continue to be committed to increasing student achievement each school year.



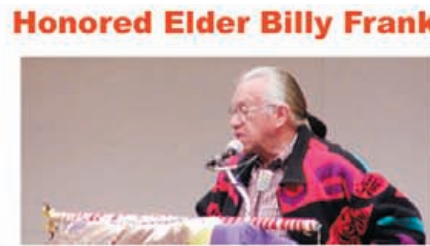
NW INDIAN YOUTH CONFERENCE



Tribal Flag Contest



**Q'orianka
Kilcher
at
Tulalip
Star of
The
Movie
The New
World**



Honored Elder Billy Frank

Speaks With Youth at Seattle

Photos and captions by Jeremiah George



Tulalip



Canoe Tours at Tulalip Bay



Eagle at Home Pirsch at Tulalip



**Flute Player at Elder's Story
Telling Area at Tulalip**



**Aleta Poste
Workshop Activity**



Tulalip Canoe Carrying Ceremonial Feather Staff for North West Indian Youth Conference



**Youth Comedians
at Talent Show**



**Martin Sequak & Morningstar Green
Introduce Themselves During
Intertribal Role Call**



**Speech Contest
During Talent
Show**



**Tulalip Singers at
Kick Off Ceremony**



**Cultural Performance
at Seattle Center**



**Gene Cooper Introduces
Himself at Role Call**



**"T" Martin Eats a 3rd
Person's
Leftovers
During Dinner**



Happy Mothers Day to All Our Squaxin Moms!!!



**Happy Birthday Mom (84) and Dad (83)
We Love You With All Our Hearts
Arnold and Charlene Cooper and Family**



Weavers Workshop

Cost: \$20.00

5:00 P.M. May 10, 2006

Squaxin Island Museum

Christina (Tina) Wirihana who, in 1991, was one of six artists who represented New Zealand, will present us with a PowerPoint presentation.

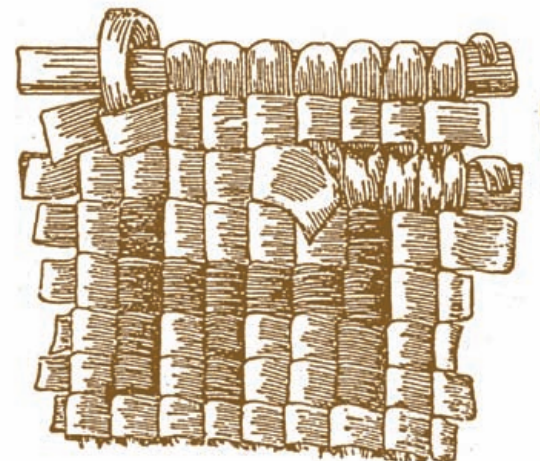
She is serving as the Te Waka Toi artist in residence at The Evergreen State College Longhouse. She will be talking about Maori culture and weaving. We would like to invite all weavers young and elderly to share in each others hand made basketry. So please bring your most prized possessions.

CONTACT:

Ruth Whitener, Cultural & Tour Coordinator

Ruth.whitener@squaxin.nsn.us

432-3841





Computer Lab

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

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

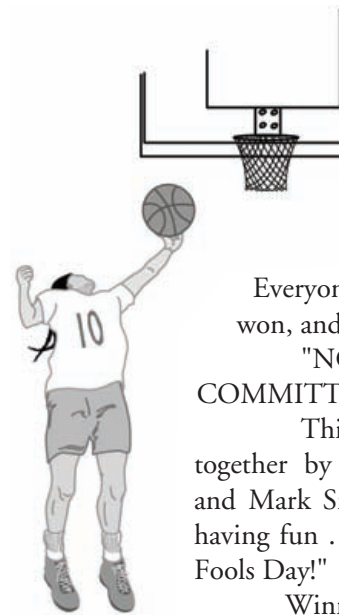
Annex and Gym Usage

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



Squaxin Girls Fought the Law and the Law Won

Madeena Rivera - On April 1st, which was "April Fools Day," the Squaxin Island Public Safety Department



played a basketball game vs. the Squaxin Island 16 and Under Girls' team. To be perfectly honest, we all didn't think these guys could do it, but they showed us they could.

Everyone had fun, the POLICE won, and we all enjoyed the day.

"NO CRIMES WERE COMMITTED."

This basketball game was put together by myself, Shelly Rawding and Mark Snyder for the purpose of having fun . . . after all, it was "April Fools Day!"

Winning or losing didn't really matter to any of us at all, because in the end, we're all winners. We played a good game and continued to have fun at the same time.

This game wouldn't have happened, though, if I didn't talk to two people for approval and assistance. Thank you to Shelly Rawding for helping convince the officers to play and also for helping with other activities. Thank you to Mark Snyder for reserving the gym, scheduling and refereeing. Thank you both for agreeing to put this game together and helping me out. Thank you both A LOT for all of your help.

I also have to thank some other people. I needed help getting my stereo to the gym and back to my house, making posters, posting them and I also needed a DJ to work the stereo. First of all, I would like to thank Officer Micah Ware who insisted on helping me get my stereo to the gym and back to my house. We just used his police vehicle as a U-Haul for stereo equipment that day, and hey, it worked. Thank you, Micah.

I want to thank Morningstar Green, Tamika Green Kristy Krise and Marjorie Penn for helping me make the BIG posters; Tasheena Sanchez and Victoria Sanchez for posting them; and Levi Sanchez for playing the music.

I also have to say thank you to those who participated in the game. The Squaxin Island Police Slam Dunkers were Mike Evans, Kris Peters, Ted Trask, Josh Howell, Micah Ware, Dave Schmidt and Alex Ehler. The Squaxin Island 16 and Under Girls' team consisted of Kristy Krise, Morningstar Green, Stormie Gouley, Rachel Fennel and Nakita Mowitch.

National Indian Youth Police Academy

Shelly Rawding - The 2006 National Indian Youth Police Academy has been scheduled this year for August 6-19, in Appleton, Wisconsin.

It provides an excellent opportunity for tribal youth to explore law enforcement and other criminal justice careers. They experience a police officer's job; what a firefighter does; how pilots fly planes; being a judge or lawyer and they learn about themselves! Students participate in a variety of activities that model the experiences of an adult police academy.

Classroom and hands-on learning connect students with practitioners who provide instruction, serve as counselors, and answer questions about criminal justice careers. They also hear from peers and Native role models who understand the daily challenges youth face. They are inspired by motivational presentations from former addicts, entertained with humorous anecdotes from suicide survivors, and supported by successful Native professionals who understand Native youth issues in Indian Country. Youth can take part in the cultural activities too.

Sixty students are selected to participate through the competitive application process. To date, the academy has trained 300 students representing 113 tribes in 29 states. The academy is sponsored from contributions and is totally free for the attendee. It's a great program to build self-esteem, gain confidence, make new friends, and to have fun!

Applicants must be between the ages of 14 and 17 on August 6, 2006; an enrolled member or direct descendant of an enrolled member of a recognized tribe; and currently enrolled in school or earning a GED. If you are interested in applying or just want more information, contact Shelley at the Squaxin Police Department (432-3831), OR stop Madeena Rivera and ask her about it. She had a great experience. Not only did she go to the academy, she went back as a junior counselor!

WANT TO TRADE
1988 16' Deep V Larson
With Galvanized
EZ Load Trailer
Will trade
for a smaller hull and trailer.
Call Rick Case at 426-1351



A True Story About Integrity, Sharing and Giving

BJ Brown - My soon to be ex-husband, David is a taxi driver, employed by Paradise Taxi, on the Big Island of Hawaii.... this is his (true story)..... things simply did not work out for the two of us and I returned to the mainland.....earlier this year.

One day in February, David finished his workday at 4 am and began to clean out the cab for the next shift and in the process, found a \$200 money order which was blank..... no pay to, no signature, so he could have pocketed it.... but true to himself.....he turned it in to the company as is the policy of Paradise Taxi of Kailua town, Hawaii.....

Also a policy of Paradise, is that if no one claims, calls or comes in.....and the company is unable to track the rightful owner.....the driver who finds it is eventually (a month, I believe) the beneficiary of that find....

No one claimed the money and no way to track them.....so, in time David was given the money order.. Intending to deposit it into the bank in a day or two, he put it in his pocket.....and in keeping with his generous Aloha mind-set, he called and told me he was going to send my belongings to me on the mainland.... I argued that since he was so honest he deserved to use it for his own purposes, but he insisted.....and I thanked him for his generosity.....

A few nights later, with the money order still in his pocket..... he picked up a drunk....who was also beat up and bleeding.....David didn't really want to let him in his cab.....bloody and drunk, but felt sorry for him.... after watching the police shine a flashlight point blank directly into the man's eyes.....David was sitting in the parking lot of the bar.... waiting for a fare....when police walked over and asked David to take the man home.....to avoid his arrest.....so, David felt he needed to help the man, to get him home safely..... and avoid arrest.....

When he arrived at the man's house, David realized it was the same address he took four drunks to, over a month ago.....the very same night he found the money order in his cab. Before the man left the cab....David asked if he knew anything about anyone in his group losing any money that night... and the man said....."it was me" .

Unsure that the man was actually the one who lost it.....David questioned him..... what form was it in?the man replied that it was a \$200.00 Walmart money order, and that he knew it was lost or

stolen because he had not filled it out..... or signed it.....

Still, at this point David could have said nothing, but quickly told the man he had his money.....and proceeded to hand over the money order over to the stunned man.....and as inebriated as he was said to David, "you are the most honest person I have ever met" and asked David to wait in the cab while he went into his house.....and returned a few moments later and handed David \$100.00 in cash as a thank you for being so honest.....

The ripple effect is that because Paradise Taxi did the right thing by holding it and then turning it over to the driver, instead of keeping it as company funds..... and David displayed his integrity by giving the money first to the company instead of putting it into his pocket.... then turned it over to the man, who felt it was lost because he had been so inebriated he had no idea where he lost it..... David really did not want to let the drunk into his clean cab, knowing that he would have to clean up a bloody back seat.....but did so to keep him from being arrested.....

the drunk got his money back..... gave David 100 for being what he naturally is..... a good and honest man..... working for a good and honest company..... in a beautiful little town, on the Big Island..... paradise ?..... yes..... aloha spirit.....alive and well in Kailua town.

SPIPA

Food Distribution Program

360459-9607

We are accepting new applications for food distribution. Beow is a guideline for family income. We need income for the whole month (gross pay).

Household #	Maximum Income allowed
1	932.00
2	1204.00
3	1475.00
4	1747.00
5	2042.00
6	2335.00
7	2607.00
8	2879.00

Applications are available at the Tribal Center.

DISTRIBUTION DATES

May 8th and June 5th, 10:00 12:30



**Congratulations Squaxin Island
Mens' Basketball Team
First Place Champions in the Oakville Tournament!!!**



Raffle to Benefit Seniors

Indian Women Quilt by Rose Brownfield

\$1 each or 6 for \$5

Buy tickets at LCCR, Elders
building, clinic or Tribal Center.
Drawing will take place at the
General Body Meeting, May 6th.

For more information,
call Colleen Woodard at 432-3936



Women's Wellness



SPPA's Native Women's Wellness Program

- Cervical Health includes: Pelvic Exams & Pap Tests
- Breast Health includes: Clinical Breast Exams & Mammograms
- Call the contact below to see if you are eligible for these services

Women's Wellness Outreach Contact:
Rose Algea: (360) 432 - 3930



My Name is Meth

Submitted by Sally Heath, NWITC Outpatient Program

I destroy homes; I tear families apart.
I'll take your children, and that's just the start.
I'm more costly than diamonds, more precious than gold.
The sorrow I bring is a sight to behold.

If you need me, remember I'm easily found.
I live all around you - in schools and towns.
I live with the rich; I live with the poor.
I live down the street and maybe next door.

I'm made in a lab, but not like you think.
I can be easily made under a kitchen sink,
In your child's closet, and even in the woods.
If this scares you to death, it certainly should.

I have many names, but there's one you know best;
I'm sure you've heard of me, my name is Crystal Meth.
My power is awesome; try me you'll see,
But try me twice, and I'll own your soul.
When I possess you, you'll steal and you'll lie;
You'll do what you have to - just to get high.

The crimes you'll commit for my narcotic charms
Will be worth the pleasure you'll feel in your arms,
Your lungs and your nose.
You'll lie to your mother; you'll steal from your dad.
When you see their tears, you should feel sad.

But you'll forget your morals and how you were raised.
I'll be your conscience; I'll teach you my ways.
I take kids from parents, and parents from kids.
I turn people from God, and separate friends.

I'll take everything from you, your looks and your pride.
I'll be with you always - right by your side.

You'll give up everything - your family, your home,
Your friends, your money and you'll be all alone.

I'll take and take, till you have nothing more to give;
When I'm finished with you, you'll be lucky to live.
If you try me, be warned - this is no game.
If given a chance, I'll drive you insane.

I'll ravish your body, I'll control your mind.
I'll own you completely; your soul will be mine.
The nightmares I'll give you while lying in bed . . .
The voices you'll hear, from inside your head.



Who Are These Handsome Protectors of Freedom?

My Name is Meth

Continued from Previous Page

The sweats, the shakes, the visions you'll see;
I want you to know, these are all gifts from me.

But then its too late, and you'll know in your heart
That you are mine and we will not part.

You'll regret that you tried me, they always do.
But you came to me, not I to you.
You knew this would happen many times you were told,
But you challenged my power and chose to be bold.

You could have said no, and just walked way.
If you could live that day over, now what would you say?

I'll be your master; you will be my slave.
I'll even go with you to your grave.

Now that you have met me, what will you do?
Will you try me or not? It's all up to you.
I can bring you more misery than words can tell.
Come take my hand, let me lead you to hell.



Steve Peters



Rick Peters



"HAPPY MOTHER'S DAY"

TO ALL LADIES FROM

'WOMEN'S CIRCLE'

Remember our motto, "IT'S NOT YOU, ME OR I, IT'S WE!!!!" If you ever need to talk, call me. I may not be working in an office, but I'm always available if you need to talk. Call me at 462-0117

Gloria J. Hill,

Squaxin Island, Yurok, Chippewa

Tribal Council Resolutions

06-16A: Provides for a limited waiver of sovereign immunity pertaining to a contract with Zenon Environmental Corporation for engineering services on the Kamilche Water Resources Protection (WRP) project

06-19: Enrolls Trinity Byrd

06-24: Authorizes payment of dues in the amount of \$7,500 for membership in the National Indian Gaming Association, appointing Andy Whitener as the representative and Cameron Goodwin as the alternate

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

06-26: Approves slope easements to be granted to Mason County to allow for improvements to the Skookum Creek bridge and accepts \$2,000 per easement (2) as adequate compensation

06-26A: Repeals Resolution 98-99 in order to approve an updated Housing Code

06-27: Enrolls Austin, Ronnie and Bryce Penn

06-28: Provides for a limited waiver of sovereign immunity pertaining to a contract with Zenon Environmental Corporation for engineering services on the Kamilche Water Resources Protection

06-29: Directs that the enrollment record for Emma Jean Valle be corrected to state her true blood quantum, the enrollment record for Mary Mason be corrected to state she is enrolled pursuant to Section 1(A) of the Constitution and not both Sections 1(A) and (C) and the enrollment of Jean Henry be corrected to state she is enrolled pursuant to Section 1(F) of the Constitution and not both 1(C) and 1(F)



Senior Cruise, Locks, Lake Union

April 13, 2006

Alene Whitener, Bob Whitener, Glen Parker, Ann Parker, Jackie Crenshaw, Harold Crenshaw, Kelly, Patty, Ina Peters, Rose Brownfield, Harvey Peg, Herb Johns, Sharon Johns, Erline (friend of Harvey Peg), Harry Fletcher, Bertha Fletcher, Lori Hoskins, Vera Lorentz, Ruth Creekpaum, Stub Creekpaum, Merline Lewis, Ron Dailey, Kathleen Dailey, Judy Arola, Sharon Ahren, Toby Lewis, Gene Hoosier, Carolyn Hoosier, Colleen Woodard and Ralph Tyler

Save Puget Sound: A Call to Action

Come to a Town Hall Meeting

Puget Sound is in jeopardy—and it's up to us to act. Salmon, orcas, marine birds and bottom fish are going extinct. Some shellfish are unsafe to eat, and beaches are closed due to contamination. A dead zone is growing in Hood Canal.

An alliance of local leaders—the Puget Sound Partnership—is working on an initiative to protect and restore Puget Sound.

Get involved—attend a meeting!

Tues., May 16

The Pavilion at Sentry Park

190 W. Sentry Dr.

Shelton

5:30-6:30 PM — Open House: learn about the problems

6:30-7:30 PM — Town Hall Meeting: share your ideas

Visit the Puget Sound Partnership web site to take an online survey, get more information, and find opportunities to get involved:

www.pugetsoundpartnership.org





South Puget Sound Community College Archaeological Field School, Anthropology 280

JUNE 26—AUGUST 18, SUMMER 2006

Joint Squaxin Island Tribe/College Investigations at

The Qwu?gwəs site, Southern Eld Inlet, Olympia, Washington

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

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

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

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

Contact the Co-Directors:

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

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



Congratulations Raffle Winners



Deb McGuire
April Mammogram Winner

NOT PICTURED:
Peggy Demerio
April Women's Health Winner

Washington State University Is Recruiting Native Americans for Nursing Program

The WSU Intercollegiate College of Nursing Native American Recruitment and Retention Program (NARR) addresses the Native American nursing shortage by recruiting Native American students to the baccalaureate program.

The NARR program offers:

- Several scholarships for those who have been accepted to the WSU Intercollegiate College of Nursing their junior year of college
- Tutoring
- Textbook Stipends
- Support for Native American students

For more information:

Robbie Paul
Native American Coordinator
paul@wsu.edu

509-324-7239

WSU Intercollegiate College of Nursing
2917 W. Fort George Wright Drive
Spokane, WA 98224

nursing.wsu.edu



Want to See Those Kids/Grandkids Grow Up?

Now is the Time to Take Better Care of YOU! You Can be Successful! Here are a Few Healthy Eating Tips. Incorporating one of these into your regular habits each few weeks can make a big difference in your health.

1. Keep a Food and Activity Journal

For one week, write down everything you eat and keep track of how much you exercise. It is a lot of work, but worth the effort. It can help you to realize exactly what and how much you are putting into your body and how much you are expending. You will be able to get a better sense of what you are eating, as well as discover whether or not you are eating enough fruits and vegetables. If your goal is to lose weight, you will find this process very helpful and may want to consider keeping your Food and Activity Journal for the long term.

2. Eat more vegetables and fruits

Fruits and vegetables are not only low in calories and fat, but they contain important vitamins, minerals, phytochemicals and antioxidants that promote positive health and may reduce the risk of heart disease and some types of cancer. And, fruits and vegetables will fill you up, thereby calming cravings for higher calorie foods.

3. Try one new recipe for a vegetable or fruit each week

By experimenting with preparation techniques, you may rediscover fruits and vegetables you previously disliked.

4. Take time to enjoy your meals

A busy lifestyle has trained a many of us to eat as quickly as possible. Often, eating too quickly can result in overeating. Take the time to enjoy your meals and focus on spending time with family and friends.

5. Set yourself up for success----pre-plan menus

Take a few minutes over the weekend to plan your meals and snacks for the entire week. Or, try to start with planning ahead for 2 or 3 days. You will be more likely to avoid last minute, usually less healthy, food choices.

6. Make a list before going grocery shopping

By making a list in advance, you take time to really think about what foods you want to bring home. If you stick to the list, you will avoid impulse buys, which are usually less nutritious and high in sugar and fat. Plus, you'll save time.

7. Eat fewer fried foods

Fried foods are high in calories and fat. Your heart and your waistline will thank you for replacing fried foods with more nutritious foods.

8. Monitor portion sizes

Do you super-size frequently? Many people eat everything in front of them without paying much attention to whether or not they feel satisfied. Ordering or serving smaller portions may therefore help you not to overeat. Try serving smaller amounts and only having seconds if you still feel hungry. On the reverse, you may want to be creative in increasing your portions of vegetables.

9. Increase your physical activity

Do anything you can to get moving. From walking, to jogging, to swimming, to bicycling, the more physical activity you get, the leaner, stronger, and healthier your body will be.

10. Drink more water, fewer sodas and fewer caffeinated beverages

Your body needs about eight glasses of water each day to perform its internal functions properly. Sodas and caffeinated beverages usually replace water and add empty calories and sugar to your diet.

Diabetes Support Group

Learns More About Diabetes & Medications!

On Wednesday, March 29th, Bob Johnson, our own Kamilche Pharmacist, shared some information with 22 people attending the Diabetes Support Group.

After a delicious healthy lunch, Bob provided lots of information, including the history of diabetes, diabetes treatment, medications and a nice packet of information. Thank you, Bob!

Coming soon . . . Individual appointments at the clinic with Bob to talk about and explain the details of your specific medications.

For more information about the Diabetes Support Group, contact Patty Suskin, Diabetes Coordinator, at (360)432-3929





Jessica's Success Story

Hello, my name is Jessica Dolge and I recently started to change my life to be healthier. Before I met with Patty Suskin I was eating unhealthy fatty foods. In October 2005 I started to exercise and eat more vegetables. So far, I have lost 31 pounds and have gone down two pant sizes. I have more confidence in my self and how I look. It's a great feeling to have people notice the weight I have lost.

Here are my answers to some questions about my experience.

1. What do you consider your success in being healthier for life?

My success is being healthier and losing weight in the process. I also am teaching my children what foods are healthier for them to eat and to know that in their adult life they will carry these habits with them. My daughter will choose a food and say "this is healthy". That makes me feel good.

2. What got you started on a Healthier Lifestyle?

In September, I realized how much weight I had gained and I was thinking about doing something about it. Then I found out I had high cholesterol and Tiff recommended I talk with Patty Suskin. I knew that my high cholesterol, especially at my young age, put me at risk for heart disease so that gave me more of a reason to change.

3. How have your changes affected your family and friends?

My husband is noticing how unhealthy he has been eating and has started to make little changes. He worries about how his health will be in 10 years which has helped him to think about being healthier. One of my friends and I went out to eat dinner and after we were done eating she told me how great it was for me to pick salmon and vegetables off the menu because it made her feel better to choose something healthier for herself. When she would go out with other people they wouldn't choose the healthiest thing on the menu and she felt like she had to do the same. It made me feel good that I was setting a good example for her.

4. What type of changes have you made?

I have changed many of my eating habits. I have learned what foods are healthier for me to eat with the help of Patty Suskin. I'm eating close to 2 cups of vegetables everyday I have changed my milk over to fat



free. My husband said he would never drink anything lower than 2% and he now drinks 1%. I read the labels on food and pick out ones with less fat and more fiber. When I'm out & need to eat something, I get a salad or eat at Subway. I have changed my junk food habit -instead of eating cookies or a chocolate bar in the afternoon, I'll eat some carrots and fruit or a small portion of chocolate. I drink water instead of pop. I also have gotten more active during the day. I exercise for 30 minutes a day at least 5-6 days a week.

5. What was one of the hardest changes you made?

To make time to exercise during the day. I still struggle to get on the treadmill but I make it a priority. Once I get started on the treadmill, the time goes by fast, and I feel great afterwards. Changing my eating habits was pretty easy because I was ready to make that change in my life.

6. What keeps you going?

Knowing how much weight that I have lost. It really surprised me because the changes I've made have not been too difficult. Also, knowing how healthy I will be when I'm older and I'm lowering my risk for heart disease, cancer, diabetes and obesity.

7. What is different to you this time—why do you think these changes are a new way of life rather than a passing fad?

I was really ready to make some major changes in my life. I have thought about what it would be like to go back to my old eating habits and not being active and I just don't think I could do it. It's just my way of life now to choose healthier foods and to do an activity during the day.

8. What advice do you have for others thinking about making healthier choices in life?

To really be ready to make the changes in your life. It's a big lifestyle adjustment. It's worth all the hard work to be healthier for life. Also find a great support person to help you through the journey and to let you know you're doing great. I have had Patty to help me out and I don't think I would have gotten this far without her support and encouragement.

Broccoli Salad

Crunchy and Delicious, This Healthy Salad is Great for a Gathering

The sauce:

- 3/4 cup mayonnaise
- 3 tablespoons sugar
- 1 1/2 tablespoons white wine vinegar
- 1/3 cup oil
- 1/8 teaspoons garlic powder
- 1/8 teaspoons onion powder
- 1/8 teaspoons dry mustard
- 1/8 teaspoons celery salt
- dash black pepper
- 1 tablespoons lemon juice
- 1/4 teaspoons salt
- 1/2 cup half and half (fat free if you prefer)

Mix sauce ingredients in bowl. Mix with a wire whisk.

Add to sauce:

- 2 large bunches of broccoli cut bite sized
- 1/4 - 1/2 cup raisins
- 1/4 cup raw sunflower seeds

Let marinate about 1 hour or longer if you have time.

*Shortcut method: Although not quite as tasty, ranch dressing can be substituted for the sauce.



HEALTH & HUMAN SERVICES



Upcoming Health Events

Brief Community Walk

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

Mammogram & Women's Health Exams

May 16th
Contact Rose Algea (360)432-3930

Healthy Habits for Life

Take charge of your health!
2nd Tuesday of each month
Noon to 1:00 p.m.
Administration building lunch room
Bring your own lunch and thoughts

Community Health Walk

Thursday, May 18th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area
at the same time - for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated by a Skokomish
community member. The Tribe with the most
walkers at the end of each month wins the
walking stick for the month.

Tuesday Tastings with Youth

Hands-on food preparation
After school on Tuesdays

Come Visit Our Health Promotions Programs

We have exercise videos (Sit & Be Fit, Yoga, Walk
Away the Pounds and more). You can come and
use the building across from the clinic.



Contact Patty Suskin 432-3929
or Janita Johnson 432-3972
for more information or stop by the clinic

Join in Our Community Clean Ups!

On April 6, 2006 from 1:00 to 3:00 p.m., 33 of our kids ages 4-17, two community mom's, one community dad and five staff members cleaned up in the neighborhood. We cleaned up around the gym, the baseball field, Squaxin Lane and down Klah-Che-Min Dr. to Sol-La- Tah Loop. After the clean up, all the volunteers were invited to an ice cream social, and, as an extra THANK YOU for the great turn out, all youth that participated in the clean up were taken on a special field trip to Skate Land on a Saturday afternoon.

Thank you very much to everyone that helped improve our great community. April clean up was sponsored by DASA and Education.

The May community clean up day will be May 13th from 1:00 p.m. to 3:00 p.m. Meet in front of the gym with your trucks, wagons and clean-up clothes. Snacks and refreshments will follow. Any one interested in helping can call Janita Johnson 432-3972.



Health Events

	1	2	3	4	5	6
		- Healthy Habits - Food Tasting with Youth		- Thursday Walk		
7	8	9	10	11	12	13
		- Healthy Habits - Food Tasting with Youth		- Thursday Walk		
14	15	16	17	18	19	20
		- Mammograms - Healthy Habits - Food Tasting with Youth		- Community Health Walk		
21	22	23	24	25	26	27
		- Healthy Habits - Food Tasting with Youth		- Thursday Walk		
28	29	30	31			
		- Healthy Habits - Food Tasting with Youth				



HEALTH & HUMAN SERVICES



2nd Annual Intertribal National Women's Health Week Celebration

When: Thursday, May 18, 2006

Where: Nisqually Tribal Gym

Time: 6:00 PM - 8:30 PM

Dinner, prizes and other activities will be provided. Transportation will be available from Chehalis, Shoalwater Bay, Skokomish and Squaxin Island. You can contact these tribes for information or Sandra Pluff @ Nisqually Native Women's Wellness 360-459-5312.

You are invited to Health & Human Services Department Open House and BBQ To show you our new space

Wednesday, May 17th from 11:00 a.m. to 2:00 p.m.

Tour our expanded program spaces and find out where services have moved.

Enjoy a BBQ lunch at noon at the Family Services & Mental Health Area (the old SPIPA building – near Natural Resources)

More Tuesday Tastings with the Youth!

Here are some photos of the kids enjoying a nutrition activity and sampling a star fruit, mango, cara cara oranges, tangelos, navel oranges and English muffin pizzas with vegetables during March & April.

Tuesday Tastings are funded by USDA and Washington State as part of the BFNEP (Basic Foods & Nutrition Education) program. The focus of BFNEP is to promote healthy eating & specifically encouraging low income families to eat more vegetables and fruits. For more information, contact Patty Suskin at (360)432-3929 or stop by health promotion programs across from the clinic.



MEAL PROGRAM MENU

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

Monday	Wednesday	Thursday
Indian Tacos 1	Chicken Stir Fry 3	Stuffed Green Peppers 4
Swedish Meatballs 8	Pork Chops 10	Chicken Cordon Bleu 11
Meatloaf 15	Chicken Parmesan 17	Cabbage Rolls 18
BBQ Chicken 22	Spaghetti 24	Soup and Grilled Tuna 25
Chicken Enchiladas 29	Beef Stew 31	



Happy Birthday

Leo Henry	5/1	Kassidy Whitener	5/10	Theresa Sanchez	5/23
Robert Jones	5/2	Linda Allen	5/11	Donald Hartwell	5/24
Fame Rankin	5/2	Richard Johns, Jr.	5/11	Alexandra Mirka	5/24
Veronica Rivera	5/2	Jeremy Meyer	5/11	Raymond Peters	5/25
Julio Valencia	5/2	Connie Napoleon	5/12	Spirit Jones	5/25
Krystal Koenig	5/3	Julie Owens	5/13	Tyler Johns	5/26
Kim Cooper	5/3	Tyler Barnwell	5/14	Craig Parker	5/26
David Lewis "Toby"	5/3	Kenneth Wilbur	5/14	Mildred Wagner	5/26
Brian Tobin	5/4	Celia Rosander	5/16	Jeremyha James	5/27
Todd Hagmann, Jr.	5/5	Donna Wood	5/17	Kurt Poste	5/28
Payton Lewis	5/5	Bryan Johnson	5/17	Jack Selvidge	5/29
Sally Brownfield	5/6	Jaclyn Meyer	5/17	Iladee King	5/30
Nancy Rose	5/6	Marlene Henry	5/18	Carol Phipps	5/31
Justin Saenz-Garcia	5/6	Shawnee Kruger	5/18		
Raven Thomas	5/6	Gary Brownfield	5/19		
Taylor White	5/6	Jeffery Kenyon	5/20		
Eric Castro	5/7	Richard Harper	5/21		
Dustin Barnwell	5/8	Jennie Martin	5/21		
Francis A. Cooper, Sr.	5/8	Tamatha Ford	5/22		
Ashley Smith	5/8	Melissa Henry	5/22		
Morningstar Green	5/9	Richard Monger	5/22		
Justin Johns	5/9	Rebecca Napoleon	5/22		
Colleen Merriman	5/9	Carly Rose Peters	5/22		
Colleen Peters	5/9	Tiffany Hartwell	5/23		
Stanley Black	5/10	Brandon Kenyon	5/23		
Kevin Harper	5/10	Michael Ogden Hill	5/23		
Breanna Peters	5/10	Levi Sanchez	5/23		

**Happy Birthday Becky
Love, the Seymour Family**

**Happy Birthday Cousin Mikey
Love Cousin Terri**

**Happy Mother's Day
to All the Moms in the Seymour
Family
Love, Terri**

Welcome to The World



**Tayla Rose, Born March 21st, 2006 to
Alexsii Vigil and Chris Logan, Weigh-
ing 8 Pounds and Being 19 Inches in
Length. We Love You! Mom, Dad, Kee-
non and Keesha!**

What's Happening

	1	2	3 METH WATCH 6:00	4 Council Mtg. SQX BINGO Brief Walk After Lunch	5 AA Meeting 7:30	6 General Body Meeting LCCR Bingo Hall 1st Roll 9:00 a.m.
7	8	9 Court Church 7:30	Weavers Workshop Drum practice 6:00 p.m., MLRC	11 Brief Walk After Lunch	12 AA Meeting 7:30	13 Bible Book Club 10:30 Mary Johns Room Food/Transportation
14	15	16 Church 7:30	17 Drum practice 6:00 p.m., MLRC	18 Council Mtg. Brief Walk After Lunch	19 Ind. Ed Banquet 6:00 SHS AA Meeting 7:30	20 Bible Book Club 10:30 Mary Johns Room Food/Transportation
21	22	23 Court Church 7:30	24 Drum practice 6:00 p.m., MLRC	25 Brief Walk After Lunch	26 AA Meeting 7:30	27 Bible Book Club 10:30 Mary Johns Room Food/Transportation
28	29	30 Church 7:30	31 Drum Practice 6:00 p.m., MLRC	May 9th - family court May 23rd - criminal/civil court		



COMMUNITY



Welcome to the World Isabela Jean Cordova Mesplie

(Dayleann's Daughter, Bev Hawk's granddaughter)



Born on August 6, 2005
6 lbs and 2 oz

Best Birthday Wishes For My Son Justin (5/6) and Husband (5/17)



Lots-A-Love
Misti

Happy 9th Birthday to My Little Brother, Eric, (5/7) Keep Your Head Up Little Dude!

I Love Ya!
From Your Big Sister, Madeena

Happy 18th Birthday to My Friend, Morningstar (5/9) Have a Fun and Take Care! Your Friend, Madeena

Happy Belated 41st Birthday to My Mother, Marcella (4/8) Thank You, Mom, For All the Support, Belief and Encouragement You Share.

I Love You Lots!
Your daughter Madeena

Happy Birthday Sis, (Mrs. King) Love, Your Little Sis, Em

Happy Birthday Connie Love, the Seymour Family

Happy 27th Birthday Michael Stewart We love you!

Mom, Marge, Dad and the Rest of the
Seymour family

In Loving Memory of Marjorie Jean Seymour Hill, May 20, 1941 - Dec. 26, 1974

Happy 65th Birthday Mom. We love you.
You may be gone from this earth, but you
remain in the hearts of your daughters,
grandchildren, great-grandchildren and
the rest of the Seymour family. We miss
you, but we know you are looking down
on us and are with us always.

Happy Birthday Raven Rose Love Always Wenona and Kids

Veronica, Happy Birthday! From Your Sis, Marcella, and Family.

Happy 9th Birthday Sweet Son, Eric, Love, Mom (Marcella) & Family

Happy Belated 19th Birthday Sonny Love, Your Sister Marlena

Happy Mother's Day to My Mom, Sue & Auntie Barb

Lots-A-Love
Misti Dawn

Congratualtions Bob & Sally on the Birth of Your Twins Love, Wenona

Happy "15th" Wedding Anniversary to Our Brother and Sister Ike & Babe Johns. Married on April 19, 1991.

We all love you!

Conrad & Liz, Andy & Ruth Jerry & Dee, Rachel, Sara & Benjamin



Nice Job, Gene Cooper



Congratulations, Gene Cooper, on the excellent work you have produced in the 8th grade art program at Wa He Lut Indian School!

Gene carved this rattle for his Dad, Arnold Cooper, as a Christmas gift. It took him several weeks to shape/carve the design and paint it traditional red and black. Gene's instructor, Alex McCarty is very impressed with the quality of Gene's work.

We look forward to more amazing creations in the near future!

This Bentwood Box by Andrea Sigo is Displayed at New Tribal Center/Administration Building



Stop in and check it out when you can . . .

Indian Ed Banquet to Be Held This Month

The annual Shelton School District Indian Education Awards Banquet is scheduled for May 19th at the Shelton High School Sub at 6:00. Seniors will be presented with their button robes! Hope you can make it!



P3tu'las "The coming of Spring" Bazaar

Friday, June 2nd, 2006

Noon to 6:PM

At the Skokomish Tribal Center

80 North Tribal Center Road

SKOK, WA 98584

Call (360) 426-4232

Kris @ x215 or Winona @ x 209

Seattle Symphony

Maestro Gerad Schwarz and *Salish Elder Vi Hilbert* (taq'səbly) cordially invite you to attend the world premiere of "The Healing of the First People of this Land." Vi Hilbert commissioned Bruce Ruddell to compose this symphonic work with hope of sharing traditional wisdom of the Puget Sound Salish People. The message of the music, inspired by the compassionate spirit of two important men, is one for our contemporary world.

The Seattle Symphony is honored to present a performance of "The Healing of the First People of this Land" at Benaroya Hall, Seattle, Washington, on Saturday, May 20, 2006, beginning at 1:00 p.m.

Tickets are free. To be guaranteed a ticket, call 206-215-4753 or email healingheartconcert@seattlesymphony.org. Orders of up to 10 tickets will be held in your name and may be secured at designated locations in Benaroya Hall's Boeing Company Gallery.

Benaroya Hall lies in the heart of downtown Seattle. It occupies the entire block between 2nd and 3rd Avenues, and Union & University Streets. The public entrance to the Hall is along 3rd Avenue.

If you have any questions, contact Margaret Henry at 360-432-3836 or mhenry@squaxin.nsn.us.

Vendors Wanted

KAMILCHE VALLEY FARMERS MARKET

Opening soon

Tribal Artisans Wanted!!!

Call Derek at 229-1048

*Stop by to shop for fruits, vegetables
and loads of goodies of all kinds!*