



Harstine Island Petroglyph Returns to Squaxin Island Tribe

Ancient Stone Art Is Part of Veterans' Memorial Project



On April 23, the Squaxin Island Tribe joyously welcomed the arrival of the ancient, 10-ton granite petroglyph known to many tribal members as "The Love Rock."

Tribal oral history says the rock, originally located on a beach about 12 miles north of Olympia, was a source of spiritual guidance; it is adorned with numerous

etchings of things tribal ancestors held most dear - mountains, animals and the sun, among others. It is known as the "Love Rock" because an ancient tribal legend says young lovers used to sit on the rock, looking out over the moonlit waters and whisper sweet nothings to each other. It may have been used as a site for marriage proposals, Tribal Chairman Jim Peters said.

The boulder is thought to have been used as a navigational landmark for the "People of the Water," who traveled the inland sea in cedar dugout canoes.

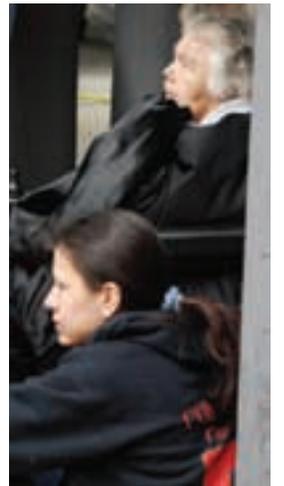
"There is yet another interesting feature on the rock," said Squaxin Island Tribal Council Member Charlene Krise. "There is a large footprint that Salish people call the 'Footprint of Changer.' If you drizzle water over the entire top surface of the rock, you will be able to see the visible footprint feature. Our people believe that, when Changer walked the earth, he would leave his imprints on rocks and hillsides. Among Pacific Northwest Tribes, the Changer has many names and is an important part of our culture."

Since the 1960s, the petroglyph has been on display at the Tumwater Falls Park in Olympia. It was donated to the Washington State Historical Society by Elizabeth McElroy Allison who owned the property where the petroglyph once stood. She specified that it must be displayed in the Tumwater area in order to be near the Squaxin Island Tribe, said Peter Allison of Puyallup, her oldest grandson.

"My grandmother was very tied in with the tribe," said Allison. "She wanted the public to see it and remember it, and for the rock to be in a protected location."

After about three years of negotiations between the Tribe, the Allison family and the Washington State Historical Society, an agreement was reached to return the petroglyph to the Tribe to be part of its Veterans' Memorial.

"It was carved and developed by our people, cherished by our people and we've long had a desire to bring it home," said Glen Parker, Squaxin Island Tribal member and Chairman of the Veterans' Memorial Project.



Continued on Page 6

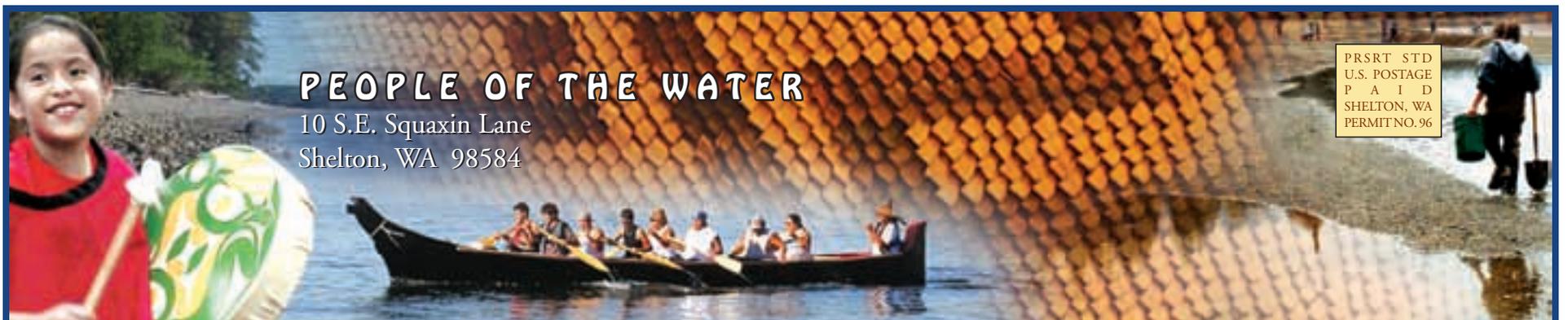
General Body Meeting

May 3rd, LCCR Event Center

Sign-in begins at 8:30 a.m. / 1st Roll call @ 9:05

Elections will take place for the following positions:

POSITION	CURRENTLY HELD BY
Chairman:	Jim Peters
First Council Member:	Will Penn
Second Council Member:	Pete Kruger



PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

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Enrollment Committee

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

Members are:

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

Staff:

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

Tribal News

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K L A H - C H E - M I N

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- JIM PETERS: Chairman
- ARNOLD COOPER: Vice Chairman
- VINCE HENRY: Secretary
- RUSSELL HARPER: Treasurer
- WILL PENN: First Council Member
- PETE KRUGER: Second Council Member
- CHARLENE KRISE: Third Council Member

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

Running for Reelection



Howdy!

I think you all remember me; I am Pete Kruger Sr. and I'm running for my former position, Council Member No. 2. I feel I have had a positive impact on issues that have presented themselves to Tribal Council over the years that I have served.

As the only elder sitting on Council, I feel that I bring the knowledge and experience that only an elder can provide. I have been a successful business owner which helps in our Tribe's economic endeavors, and the years I have worked for our Natural Resource Department have given me a unique perspective on the impacts of environmental issues our tribe faces.

I am very proud and honored to have served the Squaxin Island people on Tribal Council for the last three years. I look forward to the challenges of making life better, not only for our youth and elders, but for all tribal members as we continue down this road together.

I hope you consider casting your vote for me in the upcoming election May 3rd. I'd like to say thank you for your support and hope you'll continue to support me in the upcoming election.

Sincerely,
Pete Kruger



Squaxin Island Tribe Seeks More Science on Johns Creek

John Konovsky – The Squaxin Island Tribe has filed a petition with the state Department of Ecology (DOE) to stop all new water withdrawals, including permit-exempt wells, in the Johns Creek watershed near Shelton.

“Summer flows on Johns Creek are already below the minimum required by state rules to protect salmon spawning” said Jim Peters, chairman of the Squaxin Island Tribe. “The responsible thing to do is for everyone to stop new water withdrawals and figure out what’s really going on with the creek, especially because the impact of over 270 exempt wells drilled in the last 25 years has never been quantified.”

The Tribe is filing the notice under a provision of state law that closes a watershed from future withdrawals if not enough information is available to justify those withdrawals. Development of a groundwater model as proposed by the Tribe and the city of Shelton would have answered many of the questions surrounding Johns Creek, but funding for the model was denied by DOE.

Some winter rainfall seeps into the ground and provides both drinking water and summer stream flow for Johns Creek. Because wells draw water from the same aquifers that discharge into Johns Creek, when these wells are pumped there is less water in nearby streams for fish. “A groundwater model could have been used to identify where and when water can be taken from wells that would have little or no

impact on stream flows,” said John Konovsky, environmental program manager for the Tribe.

Johns Creek is home to a small and fragile population of summer chum that is being harmed by increasingly low water levels. “If summer flows were just at the minimum required, we would see 20 percent more spawning habitat available for summer chum salmon,” said Konovsky.

The approximately 13,000 acre watershed northeast of Shelton has been the center of recent economic and residential development efforts. “We simply don’t know how much water is available for people to use near Johns Creek,” Peters said. “You can’t just assume there is enough there for development to happen, you have to do the science first.”

The Tribe expects the Department of Ecology to respond to the petition within the 60-day period required by law. “We’re watching Johns Creek whither away because water is a finite resource,” Peters said. “We need to make sure we know what we’re doing.”

Native Youth POWER Conference 2008

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

Promoting
Outreach &
Wellness
Empowerment
at the
Reservations

Time	Day 1 (June 20)	Day 2 (June 21)	Day 3 (June 22)	Day 4 (June 23)
8:30-9:00	Registration opens	Registration opens	Registration opens	Registration opens
9:00-9:30	Breakfast	Breakfast	Breakfast	Breakfast
9:30-10:00	Opening Ceremony	Opening Ceremony	Opening Ceremony	Opening Ceremony
10:00-10:30	Keynote: Empowering Youth	Keynote: Empowering Youth	Keynote: Empowering Youth	Keynote: Empowering Youth
10:30-11:00	Panel: Youth Leadership	Panel: Youth Leadership	Panel: Youth Leadership	Panel: Youth Leadership
11:00-11:30	Workshop: Healthy Habits	Workshop: Healthy Habits	Workshop: Healthy Habits	Workshop: Healthy Habits
11:30-12:00	Lunch	Lunch	Lunch	Lunch

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

Vision: native youth become leaders in wellness
for a lifetime
for their community



TU HA'BUTS LEARNING CENTER



Computer Lab

Computer Lab is open and will be available Monday through Thursday from 3:30 to 6:00 p.m., and Friday from 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students are allowed to use the computers. The Computer Lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes, homework, research and reports, etc.

Tutoring

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

Learning Center Hours

Kim Cooper	8:30 – 5:00	432-3904
Walt Archer	7:30 – 4:00	432-3826
Lisa Evans	8:30 – 5:00	432-3882
Mark Snyder	10:00 – 8:00	701-1561
Bill Kallappa	10:00 – 8:00	432-3992
Vanessa Algea	10:00 – 8:00	432-3876
Stephanie Weaver	3:00 – 8:00	432-3876
	M-Th	

Squaxin Youth Cultural, Educational and Activities Calendar

May 2008

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm</i>	<i>Homework Help is avail- able Mon-Thur From 3:30-5:00!!</i>	<i>Any Questions Call: Mark Snyder 701-1561 Bill Kallappa 463-6361</i>		1 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm</i>	2 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	3
4 	5 <i>Weather permitting Baseball starts! 3pm Snack 3:30pm Wii 4pm Baseball</i>	6 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm 5-8pm Strength Fam</i>	7 <i>4-6pm Baseball 4:30pm Food Sense 5pm Youth Council</i>	8 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm</i>	9 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	10
11 	12 <i>CLOSED!!</i> <i>American Indian Day!!</i>	13 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm 5-8pm Strength Fam</i>	14 <i>Early Release Shelton 4-6pm Baseball 4:30pm Food Sense 5pm Youth Council</i>	15 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm</i>	16 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	17
18	19 <i>3pm Snack 3:30pm Wii 4pm Baseball</i>	20 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm 5-8pm Strength Fam</i>	21 <i>4-6pm Baseball 4:30pm Food Sense 5pm Youth Council</i>	22 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm</i>	23 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	24
25 	26 <i>CLOSED!!</i> <i>Memorial Day!</i>	27 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm 5-8pm Strength Fam</i>	28 <i>4-6pm Baseball 4:30pm Food Sense 5pm Youth Council</i>	29 <i>3pm Board Games 3pm Snack/Wii Baseball 4-6pm</i>	30 <i>3pm Snack 4pm Movie/Wii 3pm Board games</i>	31



William Penn

For Squaxin Island Tribal Chairman



I grew up on the Squaxin Island reservation with 3 sisters and 3 brothers off and on until I was in the 6th grade. Our family then moved permanently to my dad's homelands, the Quileute Tribe in LaPush, until I was 20. I learned many things living "on the rez" from my parents and grandparents- mainly about who I was as an Indian person- our songs, dances, fishing, hunting, ceremonies, connection to the land and the canoe family way of life, which I still live, practice and participate in today. I was taught how to live in an honorable and respectful manner and to always be proud of who I am.

I joined the US Army when I was 20 where I served for 10 years as a medic. I served in the Liberation of Panama war and learned many things while in the service including leadership, teamwork, communication, work ethic and a sense of duty.

I am a single father of two children and have taken other young people into my home as well to provide them with a safe place to live. As a parent I have learned patience, understanding, compassion, the importance of being fair and being a positive role model.

Prior to my work at Squaxin I worked for four other Northwest tribes in the health and tribal administration arenas. Through those experiences I have made a large network of professional colleagues and friends. I have also learned policies and procedures of other tribes and examples of services and programs for the people. I worked for six years for the Squaxin Island Tribe's Natural Resources department where I learned a greater sense of protecting and enhancing our homelands and our traditional ways of gathering.

I am a cancer survivor- having had leukemia and now cancer-free for a year and a half. Through that process I learned the power of prayer, the importance of a sense of humor, that everyone needs the support of family and friends and how a positive attitude makes a huge difference in your well-being!

Most related to asking for your vote to be Chairman is the past three years I've served on the Squaxin Island Tribal Council. This experience has given me the knowledge and experience of being a council member, seeing the larger vision of our Tribe and the day-to-day operations needed to keep us successful.

I am proud of our people. I am proud of our accomplishments. I am proud of our Native way of life. Through everything I have learned in my 46 years on this earth, I will be happy and honored to lead the Squaxin Island Tribe as Chairman. I possess the knowledge, experience and desire to serve our people. I am concerned with many areas, especially: health insurance for all tribal members, housing/land, making our dollar better work for us, community involvement, youth and elder issues, and enhance and protect what resources we have.

Thank you for your vote! William Penn for Chairman of Squaxin Island Tribe

First 100 Days as Tribal Chairman:

- Meet with tribal council and layout 100-day plan
- Engage tribal employees with all-staff meeting focusing on shared vision of tribe, staff development and other needs of employees
- Engage community by hosting "town hall" meetings for youth, adults- breaking down age groups by 20 and 30-something, 40 and 50-something and elders to ask for your needs and guidance as tribal members

When the Day Comes

John Taylor - Three of the toughest unknowns to address when planning for emergencies are: 1) when will the incident occur? 2) the type and magnitude? and 3) who will be able to respond to aid our government and community members?

In most cases the professionals we rely on, more specifically those who respond when calling 911, reside in the very same community which is impacted by the incident. The question is "should we, the members of our community, only rely on First Responders?" If history is any indication for the future - and I believe it is - then the answer is simply NO.

Until Wednesday, February 28, 2001 at 10:52 (Nisqually Earthquake) I drilled into my family members' heads, "In an emergency, always call 911 and you will get help." After the Nisqually Earthquake, the Western Washington 911 systems were overwhelmed by the number of callers. For the first time that I know of, when you dialed 911, you received a busy signal. In this incident, the only two community based communications methods working were the Internet and cell phone text messaging.

We should all have a "Family Plan of Action" when an incident occurs. Some of the basic questions that need to be addressed in this plan are:

1. If it occurs when you are at home, what do you do?
2. If it is during the day, how do you get messages to each other: "We're ok. Where are you? Where will you be going? When will you check in next, and with whom?"
3. Be as prepared as you can to take care of your family for three days. If not, then what is your plan.
4. What about your pets?
5. How prepared is your community?
What is your government's plan when an incident occurs?

We all have a responsibility to be prepared for any emergency. However, we all face our own limitations on how prepared we can be. What we all do have in common is our ability to take 5 to 10 minutes out of our day, or one hour a week to develop our "Family Plan of Action" with our loved ones.

Petroglyph Continued from Page 1

Moving a 10-ton rock is no easy task, however. It took about 4 1/2 hours to get the rock up on rollers and a forklift to get it out from underneath the roof that was constructed to protect it. Then it was hoisted gently onto the flat bed truck which carried it to the reservation.

"Now its closer to our people," Tribal member Joe Seymour said. "Now they can be a part of it and touch it on a regular basis and awaken the spirits that have been placed on this rock," he said.

Squaxin Island Cultural Resources Director Rhonda Foster said, "The petroglyph has meant so much to our tribal people and goes back, at least, to the time when our grandfathers and grandmothers were confined on Squaxin Island. During a spiritual ceremony held at the time, it was tasked with protecting the people on the island. It has a role as Spiritual Protector, and it was destined to be part of our Veterans' Memorial, spiritually representing our Brother Warriors (our protectors). This is the time for us to celebrate and give thanks to the Creator who definitely had a place and time picked out way ahead of us!"

Chairman Jim Peters said, "It's part of our cultural and spiritual way of life. Our elders will be able to use it to teach young people the history of our people."

The official dedication of the Squaxin Island Tribe Veterans' Memorial is set for July 1st, with the petroglyph as the centerpiece.

The memorial, in planning for more than three years, includes seven ponds to represent the people belonging to the seven inlets of South Puget Sound. Installed in each pond will be 83 bronze canoe paddles, one for each tribal veteran. The oars are meant to evoke the lives of the ancient people who lived on the water, Glen Parker said. The petroglyph now rests on a bed of gravel next to the seven ponds, between the memorial and the tribal museum.

"We visited a lot of veterans memorials, and they usually are a large stone wall with names carved in," Parker said. "We wanted to do something a little different."

To watch the KOMO News 4 presentation about the petroglyph, go to: <http://www.komotv.com/news/18093914.html>



Harry Fletcher

Interview with Harry Fletcher by Ann Parker and Alene Whitener on February 27, 2008 at 12:00 P.M.



Harry was drafted in 1945; but between that time and when he reported for service, President Roosevelt died and the Germans heard Harry was coming and surrendered. He went to Camp Roberts in California and in his last week of basic training, the Japanese surrendered.

He was sent overseas to Okinawa where his outfit was in charge of the docks in Naha, Okinawa. There were 300 officers and 150 enlisted men stationed with him. He spent most of his

time building an officer's club which was a beautiful structure. They had Japanese POWs helping and one called him a bad name, so Harry cocked his gun and the Japanese pointed to himself and said he was crazy. One guy dressed up and loaded a jeep with beer and got away with it as the guard thought he was an officer. Soldiers lived in squad tents but the officers had Quonset huts. They ate well because they were in the headquarters company – had better meals than the other camps.

Harry enjoyed his tour in Okinawa. The area was destroyed, but the university walls were still standing. They found a cave that had been dug by the Japanese where the wounded were kept. No natives worked in the camp. Women picked up sticks for their fire and always walked behind the men. The military men were not allowed to associate with the native women because of disease. Men worked in the sugar fields. Most of the natives he saw wore army clothes. He offered some Spam to a native and he put it in a bag. There were no villages close to where they were stationed because the natives had been moved out to other parts of the island.

The natives built a dome where they took the bones of the dead. It was the custom for virgins to scrape the bones. When the Japanese came in and took over Okinawa, they threw the bones out and made pill boxes in them.

Before they left Okinawa, all the equipment and supplies were taken out in the China Sea and pushed into the water; the dozer was dumped in also. It was cheaper to do this than to bring the supplies back to the U.S.

On the troop ship coming home from Okinawa, Harry slept in a lower bunk. The man above him was so large that Harry had to lie on his back and couldn't turn over.

A major (a ROTC cadet) in his unit offered Harry a job in Hawaii working in the pineapple fields, but Harry said it was too far from home. He was a T4 when he left the service. He feels the atomic bomb saved the lives of both his and his brother, Curtis.

Seymour family song sung by Joe Seymour the day the petroglyph was placed and blessed (April 24)

"That song came to me while I was in an art gallery in Vancouver, B.C. I worked with Zeke Zahir on the 2007 Canoe Journey. The words, translated, are: 'How is your heart? The heart is strong.' Its not a love song just for a man for a woman or a woman for a man; it could be a skipper singing for his/her crew, a canoe carver for his canoe, a father for his child(ren). It could also be used as a prayer song. When you sing 'How's your heart?' the response/prayer would be for the heart to be strong."

- Joe Seymour



Thank You Veterans

Thank you to Pete Kruger, Joe Seymour, Sr., Don Whitener and Jonella Seymour for hosting colors and the Squaxin Island Tribal flag at the Tribal Self Governance Conference in Las Vegas, Monday, April 28th!!!



TANF's Reality Works

Rose Blueback - Squaxin Island TANF assists tribal clients with the removal of barriers through assistance with job preparation, education, and promotion of two parent families and the education and/or deterrence of unplanned pregnancies. We are excited to implement Reality Works a program which allows teens to experience the endless responsibilities of parenthood.



Reality Works is a five-week program with a weekly agenda that will focus on the various components of parenting. Some examples are drug/alcohol effects on an unborn baby, what it feels like to be pregnant by wearing a pregnancy profile, education on Shaken Baby Syndrome, birth control options and education about sexually transmitted diseases. Squaxin Island Law Enforcement and Indian Child Welfare will speak about their roles in prevention and consequences of child abuse and neglect.

This program will offer the teens a chance to take a simulated baby home for a weekend. This baby is so realistic it cries when it needs to be changed, fed, burped or rocked. A special bracelet will connect the baby and the parent (teen). The baby will not recognize care form those who do not have a special ID bracelet.

Throughout the program children will earn reality skills for participating in trainings, interactive activities and caring for their babies. An incentive will be offered each week for all participants with an opportunity to earn one bonus incentive at the end of the five-week program. Dinner will be provided each night of class for participants.

If you are interested in attending, you may con-



Summer Youth Employment

Patti Puhn - Over the past several years, the Summer Youth Employment Program has continued to grow to the point there are not enough jobs or mentors to offer training positions to all of the youth applicants; in fact, for the past two years all of the 14 and some of the 15 year old trainees have shared a position.

This year, a decision has been made to split the youth trainees into two groups: one group will include Squaxin tribal youth aged 16 – 21 years. The 16 – 21 year-olds will be given the opportunity to apply for the training positions available within the tribal departments, much as in the past several years, except the process will be more real-to-life and will be competitive.

This year, for the first time, we would like to invite the 13 year-olds to participate with the 14 and 15 year-olds in a new program. The program will involve a more interactive training environment, which will be more project focused and will provide more variation in training opportunities. This program will promote an increased understanding of Squaxin culture, Natural Resources, Community Development and various other departments with a focus of actively contributing to the community.

Participants will take part in group projects which promote the development of accountability, work ethics, and pride in community. This hands-on model will encourage tribal youth in learning a multitude of transferable skills they can apply to later employment within the Squaxin Island Tribe or elsewhere.

The position of Program Manager will be developed and posted to tribal members in May; this position will assist with the development of the program including the hiring and training of the mentors, coordination of the training projects, cultural/social activities and training sessions for the trainees.

Each mentor will oversee a group of 6 - 8 youth. Each group will participate in a rotating schedule of activities; these activities will be scheduled in an abbreviated work day, allowing youth to enjoy their summer while still developing valuable work habits and skills. If you are a Squaxin tribal youth who is going to be 13 – 15 years old by July 1, 2008 and are interested in participating in this program, please contact Human Resources to leave your name, address and phone number.



Squaxin Island TANF Program

Squaxin Island TANF program, in partnership with Squaxin Island Health Promotions, has completed the third of six scheduled cooking classes. The classes are offered to those individuals who are eligible for TANF or who are relative caregivers. Currently all seats are filled.

The focus of these ongoing classes is providing healthy nutritious meals for the family on a limited budget.

Our latest class was held on March 26 and we had a full classroom. The class topics centered on reading labels for nutritional content and compiling a household budget. Both subjects attempted to review activities presented during February's class. Since March included a holiday, the class participants were provided with potluck items to taste and recipes for each item so they could practice at home in preparation for a holiday gathering.

This set of cooking classes will continue through June. April's class will focus on breakfast and appetizer items with participants getting hands on experience in preparing several items. We have a scheduled financial advisor to be our guest speaker for the class scheduled in May and for our final class session we are planning a family celebration dinner.

If you would like further information concerning our plans for future cooking classes please contact Terrie Remick, Squaxin Island Family Support Specialist at 432-3216.

Playground Parks/ Job Training Program Update

Jill Krise - Last August, the Squaxin Island Tribal TANF Job Training Program began Phase I of the community playgrounds. Picnic tables were installed, and the sites for the playground structures were prepared. Phase II, took place starting the beginning of October when the playground structures were put up. Tribal member Jack Selvidge was the trainer/contractor who oversaw the first two phases of this project.

Tribal member Chuck Bloomfield is the contractor hired as the trainer to complete Phase III, of the project, which is playground surfacing. Besides providing a great place for the community children to play, this project has been instrumental in developing job skills for our tribal youth and young adults. Chuck has been doing a great job working with trainees Kurt Post, Tyler Burrow and Dan Greig.

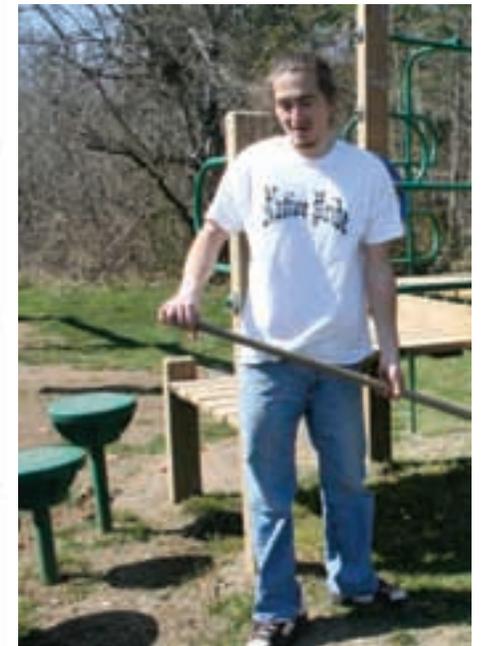
If you haven't noticed... the crew has been working hard pouring gravel and laying railroad ties on the playgrounds. Thank you for your patience during the assembly of the playground structures; they are nearly complete and brought up to safety standards.

The TANF job training is in coordination with Squaxin Island Tribe Youth Employment Training Program. We look forward to future development of the Squaxin Island playgrounds/parks through Squaxin's TANF job training projects.

pədcəʔab-May 2008
(time of digging {camas})

- Squaxin Language Class is in Language Center by the Gym and is in need of students
- The Computer Lab @ TLC has Squaxin Language Software for anyone to use to learn
- Ruth Whitener-360-432-3841
- Jeremiah George-360-432-3968
- Contact the above for any information regarding events listed below

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Performance at Evergreen Longhouse featuring John Trudell 7pm	2	3 Jam Session @ Muckleshoot 1pm
4	5	6 Cedar Hat Weaving Class @ Museum 2-6pm Squaxin Language Class @ Language Center 3-4pm	7 Canoe Family Dinner Meeting @ Museum - 5pm Drum Group 6pm	8	9	10 Jam Session @ Suquamish 1pm
11	12	13 Cedar Hat Weaving Class @ Museum 2-6pm Squaxin Language Class @ Language Center 3-4pm	14 Drum Group @ Squaxin Museum 6:00pm	15	16	17 Jam Session @ Taholah 1pm
18	19	20 Cedar Hat Weaving Class @ Museum 2-6pm Squaxin Language Class @ Language Center 3-4pm	21 Drum Group @ Squaxin Museum 6:00pm	22	23 Canoe Cold Water Safety Training @ Neah Bay Call Jeremiah or Ruth to sign up	24 Canoe Cold Water Safety Training @ Neah Bay Jam Session @ Seattle Center 1pm
25	26	27 Cedar Hat Weaving Class @ Museum 2-6pm Squaxin Language Class @ Language Center 3-4pm	28 Drum Group @ Squaxin Museum 6:00pm	29	30	31 Canoe Journey Planning Meeting @ Squaxin Island





A Dream Come True

Jackie Crenshaw - When I got to Las Vegas, my husband, Harold, had a surprise for me. I've always wanted to swim with the dolphins, and he made my dream come true.

It wasn't actually swimming, it is called "Trainer for a Day." It took place at the Mirage.

It started @ 9:45 a.m. with an orientation and a continental breakfast. From there we put on wet suits, then went out to the pool where trainers were waiting for us. There were three of us for the *Trainer for the Day*, and each one of us had a different trainer with us.

For the next 1 1/2 hours we interacted with the dolphins--- we learned how to make hand signals that make the dolphins come to you and signals to make the fantastic jumps and twists.

We got to feed them, give them tummy rubs and get kisses. One trainer had me splash the water and next thing I knew, the dolphin splashed me soaking my face and head! We got to do all the things the trainers do with them daily.

From 12:30 to 1:30 we rested and had a 3 course lunch that was out of this world! Then back out to the pools for another 2 hours of fun with these magnificent creatures!

I got to feed little fishies to Sergeant Pepper--- the 200-pound, 10 month-old baby. I got to rub his tummy, and I even got a kiss from him. Most of the dolphins' skin felt like rubber---but the tummy of Sergeant Pepper was as soft as a baby's behind.

It all went too fast, and now I'm back to reality. Thank you, Harold, for making my dream come true.



Methamphetamine

Street methamphetamine is referred to by many names, such as "speed," "meth," and "chalk." Methamphetamine hydrochloride, clear chunky crystals resembling ice, which can be inhaled by smoking, is referred to as "ice," "crystal," and "glass."

Health Hazards. Neurological hazards. Methamphetamine releases high levels of the neurotransmitter dopamine, which stimulates brain cells, enhancing mood and body movement. It also appears to have a neurotoxic effect, damaging brain cells that contain dopamine and serotonin, another neurotransmitter. Over time, methamphetamine appears to cause reduced levels of dopamine, which can result in symptoms like those of Parkinson's disease.

Addiction. Methamphetamine is taken orally or intranasally (snorting the powder), by intravenous injection, and by smoking. Immediately after smoking or intravenous injection, the methamphetamine user experiences an intense sensation, called a "rush" or "flash," that lasts only a few minutes and is described as extremely pleasurable. Oral or intranasal use produces euphoria - a high, but not a rush. Users may become addicted quickly.

Short-term effects. The central nervous system (CNS) actions that result from taking even small amounts of methamphetamine include increased wakefulness, increased physical activity, decreased appetite, increased respiration, hyperthermia, and euphoria. Other CNS effects include irritability, insomnia, confusion, tremors, convulsions, anxiety, paranoia, and aggressiveness. Hyperthermia and convulsions can result in death.

Long-term effects. Meth causes increased heart rate and blood pressure and can cause irreversible damage to blood vessels in the brain, producing strokes. Other effects include respiratory problems, irregular heartbeat, and extreme anorexia. It can result in cardiovascular collapse and death.

BINGO AT THE CREEK
WIN BIG AT OUR QUARTERLY BINGO

Friday, May 16 • 6:30
Regular games pay up to \$750
Blackout grand prize pays \$1,199

Saturday, May 17 • 12:30 & 3:30
Regular games pay up to \$250

Saturday, May 17 • 6:30
Regular games pay up to \$750
Blackout grand prize pays \$1,199 or a Vacation Package valued at \$2,800!
(One single winner per blackout package)

Over \$25,000 in cash and prizes will go!

Friday • Taco Nacho Bar • \$8.95
Saturday • Deli Bar • \$8.95

LITTLE CREEK CASINO RESORT
IMMERSE YOURSELF AT THE CREEK
Skookum Creek Event Center • www.little-creek.com • Must be 18 or older



Tribal Council Resolutions

08-18: Authorizes submission of a funding request to the BIA for implementation of a Tribal Timber, Fish and Wildlife (TFW) project

08-19: Requests that the "Clary property" be placed in trust status

08-20: Requests that the "Marshall property" be placed in trust status

08-21: Authorizes the Chairman to execute Appendix X2 Revision between the Squaxin Island Tribe and the Washington State Gambling Commission

08-22: Grants permission to the University of Washington to conduct a pilot study to determine knowledge, attitudes and beliefs of Squaxin Island Tribal Elders about research in the community. The project will include two focus groups with tribal members over 55 years of age. It grants permission to Ron Whitener at the Center for Genomics at the University of Washington to collect and use all aggregate information for the purpose of disseminating results from analyses of the data and that all information collected belongs to the Squaxin Island Tribe and may not be released in any form to individuals, agencies or organizations without additional tribal authorization

08-23: Grants permission to the University of Washington to conduct a pilot study to determine reasons why American Indian women 50 years and older do not utilize mammography screening. This project will include a focus group with tribal members over 49 years of age that are eligible to receive to receive mammography screening through the SPIPA Women's Wellness Program. It further grants permission to the Native People for Cancer Control at the University of Washington to collect and use all aggregate information for the purpose of disseminating results from analyses of the data and that all information collected belongs to the Squaxin Island Tribe and may not be released in any form to individuals, agencies or organizations without additional tribal authorization

08-24: Enrolls Lola Noelle Bonon

08-25: Enrolls Stanton and Nyah Sicade

08-26: Enrolls Sapphire Ward

08-27: Melissa Day and Danielle Leas

08-28: Enrolls Adrian Garcia

08-29: Enrolls Shaelynn Peterson

08-31: Authorizes submission of a grant application to the U.S. Department of Homeland Security (DHS) under the Emergency Management Performance Grant Program (EMPG), to enhance emergency management programs based on identified need and priorities to strengthen state, local and tribal abilities to support emergency management mission areas while simultaneously addressing issues of national concern

Squaxin Island Hosts Tribal Leaders Summit

Squaxin Island Tribe recently hosted environmental leaders from tribes across Alaska, Oregon, Washington and Idaho. The EPA Region X Tribal Leadership Summit is an annual event to spark discussion between tribal natural resources programs and the federal government. The event took place April 21 - 24 at Little Creek Casino Resort Events Center.

TLS 08 4-22 Summit Opening; Billy Frank Jr. and Elin Miller, EPA regional director

TLS 08 4-22 Keynote on ID; Charles Wilkenson, University of Colorado Law School, and Heather Kendall-Miller, Native American Rights Fund.

TLS 08 4-23 Updates, Peter Captain Sr., Yukon Intertribal Watershed Council

TLS 08 4-23 Next Steps, Carol Jorgensen, director, American Indian Environmental Office.

Sherman Alexie, author of *Smoke Signals* and *The Absolutely True Diary of a Part-Time Indian* entertained on April 23.



Joe Seymour (L) and Jeremiah George (R) introduced Sherman and blanketed him after his performance



Sherman and Lila Jacobs



Sherman with Candace and Will Penn



Sherman and Jessica Cruz

Naming Ceremony

Vicky Kruger - The last recorded potlatch (before settlement) of the Squaxin Island people lasted for three days and was hosted by Evie Allen's grandfather. Though it didn't last quite that long, the potlatch on April 19th was attended by over 300 people who braved the snow and hail to witness 2 elders, 5 other tribal members and one descendent receive their Indian names.

The word "potlatch" is actually a Chinook jargon word that means "to give." For a period of time (I believe in the early 1900's), potlatches were illegal because the European society couldn't understand the concept of giving away most of your possessions. During the time that it was outlawed, potlatches went underground (were done in secret). At that time you couldn't get caught carrying gifts, so the giving of money (or from what I understand silver dollars) became an acceptable practice. Tribes that attend are given "time on the floor" to sing their family songs and "potlatch" by giving gifts to the hosts, chiefs and honored guests. At the end of the potlatch, the host distributes the gifts that have been made or purchased during the year (or years) that they have been planning the event. Everyone gets a gift, goes home happy and shares stories with their family about the awesome party.

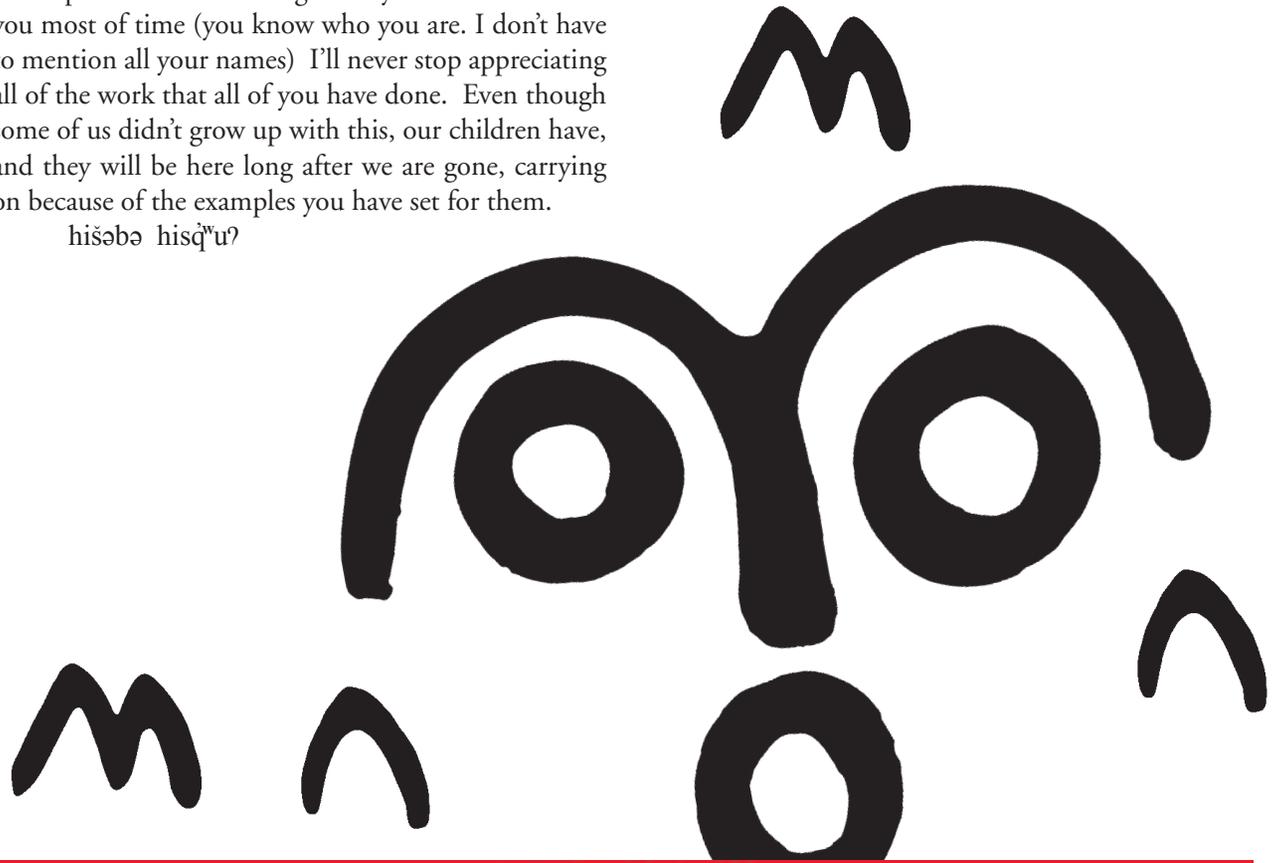
Representatives from the Puyallup, Nisqually (our brothers and sisters in the Canoe Family), Quileute, Quinault, Makah, Chinook, Grand Ronde, Hoh, Chehalis, Hoopa and others honored the hosts with their presence. The guests began arriving at 12:00 and left 12 hours later when the party ended at midnight.

We used to have an annual potlatch (the last one was hosted by the tribal youth) and received \$10,000 through the budget process. Though they received a little help from the Tribe, Lila Jacobs, Loretta Case, Gloria Hill, Terri Capoeman, Jolene Grover, Loretta's granddaughter and Malia Henry's parents, in the tradition of our ancestors, bore most of the burden of the expense.

Attending this party reminded me of the other parties we had hosted, the good times we shared and certainly made me appreciate how much we have grown. I also realized how much I neglected to show gratitude to all who helped. Without mentioning everyone's name, I hold my hands up to all of the Canoe Family. The Greene family was always there with us to give us guidance and really influence how we hold ourselves today. Mostly, I need to thank my two cousins, Carrie Smith and Julie Goodwin. I've probably made over 60 Pendelton vests for giveaway throughout the years, but, unfortunately, I don't really know how to sew. When Carrie and Julie saw my struggle, they volunteered to finish the vests for me. Today, when I see our vests walking around on different recipients, my heart fills up with gratitude. Like at the potlatch on

the 19th, it takes a lot of people working together to host a potlatch. Even though I may be mad at some of you most of time (you know who you are. I don't have to mention all your names) I'll never stop appreciating all of the work that all of you have done. Even though some of us didn't grow up with this, our children have, and they will be here long after we are gone, carrying on because of the examples you have set for them.

hišəbə hisq̓'u?



7th ANNUAL
MUCKLESHOOT VETERANS ASSOCIATION POWWOW

"Celebrating Freedom Indian Style"

SINGING CONTEST:

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

Adult Categories:

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

Teen Categories:

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

Junior Categories:

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

Championship Specials:

Men's Traditional
Men's Grass
Team Dance
Juno Boys
"3 on 3" YOUTH BASKETBALL
Hoop & Up

Wash. Mean. For. Man. Get. Family. ©. Oshing. Ed. ...

JUNE 20, 21, 22, 2008

"HONORING OF THE VETERANS" - SATURDAY AFTERNOON

HOST HOTEL: King Oxcart Hotel (253) 285-1916 (ask for Pow Wow Rates)
ALL ROYALTY ENCOURAGED TO ATTEND

For more information contact Kallei Peak (206) 743-0347 or Mike Jean (253) 261-1744

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

HEAD JUDGES:
Troy Belanger, Chappuis
Edmund Bul, Gee
Boya Lucht, Wennebago
Dane Wiles, Unalutka Coyote
Moses Spear, Chief, Blood

Special Performances by:
Boya Lucht, Vietnam Veteran

ARENA DIRECTORS:
The Thunderbird Brothers

MC's:
Eve Tammara, Puumishlan Gee
Buen Good, Taker, Blood
Jony Merrick, Yakama

HOST DRUMS:
"Puumishlan"
Puumishlan, Gee, Hutton
"Red Bull"
Mark Bultman, Sukishawen



COMMUNITY



Leo "Bo" Henry 5/1
 Robert Jones 5/2
 Veronica Rivera 5/2
 Julio Valencia 5/2
 Krystal Koenig 5/3
 Kim Cooper 5/3
 David Lewis "Toby" 5/3
 Brian Tobin 5/4
 Todd Hagmann, Jr. 5/5
 Payton Lewis 5/5
 Sally Brownfield 5/6
 Nancy Rose 5/6
 Justin Saenz-Garcia 5/6
 Raven Thomas 5/6
 Taylor White 5/6
 Eric Castro 5/7
 Dustin Barnwell 5/8
 Ashley Smith 5/8
 Morningstar Green 5/9
 Justin Johns 5/9
 Colleen Merriman 5/9
 Jacob Spezza 5/9
 Stanley Black 5/10
 Kevin Harper 5/10
 Breanna Peters 5/10
 Kassidy Whitener 5/10
 Linda Allen 5/11
 Richard Johns, Jr. 5/11

Happy Birthday

Jeremy Meyer 5/11
 Connie Napoleon 5/12
 Julie Owens 5/13
 Tyler Barnwell 5/14
 Kenneth Wilbur 5/14
 Celia Rosander 5/16
 Donna Wood 5/17
 Bryan Johnson 5/17
 Taylen Powell 5/17
 Jaclyn Meyer 5/17
 Marlene Henry 5/18
 Shawnee Kruger 5/18
 Gary Brownfield 5/19
 Jeffery Kenyon 5/20
 Richard Harper 5/21
 Jennie Martin 5/21
 Tamatha Ford 5/22
 Melissa Henry 5/22
 Richard Monger 5/22
 Rebecca Napoleon 5/22
 Carly Rose Peters 5/22
 Tiffany Hartwell 5/23
 Brandon Kenyon 5/23
 Michael Ogden Hill 5/23
 Levi Sanchez 5/23
 Theresa Sanchez 5/23

Donald Hartwell 5/24
 Alexandra Mirka 5/24
 Raymond Peters 5/25
 Spirit Jones 5/25
 Tyler Johns 5/26
 Craig Parker 5/26
 Mildred Wagner 5/26
 Jeremyha James 5/27
 Kurt Poste 5/28
 Jack Selvidge 5/29
 Iladee King 5/30
 Carol Phipps 5/31



Quinalts Visit for Wed. Night Dinner and Bingo March 12

Photos by Rose Brownfield



What's Happening						
				1	2	3
					AA Meeting 7:30	General Body Meeting
4 Squaxin Indian Bible Church 11:00 a.m.	5	6	7 Family Court	8 Council Mtg.	9 AA Meeting 7:30	10 Good News Book Club 10:30
11 Squaxin Indian Bible Church 11:00 a.m.	12	13 Criminal/Civil Court	14	15	16 AA Meeting 7:30	17 Good News Book Club 10:30
18 Squaxin Indian Bible Church 11:00 a.m.	19	20	21	22 Council Mtg.	23 AA Meeting 7:30	24 Good News Book Club 10:30
25 Squaxin Indian Bible Church 11:00 a.m.	26	27 Criminal/Civil Court	28	29	30 AA Meeting 7:30	31 Good News Book Club 10:30



ELDERS



Elders Trip to Vegas

Lila Jacobs - The elders took a trip to Las Vegas. We had a wonderful time. It wasn't raining!!!

Some of us went to the Titanic Exhibit, some of us went to the Imax Theater, and of course, we had to go see the lions at the MGM hotel.

On the last day, some of us took a three hour ride on the public bus. The food at the hotel was very good and was reasonably priced.

Bryan Johnson treated us to breakfast on the last day. Thank you, Bryan!

Dorinda Thein was the driver of the bus home (good job! - Love Mom!)





HEALTH & HUMAN SERVICES



Dear Potential Participant,

The Shoalwater Bay Indian Tribe would like to invite you to our 2008 Health Fair! The Health Fair is scheduled for Thursday May 15th from 12:00 – 4:00 p.m. at the Shoalwater Bay Tribal Gym. The purpose of the Health Fair is to increase community awareness of available resources, share health and wellness information, provide free health screening, and interact with our neighbors and community.

Any information that you have would be very beneficial to our health fair. In the past area agencies have provided brochures, pamphlets, booklets, visual models, business cards, videos, etc. We are particularly interested in information regarding how people can access your programs.

You and /or your agency were identified as an important participant in our Health Fair. We hope you will be able to join us. Enclosed you will find a participant registration form. Please complete and return the attached registration form no later than May 1st.

We have also enclosed flyers for this year's fair. Would you consider posting them at your agency? It will help us get the word out about the health fair. You will notice that our theme this year is "Take Time for You". Feel free to incorporate this theme into your booth/information if you would like.

Thank you for your consideration. We look forward to hearing from you. If you have any questions or need further information, feel free to contact us at the numbers listed below.

Sincerely,
Shoalwater Bay Health Fair Committee

Contacts:

Candace Gruginski, RN, CDE, NTP
Shoalwater Bay Wellness Center
(360) 267-8146 or
1-800-633-5218 ext. 5215

Or

Linda Kauzlarich
Contract Health Services
Shoalwater Bay Wellness Center
1-800-633-5218

Lunch Options

In addition to local area restaurants, there are lunch options right here on the reservation. The Shoalwater Bay Tribal Center offers soup and sandwich for \$2.50 and it is served from 11:30 – 1:00.

Phone: 360-267-6766
Address: 2373 Tokeland Road
Tokeland, Wa 98590
The Shoalwater Bay Casino offers soup and sandwich for \$4.99 and a buffet for \$5.99.
Phone: Toll Free - 866-834-7312
Address: 4112 Hwy 105 Tokeland, Washington 98590

Shoalwater Bay Health Fair
Thursday, May 15, 2008 from 12:00-4:00 p.m.

May 15th

- FREE HEALTH INFORMATION
- FREE HEALTH SCREENING
- DOOR PRIZES
- FREE SAMPLES AND LITERATURE
- HEALTHY SNACKS
- FUN PRESENTATION

Directions:
The Health Fair will be held in the Tribal Gym. Turn down Old Tokeland Road (across from the Shoalwater Bay Casino) and go about 1/4 mile until you see the Tokeland post office. Turn left on to the street that is directly across from the post office. Continue until you see a big grey metal building on your left. This is the Tribal Gym, the location of our

Shoalwater Bay Tribe and Shoalwater Bay Wellness Center would like to announce their 2008 Health Fair. The theme this year is "Take Time for You" We invite you to take a little time for your health because you deserve it! Gather information on specific topics such as exercise, nutrition, diabetes, and smoking cessation. Find out about local resources that can help you with your healthcare goals and healthcare needs. With over 30 vendors each year and growing there really is something for everyone. Come check it out!

Guest speaker Elise Krohn will be presenting at 1 p.m. Elise is an Olympia community herbalist who is passionate about the affinity between plants and people. She is currently teaching and coordinating programs in herbal medicine and native nutrition for the Northwest Indian Drug and Alcohol Treatment Center, The Northwest Indian College and the Skokomish Tribe. She is dedicated to empowering others in gathering and using native plants.

Shoalwater Bay Wellness Center
P.O. Box 500
2373 Old Tokeland Road
Tokeland, WA 98590

Questions?
Contact: Candace Gruginski
360-267-8146 or
1-800-633-5218 ext. 5215



May Elder's Meals

Thurs., May 1	Corned Beef
Mon., May 5	Beef Roast
Wed., May 7	Crab Cakes
Thurs., May 8	Tuna sandwiches & soup
Mon., May 12	CLOSED
Wed., May 14	Roast Pork
Thurs., May 15	Taco Salad
Mon., May 19	BBQ Baked Chicken
Wed., May 21	Baked Fish
Thurs., May 22	French Dip Sandwiches
Mon., May 26	CLOSED
Wed., May 28	Breakfast for dinner
Thurs., May 29	Pizza

**Menu Subject to Change*

Clinic Extended Hours

We are open every Tuesday this month
8:00 a.m to 7:00 p.m.

High Pressure Washer

Dave Caulfield, ARNP - Last year I was using Tiff's high pressure washer to clean up the parking lot here at the clinic, and when I wasn't paying attention (which was often) I would dislodge a few pieces of the asphalt, sending them flying across the lot. "Oops."

Some of us may be doing the same thing to our blood vessels. How? Well there's something about our blood vessels you may not know. Our blood vessels are very smooth inside, and when they stay smooth, they work best (just like the parking lot) But they can get "pits" in them, (just like the parking lot). One of the ways that can happen is high blood pressure. It happens much the same way the high pressure hose does.

When this happens in the parking lot, the maintenance department scoops a shovelful of asphalt into the hole and pats it down.

Our bodies also have a "maintenance" department when it senses pits. First, the body deposits a "shovelful" of thrombocytes, or platelets into the pit. (Those are what makes our blood clot up when we get a cut or scratch). Then something else happens. **The LDL or "Bad" Cholesterol sticks to the platelets and, over time, a big pile can build up. If it gets too big, it can plug the blood vessel and, depending on where it is, the outcome can be something as deadly as a stroke or heart attack.**

Unfortunately, people with high blood pressure rarely have any symptoms. Some people complain of headaches or nosebleeds.

The next time you come to the clinic, consider asking what your blood pressure is. If it's above 138/88... maybe you can remember the high pressure washer in the parking lot.

Oh, by the way, May is National High Blood Pressure month.

Moccasin Making Class

Marcella Castro - The Family Services program had a moccasin making class on Tuesday, April 5th and Tuesday, April 22 at the Elders building. The instructors were Virginia Beruman and Rose Krise. This was a great activity, getting the Elders and youth together with their parents doing something that is part of our culture. We all enjoyed each other's company with laughter. Everyone had a good time and got to learn a new skill. There will be more craft classes coming, so watch for flyers. We hope to see you at our next class.





Upcoming Health Events

DIABETES SUPPORT GROUP

Check with Patty for details

BRIEF COMMUNITY WALK

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

HEALTH PROMOTIONS

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

COMMUNITY HEALTH WALK

Thursday, May 15th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!
Help us win the Walking Stick! The Tribe with the most walkers each month wins the walking stick for that month.
We won it in July . . . can we get it back in May?

MAMMOGRAMS WOMEN'S HEALTH EXAMS

Tuesday, May 20th
9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session.

LIFESTYLE BALANCE PROGRAM

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

FREE PILATES CLASSES

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

WANT A GARDEN IN YOUR YARD?

Are you low income?
Do you live on the REZ?
Contact Patty Suskin to get on the waiting list to have a garden placed in your yard - for FREE

LINE DANCING

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

Questions?

Contact **Patty Suskin @ 432-3929**

or

Janita Johnson @ 432-3972

Breakfast for Teens, a Healthy Idea

Teens who eat breakfast daily eat healthier diets & are leaner & stronger than those who skip breakfast

Modified & submitted by Patty Suskin - University of Minnesota School of Public Health Project Eating Among Teens (EAT) researchers have found further evidence to support the importance of encouraging youth to eat breakfast regularly. The study with 2,200 adolescents showed that daily breakfast eaters ate a healthier and were more physically active than breakfast skippers during adolescence. Five years later, the daily breakfast eaters also tended to gain less weight and have lower body mass index levels - an indicator of obesity risk - compared with those who had skipped breakfast as adolescents.

Over the past two decades, rates of obesity have doubled in children and nearly tripled in adolescents. Fifty-seven percent of adolescent females and 33 percent of males frequently use unhealthy weight-control behaviors, and it is estimated that between 12 and 24 percent of children and adolescents regularly skip breakfast. This percentage of breakfast skippers, while alarming, has been found to increase with age.

Dianne Neumark-Sztainer, Ph.D., principal investigator of Project EAT, says that this research confirms the importance of teaching adolescents to start the day off 'right' by eating breakfast. "Although adolescents may think that skipping breakfast seems like a good way to save on calories, findings suggest the opposite. **Eating a healthy breakfast may help adolescents avoid overeating later in the day and disrupt unhealthy eating patterns, such as not eating early in the day and eating a lot late in the evening.**"

Here are some quick breakfast ideas to make at home:

- Include a protein, starch & fruit or vegetable for breakfast (no need to limit your breakfast to "breakfast" foods—be creative!)
- Leftover pizza - consider adding some veggies!
- Healthy "dinner" foods
- Whole wheat toast with peanut butter & banana
- Toast with cheese
- Quesadilla/burrito with beans, cheese, chicken, onion, bellpepper
- Turkey, beef, egg, or ham sandwich with fruit
- Smoothie with vanilla yogurt, bananas & berries
- Cheese stick & crackers with fruit
- Egg, bean & cheese burrito

Congratulations Raffle Winners



March Mammogram Winner
Kendra Glover



March Mammogram Winner
Marcella Castro



March Womens' Health Winner
Nikki Fox



Outdoor Activity of the Month

Enjoy Spring Along Hood Canal

From the Olympian

WHAT

A day trip to Hood Canal, with stops at Potlatch State Park and Dosewallips State Park

Dosewallips State Park

TO DO

Spring is a great time to visit Hood Canal. You'll beat the summer crowds and see a lot of wildlife, enjoy beautiful beaches and maybe even dig a clam or two. The trip really begins at Potlatch State Park, which is 12 miles north of Shelton on U.S. Highway 101. In the spring, Potlatch's 9,570 feet of beachfront comes alive. Look into the water, and you'll see oysters and clams — and their empty shells — along with chum salmon fry and other fish. Shorebirds and ducks always are hanging around the park. Lots of people scuba dive, kayak and windsurf from the beach. Potlatch is a popular spot for fishing, clamming and shrimping during the spring and summer. Potlatch also has beautiful lawns and wooded areas, and the many picnic areas make it a great spot to stop for a snack.

CAMPING

U.S. 101 cuts Potlatch into two areas. The beach side of the park is day-use only. Camping is available year-round across the highway. There are 19 tent spaces and 18 utility spaces. Go to www.parks.wa.gov for more information on camping.

COMFORTS

Potlatch has a restroom with two showers and a picnic shelter.

DIRECTIONS

Stay on U.S. 101 through Shelton. Keep a sharp eye on you odometer, and you'll see the sign for the park about 12 miles from Shelton.

SAFETY

Don't walk on the beach barefoot, as the many shells and barnacles will cut your feet. Be careful if you cross U.S. 101.

GEAR

All Hood Canal visitors should bring rain gear, sunscreen, a change of warm clothes, birding guides, binoculars, spotting scopes, sunglasses, cameras and refreshments.

HISTORY

The park was the site of tribal potlatches, which are gift-giving ceremonies. The area later became a resort and sawmill. The park was created in 1960.

RULES

Pets must be on a leash, and owners must clean up animal waste. No fireworks allowed. No glass or metal cans allowed on the beach.

INFORMATION

Call the state Department of Fish and Wildlife at 866-880-5431 for up-to-date information on shellfishing, shrimping, fishing and crabbing. For more information about the park, call 360-877-5361 or go to www.parks.wa.gov.

Dosewallips State Park

If you prefer a longer adventure, drive to Dosewallips State Park, which is 40 miles from Shelton on U.S. 101.

The big attraction at Dosewallips this spring starts April 1, when the sport clamming season starts. Clammers are restricted to the area inside the boundary markers and signs posted on the beach.

The season will be open through Sept. 30.

Clam diggers must have a valid license. Call 360-902-2500 and press 2 for more information, or go to <http://wdfw.wa.gov>. For the Shellfish Rule Change hot line, call 866-880-5431.

OTHER ACTIVITIES

Dosewallips is popular with anglers, beachcombers and wildlife watchers.

Dosewallips also offers year-round camping, 5,500 feet of beach on Hood Canal and 5,400 feet of shoreline on Dosewallips River. This is a beautiful park, with lots of flat, grassy areas.

CAMPING

Dosewallips has 100 tent sites, 40 utility spaces, a dump station, three rest rooms and two showers. Dosewallips also has three platform tents for overnight rental.

To reserve a campsite or platform tent, call 888-226-7688.



An early season fly looks for an easy meal in an English daisy growing on the lawns at Potlatch State Park. (Chester Allen/The Olympian)

Special Thanks

I, Rose Algea, would like to thank Rhonda Foster, her mate Mike Foster, Squaxin Island Tribe, Tribal Council and the clinic staff, cooks and helpers for all the help for my best friend, Shirley Davis, and her family. She will be missed. May God bless each and every one who had a part in showing your love and support for her family!

Thanks!
Rose Algea





Transportation Planning Update

Lynn Scroggins - And the raffle winner is (drum roll) Dan Neelands. Thanks to over 60 people who completed the transportation survey. Those who provided their name and phone were eligible for the raffle prize – one night stay at the Little Creek Casino Resort hotel. There were several questions about top transportation concerns, proposed solutions, priority projects and programs, and Squaxin Transit. The survey identified the following priorities:

- #1 Roads, bridges, natural resources, cultural resources
- #2 Lighting
- #3 Traffic safety, law enforcement
- #4 Trails, economic development, jobs, tourism
- #5 Transit, emergency management
- #6 Striping, markers, signs
- #7 Freight, rail
- #8 ORV trails

The long-range transportation plan (LRTP) update will include a Squaxin Transit Plan, serving as a development guide and basis for funding eligibility. The plan will be divided into modes - motorized, non-motorized, recreation motorized, freight, rail, air, water, and transit. It will address special issues - safety, capacity, economic development, jobs, tourism, elders, youth, emergency management, mobility, traffic safety, law enforcement. The plan will prioritize and list six-year (partially funded) and twenty-year projects and programs by mode.

Public involvement will continue throughout the planning process with more interviews and meetings. A Squaxin Transit passenger survey is underway. Look for the transportation planning table at the General Body meeting with the plan available for review and feedback. Two public meetings are scheduled. The first will be a review of the 50% plan on Tuesday, May 20 from 4-6 p.m. in the Tribal Council Chambers. The second will be a review of the 90% plan on Tuesday, June 17 from 4-6 p.m., also in the Tribal Council Chambers. At the end of June 2008, the plan will be approved by Tribal Council. A major plan update is expected in June 2009 after a more transit planning, partially funded with U.S. Federal Transit Administration (FTA) and Community Transportation Association of America (CTAA) planning grants. For more information or questions about the transportation planning process, please contact Planner Lynn Scroggins at (360) 432-3952.

Below are survey comments in addition to the ones published in the March Klah-Che-Min. **Please note: The number in parenthesis are the number of responses for the same comment.**

Top Transportation Concerns:

SAFETY: Lighting, safety, and removing dangerous dogs * visible law enforcement * speed limit enforcement * **ACCESS:** I would love to take the bus, but can't make the connections efficiently * if you have no vehicle and live off-rez then it is impossible to make it to Squaxin for any meetings or anything * people without transportation getting to appointments * access and delivery to social services * **ELDERS:** Elder transportation (2) * services for seniors * **YOUTH:** Traffic safety, speeding where children are present * safety for kids runnin' the rez * speed bumps in front of the Youth Center * **EMERGENCY MANAGEMENT:** Make sure emergency access is maintained * **MOTORIZED:** Accidents that block Highway 101 * **NON-MOTORIZED:** Not enough biking and walking trails * campus-wide bicycles * **TRANSIT:** More transit * bus breakdowns * **MARINE:** Harstine Island boat ramp * **HEALTH:** Need to increase physical activity with walking, biking and much more trails * **PLANNING/POLICY:** Transportation maintenance and improvements without harming NR and maintaining safety * make capacity and timing a priority * more planning, funding * short notices, rising costs * off-reservation needs are often not met * focus on tribal priorities *

Proposed Solutions:

TRANSIT: More drivers (2) * more buses (2), more connections (2), more frequent routes (2), more/better transit service with access to more services (4), more transit capacity (buses and employees) * more bus stop signs * more/better transit info (2) * after-school activity and missed bus transit service * print transit schedule * develop schedules like Mason Transit * add Wah-He-Lut type van * transit is great * **CHRs** will be able to provide more help when transit is increased/consolidated * provide late-night transit service or other transportation alternative for Little Creek employees * develop a bus replacement program * link transit services better * **MOTORIZED:** Repave and curb/gutter/sidewalk on all reservation roads (2) * more traffic calming devices * **NON-MOTORIZED:** More trail planning * add bike paths * lighting and crosswalks * sidewalks to keep people off roads (2) * signage to watch for children * painted crosswalk * **PLANNING/POLICY:** More transit planning to be eligible for more grants * more community input (5) * adequate capacity * planning as a priority (2) * more surveying * more transportation funding/grants (3) * find a location and build * Planning committee * more resources * prioritize budget allocation * pursue non-government grants * more law enforcement funding *

Priority Projects and Programs:

MOTORIZED: Old Olympic Highway South improvements (2) * expand road so children have off-road pavement to walk and ride on * **NON-MOTORIZED:** Walking paths and trails * bike/pedestrian awareness for youth and adults, bike/motorcycle parking * enhance walking routes in commercial areas * street lights * signage around playgrounds and school areas * **TRANSIT:** The Griffin transit route is vital, thank you! * buy bus passes on-line * campus shuttle * after school activity bus service (2) * late-for-school transit service * evening/weekend transit service * on-demand transit service * more CHR type transit service * extended hours (2) * more/better buses * transit awareness for youth and adults * bicycles, ride share, trip reduction program * **MARINE:** park and dock on the Island * water transit service to the Island * improve Arcadia boat launch * **PLANNING/POLICY:** More planning (2) * consolidate tribal transportation services * transportation infrastructure in the new housing area

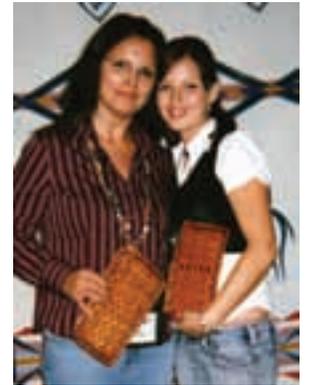


Happy 6th Birthday Kiana Jean



**Lots of Love,
Mom, Dad, Sisters & Brother**

Happy 24th Birthday Jolene Renee



Love, Your Momma and the Rest of Your Loving Family

Tax Rebates for Low-Income Seniors: You Actually Do Want to File a Tax Return!

Let's be honest. Most of us don't file an income tax return unless we have to. But this year might be different. Was your 2007 income \$3,000 or more? If so, you could get up to \$1,200 from the IRS! You cannot get the rebate unless you file a tax return, even if you are not required to file one.

What: Federal Income Tax Rebate; \$300 - \$600 for individuals or \$600 - \$1,200 for couples filing jointly

Why: The federal rebate is part of the Economic Stimulus Act of 2008.

Who: Anyone with \$3,000 or more of total qualifying income for 2007. What income qualifies?

- Earned income (from work)
- Social Security retirement and disability benefits based on earnings. Unfortunately, SSI does not qualify.
- Veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans' Affairs in 2007.
- Some Railroad Retirement benefits.

How: File a 1040 or 1040A Federal Income Tax return by October 15th. Write "Stimulus payment" on the top of your tax form if you're filing only to get that payment. You can get the forms at Timberland Libraries, the post office, or online. You can see a sample of Form 1040A, showing which lines to fill out, at <http://www.irs.gov/pub/newsroom/1040a.pdf>.

When: The IRS will send checks between May and December, 2008. The only way to speed up your tax rebate is to file your 2007 taxes early and request direct deposit. Scam artists often tell people they can get your rebate money to you faster than you can on your own. Don't believe them! Those who qualify for a rebate check and file a tax return by October 15th will get a check by the end of 2008.

Need Help? Trained volunteers with VITA (Volunteer Income Tax Assistance) and

AARP TaxAide offer free help to those who are low-income or over 59 years old. Volunteers can help you prepare and file your income tax return. Find the location nearest you by contacting:

- Your local library
- Senior Information and Assistance
- IRS's toll-free line, 1-800-829-1040
- Online lists at <http://www.irs.gov/individuals/article/0..id=107626,00.html> or https://locator.aarp.org/vmis/sites/taxaide_locator.jsp.

Beware: Scam artists see easy money in tax rebates. They prey on low income and elderly people. Do not give personal information about your income, Social Security number, or tax information over the phone. The IRS will not make individual calls. Also **beware of Refund Anticipation Loans** offered by payday lenders and similar businesses. These loans come with interest as high as 700%, plus other outlandish fees and terms. Many scammers claim to offer faster rebates or say the process is difficult. Don't fall for it!!! **If you need help to file, or to request direct deposit, go to one of the approved, free sites mentioned above.**

Good news for Public Assistance Recipients: These rebate checks do not count as income for most public benefits, including federal housing programs, federal food assistance, Medicaid, SSI and more. The rebates will not count as a resource or asset for 2 months after the month you get them.

Congratulations Shiloh Henderson!!!

**4.0 student at the UW
National Collegiate member**

**Top 20% of class
Dean's List member**

**Contratulations!
Love, Dad & Jaimie**

Shaker Church Gets Spring Cleaning



Youth Powwow Dance Group Donations Needed

We are making powwow regalia. Any Fabric or sewing materials, beads, ribbon, leather, feathers or regalia of any kind would be greatly appreciated. We are also looking for volunteers to teach us how to make things such as pouches, roaches and headbands, ect. For more information call Janita: Work 432-3972 or Cell 870-5818



Congratulations Graduates!!!

Congratulations to Madeena Rivera and Davina Braese, for receiving your High School Equivalency (GED) at Washington State University in Pullman, WA. Madeena received her diploma on Friday, April 18th and Davina received her's on April 11th! Way to go girls!!!



Madeena



Davina



**Congratulations
Terri Capoeman!!!
GED graduate
Thursday, April 24th!!!**

L-R: Vanessa Algea (Madeena's cousin), Madeena and Shelley Rawding. Shelley supported Madeena by helping her get into the program and driving all the way over to visit.