



## Parks and Recreation for Squaxin Community

Penni Giles - Recreation is an essential service the Tribe provides to establish and maintain a healthy, livable community. Opportunities and facilities that promote physical and mental well-being bring citizens together in positive, supportive, and fun atmospheres, and create memorable experiences for families.

The Squaxin Island Park and Recreation Plan was approved by Council on April 9, 2009 and will be the framework around which recreation facilities will be planned, designed, implemented and managed.



The Squaxin Island Tribe values public involvement in decision making. Public meetings and surveys are ways tribal members can be involved in community decisions. The following surveys and public meetings were used in determining the future needs for park and recreational facilities:

- The Squaxin Youth Council proposed that a survey be completed to determine the level of community interest in a Skate Park. Data was compiled through written survey questions distributed and collected by summer youth workers.
- During the May 2007 General Body meeting and public meeting held in May 2007, the community was asked for their ideas in order to develop a long-term plan.
- Public input by means of a "Dot Survey" was completed in 2003 to see if the Tribe should offer more educational and recreational activities, including cultural events, or whether things were fine the way they were.
- A written survey was distributed at the 2004 General Body Meeting to determine the level of interest in a pool.
- An Intertribal Youth Summit was held June 14, 2003 with the purpose of helping develop youth programs. The primary plan was to have youth tell us their opinions and ideas, beginning with what has worked well.

The combination of the input listed above and existing planning and development processes includes a Skate Park to enhance recreation within the community:

*Continued on page 8*



## 2009 General Body Meeting May 2, 2009

### Little Creek Events Center

Elections will be held for:

Secretary  
Treasurer

8:30 a.m. Sign in starts

9:05 a.m. First roll call

Buffet lunch at noon

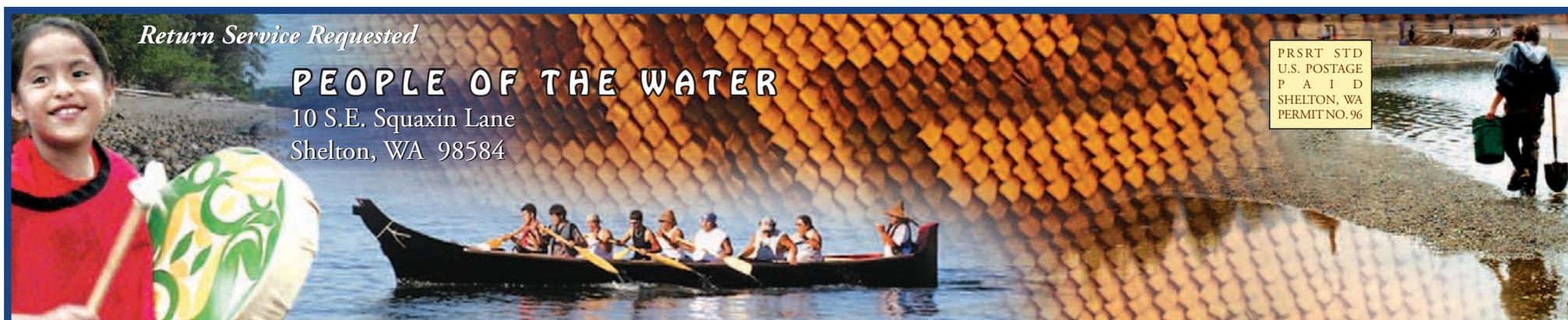
Per Tribal Council, the General Body Meeting  
is for TRIBAL MEMBERS & SPOUSES ONLY.  
Enrollment will be checked at the door.

*Return Service Requested*

### PEOPLE OF THE WATER

10 S.E. Squaxin Lane  
Shelton, WA 98584

PRSR STD  
U.S. POSTAGE  
P A I D  
SHELTON, WA  
PERMIT NO. 96





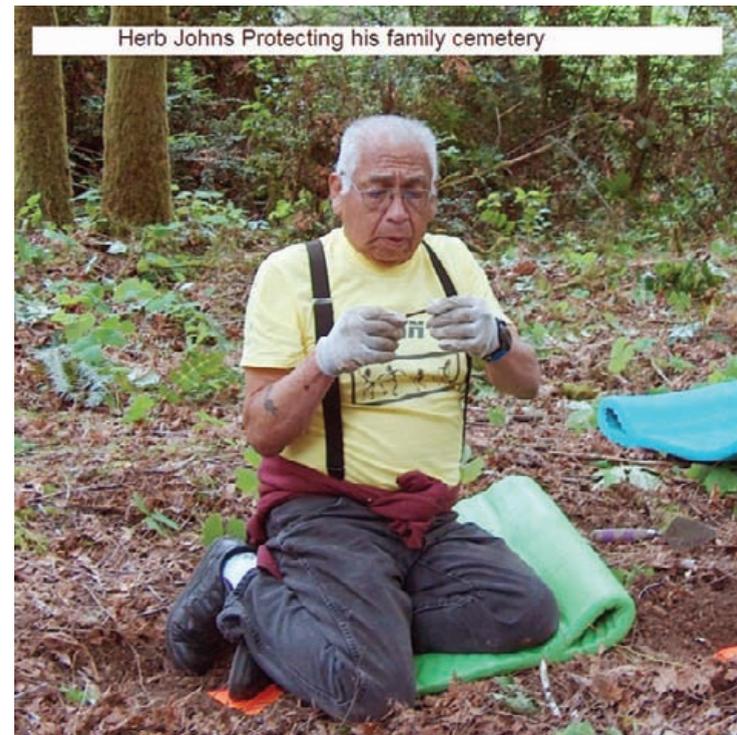
## What Have You Taught Your Children!!!!

### *New Squaxin Island Tribal Cemetery*

By Cultural Resources Department -The Tribe has a new cemetery that was a long time coming. Please notice that there is a separation between the areas where our Pioneer/Historic Ancestors are buried and where current living people will be buried.

One problem we have encountered is continued vandalism in our new cemetery. Several times people have gone in with their Quad's and torn up both parts of the cemetery. They have broken the gate and continue to return and do additional destruction. So we ask you to ask yourself, "What have I taught my children about how to conduct themselves when going into a cemetery?" In today's modern, bustling world we sometimes get the message that dead people are not important, or that when young people act out it's just juvenile mischievous behavior that they will grow out of.

We ask that you take the time to talk to your children, teach them that their actions are causing serious problems that effect most tribal members deeply.



*"I'd like to see the graveyard kept up and in good shape.*

*This belongs to all the old people and all of us, and our kids too. So I would like to see it respected and taken care of by all of us."*

*"Our new cemetery should always be respected.*

*Our ancestors would want ones, no matter who they are, young and old, to have respect.*

*Our cemetery is a place where loved ones lay and a place for ones to visit during Memorial Day, funerals, and spend time time with their loved ones to place flowers.*

*The cemetery is not a place to ride dirt bikes or 4-wheelers."*

## TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: 877.386.3649  
FAX: (360) 426-6577

[www.squaxinland.org](http://www.squaxinland.org)



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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

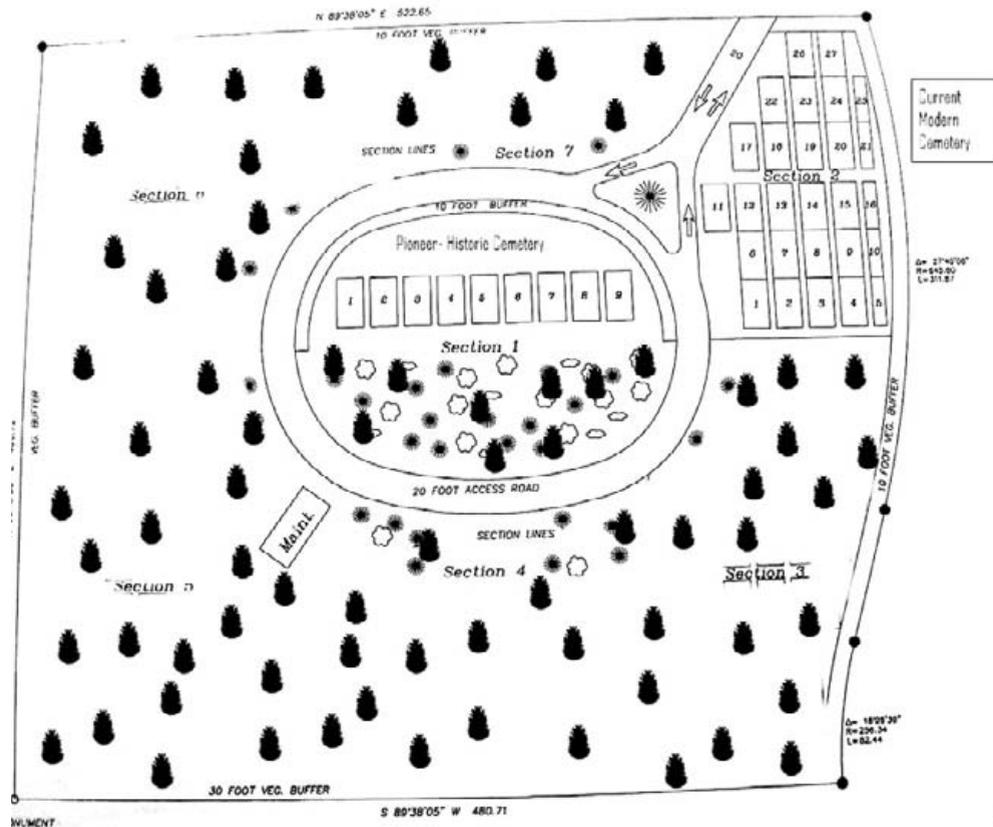
DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
VINCE HENRY: Secretary  
RUSSELL HARPER: Treasurer  
MISTI SAENZ-GARCIA: 1st Council Member  
MARCELLA CASTRO: 2nd Council Member  
CHARLENE KRISSE: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.nsn.us](mailto:thenderson@squaxin.nsn.us)



### Here is a Diagram of Our New Cemetery

If you would like to pick a plot, please call Ruby Fuller at 432-3909. You can pick immediate family plots.



### Professor Ron Whitener to Receive the 2009 M. Shanara Gilbert Award!

The Executive Committee of the American Association of Law School's Section on Clinical Legal Education is proud to announce that Professor Ron Whitener from University of Washington has won this year's M. Shanara Gilbert "Emerging Clinician" Award. Professor Whitener is Assistant Professor of Law and the Director of the Tribal Court Criminal Defense Clinic at University of Washington School of Law, where he has been teaching in the clinical program since 1999.

Through the Tribal Court Criminal Defense Clinic, Ron Whitener has made access to justice a reality for countless clients and has helped to train a new generation of advocates for American Indians. For many American Indians, the Tribal Court Criminal Defense Clinic is the only source of representation for those facing criminal charges because tribal courts are not required by law to provide legal representation. Professor Whitener saw this pressing need, started this clinic, and has helped to expand its reach through fund-raising. In addition, Professor Whitener has helped to build the clinical program at University of Washington and has been a resource to other clinical programs. Professor Whitener also is an engaged scholar, authoring or co-authoring three journal articles focused on legal and health issues affecting American Indians.

Professor Whitener is actively involved in American Indian legal issues. He began his career as Legal Counsel to the Squaxin Island Tribe, of which he is a member, and he has done lay advocate and other legal training for nearly a dozen other tribes in addition to direct representation of clients. He frequently speaks about treaty rights, tribal jurisdiction, and other legal issues affecting American Indians. He has also promoted international clinical legal education efforts through his collaboration with the Afghan Legal Educators Program, a program of the Asian Law Center at the University of Washington. Afghan law faculty participating in that program visited tribal courts and attended meetings with faculty and students in the Tribal Court Public Defense Clinic.

The M. Shanara Gilbert Award will be presented at the Conference on Clinical Legal Education at a special ceremony on Friday, May 8, at 9:00 a.m., in Cleveland, Ohio.

### In Loving Memory of My Grandmother, Henrieta "Gillette" Ferndeen

I am Frank Metcalf, an enrolled Squaxin Island tribal member. This year I will be participating in the American Cancer Society Walk-A-Thon in Grays Harbor, WA.

My grandmother Henrieta "Gillette" Ferndeen passed away after a long ahrd fight with cancer many years ago.

As I walk in remembrance of my grandmother, I realize that many people become victims of cancer and many others become co-victims of cancer after their loved ones have passed away from their long, hard fights.

We, as Native American people, have always had a special way of showing remembrance for our loved ones who have passed away. But as I walk for the American Cancer Society, I have realized that I walk for all people - all loved ones and all the children who have passed away or become victims of cancer.



Dear \_\_\_\_\_

I will be walking in the **SCCC Cancer Relay for Life** to be held in the big yard on May 15<sup>th</sup> and May 16<sup>th</sup>. Would you be interested in supporting this cause? All funds raised will go directly to the American Cancer Society with no % taken off! You may send your donation via **Money Order**, along with this form, to the address below:

Cancer Relay  
Stafford Creek Correction Center  
191 Constantine Way  
Aberdeen, WA 98520

Please note **Acct# 2911 (Due to Charities)** on the money order.  
Thank you, in advance, for your support. All donations will be acknowledged with a receipt.

Name Frank Metcalf DOC# 634689  
Unit H-3 B-38

The Award is for a recent entrant into clinical legal education who has demonstrated all or some of the following qualities:

- A commitment to teaching and achieving social justice, particularly in the areas of race and the criminal justice system;
- An interest in international clinical legal education;
- A passion for providing legal services and access to justice to individuals and groups most in need;
- Service to the cause of clinical legal education or to the AALS Section on Clinical Legal Education; and
- An interest in the beauty of nature.

The Executive Committee: Gordon Beggs (Cleveland State); Deborah Epstein (Georgetown); Miye Goishi (UC-Hastings); Zelda Harris, Acting Chair for this Award selection (Arizona); and Peter Joy, Chair (Washington University).

We look forward to honoring Professor Whitener for his creativity in addressing a pressing legal need for an underserved community and his outstanding contributions to clinical legal education.

- Carol M. Suzuki  
Associate Professor of Law, University of New Mexico School of Law

# EDUCATION



## Mark Your Calendars - Shelton School District Awards Banquet

Friday, May 15th @ 6:00 p.m. in the Shelton High School Sub

**Senior Button Robe Presentations, Salmon BBQ and dancing!**

Bring your own regalia or use ours; bring a favorite dish - only if you want to . . .



## Scholarship Opportunity

THE COCA-COLA

FIRST GENERATION SCHOLARSHIP is offered to American Indian students who are the first in their immediate family to pursue a higher education at a tribal college or university. The deadline for applications is May 31, 2009. Learn more at [www.raconline.org/funding](http://www.raconline.org/funding)

## Squaxin Youth Cultural, Educational and Activities Calendar

May 2009

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	Homework Help is avail- able Mon-Thur From 3:30-5:00!!	Any Questions Call: Bill Kallappa 463-6361 Or Wes Whitener 485-8572			1 Softball 3:30-6pm 3pm Ping Pong 4pm Gardening	2
3	4 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition	5 Softball 3:30-6pm 4pm WSU Nutrition 4pm Creating Games	6 Softball 3:30-6pm 4pm WSU Nutrition 5pm Youth Council	7 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition	8 Softball 3:30-6pm 3pm Ping Pong 4pm Gardening	9 IBL Basketball Game
10	11 <b>CLOSED</b> American Indian Day	12 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition 4pm Picture Frames	13 Softball 3:30-6pm 4pm WSU Nutrition 5pm Youth Council	14 Softball 3:30-6pm 4pm WSU Nutrition 4pm Paddles	15 Softball 3:30-6pm 3pm Ping Pong 4pm Gardening	16
17	18 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition 4pm Masks	19 Softball 3:30-6pm 4pm WSU Nutrition 4pm Wii	20 Softball 3:30-6pm 4pm WSU Nutrition 5pm Youth Council	21 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition	22 Softball 3:30-6pm 3pm Ping Pong 4pm Gardening	23
24	25 <b>CLOSED</b> Memorial Day	26 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition 4pm Friendship Bracelets	27 Softball 3:30-6pm 4pm WSU Nutrition 5pm Youth Council	28 Softball 3:30-6pm 4pm WSU Nutrition 4pm Wii	29 Softball 3:30-6pm 3pm Ping Pong 4pm Gardening	30
31						



## Sophomore Parents

Come enjoy an evening of food, fun and information with your student at the SHS Sophomore Showcase on Tuesday, May 19th, from 5:30-8:00 p.m.! Dinner, entertainment, door prizes, and a chance to see what the sophomores have accomplished this year. See student work and performances from across campus and learn about the career exploration and post-secondary education information your student has participated in through GEAR UP! Invitations and information coming to your home on 4/28/09. Please RSVP by 5/6/09.

## FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS & ELDERS (AGE 60+)

**THE NORTHWEST JUSTICE PROJECT** provides free civil (non-criminal) legal services for low-income people who cannot afford a lawyer. CLEAR is Northwest Justice Project's Coordinated Legal Education, Advice and Referral system. If you are low-income or an Elder you can call the toll-free CLEAR line at (888) 201-1014 from 9:15 a.m. - 12:15 p.m. Monday to Friday. Press 5 to speak with the CLEAR Native American Specialist, Brooke Pinkham.

### What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a not-for-profit statewide organization that provides free civil legal services to low-income people from thirteen offices throughout the state of Washington. NJP also has a Native American Unit with offices in Seattle and Spokane.

NJP's mission is to provide high quality free legal services on priority problems to eligible low-income clients, either directly or through efficient and effective referrals.



## Longhouse National

### Native Grant Program 2009

LETTER OF INQUIRY 111 DEADLINE JUNE 1, The Evergreen State College Longhouse Education and Cultural Center, with funding support from the Ford Foundation, announces its third round of national funding for Native Artists (American Indians, Alaska Natives and Native Hawaiians) in the U.S. There are two grant programs available through the Longhouse.

The first program is the National Native Creative Development Program, which will award funds (up to \$2,000) to individual Native artists. This program was designed to address the professional development needs of individual artists, such as training in marketing, purchasing or harvesting supplies and materials, professional portfolio development, apprenticeships and other opportunities for advancement as an artist.

The second program is the National Native Master Artist Initiative: Artist Teaching Artists will award 6 grants (up to \$5,000). The program is designed to promote Native arts and cultures within urban and rural Native communities throughout the United States. This grant provides an opportunity for a Master Native Artist to teach other Native artists, whether established or emerging, within a community setting.

Forms and guidelines for both programs are available at the following Web address: <http://www.evergreen.edu/longhouse/grantprograms.htm>, or if you would like more information, please contact Bobbie Bush, Native Grants Program Coordinator at (360) 867-5367, or [bushb@evergreen.edu](mailto:bushb@evergreen.edu).

## The Way They Were



Toby and Merline (Dorey) Lewis recently celebrated their 43rd wedding anniversary. The Lewises were married on April 2, 1966 in Shelton. They have lived in the Mason County area for more than 60 years. Their children are Larrinea Lee Lewis, who died in 2002, David and Jen Lewis, and Bear and Jamie Lewis, who married on their parents' 42nd anniversary. They also have four grandsons, David Michael Bear aka "Bubba" Lewis Wolf, Payton John "White Bear" Lewis, Brendan James "Camdan Bear" Lewis and Adam "Cubby Bear" Lewis.

WOMENSPIRIT COALITION  
INVITES YOU TO JOIN OUR CIRCLE...

**Pre-Registration For  
Advocate Training  
Is Now Open**

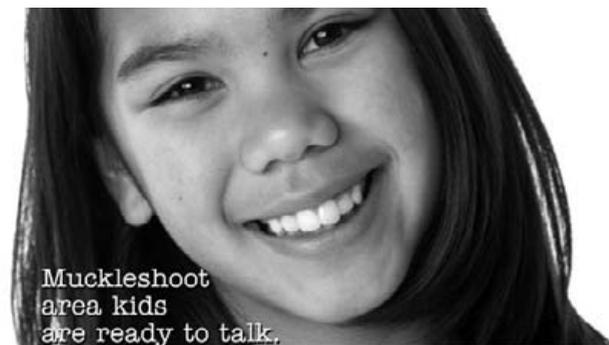
WSC Advocate Training is designed specifically for  
Advocates and others interested in becoming an  
Advocate in Tribal Communities

**We will be offering 2 trainings**  
1st Training: 0-2 years experience  
2nd training: 3-5 years experience

Training is tentatively planned for  
1st week of November 2009

Please contact Kathrine to have your name placed on  
the pre-registration list at 360.352.3120  
or via email [kathrine@womenspiritcoalition.org](mailto:kathrine@womenspiritcoalition.org)

[WWW.WOMENSPIRITCOALITION.ORG](http://WWW.WOMENSPIRITCOALITION.ORG)



Muckleshoot  
area kids  
are ready to talk.

## will you help?

It can be difficult to talk to your kids about sex. But you're not alone and there is help. On Monday, May 18th, the Parents Speak Up National Campaign, in conjunction with the Muckleshoot Tribe, invites you to attend a free workshop to learn how to talk with your child about sex.

Why is it important to have this conversation with your child early? Consider that:

- The U.S. has the highest teenage pregnancy rate in the industrialized world.
- One of four teenage girls nationwide has an STD.
- Teens rank parents as the #1 influence on their sexual decisions.

Help your child avoid the emotional and physical risks of sexual activity. Grab a friend and join us at our free workshop for advice and support for talking to your child. The event will include free dinner and parking.

**Free Workshop for Native American Parents**  
Mon., May 18th, 6:30pm - 8:00pm (dinner served at 6:30pm)  
Muckleshoot Pentecostal Church  
59751 Auburn Enumclaw Rd, Auburn, WA 98092  
To confirm your attendance, contact Lori Simonson at 253-876-3377 or [Lori.Simonson@muckleshoot.nsn.us](mailto:Lori.Simonson@muckleshoot.nsn.us)

Algunos materiales están disponibles en Español.  
For additional information about the campaign, visit [www.4parents.gov](http://www.4parents.gov).





## Squaxin Island Tribe Comments on Dioxin Concentrations in Oakland Bay

Preliminary data released April 1, by the State Department of Ecology has identified dioxin in sediment throughout Oakland Bay.

Outside of Shelton Harbor, the dioxin is distributed uniformly with an average concentration of 35 parts per trillion (ppt or pg/g). "At first glance, the distribution pattern suggests the dioxin may be a historical legacy," said John Konovsky, the Tribe's environmental program manager.

Oakland Bay is a very productive shellfish growing area. Studies elsewhere suggest there is very little connection between dioxin concentrations found in sediment and contamination in shellfish.

- In a 2008 Ecology report on neighboring Budd Inlet, sediment samples were tested for dioxin and concentrations ranged from 3 to 60 ppt. Concentrations in littleneck/manila clam samples averaged 0.5 ppt.

- In Similk, Fidalgo and Padilla Bays, a 2006 study by the Swinomish Tribe identified a range of concentrations of organic compounds including dioxin in sediment, but levels in shellfish from those same sites were more uniform and much lower. The report also suggested that health risks from sediment exposure – such as digging for clams – are even lower than eating shellfish.

- A 2007 Humboldt Bay study concluded that dioxin concentrations in shellfish tissue were independent of dioxin levels in sediment. All the tissue directly tested and most reported in the worldwide literature was below concentrations considered to be a risk to human health. Without continual industrial output, dioxin levels in sediment and shellfish decline over time.

"It's not surprising that shellfish accumulate very little dioxin and are safe to eat," said Konovsky. "This is because dioxin builds up in fatty tissue and shellfish have a very low fat content."

Scientists from the state Department of Health also believe that dioxin in the sediment of Oakland Bay does not pose a public health concern for shellfish consumers. When discovered in sediments elsewhere around Puget Sound, dioxin in shellfish has never been found at levels of public health concern.

"Oakland Bay has always been a favorite spot for tribal members to dig clams," said Andy Whitener, natural resources director for the tribe. "The tribe is committed to working with state and federal governments to do

whatever is necessary to clean up the bay. We want to absolutely guarantee the health of our tribal members and the entire community."

For more information, contact: Andy Whitener, natural resources director (360) 432-3800; Jeff Dickison, assistant natural resources director (360) 432-3815; John Konovsky, environmental program manager (360) 432-3804.

### What is dioxin?

Dioxins are a family of environmental pollutants. Their distribution is worldwide and virtually everyone tests positive for exposure.

With chronic or high level exposure, they are potential carcinogens and may cause reproductive or developmental health problems. Unresolved is whether low level exposure is harmful or harmless.

Dioxins form during combustion in the presence of chlorine. Volcanoes, forest fires and pulp mills all produce dioxins and so do burning cigarettes.

The most famous source is the herbicide Agent Orange used in Vietnam. The most famous victim is Viktor Yushchenko, president of Ukraine, who survived a 2004 poisoning that elevated the dioxin concentration in his body fat to over 100,000 parts per trillion (ppt).

The primary source of human exposure is through food rich in fats. The average human has about 10 ppt of dioxin in their fatty tissue by age 30. At 60, the level jumps to 20 ppt. With increased environmental regulation, human levels are now less than 1/3 of those found in 1965.





## Stepping Stones Youth Pre-Employment Training Program

**For Youth Ages 13 – 15**

Over the past several years, the 14 – 21 year old Summer Youth Employment Program has continued to grow to the point there were not enough jobs or mentors to offer summer jobs to all of the Squaxin youth applicants. Last year, a pilot program was implemented for 13 – 15 year-olds called Stepping Stones; we are pleased that twenty Squaxin youth completed the program last summer and we are excited to offer it again this year. The program will start on Monday, July 6, 2009 and will run through Friday, August 14, 2009.

The Stepping Stones program offers an interactive training environment, which is project focused and provides more variation in training opportunities. This program also promotes an increased understanding of Squaxin culture, Natural Resources, Community Development and various other departments with a focus on actively contributing to the community.

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

If you are a Squaxin tribal youth who is going to be 13 – 15 years old by July 1, 2009 and are interested in participating in this program, please call Astrid at (360) 432-3865 in Human Resources to leave your contact information. We will want to provide you with additional program information. Please be ready to provide the following:

- Name
- Address
- Phone number
- Date of birth
- Squaxin Island Enrollment number
- T-shirt size

**To assist us with the planning, please stop by or call by June 5, 2009.**

**PARENTS:** To provide an initial opportunity for training in the employment application process, please encourage your youth to call or stop by on their own, rather than calling on their behalf.

The Stepping Stones Program Coordinator position was recently posted to tribal members. 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 program participants.

The mentor positions will be posted to tribal members in the near future. These positions will oversee a group of youth, working side by side with them to promote completion of program objectives. We plan to hire 4 – 6 mentors; Squaxin Preference will be exercised in the hiring of these positions in accordance with the Tribe's Personnel policies. If you have questions about this program or if you or someone you know is interested in the Program Coordinator or Mentor positions, please contact Human Resources.

## Seeking Squaxin Island Youth Who Desire Summer Employment

It's that time of year again to begin recruitment of Squaxin Island Tribal Youth who desire summer employment with Squaxin Island Tribe. If you are between the ages of 16 and 21 and are interested in working for six weeks this summer, please contact Astrid Poste in Human Resources to get an application. You must submit an application even if you participated in the program last year.

The six weeks of employment will begin on Monday, July 6th and will run through Friday, August 14th.

If you would like assistance with completing your application, writing a cover letter or doing a resume, please attend one of the Application workshops scheduled to take place on May 27th and June 3rd from 3:00 – 7:00 p.m. in the Lunchroom in the Tribal Center.

Your application must be submitted by June 5th so that we have time to find positions for all who complete the application process. Applications received after the June 5th will be considered only if positions are still available.

Squaxin Island preference will be exercised in the hiring of these positions in accordance with the Tribe's Personnel policies. If you have questions about this program, feel free to contact Human Resources.



## Employment Opportunities at Skookum Creek Tobacco, Inc.

Skookum Creek Tobacco is interested in providing an entry level contractual position starting hourly pay from \$21.02-\$33.07 as an Instrumentation Technician to a tribal member completing the Instrumentation & Industrial Automation Technology program offered thru Perry Technical Institute, which is an accredited institute located in Yakama. This is a 24 month program encompassing the basics of electronics, electricity and digital services with applied physics and calculus. Tribal members are encouraged to seek all eligible resources provided by the Tribe thru various programs (Higher Education, TANF, Vocational Rehabilitations, etc.) to fund for program. If you have any questions or comments please contact Joan Rioux at (360)432-0228.




**ATTENTION ALL STUDENTS**  
*Graduating in 2009*

Do you know someone who is graduating high school, has received their GED, has completed their AA or BA degree, has received their certificate for vocational or technical college program, or obtaining their Master's degree? If so, please contact Lisa Evans at 432-3882 ASAP. The Tu Ha' Buts Learning Center and the Squaxin Island Education Commission would like to recognize these individuals at the Ninth Annual Sgwi-gwi Celebration.

**12TH Annual Sgwi-gwi Celebration**  
*Friday June 26, 2009*  
**5:00pm Little Creek Events Center**

Contact: Lisa Evans, Education Assistant  
70 SE Squaxin Lane  
Shelton, WA 98584  
Phone: (360) 432-3882  
Fax: (360) 426-7897  
email: levans@squaxin.nsn.us

## Parks *Continued from page 1*

### Skate Park

The Tribe is currently developing a Skate Park that will be located directly in front of 'Tu Ha' Buts Learning Center. The location was selected as it provides skater/biker enthusiasts a supervised, safe environment.

Grant applications have been submitted to the Tony Hawks Foundation and Recreation and Conservation Office. Money has been received from the 1% Committee and Youth Council will sponsor a raffle in May.

A conceptual design has been completed by Grindline Skate Park. Squaxin Youth Council will have the opportunity to view the design of the Skate Park and make recommendations.



## LCCR Poker Room Players

### Donate to Local Food Banks

Little Creek Casino Resort Poker Room players have donated massive amounts of canned foods to local area food banks. The food, which is collected every Thursday evening, goes to the Squaxin Island Tribe and all local Mason County area food banks as well. On Thursday nights, the Poker Room tournaments have \$55 buy-ins that purchase \$5,000 in chips with an extra 10% (\$500 in chips) if they donate food.

### Special thanks to all our Poker Room players and employees!

"We're talking about huge amounts of donated food," says Alexsi Vigil, Poker Room Dealer. "I just want to let people know how great this is, and I want to thank Don Smith, Poker Room Supervisor, for being such a great tournament director. I also thank Mark Dutton, for being such a great Poker Room Manager. Whoever had the idea . . . it's great! I'm just amazed!"

## Native Artists Grant Writing Workshop

Squaxin Island Museum on May 27th, 1:00 to 3:00 p.m. Bobbie Bush will bring two letters of inquiry from TESC Longhouse, draft budget forms and some writing tools to facilitate a 90-minute workshop. The workshop will be to help Artists who have not had grant writing experience.



## Native Lens to Hold Filmmaking Workshop at Squaxin Island on June 4th - 6th

Longhouse Media, will hold its annual SuperFly Filmmaking Experience in partnership with the Seattle International Film Festival, at the Squaxin Island Tribe, June 4th-6th.

Longhouse Media's Native Lens program, supports the growth and expression of Indigenous youth through digital media making. Its goal is to "catalyze Indigenous people and communities to use media as a tool for self-expression, cultural preservation, and social change. Longhouse Media draws from traditional and modern forms of artistic expression, storytelling, teaching and inquiry, based in the technologies of today."

The workshop brings in a diverse group of youth from all over the country and gives them three days to produce and edit a film script. Previous projects included a Sherman Alexie script.

Four Squaxin Island youth will be chosen to participate. Contact Jeremiah George at 432-3968 for more information or to apply.

For more information on Longhouse Media visit: [www.longhousemedia.org](http://www.longhousemedia.org)



**KAMILCHE TRADING POST**

KAMILCHE TRADING POST PRESENTS  
**IBL BASKETBALL**

Saturday, May 9, 2009 - 7:00 pm - Tribal Gym

The Kamilche Trading Post is proud to play a part in giving back to its tribal community by sponsoring the International Basketball League's Olympia Reign for their inaugural season.

The season starts  
Saturday, May 9, 2009 at 7:00 pm  
at the Tribal Gym where the  
Olympia Reign vs. Seattle Mountaineers.

**FREE ADMISSION**  
Seating is Limited

olympia Reign VS MOUNTAINEERS  
Saturday, May 9, 2009 - 7:00 pm - Tribal Gym  
Seating is limited  
IBL



## Island Optics Machines Are All Dialed In, First Orders Are Taken!

Tyson Kruger - The pad printing machine for Island Optics is all ready to print, and the first 3 sunglass production orders are in! The Island Optics team has been working diligently to get everything ready for the first order. The production line is ready to go, supplies are all lined out, and glasses and cases are ready for print!

The pad printing machine is a printing device that can print on various corporate promotional items, such as coffee mugs, key chains, pens and lighters, just to name a few. The printer has the ability to print up to 1,200 items per hour! For now, Island Optics is focusing on it's sole purpose . . . sunglasses and custom cases. In April, employees received more training on the machine while it was tested for accuracy.

There are other corporate accounts in the works, and Island Optics is looking forward to closing these deals and starting work on their orders.

...Island Optics is located at the IEI property, 3591 SE Old Olympic Hwy.



## Salish Seafoods Update!

Tyson Kruger - Salish Seafoods has begun spreading the first part of their grow bag seed for single oysters. The first batch should be ready for the market in May. This year, Salish Seafoods is experiencing 90-95% recovery, which means there was very little mortality over the long, winter months! This is really great news!

Salish Seafoods will begin doing "sets" in the setting tank during the first week of May. In this process, the larvae are put into the setting tank, and eventually catch to the shell. So far, the larvae look healthy. During the past two years, hatcheries had problems in the setting stage with Vibrio (a bacteria that attacks the larvae in its early stages), but it does not appear to be present this year.

Salish Seafoods would like to remind all Tribal Seniors that designated "Senior Clam Digs" are happening on a weekly basis. Salish Seafoods encourages all able Seniors to attend, and we hope to see you out there!



## Racing Canoe Needs Name and Logo

Island Enterprises, Inc. is looking for a local Tribal Member artist to create artwork and a name for a new racing canoe. The Canoe will be showcased at the Black Lake Regatta. For more information, Please contact Tyson Kruger @ 360-462-0185 or stop by the IEI office to pick up a form for your ideas to be reviewed.

## Native Business: The 3 P's of Business

A business can be broken up into three components: people, products and profits. You can say people, products and profits are the legs of a business. Each component must stand on its own and the right combination of each can create synergy that will improve the probability that the business will thrive. Synergy means that the combination of the three P's creates value greater than the sum of each part. The right blend of people and products provide a competitive advantage to which a company can out-manuever its competitors and find customers. Customers are paramount to a business. The greater the number of customers and amount they are willing to spend, the more potential for profit. Profit is the net dollars left over after expenses are subtracted from revenue. All companies must make a profit or they will die.



People are the most important component of a business. It takes people to run a business and to create a competitive advantage by delivering product in a way to customers that is both meaningful and profitable. People coordinate to create strategy, implement and execute tasks, and measure performance. Employees and owners have a greater likelihood of success if they believe there is purpose behind their work and understand where they fit in the organization. Good leadership understands that success is driven by a company's people. Leaders help the organization embrace the company culture so they can execute strategy and work towards a common goal. An entire company aligned in one direction can do great things. In addition to experience and education, companies look for people with good communication skills and are motivated with a strong work ethic. The best companies consistently develop, retain and attract talent.

A company's product is the good or service or the combination thereof that fulfills a want or need of a buyer. In the open marketplace companies specialize to offer a product that can be delivered efficiently and competitively for a profit. Smart companies or individuals that want to start a business look for competitively advantaged product. A few of these advantages can be knowledge and experience, location, rights to resources, or who you know. A good way to find a niche is to take a look around and ask, "Is there a problem where I can provide a solution in exchange for money?" or "Do I have access to something somebody wants or needs? How do I get it to them?" Sometimes it means you do something better than anyone else. Other times you offer a combination of products or services that fit a need that nobody is supplying.

Profit is the lifeblood of a company. Simply stated, generating a profit means that there is more money coming in the door than there is going out through business operations. A company makes money by offering a good or service that buyers choose to buy at a mark-up that exceeds the cost to deliver such a product. Generally speaking, companies that do well are those that charge a reasonable price and control costs. Costs are improved (lowered) by finding ways to increase efficiencies, measure return on spending, and having clarity of where monies are allocated. Profits are good because they can be reinvested into the company, distributed to owners or shareholders, or held as cash. Profit is essential for the long term survival of a company.

*Jim Stanley is a business banker located in Bellevue, WA. He partners with your Tribal newspaper to share his business experience in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves on the Quinault Nation Enterprise Board, and can be reached at [sovereign.developments@gmail.com](mailto:sovereign.developments@gmail.com) for your comments.*



# EASTER



*Photos by Dorinda Thein*





## SGT. William Penn

I served in the United States Army; my active time was 9 years, 9 months and 27 days. I enlisted in the delayed entry program so I enrolled while I was still in high school with my friend, David Conway, on the buddy system. We were to go to the same Basic Training camp and the same MOS (military occupation school) training place and the same first duty station which was Ft. Lewis.

Basic Training or boot camp was at Ft. Lenard Wood, Missouri- the "Show Me" state. It was February, 1982, and when we got off the bus the drill sergeants wasted no time in getting down to business. Most of us, if not all of us, had not been exposed to the military process or were not given any warning of what to expect from any military officials. Fights broke out all over the place and needless to say the drill sergeants were kicking major butt and taking names of everyone involved. David and I were thinking, "Holy shit! What the hell did we sign up for?"

When I first arrived and after the fighting and confusion, they sent me to the processing center where they issue all the clothes and gear that you will be responsible for until the end of Basic Training. Of course they don't tell you this up front. You learn as you go. Usually you are only at the processing center for one week and one main person is assigned to a group. We arrived on a Wednesday and Friday the person assigned to us went to Saint Lewis for the weekend where there was a huge snow storm that left five feet of snow and he was stranded there. For the next nine days it was like we were forgotten about; so we slept in, walked to chow in groups and not formation and many of us still had long hair. After nine days our assigned leader finally showed up and finished processing us. The day after David and I got our hair cut David came up with a bad case of Athlete's Foot and got sent home. I said, "Hey! What about me? We're on the buddy system; do I get to go home too?" And they said, "No." David got sent home for something that cost \$3.97 to cure- that's the military for you. On I went.

After Boot Camp I went to Ft. Sam Houston in San Antonio, Texas- "Home of the Alamo." This is the home of all the medical schools for the Army. I was there for fifty two weeks training to be a medic and then went on to "on the job training" which I got to do at Ft Lewis, Washington. Among all the things I was learning medically, I remember the words of my Grandpa, Ed Sigo, "If it is worth doing, then do it with a one hundred and ten percent effort." By the way, when I was at Boot Camp my Grandpa passed away. That was a very hard loss for me.

During my medical-surgical rotation one of my patients was this elderly woman that was not supposed to live much longer. Her surgery was not a success and her prognosis was not good to begin with. It is built into your rotations to be assigned to a patient that will die so you can have that experience, one that I did not need at that time. I treated this woman as though she were my grandma- with love and respect. This woman's intestines were outside her abdomen and they had the most awful odor that would have most people vomiting. Having had been a fisherman and having smelt way worse things than that, I was fine, not to mention I was treating her like she was my grandma and who would ever dare hurt their grandparent by upsetting them. I treated my patients with love and respect-always and unconditionally.

I learned the power of love, respect, humor and the power of military rank during my medical rotations. Each rotation is three weeks. My elderly patient who was supposed to die did not. Instead she got healthier, stronger and happier as did her family. Then her son came to visit. He was not in uniform but there were two marines that would not go in the room when he was in there. They would stop at the door. At the time I thought, "Wow! How weird is that?"

I informed the family that I would be going to my next rotation but would be back from time to time to check on her. The next rotation was OBGYN- Healthy mom's and healthy babies. I was only in this rotation for four days when my former patient, Mrs.

White, had taken a turn for the worse. Her son, Lieutenant General John White, happened to out-rank the hospital general and I was reassigned to his mother for the next five weeks. Once again Mrs. White got stronger, healthier and happier. Her stomach got better; her intestines were put back inside her and she was able to go home to Florida. The General and I would meet again later on in my career. General White is to date the only Five Star General that did not have to serve at the Pentagon. I was honored to care for his mother.

After OJT I was assigned to Madigan Hospital at Ft. Lewis, Washington. After three short months I received orders to go to Ft. Benning, Ga. This was the road trip from hell. Back in those days one of my first loves, not my first love but one of them was my car- a green and silver 1973 Ford Ranchero. That was my baby, my freedom machine. Half car, half truck and 100% fun and fast and oh how it sounded.

We were packed up and ready to go. As with most young couples we did not have much. Everything we had fit in a U-Haul trailer. We started off in my 1973 Ford Ranchero. There were lots of miles in between towns. We were on the west side of Needles, CA when my front u-joint broke. A trucker stopped to help and towed us 60 miles; then we got stopped by the police who said we could not be towed by the semi. We were stuck in the middle of nowhere and had to be towed to this truck stop not much bigger than a rest area. The towing bill was \$420. The car was still broken down after five days and the garage owner offered a trade- a 1979 Eldorado Cadillac. This is where the torture began: Do I give up my baby for the caddy? Of course my wife was saying yes, yes, yes. I was asking myself, "What's the catch?" She won. We drove off in the Cadillac, made it three hundred miles and it kept overheating. It had a cracked block. We traded that for a 1970 Ford Torino that made it to New Mexico. We were out of money by this time. After a money wire from home we drove off in a 1973 Ford Pinto. There was a Dodge Charger with no back seat in the mix as well, but the nightmare was finally over and we made it to Fort Benning, GA- Home of the Infantry.

Here I was assigned to the Third Battalion Seventh Infantry, the 3rd of the 7th made infamous by Custer and his last stand. The advice I got before I joined was to make lots of friends and make sure one works in supply, one in medics and one cook. I had that covered being a medic. The Infantry was no easy task. I went where they went, carried what they carried plus an extra 30 lbs of medical equipment in my aid bag. The typical medic when covering a company would do as little as possible because there is only one medic and one hundred twenty-five company members. I am the least typical person I know. I did what they did no matter what it was. I looked after them and they looked



*Continued on Page 12*



# VETERANS



after me. Being a firm believer in cross-training, I taught more than basic first aid and CPR to them. In life we are always being tested, even more when you are in the Anny. And remember- 125 of them, one medic.

Out of all the war games and tests that our battalion, Alpha Company, completed, we won the most rewards, had the highest honors, most ribbons and most medals. Some of the missions that stand out were the "E n E" or escape and evade. It was a 12-man team and we were labeled as terrorists. We were to infect the Post Commander with a deadly virus while the Post MP's, Military Police, and some other Companies were looking for us. We had three days to get it done. It started off with no rules; then we did not get caught as they thought we would, so rules and boundaries were put in place. Our gear was taken away and when we still didn't get caught, they reduced our team to six and two of the guys had to give up their boots in an attempt to slow us down. We made it to the Post Commanders house, stole an MP car, ditched that in the river (yes, we did). They were popping out new rules as fast as they could to stop us. We were a little mad and their evaluator that was assigned to us kept letting them know where we were. Since we completed our main mission the evaluator had to have tent with a cot on the 3rd night. We stole him a tent and cot and we even put it up for him. After we heard him once again giving the MP's our position, we tied him to the cot, took his radio, gave bogus locations, ordered supplies to be flown in and dropped and stole a 21/2 ton truck! Hey- the two guys that had to give their boots up had some bad blisters and were done walking! After six hours we called in the true location of the evaluator, he was not a happy camper! The MP's received much-needed training and the twelve of us got seven free days and nights off!

Another one that stands out is operation Bold Eagle at England Air Force Base, FL. The place is one big swamp. This one was a test of old ways verses new technology; old ways- 3rd of the 7th, new technology- 82nd Air Born Division. They were the ones with new hi-tech radar, GPS tracking and all kinds of new tech-toys. The game begins with a line-drawn mission. We had to find them, move the line in their direction, call their location, search and destroy and don't get caught. If you get caught it then becomes torture training. We LRRP's (long-range reconnaissance patrols) four man teams. This one did not get off to a good start; but it was still fun. We were flown in by chopper to the starting line and had to repel down a cliff of about 75 ft. in teams. I was in one of the first choppers and my team was on this hill top when the 2nd set of choppers came. I saw one of the guys repelling way too fast. He hit the ground without stopping and from where I was I saw day light between him and the ground on the bounce. I did tell my team to call a medivac.

As I went running down to the injured man I could tell he was in bad shape--broken ankle, he busted out three front teeth and the barrel of his rifle went through his lip and jaw. I bandaged him. However the medivac flight was not available so we had to wait for ground transport. It ended up being a jeep, but hey, you take what you get. I was a part of this team with no radio. That is now on our list to get first. On our way, we found a small group of 82nd vehicles- after we left one was now missing a radio and they all had flat tires, there was no time to take stems out, it was faster with a knife! Hey, it's war! Off we went running in the woods, through bushes and we come close to a road. I looked and said, "Hey! Is that one of our guys?" Some guy was limping and head all bandaged up. I said, "What the hell! It is one of our guys!" Come to find out, the jeep that was supposed to bring him to the hospital flipped over and others were still trapped underneath it. We were off and running again. The injured guy felt that he was bad luck but he went from victim to hero in about 3 hours. That isn't bad luck! After treating the guys that were trapped and in shock, we called for a medivac chopper which was available to get them.

Now back to the search and destroy fun and games: in the end the 3rd of the

7th Infantry made the 82nd Air Born headquarters move a total of seven times back further into their own turf. "Take that, new technology!" we thought. The good "old way" 1; new hi- tech 0!

This last one that I will share with you is an emotional one for me- arctic training for 45days in Alaska. Our unit was also going from light infantry to mechanized so from light, silent and deadly masters of the night to heavy and dangerous. Alpha Company received this new Lieutenant and the Company Commander asked me to ride along with the new guy. I did not mind much because Wes one of the first people I met when I arrived at Fort Benning and a good friend would be in that tank as well.

One of the first missions was land navigation, day and night, first on foot then in vehicles. After being lost for six hours the Lieutenant finally let one of the Sergeants take over the map and get us back and then the stupid jerk made everyone walk in a wedge formation in waist deep snow. That wouldn't have been so bad if he let us take our snow shoes, but no! Then on to the next disasters: normally a Lieutenant would not be a TC (tank commander), a Sergeant does this, but he was trying to show his authority more desperately to get respect of the men, not a good thing. He replaced the Sergeant and took over on the foot land navigation and the next highest rank to him now was me. In an attempt to save time he wanted to cross a lake.

Anyone could see that it was a lake- a huge flat area with a tree line on its border that he claimed was a field. It was my time to make a stand. I told him if he wanted to take a 13 ton tank across a lake, I did have the authority to stop him and let us out for the health and safety of the men. He stated that tanks could swim. After a heated argument I was allowed to take the non-swimmers off with me and Wes came too. The tank took off fast then it sounded like bombs were going off all around us as the ice was breaking on the lake and then the tank disappeared. We took off running toward the tank hole and counted heads as they popped up. The guys should have taken off their shirt and tie them together to make a rope so we could have pulled them out; but they didn't. The driver did not pop up so I had to jump in with my handy scissors that could cut a quarter in half, another thing I learned from fishing- if it cuts, keep it sharp. The driver's web belt was stuck to his chair. I cut it loose and up we went. Everyone was accounted for and safe for now. Later back at Base Camp the Lieutenant was able to get another tank! This time only he and a new driver went out for the night navigation. My friend Wes was assigned to be LP OP (listening post and observation post) with someone else for the Lieutenant's night navigation. This is done just outside of base camp. In all the safety briefings you are told if you think you might be close to camp to get out of the tank and walk in front of the tank to guide the tank in safely without hurting anybody. What you don't know is Wes's mom came to Fort Benning and stayed with her son and his wife. She had a bad





feeling about this Alaska trip and asked him not to go and made me promise to look after her son and keep him safe.

Soon after the Lieutenant was out on his night navigation, someone was yelling, "Medic! Medic! Doc! Doc, grab your bag and get out to the LPOP!" It's snowing hard. I get close to the LPOP and I see the tank and its tracks rite over the tent of my friend Wes. There is blood and lots of blood everywhere. The Lieutenant is saying, "I did not know! I did not know! I did not know! Oh God, forgive me!" And there was Wes, hollering for me to help him. He reminded me of the promise to his mom and asked me if he was going to be alright. He said if you tell me I am going to be alright then I know I will make it. They allowed me to ride in the medivac chopper with him; only one of me and a hundred and twenty-four of them.

A training accident. The Lieutenant was reassigned somewhere else and me. ..I lied to a good friend and his mom.

Some of the remembered moments: the sights, sounds and smells- some of them I would love to forget but can't. They have already touched my soul and are a part of who I am. The sound of breaking ribs while doing CPR, saving lives, seeing the brutal deaths as a result of not a war but a conflict. Who could forget the smell of death! Taking lives because of being in the conflict, the will to survive that people have during the most difficult times and the power of the will to die because of their choice to do so. The kindness, generosity and appreciation of a nation freed from their own government dictator, friends made and friends lost. I know that death is apart of life but in my young life I have been touched by it more than most. Just being there and letting people face it with love and dignity and not alone; being there holding their hand when they take their last breath; and them knowing that there was someone at their side that cared and that was with them when they went. One the biggest fears is to die alone.

Earlier I told you about General White. Ironically, he was diagnosed with cancer and I received orders to go to Bethesda, Maryland to go and help take care of him. When you give care with compassion people will remember you. He was from Florida and he wanted to die at home. Off to Florida I went and I was there when he went. I said it was ironic because of all the cancer patients I took care of, I myself became one as well--a cancer patient and now a leukemia survivor. I often wonder who will be there when my time is up and who all I will see on the other side.

My name is Sergeant Penn William B. Jr. and I am the best dam Medic I know--that is how I was described by the people I worked with and for. From the Privates to the five star General and patients from all over from sea to shining sea, including the villages that we were never at, officially. I am proud of my service to my country and to the freedom we have, it is not free.

All gave some and some gave All. I have a deeper appreciation for what we have. Hey, have I told you the one about the Code talkers? How about the time I shot alive anti-tank missile with live war head? I hit my target!

Care with compassion. I make a difference in the lives of people. I am Sergeant William B. Penn, Jr. I am proud of who I am. Who I am is a powerful related Leader for all of my communities.



## Canoe Family Meeting May 20th at 5:00 at the Museum

### The Squaxin Island Canoe Family Is Accepting Submissions for This Year's Canoe Family Design

*To Commemorate the Upcoming 2009 Paddle to Suquamish*

Logo Will Be Used for Canoe Family T-Shirts and Sweatshirts

That Will Also Be Used For Fund-raising

**June 3, 2009 Deadline for Submissions**

The Squaxin Island Tribe Will Have  
Representation In the  
**Mason County**

#### Forest Festival Parade

*May 30, 2009*

The Squaxin Island Tribal Canoe  
Will Be Decorated In a Float Style  
Paddlers Riding Dressed In Regalia  
We Need Assistance With

Decorating the Canoe Float  
& Handing Out Candy

Contact Jeremiah or  
Ruth Whitener

360-432-3968 or 360-432-3841

#### Drum Practice

Wednesdays 6-7pm

@ the Squaxin Island Museum

#### Cedar Headband & Bead Necklace Craft Classes

*Wednesdays, May 6th, 13th & 20th  
4:00 - 6:00 p.m.*

At The Squaxin Museum Classroom  
To Support the Squaxin Tribe's  
Involvement with the Mason County  
Forest Festival Parade May 30, 2009

#### Canoe Parade Float Project

*May 25-29, from 4:00 - 6:00 p.m.*

At the Squaxin Museum Classroom  
*To Prepare the Canoe Float for*

*the Mason County*

*Forest Festival Parade*

*On May 30, 2009*

### Native Art

Andrea Wilbur-Sigo - Hello all! Even though I'm a enrolled Squaxin Island Tribal member who is very involved with all tribes and their artwork /projects was personally told that I am just an artist doing Native work . . . and so are a lot of you.

Under law, all you print makers, bronze or glass makers or anyone else who needs to hire a non-Native to pull your prints, cast your mold or do any other type of service, must mark your pieces as "Native STYLE."

There is going to be a meeting about this law on May 5th @ 6:00 at American Friends Service Community. Call me if you would like to come. We need to come together as a people to protect the rights of our children and make the steps to change the law. WE CAN DO THIS AS A PEOPLE! Any questions or just want to talk, you can call me at 360-427-9462.



## Office of Housing Q&As

### *Do I have to live in my home that is managed by the Office of Housing?*

YES. Squaxin Island Tribal Housing Code 11.20.100 states; Unless otherwise approved by the Office of Housing, any individual leasing a residence, or homebuyer under a Mutual Help Agreement, shall occupy and maintain it solely for residential purposes and as their primary residence, which for purposes herein shall mean the lessee or homebuyer dwells, resides and continuously occupies the premises a minimum of twenty (20) days per month, with allowances given for vacations or work related absences. The primary residence restriction shall not apply to owner occupied residences.

### *What if I fail to provide information to the Office of Housing for the annual re-certification?*

If the tenant fails to provide updated information in a timely manner, the Office of Housing shall increase the rent to the maximum amount allowed under the provisions of NAHASDA. (Housing Code IX, E)

### *What is a Tribal Section 184 Mortgage Loan?*

The Section 184 is a fixed rate loan that can only be used by a member of a federally recognized U.S. Tribe. It can be used either on or off reservation. If there are two borrowers, only one has to be enrolled.

Most loans have an additional monthly fee you pay called "mortgage insurance." The Tribal 184 loan does not have that fee, which means your house payment is lower. There is a 1% guarantee fee which is financed and included in the loan amount. This fee is paid directly to HUD. The Tribal 184 can be used to build, remodel, or buy an existing home or manufactured home (as long as it is on a permanent foundation). It can also be used to refinance and pay off another home loan.

There are no prepayment penalties - you can pay extra on the loan and pay it off early if you want to do so.

## Cooking Oil and Grease Fires

Cooking oil and grease fires are one of the major causes of house fires. Fires started by cooking oils or grease are the fastest spreading and the most destructive. Many people are killed or seriously burned in kitchen fires that start this way.

### **Tips for Pan Frying:**

Use only enough oil or non-stick spray to cover the bottom of the pan. When using a gas stove, adjust the burner to avoid flare-ups around the pan. When using a pan or wok for stir frying, preheat the pan before adding oil. The pan is ready if a teaspoon of water skitters or dances across its surface.

### **Preventing and Extinguishing Grease Fires:**

Never use water to extinguish a cooking oil fire - it will make the fire flare and spread. Put a tight-fitting lid on the pot or slide a cookie sheet over it to smother the flames. Turn off the overhead fan to keep the flames from spreading. Don't remove the pot from the stove. The flaming oil will slosh and spill, burning you or spreading the fire. Never pour burning oil down the sink. Keep the area around your stove free from items that could catch fire easily - paper towels, pot holders, curtains, dish clothes, etc. Keep your stove top and fan unit clean. Wear short sleeves or tight fitting clothing when working around your stove. Never leave food cooking on the stove unattended. Keep a charged fire extinguisher handy. Work out an escape plan with your family and practice it regularly. Never use a stove as a heating appliance.

**Safety is no accident!**



## Upcoming Events

### **Screen Repair and Spring Planter Boxes**

Administration Bldg - 2nd floor  
Monday-April 27, 2009 @ 4:30 p.m.

### **Animal Care Workshop 1**

Administration Bldg - 2nd floor  
Monday-May 18, 2009 @ 4:30 p.m.

### **Animal Care Workshop 2**

Administration Bldg - 2nd floor  
Wednesday, June 24, 2009 @ 4:30 p.m.

### **One On One Credit Counseling**

(by appointment only)

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

## Office of Housing Highlights

### **HOME LOAN INFORMATION**

On March 30th, the Office of Housing sponsored a Loan Information Workshop which was attended by 15 participants. Mia Vermillion from Guild Mortgage was on hand to talk about Tribal Section 184 Loans and Shayna Dickey represented USDA Rural Development with information on their 502 Loan Program.

This was a great opportunity for anyone interested in purchasing a home to find out how to begin the process. Those that were interested received a free copy of their credit report as well as a one on one credit session with one of the loan officers.

Thanks to all who attended.

### **SQUAXIN TAX SITE**

Why pay for something you can get for free? This was the third year for the Squaxin Tax Site and a total of 34 returns were prepared. All participants received a \$ 25.00 gas certificate from the Kamilche Trading Post. A BIG Thank You to our volunteer tax preparers Phil Wozniak and Greg Barckley, for once again making the Squaxin Island Free Tax Preparation Site a huge success.



Home Loan Workshop





## Turtles Concert

We would like to give a great big thanks to Council, Ray Peters and the casino for allowing the Elders attend this event by giving us complimentary tickets. First off we had to look up on the internet to see who they were and if we recognized any of the songs. Colleen fixed us a wonderful dinner so we would not be hungry and at 6:30 we started for the Event Center. A few of us kidded about leaving various items of clothes behind, so Security was keeping their eyes on us... hmmm. Needless to say the few of us who have bodies of elders but the fun of the young and wild, sat together. When the concert started, we remembered our sitting down exercises by waving our hands over our heads... shouting, whooping and clapping till our wrists hurt and we still went for about 90 wild, wonderful minutes into the past where comments from the stage brought about the issue of passing around a grocery list (we were into the moment) we rolled with the memories and had a blast... Thank you again for this opportunity to go back and remember... you jogged our memories... helped us forget the present, the pains, the worries and our doctors' phone numbers and our cell phones. Even the long walk to our vehicles was faster and easier and the high of good friends and memories stayed with us. You gave us a great gift of togetherness and great memories and a thank you just isn't enough but keep it up and we will come up with something. LOL. Thanks, because of incriminating photos we wish to remain anonymous.

## Shopping

On April 8, we Elders made a shopping trip to Seattle to the thrift stores. Thirteen of us enjoyed the fellowship and lunch at Ivars on the waterfront for fish & chips and on to Salvation Army store and then to Goodwill. This was our second outing to explore the thrift shops. Last month we took in Tacoma shops after a lunch at the 'Main buffet' in Lacey.



## Please Join Me

### In Remembering My Grams

I would like to ask for a moment to honor my Grams on the day she was born, 04-16-16. Theresa Faye was born to Annie Jackson who was daughter to Sophia. She was born and raised on Squaxin Island. She is a member of the Cooper Henry clan. She married Walter John Henry from Skokomish and had children. Both were full-blooded Native Americans. She was a migrant worker throughout the area to support her family. Basketweaving was her natural art. She was a world-renowned master basketweaver . . . and the best Gramma ever.

I would just like to see us taking time monthly to acknowledge all our ancestors and remember all they did for us all. I miss Jim, Randy, John, Josephine, Evelyn, Francis "Buddy" Cooper, Emory and all of them. Let's honor and remember them . . . and those we have with us today. Thanks!

- Misti



## Study:

### Native Americans Can Trace DNA to 6 Women

NPR.org, March 14, 2008 · A new study of DNA suggests nearly all Native Americans can trace part of their ancestry to just six women, whose descendants immigrated to North, Central and South America as much as 20,000 years ago.

According to the study published this week by the scientific journal PLoS One, researchers believe the women left a DNA legacy that can be found in about 95 percent of native people throughout the Americas.

The study said the finding does not mean those six women were the only ancestors of the migrants who populated the Americas from Asia.

Researchers said the women probably did not live in Asia because the DNA signatures they left behind are not found there. They likely lived on Beringia, a now-submerged land bridge that once connected Asia and North America.

The "founding mothers" are believed to have lived between 18,000 and 21,000 years ago, though not necessarily at the same time, said study co-author Ugo Perego.

Perego is from the Sorenson Molecular Genealogy Foundation in Salt Lake City and the University of Pavia in Italy. He said the study confirms previous indications of six founding mothers.

Perego and his colleagues traced the history of a particular kind of DNA that represents just a tiny fraction of the human genetic material and reflects only a piece of a person's ancestry.

This DNA is found in the mitochondria, the power plants of cells. Unlike the DNA found in the nucleus, mitochondrial DNA is passed along only by the mother. It follows a lineage that connects a person to his or her mother, the mother's mother, and so on.

The researchers created a family tree that traces the different mitochondrial DNA lineages found in today's Native Americans. By noting mutations in each branch and applying a formula for how often such mutations arise, they calculated

how old each branch was. That indicated when each branch arose in a single woman.

However, an expert unconnected with the study said the findings left some questions unanswered.

University of Florida anthropologist Connie Mulligan, who studies the colonization of the Americas but didn't participate in the new work, said it is not surprising to trace the mitochondrial DNA to six women. But Mulligan said the bigger questions of where those women lived and of how many people left Beringia to colonize the Americas remain unanswered.

The estimate for when the women lived is open to question because it is unclear if the researchers properly accounted for differing mutation rates in mitochondrial DNA, she said. Further work could change the estimate, she said.

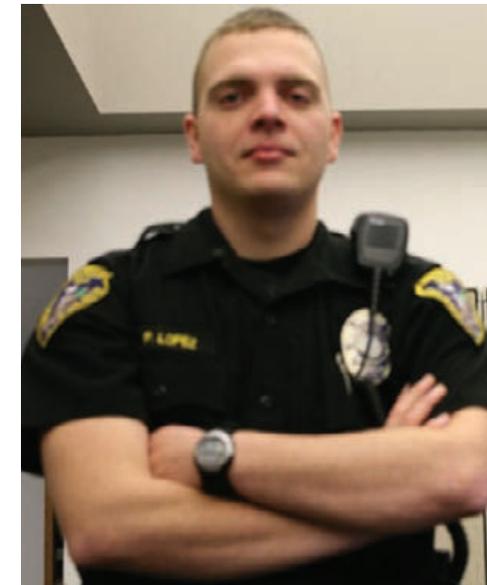
## Jamie Jhanson



### GED Instructor

Hi, my name is Jamie Jhanson. I have many ties to the tribal community. My grandmother, Ruth Creekaum is an elder. My mother, Kim Heller, also works for the Tribe as the court clerk.

## Pat Lopez



### A big thank you to our Education Department for another fabulous Easter Egg Hunt for all of our children!

- Diane Stymacks

I have been working in the Learning Center for the past couple of years. Previous to this school year, I worked for Sylvan tutoring at the Learning Center. Beginning this school year, I began to work for the Learning Center as a homework tutor.

I am happy to announce that I am now teaching the GED class Mondays, Tuesdays and Wednesdays from 5:00 – 7:00 p.m. at the Learning Center.

I am excited that I already have a few who come regularly. It is my goal to help everyone who has the desire achieve their GED.

Please feel free to drop in during a GED session to see if this is the right fit for you. I am looking forward to working with you to teach you the information you need in order to pass your GED tests.

I am still helping with homework and school needs Mondays, Tuesdays and Wednesdays from 4:00 – 5:00 pm.

I can help catch you up on missing assignments or study for upcoming tests. If you are really struggling with a particular subject, please contact me. I would love to help get you up to speed.

You can get a hold of me by calling 292-3301 or emailing me at [jjhanson@mcclary.wednet.edu](mailto:jjhanson@mcclary.wednet.edu). I am at the TLC Mondays, Tuesdays and Wednesdays from 4:00 – 7:00.

### Police Officer

Hey, as you all know, I'm the newest addition to the Squaxin Island Police Department my name is Pat Lopez. I was born in Honolulu, Hawaii in 1982. Due to the Military my family moved to the Shelton area in the mid to late 80's.

Thanks to the school system and Little Creek Casino, where I worked for over two years, I had the privilege of making many friends here on the Reservation (and hope to make many more).

I married my high school sweetheart, Bree, three weeks before I left for six months to Ft, Knox, Kentucky, for Basic and AIT. We have a beautiful little boy named Toby.

I've been in the Army for five years as a Calvary Scout, and did a 13-month tour to sunny Southwest Baghdad. I did four years active duty, and when I got out, I decided that the Army was not getting rid of me yet; I re-enlisted for six more years.

I became a Mason County Deputy in June, 2008, but due to recent budget cuts and the struggling economy, I was laid off. As they say, "As one door closes, another one opens." I have had the great privilege in serving in the Squaxin Island Police Department since January.



# SKILL-BUILDING ACTIVITIES

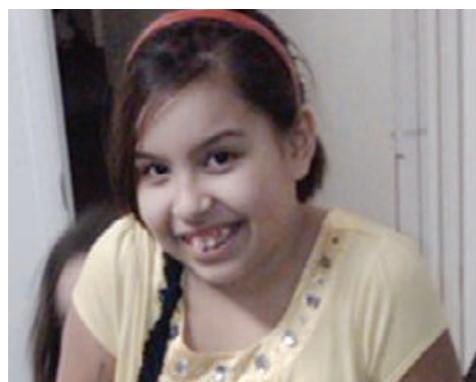


## Aleta Poste



### *Skill Building Activities Assistant*

Hello, my name is Aleta Poste. I am an active tribal member who attends the clam digs, who goes fishing and has been apart of the Canoe Journeys since 1996 and a paddler since 2003. My mother, Charlene Krise, has raised me and my siblings (Erika, Astrid and Kurt Poste) out here at Squaxin, I'm sure most of you have watched me grow up. For those of you who don't already know where I work, I get to spend my days with all of the kids from our community. I absolutely love what I do, and I feel blessed that I can be a positive role model for this younger generation. My job title is Skill Building Assistant and I work closely with Seder Rowson from the HHS Dept. I've been setting up activities for the kids in hopes that we can revive some of our cultural ways. If you have any suggestions for cultural activities or want to volunteer your time, I'm up at the gym. You also might see me jogging around the Rez occasionally, so if you do say, "Hi!" huy'



## Special Thanks

All of the kids and staff at the Squaxin Island Child Development Center would like to thank Pam Hillstrom and Nancy Bloomfield for all of the beautiful hand made blankets.

They provide an extra touch of love to wrap our kids up in each day.

Staff in the photo are Sheena Hillstrom, Tina Urlacher, and Melissa Thompson





## Dentist Available

Our Dentist, Dr. Keith Doyle, DDS., is at the Squaxin Island Health Clinic on Tuesdays and Wednesdays. Call 432-3881 to make an appointment. Please get a purchase order from Carrie Smith at Contract Health Services before going to Kamilche Dental for services.

## Extended hours (Thursday evenings)

The season has ended and will resume in September. We are able to accommodate nearly all patients within the next day or two, so please call the clinic at 427-9006 to make your appointment.

*Missed the tasty snack samples at Per Capita Day or STD Awareness Day? Here is one of the favorites shared:*

## Graham Cracker Freeze

Take two graham cracker squares and spread peanut butter on both halves. Place 3-4 slices of banana on top of the peanut butter of one half and cover with the other half (peanut butter side in). Wrap in plastic wrap and freeze. Serve frozen.



## Meal Program Entrees

Mon. 4 -	Macaroni & Cheese
Wed. 6 -	BBQ Chicken
Thurs. 7 -	Soup & Sandwich
Mon. 11 -	Closed
	Native American Day
Wed. 13 -	Pork Roast
Thurs. 14 -	Fish & Tots
Mon. 18 -	Steamed Clams
Wed. 20 -	Stuffed Green Peppers
Thurs. 21 -	French Dip
Mon. 25 -	Closed Memorial Day
Wed. 27 -	Chicken Stir Fry
Thurs. 28 -	Build a Hamburger

*Menu Subject to Change*

## Congratulations Raffle Winners



**Christina Lopeman**  
March Pendleton Blanket Winner



**Ruth Lopeman**  
February Womens Health Winner

**Free Diabetes Screening**

**When: Tuesday-Friday  
8:00-12:00 and 1:00-5:00**

**Where: Health Promotions Building  
(across from clinic)**

**Who: Melissa Grant  
Diabetes Prevention CHR  
(360)432-3926**

Call and schedule a free diabetes screening (finger poke) with me or you can just walk in.

Please try not eat or drink anything at least 8 hours before you come see me, but if you forget you can still get tested.

Hope to hear from you soon.

## March Hands-on Cooking Demonstrations

Kate Dugan, WSU Extension

March was National Nutrition Month! To celebrate, WSU Extension Nutrition hosted two hands-on cooking demonstrations at Health Promotions. During our first session, we made whole-wheat "Better Baking Mix" - a healthy, affordable alternative to Bisquick - as the crust for a vegetarian pizza and the mix for biscuits. We also used oatmeal and orange juice to make some delicious pancakes.

At the second session, we made a scrumptious Red Bean Pizza with kidney beans and salsa along with some easy-to-make Beans & Rice.

These recipes all took under 25 minutes to make - if you're interested in trying them, give Kate a call at 432-3884 or swing by Health Promotions.





## Am I In An Abusive Relationship?

*Take this quiz to see if you may be in an abusive relationship.*

*Never:* 0 points    *Rarely:* 1 point    *Sometimes:* 2 points    *Frequently:* 3 points

- My partner teases me in a hurtful way in private or in public
- My partner calls me names such as “stupid” or “bitch”
- My partner acts jealous of my friends, family or co-workers
- My partner gets angry about the clothes I wear or how I style my hair
- My partner checks up on me by calling, driving by, or getting someone else to
- My partner insists on knowing who I talk to on the phone
- My partner blames me for their problems or bad mood
- My partner gets angry easily, leaving me walking on eggshells
- My partner throws or destroys things when angry
- My partner hits walls, drives dangerously or does other things to scare me
- My partner drinks excessively or uses drugs
- My partner insists that I drink or use drugs whenever they do
- My partner accuses me of being interested in someone else
- My partner reads my mail, goes through my personal space/items (ie. purse)
- My partner keeps me from getting a job or finds ways to cause problems there
- My partner keeps money from me, keeps me in debt, or has “money secrets”
- My partner sold my car, made me give up my license, or won't repair my car
- My partner has threatened to hurt me
- My partner has threatened to hurt my children
- My partner has actually hurt my children
- My partner has threatened to hurt my pets
- My partner has actually hurt my pets
- My partner has threatened to hurt my friends or family
- My partner has hurt a friend or family member
- My partner has threatened to commit suicide if I leave
- My partner has struck me with hands or feet – slapped, punched, kicked
- My partner has struck me with an object or threatened me with a weapon
- My partner has given me visible injuries – bruises, welts, cuts
- I have had to administer first aid to myself due to injuries from my partner
- My injuries have been serious enough to seek treatment
- My partner forces me to have sex when I don't want to
- My partner forces me to have sex in ways that I don't want to
- My partner has been in trouble with the police
- My partner acts one way in front of others, and another way when we are alone
- My partner is secretive or lies about past relationships
- I feel isolated and alone and have no one I can really talk to
- I have lost friends because of my partner/partner's actions
- I no longer see some of my family/friends because of my partner
- I have thought of calling the police because on an incident of violence
- I have actually called the police on one or more occasions
- I am afraid to call the police because of threats from my partner

\_\_\_\_\_ TOTAL POINTS

If you have questions on domestic violence, elder abuse, teen dating violence or stalking, please call Gloria J. Hill @ 360-432-3927 **ALL CALLS ARE CONFIDENTIAL!!!**

### 0-17: Generally Non-abusive

These are likely to be the sorts of strains that are not unusual in relationships. Do NOT, however, make the mistake of brushing off any incident of violence or threat of violence, no matter how isolated!

### 18-58: Moderately Abusive

This is a home experiencing some violence at least once in a while. It may be that this is a relationship where violence is just beginning. In a new relationship there is a good reason to expect it will eventually escalate into more serious forms and may occur more frequently.

### 59-95: Seriously Abusive

Scores in this range indicate a seriously abusive relationship that can, under outside pressure, or with the sudden strain of a family emergency, move into the dangerously severe range. Serious injury is quite probable if it has not already occurred. Please consider getting help, even leaving.

### 96 and up: Dangerously Abusive

If you scored in the tip range, you need to consider even more seriously the option of leaving, at least temporarily, while you consider your next move. The violence will not take care of itself or miraculously disappear. Over time the chances are very good that your life and/or the lives of your children will be in danger.

*From [www.aardvarc.org](http://www.aardvarc.org)*

## Stalking

Stalking is a form of unwanted contact between two people that either directly or indirectly implies a threat or places a victim in fear. Actions like following someone, suddenly appearing at a person's home or workplace, making harassing phone calls, leaving unwanted messages and objects or vandalizing someone's property are all examples of 'stalking.'

Washington state law defines stalking as any intentional incident of threatening, following, surveillance and/or coercive behavior that occurs more than once. The stalker either intends to frighten, intimidate, or harass the person: or the stalker knows or reasonably should know that person is afraid, intimidated, or harassed even if the stalker did not intend to intimidate or cause fear.

Contrary to popular belief, stalking can effect anyone, not just celebrities. Stalking is a crime that causes constant anxiety and terror to the victim. It disrupts victims lives by causing fear of every day occurrences: the doorbell, the phone ringing, or a piece of mail. Victims of stalking may have nightmares, feel depressed and out of control, or have trouble sleeping or eating. Stalking can also cause financial problems if a victim either loses time from work or can't go to work because of the situation.

Stalking can take all kinds of forms. Stalking cases can involve interpersonal relationships (i.e. ex-boyfriends/girlfriends, ex-husbands/wives, co-workers, neighbors, etc)

Cyberstalking involves use of the Internet and other forms of electronic communications to harass or threaten someone repeatedly. This can involve email, harassment in life chat situations, sending viruses or electronic identity theft as well as sending spam and pornography.

Stalkers can be extremely dangerous. Treat all threats or contact that demonstrate stalking seriously, and consider reporting them to the police. It is vitally important to document each incident including the date, time, location and all words and actions of the stalker.

*(Washington Violence Against Women Network - 2008)*



## Why We Can't Sleep

Brenda Dorsey, MSW, LMHC (432-3921) - Rarely a week goes by but what we hear or read a story about insomnia and how much more there is and how many illnesses it seems to create or worsen. Then we go home to watch sleep medications advertised on TV, leading us to believe we are just a pill away from the perfect night's sleep. But doesn't it make more sense to try and figure out why it is we aren't sleeping?

I am not implying that this is an easy task. There are a million reasons for insomnia and probably several for every person. We should all know by now that more than one or two drinks of alcohol impairs our sleep cycles, perhaps helping to put us to sleep but getting us up during the night and making it difficult to go back to sleep. Abuse of opiate painkillers can cause chronic insomnia, especially when withdrawing from them. Those who work on night shifts are very prone to sleeplessness and often suffer from long-term sleep deprivation. Mothers of young children learn to sleep so lightly that they sometimes need to restrain themselves when their children grow older. Hormones also affect sleep for both men and women but especially women during menopause. Those who suffer from Post-traumatic Stress Disorder (PTSD) may avoid sleep because of nightmares. If you are depressed, you may not sleep enough or you may sleep too much.

Perhaps more common to us all is the increasing stress of living that gives us less and less time to daydream about what we want to get out of our lives. Isn't this really what we all crave, those quiet moments that lead us in a new direction and give us a clue about the meaning of all this? There are many ways to find these quiet moments and some are through ceremony and tradition. Drumming has a soothing sound that helps us move gently into a form of meditation that empties our mind of the incessant worries we can so easily occupy ourselves with. I find this quiet in the growing of flowers and vegetables. There are many roads leading to peace of mind, and each has to find the way that suits their individual longing.

You might try noticing what thoughts enter your mind during those "can't go to sleep" moments, especially the ones that keep returning. This could be a real clue as to why you cannot relax enough to sleep. Is there something you need to talk about or a decision you need to make? It is remarkable how hard we work to keep from facing these thoughts. Some run from them through addictions. Others work so hard or keep so busy they don't leave time to face them. When you see people needing to control everything around them, they are often unconsciously attempting to control the thoughts that haunt them during these quiet moments.

Once you have a clear picture of what might be going on inside your mind that is keeping you from sleeping, see if you can distract those thoughts by focusing on what your body does when it goes to sleep. First you need to create an environment that aids the sleep process. A couple of hours before it is time to go to bed, begin slowing down your movements, take a hot bath or shower, turn off the TV, listen to some soothing music, do what helps you relax (don't eat) and make sure your bedroom is pleasant and conducive to rest. Now begin to slow down and deepen your breathing as you concentrate on relaxing all the muscles in your body. Tell yourself that your body is getting heavier and heavier and allow yourself to let go the thoughts of the day. See if you can imagine a peaceful, safe and beautiful place in your mind and visualize yourself there, breathing in the serenity you feel. Focusing on a part of nature, like water, can help you let go the trappings of the human mind that seem bent on worrying about things you can do nothing about. This part of the mind has been referred to as the "monkey mind", the one that rushes around in an anxiety state most of the time, obsessed with survival and plagued with guilt and fear. This state lives in the past and the future and is not able to enjoy living in present time. But the reality is that this is all we ever have, the present moment. The capacity to thrive in the now is a great joy and something worth working toward. It is when we can truly love each other and appreciate our lives. It is what makes us sleep and awaken to the excitement of a new day.

"The wise man believes profoundly in silence—the sign of a perfect equilibrium. Silence is the absolute poise or balance of body, mind and spirit. The man who preserves his selfhood is ever calm and unshaken by the storms of existence. What are the fruits of silence? They are self-control, true courage or endurance, patience, dignity and reverence. Silence is the cornerstone of character."

- Ohiyasa, Wahpeton Santee Sioux

## Need Food? Check these out..

### WIC (Women, Infants, & Children) at SPIPA

Provides healthy foods info. for you and your child up to age 5  
Please bring: your child, medical coupons or paystub & identification  
Monday, May 11th, 9:00 a.m. to 4 p.m.

Wednesday, May 20, 1:00 to 4:00 p.m.

Contact **Debbie Gardipee-Reyes at 462-3227**

### Commodities at SPIPA

Monday, May 4th 10:00 to noon

Monday, June 1st, 10:00 to noon

Contact **Shirley or Bonita at 438-4216 or 438-4235**

### Squaxin Island Tribe Food Bank

At Health Promotions Building

If you need access to the food bank at any time once a week, just stop by. If possible, Wednesday is the best day.

If you would like to be on call list for fresh produce or bread, let me know.

Contact: **Melissa Grant (360)432-3926**

## How Linda's new best friends changed her life

"When the doctor told me I had diabetes, I was devastated. My mother had died of diabetes and I felt like I'd been handed the same death sentence.

But death wasn't an option I considered long. I have two young children. They need me and I want to be there for them. I asked my doctor what changes I need to make to live and he helped me outline a plan that has saved my life.

The first thing that had to go was fried foods. French fries in particular were my best friends. I didn't think I could live without them.

I can't deny I did miss them at first. But now I don't. Believe it or not, now I crave fresh vegetables. I spend most of my grocery money in the fruit and vegetable aisle. I have a salad everyday - even at work. When we eat out, I order a salad, veggie sandwich, or pizza topped with veggies.

And my children changed with me. My 15 year old daughter takes cucumbers and fruit to school for lunch. My 7 year old son eats salads with me. I want them to grow up without diabetes so I am happy they are learning early about healthy eating habits.

Just last week I tried French fries for the first time in years. I could feel the grease on my tongue. My body felt different. I realized then that my tastes had really changed and I liked vegetables better than fried potatoes.

Friends are amazed at how much I've changed. I've lost 50 pounds and I have more energy than ever. And best of all, I feel better about myself than I have in years.

I can't think of my mom for even a few minutes without tears. Her life was too short and she is still so deeply missed. Her diabetes was devastating to our entire family. I don't want my children to feel the torment of losing their mother. And I want to be there for them and to watch them grow into the wonderful adults I know they will become. Given the option, trading fried foods for vegetables was probably the best change I ever made for myself and my family."

**French fries in particular were my best friends.**



**Linda's tips for cutting out fried foods from your diet:**

- Eat fruits and vegetables and baked, grilled or broiled meats instead of fried foods.
- Be a good example to your family to help them develop healthy eating habits.
- Don't wait until your health is in jeopardy to make healthy changes. The sooner you make them the more you and your family will benefit from them.





# HEALTH & HUMAN SERVICES



## Upcoming Health Events

### Brief Community Walk

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

### Hands-On Cooking Workshop

Tuesday, May 12th at 4:00 p.m.  
Health Promotion  
Contact Kate for details

### Diabetes Support

Take time for you & diabetes  
Family & friends also welcome  
Thursday, May 14th  
at Health Promotions

10:30 to noon & 4:00 p.m. to 5:00 p.m.

### Community Health Walk

Thursday, May 21st  
Meet at Elder's Building at 12:40  
for a 20 minute walk around the REZ  
If you cannot make it to our walk,  
report your 20 minutes of fitness  
to Melissa to be in the drawing  
for a \$50 gas card!  
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 March ...  
can we keep it in May?

### Mammograms and Women's Health Exams

May 22

Contact Rose Cooper (360)432-3930

### Free Diabetes Screening

at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

### Want a garden in your yard?

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

### Free Pilates classes

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

### Free Line Dancing

Wednesdays & Fridays at noon  
in the gym

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family &  
friends session

### Come Visit

#### our Health Promotions Programs

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

### Interested in our Nationally Recognized Lifestyle Balance Program?

If you are ready to lose weight  
and be healthier,  
we can provide the support  
If you are Native American and over 18,  
see if you qualify to participate.

Contact Melissa Grant (360)432-3926

Patty Suskin (360)432-3929

or

Kate Dugan (360)432-3884



## March National Nutrition Month Winners!

Kate Dugan, WSU Extension

To celebrate National Nutrition Month, Health Promotions had weekly Nutrition Questions. Everyone who answered the questions correctly was entered into a drawing. Thanks so much to everyone who took the time to participate!

The winners of small prizes to help them keep cooking were:  
Peter & Sharon Kaas, Kristy Krise, Lorna Gouin and Kendra Glover

### Here's one sample of the questions:

1. Which of these ideas are ways to get more vegetables into your daily routine?
  - a. Add sweet peppers or spinach to your omelets
  - b. Mix salsa with refried beans for a tasty veggie dip
  - c. Chop up zucchini or grate carrots for your spaghetti sauce
  - d. All of the above

**Answer: d. All of the above.**

There are lots of easy ways to get more veggies into your daily routine. These three ideas are three great ways to get you started.

## Health News

### *Did you Know? Girls who smoke more likely to be overweight.*

Source: *American Journal of Public Health, February 2009*

A recent study of over 4300 girls followed from birth into 20's found that girls who smoked were more than twice as likely to be overweight than non smokers.

Call the Quit line at 1-800-Quit Now (1-800-784-8669) or talk with your health care provider at the clinic for help quitting.



Nature's gift to you.  
Your gift to your kids.

Fresh, canned, or frozen. Offering a variety of vegetables to your kids now is a gift that will last them a lifetime.

Growing veggies in your garden?  
Receiving a produce box this summer?  
Looking for ways to eat more veggies?

**Spring is a great time to give the  
gift of veggies to your loved ones.**

*Come get into the season!*

**Give the Gift:**  
**A Hands-on Cooking Workshop**  
Learn & Share Seasonal Foods

**Tuesday, May 12th @ 4pm**  
Health Promotions Building

Contact Kate Dugan at 432-3884 or  
kadugan@wsu.edu with questions.



This material was funded by USDA's Supplemental Nutrition Assistance Program



# COMMUNITY



## Happy Birthday

Leo "Bo" Henry Sr.	01	Colleen Merriman	09	Melissa Grant	22
Veronica Rivera	02	Kassidy Whitener	10	Tamatha Ford	22
Robert Jones	02	Breanna Peters	10	Levi Sanchez	23
Julio Valencia	02	Keven Harper	10	Michael Ogden	23
Vernon Kenyon	03	Stanley Black	10	Tiffany York	23
Krystal Koenig	03	Jeromy Meyer	11	Brandon Kenyon	23
Kim Cooper	03	Richard Johns, Jr.	11	Theresa Sanchez	23
David Lewis	03	Julie Owens	13	Alexandra Mirka	24
Brian Tobin	04	Treyson Spezza	14	Donald Hartwell	24
Ahree Allen	05	Celia Rosander	16	Raymond Peters	25
Todd Hagmann, Jr.	05	Jaclyn Meyer	17	Spirit Jones	25
Payton Lewis	05	Taylen Powell	17	Tyler Johns	26
Lauren Todd	05	Christi Aguinaga	17	Mildred Wagner	26
Taylor White	06	Donna Wood	17	Craig Parker	26
Raven Thomas	06	Bryan Johnson	17	Jeremyha James	27
Sally Brownfield	06	Shawnee Kruger	18	Donna Peratrovich	28
Nancy Rose	06	Marlene Henry	18	Kurt Poste	28
Jacqueline Smith	06	Gary Brownfield	19	Molly Troxler	28
Justin Saenz-Garcia	06	Jeffery Kenyon	20	Jack Selvidge	29
Josiah Perez	07	Jennie Martin	21	Mataya Stroud	30
Eric Castro	07	Richard Harper	21	Iladee King	30
Morningstar Green	09	Rebecca Napoleon	22	Carol Phipps	31
Jacob Spezza	09	Carly Peters	22	Candace Ehrhard	31
Takoda Tahkeal	09	Richard Monger, Jr.	22	Melissa Day	31
Justin Johns	09				

## Tribal Council Resolutions

**09-17:** Corrects the blood quantum of Eileen Gladstone and her descendants

**09-18:** Enrolls Tristian and Raiatea Villanueva

**09-19:** Enrolls Cara Price

**09-20:** Enrolls Adian Sizemore

**09-21:** Enrolls Brenden Bellon and Camden Adam-Lewis

**09-24:** Authorizes a grant application to U.S. DOJ COPS TRGP grant program to address the critical need for funds to support the Squaxin Island Public Safety & Justice Department in its effort to protect lives and maintain peace on the reservation

**09-25:** Proclaims Census 2010 as a top priority for the Tribe to strengthen public awareness to decrease census undercounts for American Indian people and to work together to improve the accuracy and quality of census taking results



## What's Happening

<b>Squaxin Bible Study</b> Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey		<b>Basketry Classes</b> Every Wednesday From 4:00 - 6:00 @ MLRC		1	2
3	4	5	6	7	8
	Veterans Meeting 10:00 a.m.		Family Court	AA Meeting 7:30	General Body Meeting
10	11	12	13	14	15
	Tribal Center Closed Native American Day	Criminal/Civil Court	Tribal Council Work session All Week at Suquamish	Council Mtg. AA Meeting 7:30	
17	18	19	20	21	22
			Canoe Family Meeting 5:00 Museum	AA Meeting 7:30	
24/31	25	26	27	28	29
	Tribal Center Closed Memorial Day	Criminal/Civil Court		Council Mtg. AA Meeting 7:30	
					30

## Who Is It?



*B.J. Whitener*



Wishing  
**Emily Ruth Johns Whitener**  
 a **SPECIAL Birthday**  
 Love,  
**Dad and Mom Johns**

**Happy 30th Birthday Mikey**  
 Love, Terri & Family

**Happy Birthday Justin Cruz!**  
 Love, Aunty Wicket & Kids

**Happy Birthday Melissa!**  
 Love, Wicket & Family

**Happy Birthday Raven!**  
 Love, Wicket & Kids

**Happy Birthday Miguel!**  
 Love, Wicket & Kids

**Happy Birthday Grandma**  
**Shari Johns**  
 Love You!  
**Tiana, Malia**  
**and Tae Tae**

**HAPPY "30TH" BIRTHDAY**  
**MIKEY, THE BEST SON A**  
**MOM COULD ASK FOR!!!!**  
**From Moms and the Rest of**  
**the Seymour Family,**  
**Love You Bunches, Son!!!!**

**Congratulations Traci!**  
**Your Family**  
**is so Proud of Your**  
**4-Year Quest for a Better Life!**  
**You are such an inspiration**  
**and every year, every day, and**  
**every minute is an amazing**  
**accomplishment!**  
**We love you!**  
**Angie, D & Justin**



**Thank you, Traci, for Being**  
**My Friend**  
**When I Need One**  
**and Loving Me**  
**Unconditionally!**  
**Love, Toby!**

**Happy Easter**  
**Jacob!**



**Love, Gramma Dinda!**

**A Special Happy Birthday to**  
**Emily Ruth Johns!!!**  
**- Sharon Johns**



## Clam Forks For Sale

Wet fork is 19 inches wide x 15 inches in height and made as ordered!

Contact: Dale Clark:  
 791- 3855. \$250.00.



## Congratulations World Champion Andrea Koehn!!!

Great big congratulations to Andrea Koehn, daughter of Steve and Kathi Neilsen, and granddaughter of Pete and Lil Kruger, for placing in the top 10 at the National Reined Cow Horse Association (NRCHA) World Championship Show!!!

The show was held in San Angelo, Texas on January 31st, through February 8th. Andrea's class is called "Limited Open Bridle." Horse and rider have to qualify as team for the World Championship show during the previous show season. The pair has to accumulate enough points to place in the top 10 for their respective region and in their respective class.

As a Cow Horse Trainer, Andrea rides and shows many horses, however, for this event she brought only one. Her mount for the big event was a beautiful black quarter horse gelding called Smart Ebony. Ebony is 13 years old and owned by Lynn Wuscher of Duvall, WA.

In a working cow horse class, horse and rider are required to perform 2 different skills. The first is called Dry Work. In the dry work, the horse is ridden around the arena in a pre-determined pattern. This shows the judges that the rider can fully control the horse. During this dry work, the horse performs many intricate maneuvers such as spinning on the hind quarters and sliding to a stop.

The second part is called Fence Work. In the fence work, a single cow is released into the arena. This is when the horse should drive the cow to specific points and cause the cow to stop and turn, showing that the horse can control the cow at any speed.

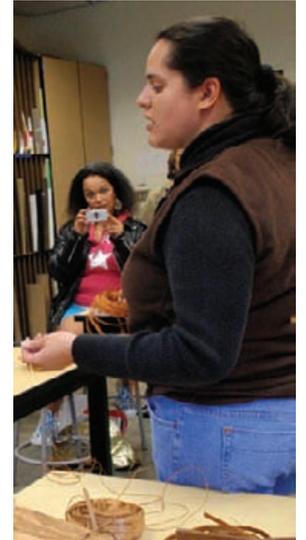
All those who love you, Andrea, are very proud of you and our accomplishments!



**Congratulations  
Michael Peters**

Squaxin Island tribal member  
Michael Peters was named to the Dean's List (3.67 GPA) for Winter Quarter 2009 at Southern Oregon University (Ashland, Oregon).  
Michael is a 2008 graduate of Capital High School and the son of Mike and Linda Peters.

**Malynn Foster Conducted a Basket Workshop at SPSCC's Native American Heritage Celebration April 18th!!!**



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

# Bingo at the Creek

Win big at our Quarterly Bingo!

**Friday, May 29th at 6:30pm**  
**Saturday May 30th at 12:30pm & 3:30pm**  
**Saturday, May 30th at 6:30pm**

.....

**\$69 Stay\***  
**\$8.95 Food Specials**  
**Early Bird specials Fri & Sat 6:30pm sessions**  
Wear Tie-Dye & receive extra Level 1 with buy-in purchase

**LITTLE CREEK**  
**CASINO • RESORT™**  
[www.little-creek.com](http://www.little-creek.com) • 360-427-7711

Minutes North of Olympia on Hwy 101 • Located in Skookum Creek Event Center  
Restrictions may apply. Must be over 18 to play.  
\*Valid for Bingo Participants, must show Players Club Membership

**NEW MEMBERS RECEIVE**  
**\$5 FREE PLAY**

Sign up and be the first to receive information about:

- Free or Discounted Hotel Stays
- Monthly Free Play Rewards
- Entertainment Offers
- Promotions & much more!

2008 BEST OF SOUTH SOUND  
**THANK YOU FOR VOTING US...**

**BEST CASINO** **BEST BUFFET**  
**BEST PLACE TO DANCE**

Also Ranked:  Best Hotel  Best Brunch  
 Best Late Night Hang Out

**LITTLE CREEK**  
**CASINO • RESORT™**  
[www.little-creek.com](http://www.little-creek.com)  
800-667-7711 • Minutes North of Olympia on Hwy 101