



Fiscal Year 2011 Public Budget Hearing

*May 19, 2010
4:30 PM in Council Chambers*

Directors will present FY2011 Goals and Objectives.
Please plan to attend.

The Budget Commissioners and Tribal Council want to hear about Community needs.
Your input is vital to our budgeting process.
Dinner will follow the meeting at 6:00 PM in the Elders Building.

National and State Guard Present Tribe with Gift of Thanks

Colonels from the Washington State National Guard and the Washington State Guard presented certificates of appreciation to the Tribe during the Tribal Council meeting held Thursday, April 8th at 1:00 p.m.

The Washington State National Guard presented a certificate of appreciation to Little Creek Casino Resort's Human Resources and Table Games departments as a way of saying thank you for gift baskets given to veterans during the holiday season.

"This certificate of appreciation is presented in honor of your outstanding support of the 2nd Battalion, 146th Field Artillery," the certificate reads. "Your Contributions during the holiday season were very much appreciated by the soldiers and families of this Battalion. During our current recession, it is refreshing to see people step up to help when it is needed. Your generosity and good will have not gone unnoticed and will always be remembered. Thank you for your support!"



The certificate of appreciation from Washington State Guard presented to the Squaxin Island Gaming Commission reads, "on behalf of the men and women of the Washington State Guard for your outstanding support of our recent retirement celebration luncheon. This certificate of Appreciation is our way of saying thank you for your generous contribution."

More photos on Page 13

General Body Meeting

May 1st at the Events Center
8:30 sign-in begins / 9:00 1st roll call

2010 Summer Youth Employment

Seeking Squaxin Youth Ages 16-21

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 a Squaxin Tribal member 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 Tuesday July 6th and will run through Friday, August 13th.

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 19th and June 1st from 3:00 – 6:00 p.m. in the Tribal Center Lunchroom.

Please note all applicants for Little Creek Casino Resort will be asked to attend the May 19th application workshop, to complete required Gaming Licensing paperwork.

Your application must be submitted by June 4th so that we have time to find positions for all who complete the application process. Applications received after the June 4th will be considered only if positions are still available.

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, feel free to contact Astrid Poste at (360) 432-3865.

Stepping Stones: Youth Pre Employment Training Program For Squaxin Youth AGE 13-15

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, 2010 and are interested in participating in this program, please call Astrid (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 and to ensure you get a t-shirt, please stop by or call by June 4, 2010 Employment Applications are not required for Stepping Stones.

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.



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

www.squaxinisoland.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
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:

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

Walking On

Darrell "Yum" Krise

Beloved Squaxin Island tribal member Darrell Delbert Krise died on Friday, March 26, at home in Kamilche. He was 62 years old.

He was born on October 8, 1947 in Tacoma to Edward and Evelyn (Krise) Harp and stepfather William C. Miller.

He graduated from Irene S. Reed High School in 1967 and served in the U.S. Army.

He was a self-employed fisherman and clam digger.

He enjoyed Sun Dance, traveling the powwow trail and was an avid supporter of the Squaxin Island Canoe Family. He enjoyed hunting, fishing, storytelling, history, teaching and basket weaving.

Yum was proud to be a bachelor.

Surviving are brother John (and Gloria) Krise of Shelton; sisters Leanora Cruz of Kamilche and Beverly Hawks of Kamilche; stepbrother Walter Allison of Georgia; stepsisters Judith Ford of Tacoma and Janice Lope-man of Olympia; and numerous nieces, nephews, cousins, grandnieces, grandnephews and one great-grandniece.

He was preceded in death by his parents and stepbrother Roy Allison.

A celebration of life was held at 3 p.m. on Friday, April 2, at the Squaxin Island gymnasium.

Arrangements were made by McComb Funeral Home. Condolences may be sent via www.mccombfh.com.

Memorial donations may be sent to: American Cancer Society, 2120 First Avenue North, Seattle, WA 98109.



Thanks from SHS Native Club

The Native Club at Shelton High School would like to thank the Tribe's 1% Committee. Their contribution made it possible for Native Club students to make drums and become more culturally aware. We will be using these drums to sing at the Indian Education Awards Ceremony in May. Thank you again 1% Committee!

- Jaimie Cruz, SHS Native Club President





Tribal Council Resolutions

10-25: Agrees to the terms of documents relating to formation of the Native American Development

Association and the transfer of an interest in Skookum Creek Tobacco Co., Inc.

10-34: Authorizes formation of the Squaxin Island Youth Council

10-35: Agrees to enter into an agreement with the Burke Museum to borrow a totem pole to be displayed at Little Creek Casino Resort

10-36: Approves changes to the Housing Eligibility, Admission and Occupancy Policy

10-37: Enrolls Sande Lee Smith III

10-38: Enrolls Lolyta Johns

10-39: Enrolls Ethan Pugel

10-40: Enrolls Marie Snyder

10-41: Approves relinquishment of Julia Austin

10-42: Designates delegates to the NW Portland Area Health Board

10-43: Adopts the recommended FY10 Pacific Salmon Treaty proposal for funds for the Tribe's coho smolt research and data-gathering projects and the FY09 PST progress report

10-44: Authorizes submission of a grant application to the ANA Native Language Preservation and Maintenance Program for a 3-year language immersion nest as a program of the museum and commits the Tribe to a 20% match

10-45: Authorizes submission of the Local Agency Agreement for the environmental and permitting phase of the Squaxin Island Access Improvement Project

10-46: Authorizes the submission of a funding request to the BIA for implementation of a tribal Timber Fish & Wildlife project funded through the Tribe's Self-Governance Annual Funding Agreement

The Harlem Wizards are Coming!

Mark your calendars and clear your schedules.

You don't want to miss out on this exciting, fun filled family friendly event.

Pioneer School District PTA is pleased to be hosting this professional show-team basketball organization.



They bring fun, laughs, tricks and thrills.



Since 1989 the Wizards have played over 3,000 games and are undefeated.

The Wizards will be playing against a team of local representatives from various parts of our community (players list will be available soon).

Come see if they have what it takes to end the Wizards winning streak!



Where: Shelton High School Gym

When: May 6th, 7 pm (doors open at 6 pm)

Tickets on Sale now at the following Shelton locations:

Sage Bookstore (downtown- Railroad Ave.)

West Coast Bank (Mt. View- Hwy 3)

Agate Store (Agate area)

Cost: \$10 advance/\$12 at gate

Only 1,000 tickets available-get your tickets before they're gone!

Souvenirs and concessions will be available for purchase at the game (We regret that we can only accept cash transactions for tickets and concessions.)

Souvenirs may be purchased using debit/credit, cash or check)

For more information: harlemwizards.com



Kris "Pookey" Peters and Madeena "Mango Mamma" will be playing!!!

OVO

**2010 General Body Meeting
Saturday, May 1st
Little Creek Events Center**

**Elections will be held for:
Vice Chairman
Council Member 3**

**8:30 a.m. Sign in starts
9:05 a.m. First roll call
Buffet lunch at noon**

**For more information contact the Administration
Building at 360-426-9781.**





May 2010 Company Update

By: Tyson Kruger, IEI Marketing

Don't forget to stop by the Island Enterprises, Inc table at the May 1st General Body Meeting to get more updates and information on just what Island Enterprises has been up to. Also while you are there, be sure to talk to the Business Development Center staff and get information to sign up for upcoming workshops and business plan prep courses!



Want to Turn Your Skill or Idea Into a Viable Business?

We offer a **Business Training Program** to Help People with Limited Incomes Start and Sustain Businesses!

Learn to:

- Explore Your Business Idea
- Write Your Own Business Plan
- Learn Financial Planning & Marketing Skills

FREE Orientation - Call for information!

The **Orientation** is a free, one-hour meeting which provides information about our Business Training Program, entrepreneurial support services and our organizations. It is also a time to gain some knowledge about prospective participants, answer questions and provide introductory materials.

Business Readiness Workshop

This workshop provides to those who are interested in starting or enhancing a small business the information they will need to decide whether they want to participate in our classes. We will look at what is required to launch a new business—risks, costs and rewards— and the commitment and hard work necessary to succeed in the Business Training Program and eventually in business.

Learn More/Register Online!
www.entrpriseforequity.org

Or call:
Ta-Qwo-Ma Business Center
Phone: (360) 462-0339
Email:
sgott@ieinc.org

In Shelton WA

Orientation Dates are:

Friday May 7th 12:00
Friday May 21st 12:00

Business Readiness Workshop

June 18th & 19th

A Full Training will begin in September.

A microloan fund is available for successful graduates of the training.

Training



Enterprise for Equity is a community supported nonprofit serving people with limited incomes who want to start a business.



Squaxin Island Child Development Center Promotes Healthy Learning!

The Squaxin Island Child Development Center staff has been recently participating in a P.A.K (physical activity kit) training program. The program consists of 7 different levels.

- Young People - different games and activities that are geared towards school age kids
- Mt. Pathways - A physical activity circuit training program with different levels of activity
- Modified American Indian games - This lesson is full of traditional Native American games, which were once used to settle conflict between tribes and to train for hunting, that have been modified for everyday play.
- Exercise Breaks - Covers several short activities that can be used to add more physical activity to your day
- Young Children - Various specialized activities for pre-school age and younger
- Family/Adult - Games and activities for adults and families to participate in
- Older Adults - Program designed specifically for Elders. Students at Squaxin Island Child Development Center have been spending the past two months at the pool. The Black Bear and Raccoon classrooms (ages 4/5) go to the pool twice per week. They are also utilizing the play area and the gym weekly for physical activity.



"They love going to the pool.

It's another way we are trying to teach and reinforce positive physical activity.

We believe in getting outside daily and watching what we eat.

Here at the center, we want kids to be have a healthy mind and body to better prepare them for school and life."

-Andi Bloomfield, Operations Director, Squaxin Island Child Development Center

Ta-Qwo-Ma Business Center Hours

Business Hours for drop in:
Tues-Thurs 2PM-6PM

By appointment call:
Stephanie at (360) 462-0339.

Closed on May 4th – 6th
Staff is attending ONABEN's Trading at the River



Squaxin Island Child Development Center
"LEARNING FOR LIFE!"



As always, Skookum Creek welcomes your input. Please feel free to contact us with any questions comments or concerns by emailing our customer service center at customerservice@skookumcreek.com

New Federal Regulations Will Affect KTP & Skookum Creek Tobacco

Will they affect you? Probably. Here's what you should know!

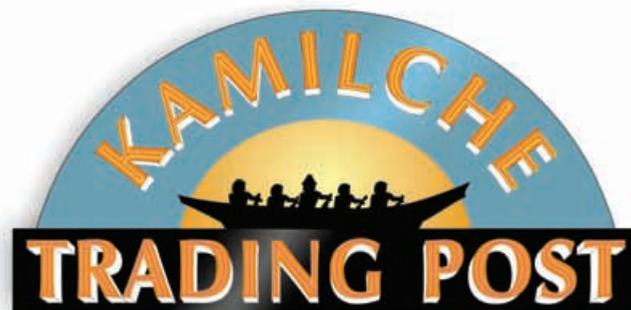
Effective June 22, 2010, many manufacturers and retailers across the nation will start their day by double checking, just to make sure that they are in compliance with a new bill that regulates the promotions, sales and marketing efforts of tobacco retailers, manufacturers and distributors. Skookum Creek Tobacco and KTP retail locations will be doing the same thing. Since the FDA is a federal regulator their rules apply in Indian Country.

Here are a few of the changes in layman's terms:

No self service is allowed in any retail location. This means that any usual tobacco products that are within reach to customers, such as filtered cigars, roll your own or pipe tobacco and all other tobacco products, will now be placed behind the counters and only handled by the cashier until you have completed the purchase of that item. The humididor will still be accessible as this does not affect cigars.

No samples or any other merchandise is to be provided to customers. In the past and still today, Skookum Creek Tobacco has a vested interest in our loyal customer base. Doing things like providing free samples, clothing items and other promotional items is a way to thank our current customer base and also to raise awareness to customers who are purchasing similar products from other manufacturers. Skookum Creek will continue to work to find ways to reward our loyal customers that fit with the new FDA guidelines.

Signage and other Marketing and Promotional Materials: Skookum Creek will be required to change the look of signage you see day to day. They will no longer be allowed to display "color" advertising to promote specific "brand names." But Skookum Creek will continue to brand itself as a company since we sell products other than cigarettes. You will just see less promotion of Complete, Premis and Traditions since the FDA regulations are very tight.



Double Whammy - The state is increasing tax on cigarettes effective May 15th. KTP tax prices on tobacco products will also increase by \$10.00 per carton on May 15th. You will see some price changes at all of our retail locations, including Skookum Creek Tobacco brands. Other tobacco products (OTP) such as RYO, pipe tobacco, smokeless and cigars will remain the same. Off reservation, there will be an increase in OTP products.



Salish Seafoods equipment grant arrives! The USDA grant that allowed Salish Seafoods to purchase new equipment has arrived. The last of the equipment to arrive was a 25' Skid and 2 new Honda motors. These supplies will help Salish Seafoods continue to grow and serve customers! If you have any questions, please feel free to call Salish @ 360-426-4933.



We are excited to announce the return of the Kamilche Valley Market! The market will be located near the covered area behind the KTP as it has been in previous years. It will run from mid-May through September, and will be open to the public weekly Friday through Sunday between the hours of 10:00 am and 6:00 pm. This year's market will have an expanded selection of products ranging from fresh/organic in-season produce from local business owners to artist/artwork, fresh homemade soups etc, crafts and more!

Those who may be interested in vendor space to showcase or sell your product or goods, please contact Stephanie at the Business Development Center (360-462-0339) for your registration packet.





LEARNING CENTER



EDUCATION:

Sylvan
 After-School Tutor (Homework Central)
 GED

Monday - Thursday 4:30 - 7:30
 Monday - Wednesday 4:00 - 5:00
 Monday - Wednesday 5:00 - 7:00

RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym
 (Fun, Games, and Club)
 Monday-Friday 3:00 - 7:00

HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment,
 scholarships, Squaxin Higher Education applications

Monday - Friday 8:00 - 5:00

SQUAXIN ISLAND POOL

Open Swim
 Mondays & Wednesdays 3:00 - 6:00 p.m.
 Fridays 5:00 - 8:00 p.m.
 Saturdays 1:00 - 4:00 p.m.

Squaxin Youth Cultural, Educational and Activities Calendar May 2010



All activities are Drug, Alcohol and Tobacco Free!!
 TLC Hours 8:30am-7:30pm(Office 8:30-5:00, Activities 3:00-6:00) Phone: 432-3958



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Snacks are served Daily between 4-5pm Co-Sponsored by DASA	M-Th 3-6pm Recreation room Open Friday 3-5pm					1 General Body Meeting in the Events Center
2 M-W 4-7pm Homework Help GED Prep in Main classroom	3 Lusbootseed Art Knitting Class Arts/Crafts Jewelry Boxes <i>Teacher Appreciation Week</i>	4 Lusbootseed Games Group Activities/Games Research Team 4-6pm	5 Knitting Class Gardening Griffin early release 2:15	6 Lusbootseed Reading Group Activities/Games Research Team 4-6pm	7 Group Choice	8
9 Mother's Day Mariners Game	10 Lusbootseed Art Knitting Class Arts/Crafts Bird Houses	11 Lusbootseed Games Group Activities/Games Research Team 4-6pm	12 Knitting Class Gardening Griffin early release 2:15	13 Lusbootseed Reading Group Activities/Games Research Team 4-6pm Wa-He-Lut Culture night	14 TLC CLOSED American Indian Day, 6pm Shelton Indian Ed. Banquet	15
16	17 Lusbootseed Art Knitting Class Arts/Crafts Leather coin purses	18 Lusbootseed Games Group Activities/Games Research Team 4-6pm	19 Knitting Class Gardening Griffin early release 2:15	20 Lusbootseed Reading Group Activities/Games Research Team 4-6pm	21 Group Choice	22
23	24 Lusbootseed Art Knitting Class Arts/Crafts Beading	25 Lusbootseed Games Group Activities/Games Research Team 4-6pm	26 Knitting Class Gardening Griffin early release 2:15	27 Lusbootseed Reading Group Activities/Games Research Team 4-6pm	28 Group Choice Shelton 3hr early release	29
30	31 TLC CLOSED Memorial Day					



Spring Break Activities

Spring Break activities at the Tu Ha' Buts Learning Center were a huge success this year. The kids were kept busy each day with group games, arts and crafts, a sit down meal, cultural activities and swimming. We topped the week off with a special trip to the movie "How to Train Your Dragon" in 3D!

Thanks to our staff who participated in the recent PAC trainings, we learned all sorts of new group games. While learning the game, called Rez Life, staff member Kim, who is from the Navajo Tribe, taught us a variation used by her tribe. The Bear Game proved to be very competitive and physically demanding, for the adults anyhow. The kids really enjoyed having Zeke lead us in the stick game; the kids showed the staff the correct way to play. As one staff said, "It was great to have the kids teaching us instead of us teaching them."

The kids created sand art and dream catchers as well as other projects. Sally Brownfield treated the group to a special story about a boy learning about greed and showed the group how to create red road bracelets, learning the significance of each bead, from patience to fortitude and how we each need these values in our everyday life.

It was great to sit down at lunch together and enjoy our meal and inspired conversation with the group. Before each meal we were led in a Lushootshead blessing by a youth. Special thanks to the Learning Center staff who all stepped up and put out extra effort on behalf of our kids.



Legislative Youth Advisory Council

A great opportunity for any tribal youth who wants to make a difference in our State! Contact Sally Brownfield for more information or an application 432-3904 or call the number below:

Legislative Youth Advisory Council applications available, due May 14.

Lt. Governor Owen is encouraging all interested Washington youth to apply for positions with the Legislative Youth Advisory Council (LYAC).

The 22-member council, comprised of youth ages 14 to 18, was established in 2005 to advise the Legislature on key issues of interest to Washington youth. LYAC is authorized to meet between three to six times per year.

Each year LYAC meets in Olympia for its "Action Day" weekend. At their meeting earlier this year, the council supported legislation examining a variety of barriers to education including dropout prevention and gang violence legislation. LYAC also supported internet safety legislation and bills related to healthy youth, including childhood obesity and diabetes.

"Members of LYAC have been very engaged in youth issues since the group's inception and I know their input is both welcomed and valued by legislators," said Lt. Governor Owen, who is charged with making the final appointments to the panel.

Applications for this year's appointments to LYAC are due May 14. Application forms and more information about LYAC is available on the lieutenant governor's Web site. LYAC is coordinated through the Office of the Superintendent of Public Instruction (OSPI).

For more information:

Kelly Martin, OSPI, (360) 725-6351

Brian Dirks, Office of Lt. Governor (360) 786-7707

Mother's Day Baseball Tickets



Sunday May 9, 2010; 1:10 pm game time
Mariners vs. LA Angels

Parents can pick up tickets for themselves and their children only, NO exceptions.

Tickets will be available on a first come/
first serve basis for **pick up ONLY**
On Friday May 7, 2010
Between the hours of 1pm and 4pm.
See Lisa Evans at TLC

This is a drug and alcohol free prevention
family outing.



New book titles for sale in the MLRC Gift Shop

Giants, Cannibals & Monsters: Bigfoot in Native Culture: by Kathy Moskowitz Strain

This book is an adventure into the inner circles of our aboriginal people. It provides a unique insight into a part of their mythology, values and spirituality. For those interested in this fascinating branch of human knowledge this work is invaluable.

Coast Salish: Their Art and Culture: by Reg Ashwell and David Hancock

Coast Salish communities date back centuries. Renowned for basketry and weaving skills, their artistic expression was also evident in the beautiful masks they carved for the ceremonial dances and story telling.

If you have any questions about the MLRC gift shop please contact Liz Yeahquo (360) 432-3840

Squaxin Island MLRC Hours of Operation

TUESDAY: Open by appointment Only

WEDNESDAY - SATURDAY: 9:00 a.m. - 5:00 p.m.

SUNDAY: 1:00 p.m. - 5:00 p.m.

Call (360) 432-3839 for closures

This basket is from the Cook Collection currently displayed at the MLRC and is one of 4 baskets that were made into greeting cards by Tom McCullough. These cards are available to purchase at the MLRC gift shop. All proceeds benefit the MLRC. If you have any questions about the Cook collection or exhibits at the MLRC, please contact the museums Curator Mandy McCullough (360) 432-3843



Tim Walsh, Chief Hazards Geologist, Washington Geological Survey

Licensed Engineering Geologist #355

Division of Geology and Earth Resources

Washington Department of Natural Resources

The geology of Mason County and South Puget Sound is fascinating and complex - and has its hazards, too. Tim Walsh, engineering geologist and manager of Washington's Geologic Hazards Program will present an eye-opening lecture on May 7, 2010 at 10:30 a.m. at the Squaxin Island Museum Library and Research Center.

"I'll talk about the geology of South Puget Sound with an emphasis on the geologic history and earthquake hazards of Mason County," Walsh said. He will project Power-Point photos and maps to illustrate his talk and will answer audience questions.

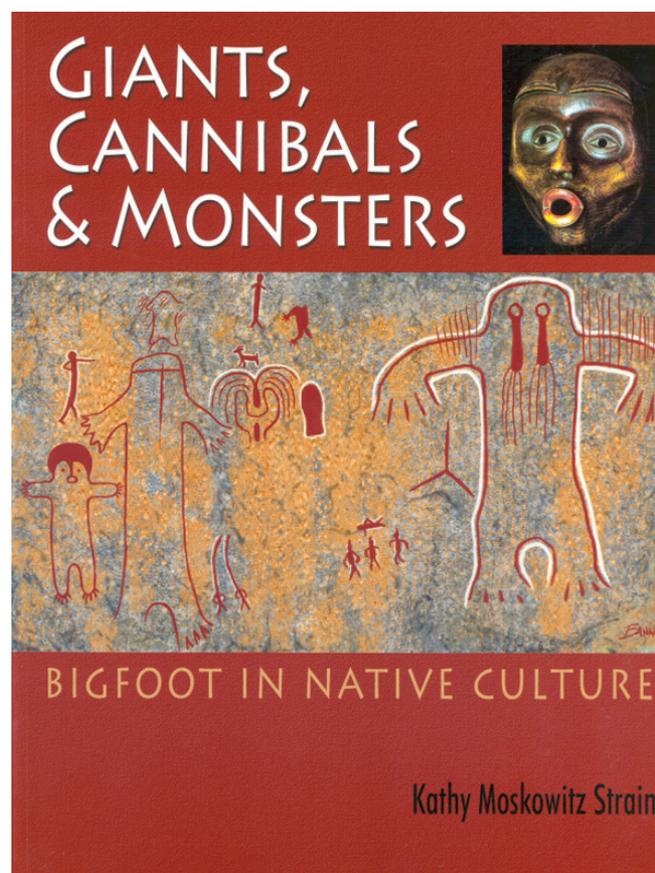
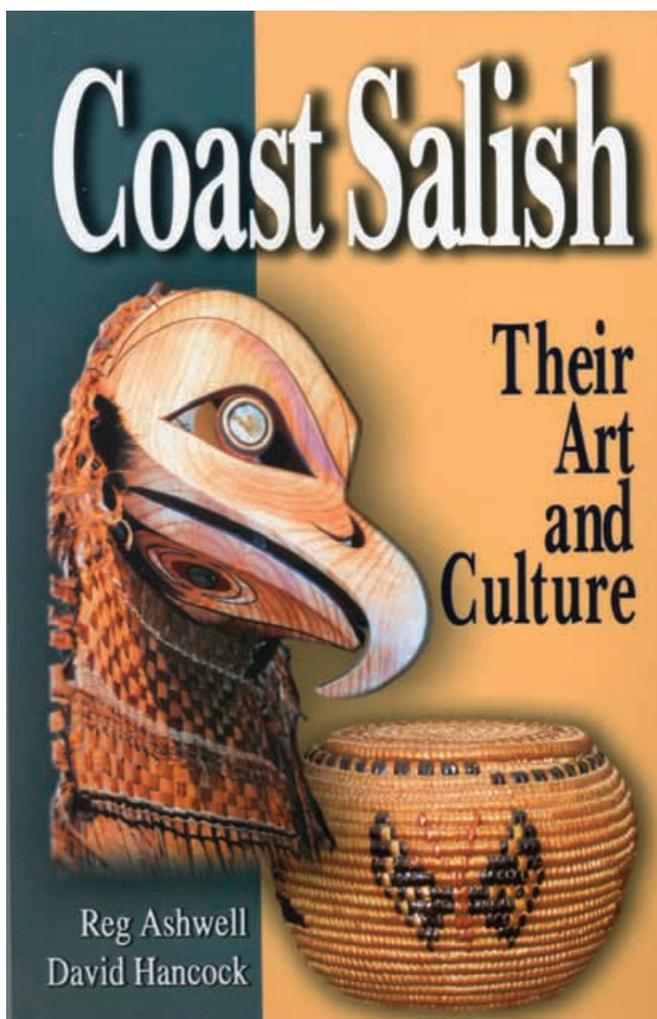
Walsh has done extensive geologic mapping in all parts of the state as well as tsunami hazard mapping, active fault characterization, and landslide and abandoned coal mine hazard assessments. He has also directed and participated in a broad range of geologic hazard assessments and maps for land use and emergency management planning.

Walsh is a licensed engineering geologist and the manager of the Geologic Hazards Program for the Washington Division of Geology and Earth Resources of the Department of Natural Resources. He has practiced geology in Washington for more than 30 years and taught at South Puget Sound Community College for more than 20 years. He received his Bachelors and Masters degrees in geology from UCLA.

The Geology & Earth Resources Web page is a rich source of information that includes reports and maps. Access it at <http://www.dnr.wa.gov/AboutDNR/Divisions/GER/Pages/home.aspx>.

The MLRC staff is pleased to bring Tim Walsh to our "Home of Sacred Belongings."

Revised 03/29/10 Information provided by: Shelton Timberland Library (the William G. Reed Public Library)





When are YOU going to be at the POOL?

Too Busy? What better time to take care of your health than Spring. Your ancestors were very active! How many of you are active now with clamming, gooey-ducking, fishing, hunting and preparing for the upcoming Canoe Journey?

The Pool is a great opportunity to:

Increase your swim skills, coordination, and lung strength • Increase your muscle strength • Be a strong diver! • Lose weight by stimulating your system

People who are active in the Pool are able to:

Lower heart rate • Promote circulation • Heal Injuries • Reduce Stress • Get in great shape!

Pool Fact: Algae loves soap detergent (phosphates).

Wearing tee-shirts and shorts in the pool provides FOOD for hungry algae. Please try not to wear anything other than swimwear into the pool.

Pool Fact: The best type of bathing-suit to buy is one made of Polyester.

Right now is a good time to buy a bathing suit!

Here are a couple of places who are selling them:

Big 5 – Women's sizes up to 40/42-\$20-\$40-\$90 / Kids sizes \$20-\$36.00

Wal-Mart – Jr.s. \$7.50-\$12.00 Sm-\$14.00 up to 1x/2x/3x \$16.00-\$30.00

Judy's in Lacey – All Women's Sizes from \$40 up

Value Village – great values!

Did You Know?

80% of your body weight is supported by the water. This means less strain on the joints, back and torso. This lessens the likelihood for the muscles, bones and joints to get injured. Water activity is good at ANY age. You can burn up to 250 calories by walking for 30 minutes in water up to your chest, which for many burns more calories than walking 30 minutes on a treadmill.

Currently, the Pool has Lap Swim, Open Swim, Water Aerobics and Swim Lessons.

You can rent the pool for pool parties! Call 360) 432-3852 for more information.

Lap Swim is open to self-guided aerobics, water-walking and lap swimming.

M/W/F - 6:00 am to 8:00 am

Open Swim is a time for swimming of all sorts and is an excellent time to introduce youngsters to the water.

We always have a lifeguard on duty and provide swim belts and life-vests.

M/W - 3:00 pm to 6:00 pm

Friday - 5:00 pm to 8:00 pm

Saturday - 1:00 pm to 4:00 pm

Water Aerobics is a great way to stay healthy and lose weight.

Come work out while catching up with your best friend, family or neighbor!

There are two classes.

T/TH - 4:30 pm – 5:20 pm / 5:30 pm to 6:20 pm

Swim Lessons are improving the swim skills of so many young people in the Tribe! Give your child an opportunity to be a strong swimmer! Each class lasts a month and is in half hour increments. M/W - 6:00 pm to 8:00 pm

Beaded Bag Lost at Powwow



Hello, I am a Puyallup Tribal member and recently attended the Squaxin Island Powwow at your casino. I am an elder and a traditional dancer. I left my beaded bag (picture of coastal salmon, picture attached) on my chair in the elder seating, and when we returned to our seats, my bag was missing. The bag was a gift from a friend, and my regalia was made to match. **I am offering a \$100 reward for its return.** My home information is: Sharron Nelson, 5006 Hyada Blvd. N.E., Tacoma, WA 98422; phone: (253) 719-8083. Thank you!





Spring clean your way to energy efficiency

Did you know your basement refrigerator is driving up your electric bill? The extra freezer in your garage could be costing you as much as \$100 a year? If you're ready to replace these energy hogs, your local Electric Companies may be able to help.

Mason County PUD – Will pick up your secondary refrigerator or freezer and recycle it for free, plus give you a \$ 30 rebate for your effort in recycling.

Requirements: Refrigerator or freezer must be clean, empty and in working condition.

You must be a current customer.

You must provide clear and safe access to your appliance.

For more information on Mason County PUD recycle program or to schedule pick-up, contact 1-877-577-0510.

Puget Sound Energy - Will pick up your secondary refrigerator or freezer and recycle it for free, plus give you a \$30 "thank-you" check.

For more information about PSE's energy-efficiency programs for our residential electric customers, visit PSE.com/ForYourHome call a PSE Energy Advisor at 1-800-562-1482, Monday through Friday, 8 am - 5 pm

Why caps and lids are not recyclable

We're often asked why plastic lids and caps cannot be recycled. If the entire container can be recycled, why not the top? Well, here are a couple reasons.

First, caps are often made of a different type of plastic than containers. Different types of plastics should not be recycled together because of contamination.

Second, lids of all sizes are a problem at sorting centers. Small lids tend to jam the equipment. Dairy tub and detached metal lids are larger and flatter, so the automated sorting equipment sends them to the paper and cardboard where they cause contamination.

To add insult to injury (literally) capped bottles can explode when compacted, which poses a danger to the workers.

What to do? Plastic lids should be thrown away. Period.

Got a metal lid? A metal lid can be recycled only if it is attached and folded into the can itself. Lids that are detached from cans often get incorrectly mixed with the paper and cardboard during the automated sorting process at recycling plants. Also, they do not flatten cans. The cans will be flattened as they are sorted.

One other common question: What about the little plastic rings around the neck of a bottle? Go ahead and leave it on. It's so small it won't cause contamination and it's usually fixed in place so it won't pop off and jams the equipment.

Talking Trash, Thurston County Public Works



Saving

Savings can help you achieve any financial goal. Whether it's a comfortable retirement, a down payment for a house, or a new car or stereo, you can get there by setting money aside. And best of all, you can have what you want without getting bogged down in debt. Yet if you're like most people, you don't save as much as you'd like to. Or you don't save at all. Americans spend more than we earn. Consider that the national personal savings rate has dipped to the lowest point since the Great Depression. Today's high energy, home and food prices may make saving seem less possible than ever.

But the time is now. And with a little forethought and effort, saving money is not only possible, it's easy.

Make Saving a Priority

You'll be more likely to save money if you make it a priority. Sit down and figure out what you'd like to save money for – retirement, a house, car, college, dream vacation –and how much it will cost. Then make your plan:

- Set a timeline for when you'd like to reach your goal.
- Set a schedule by dividing the total goal amount by the number of weeks, months or pay periods between now and your goal date.
- Be vigilant by treating your savings contribution just like any other must-pay expense, such as rent or groceries.

Find Money to Save

While it may seem difficult sometimes just to make ends meet, chances are you have extra money you didn't even know about. Here are some ways to find it:

- Keep track of everything you spend for a week. You might be surprised what you're buying, and what you can do without.
- Make purchases with cash. This can help you stick to a budget and avoid impulse purchases. Simply decide ahead of time how much you want to spend and then set aside that amount in cash before you go shopping.
- Lower your bills. Many creditors will give borrowers a lower interest rate if they're asked. Also, conserving electricity and gas can make a big difference.
- Rank your nonessential expenses. Keep the ones you like the best and cut the items on the bottom of the list.
- Pack a lunch. Or cook more dinners at home. Eating out at restaurants can eat up a lot of money that could be saved.

Pay Yourself First

You're probably inclined to pay everyone else first – whether it's your landlord or your grocer or the electric company. But it's vital to start paying yourself first by saving money. Once you've made a contribution to your financial longevity and well-being, then you can divide up your money to cover everything else. Don't worry. You'll more than likely have plenty left over to cover everything you need.

In fact, most banks make this easier. You can have them automatically transfer funds from your checking account to your savings account, money market, mutual fund and other accounts. You might also check with your employer. Companies will often deduct savings from paychecks if asked.



Mark Your Calendars

Upcoming Workshops

May 24, 2010	Pet Care 101 ww
June 14, 2010	Plumbing Basics
July 19, 2010	Pet Care – Basic Obedience and Leash Commands
August 16, 2010	Preparing Your Home For Winter – BBQ
October 18, 2010	Window Care
By appointment only	One-on-One Credit Counseling



Other classes being scheduled:

Steps to Homeownership
 Financial Literacy
 Housing Fair
 Understanding Your Credit Report

Watch for more class information in the near future. If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters@ 432-3871.

Parents - The Anti-Drug Teen Violence and Drugs

There is a place where violent behavior, gangs and drug abuse converge. In fact, teens who use drugs are almost twice as likely to engage in violent behavior, steal, abuse other drugs, and join gangs, as compared to teens who do not use drugs. In particular, early use of marijuana—the drug most widely used by teens—is a warning sign of later gang involvement. Think that's not a big deal? You should! Teens who participate in gangs are more likely to be involved in violent acts and drug use.

Youth gangs are no longer just a big city problem or just populated by males. Most Americans live in or near urban, suburban or rural areas that have problems with youth gangs. As a parent, you may have even heard reports of gang activity in your child's school. About one-third of public high school (37%) and middle school principals (31%) report gang activity in their schools. By age 17, one-in-twelve teens (8%) report ever belonging to a gang.

Most adolescents seek acceptance or belonging and many find it through positive family and peer relationships and extracurricular activities. Other teens are vulnerable to falling in with a dangerous crowd, which can lead to drug use, other risky behaviors or even joining a gang. Teens join or are drawn into gangs for a variety of reasons, including a need for acceptance, protection or excitement. Many also follow the lead of family or friends. A growing trend is girls in gangs. Over the past two decades, many young females seeking protection from threatening environments and abusive homes have transcended the auxiliary roles they once played in male-dominated gangs and have gained more power through engaging in more violent crime or forming all-girl gangs. For more information on girls and gang membership, please visit the National Youth Violence Prevention Resource Center.

Where there are gangs, there is often drug use, drug trafficking, crime, guns, violence and other risky behaviors. The 2005 National Gang Threat Assessment estimates that 60 percent of gangs are involved in drug distribution at the street level. The Office of Juvenile Justice and Delinquency Prevention found that youth who are involved in youth gangs commit three to seven times as many delinquent and criminal offenses as youth who are not gang involved.

Parents - The Anti-Drug Influences on Teens

Pick up your teen's mp3 player and go to the "Top 25 Most Played" section. Listen for references to alcohol, drugs, or other risky behaviors. Then talk with your teen about what you heard.

Visit social networking sites like MySpace.com, and browse the profiles of teens your child's age to see what they say, what their interests are, and what they are doing online.

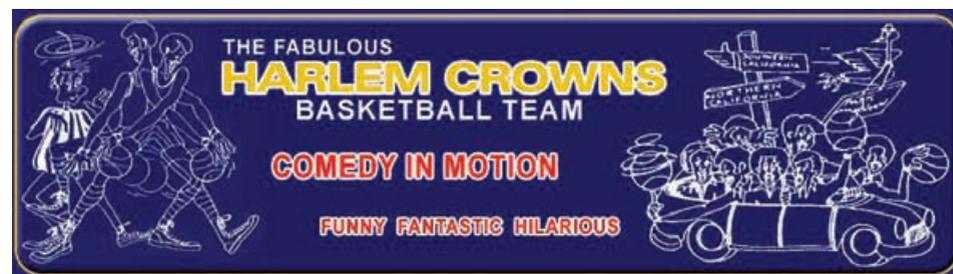
Can you name your teen's favorite TV show? Watch it with him or her and discuss story lines.

Go to a video sharing Web site and type in "smoking weed." Watch some of the videos. Did you know that your teen may be exposed to these images?

Find out what the drug slang terms "blazed," "xanibars," "a blunt" and "robotripping" really mean.

Type the name of your teen's high school into the search bar of a popular teen social networking site and browse the profiles.

www.theantidrug.com



SQUAXIN ISLAND MENS TEAM

Sponsored By
The Tu Ha' Euts Learning Center

Thursday, April 8, 2010

It was a great night! Everyone had a blast! A big thank you goes to all the TLC staff who helped, Tyrone Seymore and the men's basketball team and the great volunteer referees. Dillon Decicio came to our rescue when he stepped up to referee the first half. Tyrone's smooth moves kept up with the antics of the Crowns. All were great sports and played along as the Harlem Crowns entertained all. It's good to laugh!



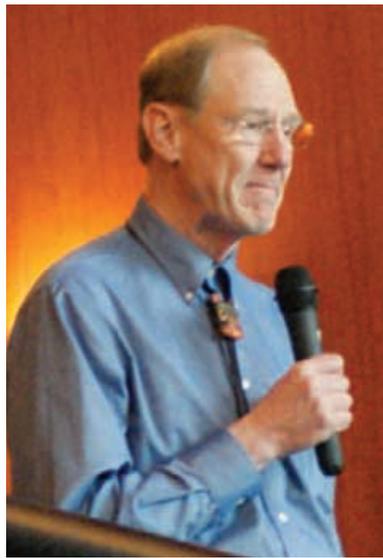


South Puget Sound Community College Celebrates Native American Heritage

Mandy McCullough - South Puget Sound Community College hosted a Native American Heritage Celebration on Saturday, April 17 at the Kenneth J. Minnaert Center for the Arts.

The day-long event featured workshops, performances, presentations, Native American vendors and more.

The day started with a greeting from President of SPSCC, Dr. Gerald Pumphrey. Paula Henry continued the greeting by giving a welcome prayer. The welcoming performance was by The Squaxin Island and Nisqually Canoe Families who also performed in the afternoon.



Dr. Gerald Pumphrey



Paula Henry



Ruth Whitener



Harvest Moon

The Alaska Kuteeyaa Dancers

Guests who attended the event were treated to the following demonstrations and workshops:

- Wood carving demonstrations by Andrea Sigo and David Wilson
- Beading workshop with Cindy Arnold and Mandy McCullough
- Presentations on wetland archeology by Dr. Dale Croes and researchers
- Kids' activities with the Hands On Children Museum

This event was sponsored by the Nisqually Tribe and Leslie Johnson Director of Squaxin Island Tourism.





**The Kenneth J. Minnaert Center for the Arts
Gallery featured a Native American Art Exhibit, April 4 through May 3.
*Some of the art that was on display included...***



Basket by Malynn Foster



Basket by Patti Puhn



Painting by Jeffrey Veregge



Fedora Hat
by Ruth Whitener



Necklace by Colt McCullough

All of the art in the Kenneth J. Minnaert Center for the Arts Native American show was installed by Mandy, Tom, and Colt McCullough, lighting provided by Joe Batt.

A New Exhibit at the Squaxin Island MLRC

A new exhibit at the MLRC features bracelets and rings made by youth in the Susana "Apolonia" Santos' Journeys In Creativity Program and Oregon College of Art and Craft. This exhibit will be at the MLRC until the end of May.

Since 2004, the Journeys Program has grown into a two-week artist in residence program which 16 teens from reservations and communities across the country can attend. In August 2009, students were introduced to basic metal work. It included hammering and annealing copper into bracelets and small metal casting demonstrations.

This photo shows a few of the bracelets featured in this exhibit.



August 9-22, 2010, students will be introduced to the basics of basketry, shell bead making and small bone and stone carving. Instructors include Pat Courtney-Gold (Wasco/Tlingit), Tony Johnson (Chinook), Bud Lane (Siletz) and others. Please visit the Squaxin MLRC for additional information and pick up an application form.



**THANK YOU WILLOW HENRY!
FOR YOUR SUPPORT OF
THE NATIVE SISTERS IN THEIR
PREPARATION FOR THE
SA'HEH'WA'MISH DAYS POWWOW
EVERYTHING YOU DID FROM
HELPING WITH DANCING
TO STITCHING THEIR REGALIA!
ALSO YOUR CONTINUING TO
SUPPORT THEM IN THE
REGIONAL POWWOWS SINCE!
YOU WILL HELP KEEP THE
SQUAXIN ROYALTY STRONG!**



ELDERS



Photos and information by Rose Brownfield and Sharon Johns

Special thanks to George and Marge Witcraft, Deb and everyone who helped with the Elders plants!!!

On Mar 22, 2010, Colleen took a bus load of us to the Pendleton outlet store in Portland. We enjoyed lunch at Home-style buffet at the mall before we headed home.

On Mar 18th, our Elders had our usual buffet at the casino. We all look forward to it each month!

On April 7th, Colleen drove a bus load of us to Shoalwater Nation for an Alzheimer's seminar. Our speaker was a doctor on aging from University of Washington. She kept our attention with her knowledge about the aging process and was gracious in answering all our questions. We were sent home with gift bags, raffle prizes, a brochure and handouts. We were also treated to a very nice lunch.

On April 11th, Colleen and Dorinda drove two busses of Elders to Cirque D'OR in Tacoma to see a live acrobatic performance at the Pantages Theater. On our way, we enjoyed lunch at Red Wind Casino and an ice cream cone on the way home. We always have a good time on our travels.

Gloria Hill has been teaching beading classes in Elders room on Tuesdays. She has several elders at her table making beautiful key chains.

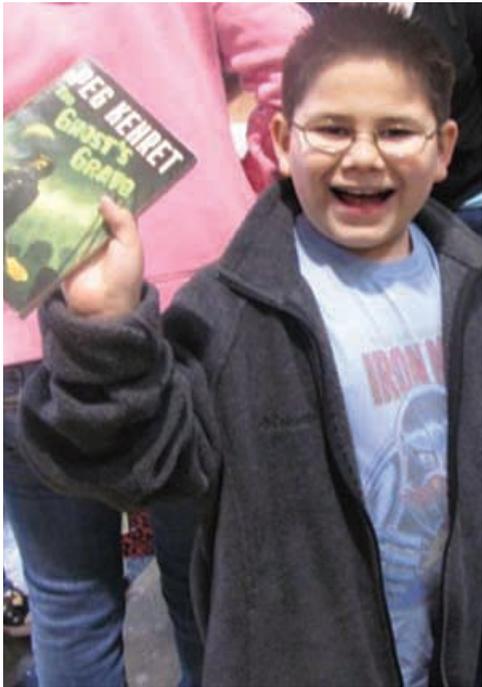




ELDERS / EASTER



Photos and information by Rose Brownfield and Sharon Johns





ELDERS



Photos and information by Rose Brownfield and Sharon Johns





— THANKS FROM NATIONAL AND WA STATE GUARD —



PHOTOS CLOCKWISE FROM TOP LEFT:

- Tribal Chairman David Lopeman and COL Daniel R. Kern, Chief of Staff – Army Element
- COL Daniel R. Kern, Chief of Staff – Army Element
- COL Terrance LaRue, Washington State Guard, Commander; MSG (Ret) Kathleen Wilcox Executive Assistant, Washington Committee for Employer Support of the Guard and Reserve (ESGR), LCCR Human Resources Director Peg Johnson and CW2 Joseph Castelluccio Sr., Personnel Management Officer, 2nd IN BN, 1st IN BDE., Washington State Guard, Olympia, Armory
- COL Daniel R. Kern, Chief of Staff – Army Element and CW2 Joseph Castelluccio Sr., Personnel Management Officer, 2nd IN BN, 1st IN BDE., Washington State Guard, Olympia, Armory
- Squaxin Island Gaming Commission director Desi Smith and COL Terrance LaRue, Washington State Guard, Commander
- COL Terrance LaRue, Washington State Guard, Commander
- MSG (Ret) Kathleen Wilcox Executive Assistant, Washington Committee for Employer Support of the Guard and Reserve (ESGR); ??? and COL Terrance LaRue, Washington State Guard, Commander





Reflections on a Tribal Leader's Funeral Ed Claplanhoo, Makah (a relative of John Scallopine)

By Jim Thomas, Tlingit

Neah Bay, Washington - March 23, 2010

I just returned from standing at the side of a special friend and tribal brother, Ed Claplanhoo of the Makah Tribe located at the Northwestern most tip of the United States at Neah Bay. Because it sits at the mountainous end of the Olympic Mountain range, the roads are turns upon turns with some touch and go switch backs where one sees roadway that had been passed just minutes before.

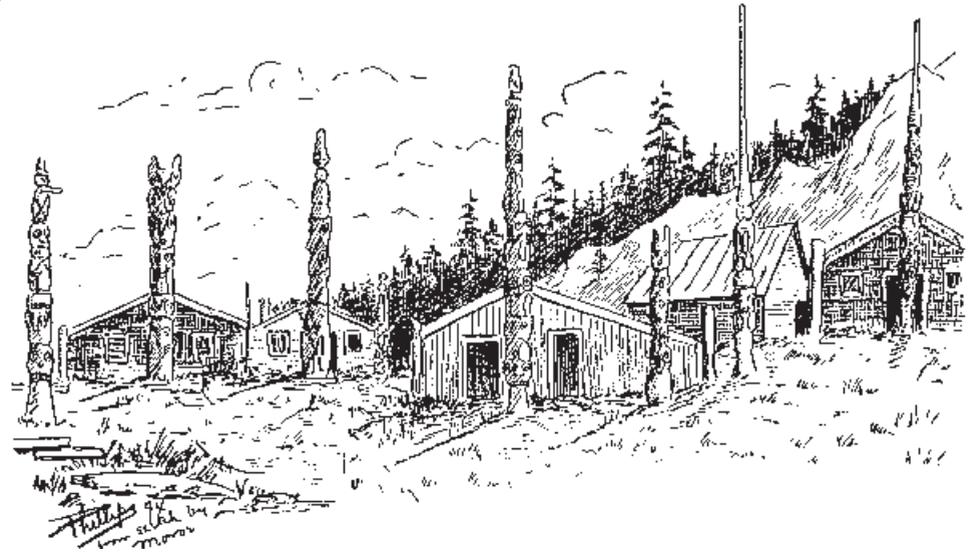
But when I emerged onto the reservation, I was greeted by giant rocks rising majestically out of Puget Sound, a beautiful village situated right on the water with a huge breakwater and a marina filled with commercial fishing boats, masts towering like a forest. Beyond was the Pacific Ocean. I stayed in cabins that were beautifully arranged along the sandy banks of Sooes Beach, modern, comfortable yet rustic to make one feel as if truly camping. And the roar of the ocean in the morning, brought to my Alaska Native ears, the treasure of life, long lived on the ocean beaches of Yakutat, Alaska.

This is Ed's country. No question that all of this beauty and the peace of the surroundings along with that great big ocean, made Ed the contemplative, quiet persuader he was that led to positive events and history for the Makah and all American Indian/Alaska Native nations in the United States.

Ed Claplanhoo lived 81 beautiful years, from August 8, 1928 to March 14, 2010. He was married to his wife and companion of over 40 years sharing the tremendous events of his life.

I am not writing this as a eulogy, but to convey to my tribal and non-tribal friends the experience I had in attending this funeral. It was like none other that I have attended in all my life, and I've attended many tribal state funerals. The speakers, all of state and national stature spoke "of the quiet ability of Ed to bring people to a consensus." Even the humorous stories were graphically funny. A minister in the Assembly of God Church at Neah Bay recounted his meeting Ed and how Ed became the "fixer" of all his home building at Neah Bay. A young 22, Frank Cole, the minister, couldn't plumb, didn't know the first thing about electricity and basic carpentry. Ed would show up at the most needed times. But one was rollicking. On a visit from Washington State University where he was a student, Ed came to visit the minister. He asked, "why isn't your toilet hooked up?" "I don't know how," came the reply. "All right," said Ed, "I'll make you deal - I have to deliver a term paper when I return to WSU." "I'll install the toilet on the condition that your wife type my term paper, which I will dictate to her as I install the toilet." Cole said, "Ed dictated and had typed a term paper and he installed a toilet and we learned a lot about Makah Culture because that was the thesis."

A proclamation was read by an Assistant to Governor Gregoire, naming March 19, 2010 as the Ed Claplanhoo Day. The proclamation was presented to Thelma along with the State of Washington Flag that had flown at half-mast on the State Capital.



I was sitting with my friend Mel Tonasket, many times past Chairman of the Colville Tribe and former president of the National Congress of American Indians. We both marveled at the event that followed. The Honorary Consul of Spain read a personal proclamation of His Majesty, Juan Carlos, King of Spain to the People of the Makah Tribal Nation and to the family of Ed Claplanhoo. And then the Consul advised the Makah Tribe that the King had sent the flag of Spain to Thelma Claplanhoo in honor of Ed. The service was in a shocked quiet as the flag was presented to Mrs. Claplanhoo and after an embrace of Thelma, the Consul openly wept as he returned to his seat.

"In 250 years since the coming to this country of the Spanish Explorers, only one man, one man, in his quiet manner, led in giving honor to the people of Spain in all the United States," stated the counsel as he talked about how Ed, who in his quiet manner persuaded his tribe, veterans and the Country of Spain, to accept his donated land for the purpose of honoring Makah Veterans and honoring the first trading post of Europeans in the U.S. at Neah Bay. That park is known as the Fort Nunez Gaona Diah Veterans Park, on land donated by Ed and Thelma Claplanhoo and located on the Makah Indian Reservation.

We give much lip service to American Indian Tribal Sovereignty. This happens at both the non-Indian as well as on the tribal side of leaders. One wonders if we really believe in this concept.

Yet, here it was. A tribute by the King of Spain to the Makah Indian Tribe, in recognition of a fallen tribal leader, whose name is known in Spain. Government-to Government, Nation-to-Nation, King to Tribal Leader. Wow!

I have witnessed many funerals. Too many of late. I have never been witness to one as powerful as this. A most appropriate tribute to a friend and brother as he moves to another dimension.

Jim Thomas is a Tlingit Indian formerly of Yakutat, Alaska. He has been an advisor to Indian tribes and Alaska Natives over the past 30 years as well as to governmental agencies. He comes from a line of great Tlingit Chiefs. He is President of the Potlatch Fund of Seattle, Washington is Chairman of the TANF Committee of the Affiliated Tribes of Northwest Indians.



Meal Menu

Meal Program Entrees

Mon., May 3:	Sloppy Joes
Tues., May 4:	Soup & Sandwich
Wed., May 5:	Salmon
Thurs., May 6:	French Dip
Monv, May 10:	Tuna Melt
Tues., May 11:	Soup & Sandwich
Wed., May 12 :	BBQ Ribs
Thurs., May 13:	Teriyaki Chicken
Mon., May 17:	Tater Tot Casserole
Tuesv, May 18:	Soup & Sandwich
Wed., May 19:	Steamed Clams
Thurs., May 20:	Baked Potato Bar with Chili
Mon., May 24 :	Shrimp & Broccoli Stirfry
Tues., May 25:	Soup & Sandwich
Wed., May 26:	Turkey & Stuffing
Thurs., May 27:	Chicken Adobo
Mon., May 31st:	Closed for Memorial Day

mounds' origins. Was it the thawing and freezing during the last ice age that caused the land to buckle? Or perhaps pocket gophers were at work, having since moved on to haunt golf courses?

Walk the paved path for 0.3 mile to find the trailhead for the prairie loop trail. Once on a soft-surface path, head into the heart of the mounds. The surrounding forest has encroached on the prairie-invasive plants too, like the dreaded Scotch broom. The Washington State Department of Natural Resources and volunteers are trying to restore the prairie to the way it appeared when Native peoples periodically set fires to them, keeping the vegetation in check.

At 0.65 mile pass an old fence line, a remnant of early farming on the mounds. At 0.75 mile come to a junction, and turn right for the loop. Soon pass another junction, a shorter loop option. Continue right, hiking the periphery of the preserve. Enjoy views of Mounts Rainier and St. Helens towering in the distance. At 2.1 miles close the loop and retrace your steps back to the trailhead. The Mima Mounds are exceptionally beautiful in April and May, when prairie flowers such as blue violet, buttercup, and camas paint them in dazzling colors.

Roundtrip	2.75 miles
Elevation Gain	10 ft
Highest Point	225 ft
User info	Dogs not allowed

Directions: From Olympia take I-5 south to exit 95. Follow Maytown Road west for 3 miles to Littlerock. At a stop sign proceed forward (west) on Littlerock Road, which soon turns left (south). Bear right here onto 128th Avenue (signed for the Capitol State Forest). In 0.7 mile come to a T intersection. Turn right onto Waddell Creek Road and drive 0.8 mile. At a sign announcing "Mima Mounds Natural Area," turn left and reach the trailhead in 0.4 mile. Privy available.



Solve the Puzzle



There are many risk factors for heart disease. Some you cannot control (like your age or family history), but others (like high cholesterol, high blood pressure, or obesity) can be prevented with a sensible diet. Do your heart a favor. Eat a variety of low fat foods, with lots of fruits, vegetables, and whole grains. Now is the perfect

time to evaluate your diet and decide what changes to make. Concentrate on substituting foods that can help fight heart disease. Find these foods in the word search, then think of ways to incorporate them into your meals and snacks this month. Next, try your hand at the Healthy Heart Match Up. Match the high fat foods on the left with healthier choices on the right. Small changes can add up to a lifetime of healthy eating.
By Hollis Bass, MEd, RD

Outdoor Activity of the Month

Mima Mounds

Submitted by Patty Suskin, Diabetes Coordinator
Content provided by Mountaineers Books



Hike through a landscape that almost appears lunar (except for the vegetation of course). Weave in and out and even over a few of the hundreds of 4- to 6-foot mounds scattered

across this Thurston County prairie. How did they get here? Who or what made them? You'll most certainly be pondering these thoughts while hiking through this geologically intriguing landscape.

Most visitors to this National Natural Landmark just visit the observation deck and maybe walk the 0.5-mile paved nature loop. But to really appreciate the mysterious nature of the Mima Mounds, take to the trail that loops around this 445-acre preserve. By all means head for the observation deck first to get a look at this bizarre arrangement of "earthen hay bales." Scientists continue to debate the

Healthy Heart Match Up

Low Fiber and/or High Fat Choices

1. Iced chocolate cake _____
2. Cream of wheat cereal _____
3. Cornflakes _____
4. White bread _____
5. Cream soup _____
6. Whole milk _____
7. Scrambled eggs _____
8. Hamburger (fast food) _____
9. Vegetable oil _____
10. Fried fish _____
11. Breakfast pastry _____
12. French fries _____
13. Candy bar _____
14. Fettucine Alfredo _____
15. Stick margarine _____
16. Cheddar cheese _____
17. Sausage links _____
18. Mayonnaise _____
19. Ice cream _____
20. Fried cheese sticks _____

Better Choices

- a. Liquid or spray margarine
- b. Baked potato
- c. Apple or orange slices
- d. Olive oil
- e. Scrambled egg whites or egg substitute
- f. Raw veggies with lowfat dip
- g. Angel food cake
- h. Low sodium bean soup
- i. Oatmeal
- j. Pasta with vegetables and marinara sauce
- k. Baked or grilled fish
- l. Grilled chicken sandwich (fast food)
- m. Sherbet
- n. English muffin with jam
- o. Shredded wheat
- p. Low fat cheddar cheese
- q. Canadian bacon
- r. Mustard
- s. 100% Whole wheat bread
- t. Skim milk

Heart Healthy Ingredient Word Search

BEANS
BERRIES
BROCCOLI
FISH
GARLIC
NUTS
OATS
OLIVE OIL
ORANGES
RED GRAPES
SOY
WHOLE GRAINS

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

Answers: 1. g, 2. i, 3. o, 4. s, 5. h, 6. r, 7. e, 8. l, 9. d, 10. k, 11. n, 12. h, 13. c, 14. i, 15. a, 16. p, 17. q, 18. r, 19. m, 20. f



Got Diabetes or Know Someone with Diabetes? Want to Live a Long, Healthy Life? We are Here to Help... Read on...

Submitted by Patty Suskin, Diabetes Coordinator

Staff at the Squaxin Island Health Center are committed to providing the best care for people with diabetes. We follow the Indian Health Services (IHS) "Standards of Care" for tribal members. The "Standards of Care" are a set of guidelines to provide the highest quality care possible to help insure a long, healthy life for those with diabetes.

Not at your target for best diabetic management? See us every three months, until you are at goal with the IHS Standards of Care.

Imagine that when you are at the clinic for your regular diabetes care appointment, your health care provider says it is time for your yearly check-up. He or she asks you to schedule a longer appointment or "diabetes physical" so you can get several things done to meet "standards of care" and stay healthy with diabetes.

1. What does the health care provider mean by "standards of care"? Why is it important for you to "meet them"?

Standards of care are guidelines that diabetes experts agree can prevent/delay diabetes complications and/or find diabetes complications early so treatment can be started right away. They include suggested medications, tests, immunizations and exams. It is important to get them done or "meet the standards" to give yourself the best chance to stay healthy with diabetes. Most of the long-term problems of diabetes can be treated better if they are found early. Regular examinations are needed, especially of the eyes, kidneys, feet, and heart to check for problems.

2. What are some of the tests/exams/immunizations you might need at your next visit if you have not had them done in the past year?

a. The tests needed every year include:

- Urine test to check for protein (to see how kidneys are working)
- Blood test to check cholesterol level (lipid profile) and kidney function (creatinine), liver health, and more.

b. The examinations needed every year include:

- Routine physical
- Eye exam
- Dental exam
- Diabetes Education with Patty (Nutrition, Activity)
- Foot exam to check feeling in the feet
- Depression screening

c. Immunizations needed include:

- Flu vaccine every year
- Pneumonia vaccine at least once
- Tetanus every 10 years
- TB skin test once after diagnosis of diabetes

d. Other tests:

- EKG (to check heart function) at diagnosis then every 1- 5 years depending on your situation

3. How can you remember to have your tests/exams/immunizations every year?

Here are some ideas to keep up to date on your tests/exams/immunizations:

- Schedule your yearly tests and exams on the same month each year (maybe your birth month?)
- Ask your health care provider at every visit if you are up-to-date with your test/exams/immunizations
- Patty may call & remind you about your appointments needed. Let her know if you would like her to check for you or if you prefer no reminders. (360) 432-3929

We will also keep you updated with the newest research in diabetes care. You may find that more medications are needed to insure you will stay healthy. Research is being done all of the time, and things change quickly. We are committed to make sure you know what we know to keep you healthy.



Need Food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub & identification

Monday, MAY 10th, 9 a.m. to 4 p.m.

Contact Debbie Gardipee-Reyes:
462-3227

Dates subject to change

COMMODITIES AT SPIPA
**Monday, May 3rd & June 7th
10 a.m. to noon**

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

Dates subject to change

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



**DSHS State Financial Worker
(Terri Butler)
in the Clinic**

**Tuesday & Friday
8:30 am to 4:30 pm**

**No need to go downtown to
see if you qualify.**

**Call Kathy Hatch
for more information**

(360) 427-9006



Upcoming Health Events

Mammograms and Women's Health Exams

Friday, May 21st
at the clinic

Contact Melissa Grant @432-3926

Brief Community Walk

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

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

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.

Community Health Walk

Thursday, May 13th
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.
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
The tribe with the most walkers each
month wins the walking stick.
We won it in October ...
can we get it back in May?

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929



You Want Me To Do What?

By: Cheryl Mahlberg, M.A.
Colon Health Program
Patient Navigator
Squaxin Island Tribe

When it comes to having a test to screen for colorectal cancer, the first thing that comes to mind is how unpleasant the test can be. That was the case in past years but things have changed. The testing for colon cancer has never been easier. Everyone between the ages of 50 and older is encouraged to be tested for colorectal cancer. All it takes is a visit to the health clinic to arrange the testing. So why should you take the time to be tested? The number one reason to have this test is that colorectal cancer is a preventable and treatable form of cancer. Colorectal cancer has a five-year survival rate of 90% when diagnosed early. You may be at increased risk for colorectal cancer if you or a close relative have had colorectal polyps or colorectal cancer. Some people are at increased risk because they have inflammatory bowel disease, a personal or family history of colorectal polyps or colorectal cancer, or genetic syndromes like familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (also known as Lynch syndrome).

That is where the Fecal Immunochemical Test or FIT comes in. This test detects microscopic blood in the stool. It is an easy test to complete in the privacy of your own home. No special diet restrictions are required as in previous tests and more importantly, it is a one time test. Gone is the test that required "paddles" as one person stated and three separate samples.

The FIT is so easy to use, people have been able to obtain the test and return it the same day. Once you receive the test, you take it home and get your sample. The container for the sample has a built in grooved probe. You take that probe and scrape the surface of the fecal sample. Once the probe is covered with the sample, return it to the container. That's it! When you are given the test kit, you receive a postage paid return envelope. Drop the sample in the mail or return it to the clinic. There is a special gift for those who return their tests. No dietary changes, no more doing three separate samples. It's a fast and easy one time test.

Although the testing is easy and convenient, many are still hesitant to have the testing done. One reason can be fear of the outcome. Another reason is discussing anything to do with your colon. Not many people are comfortable talking about issues related to their colon. Lastly, we are all busy and finding the time these days is difficult. That is why there is a Patient Navigator in the clinic to help you with these issues. Contact Cheryl at 360-432-3933 or 360-427-9006. She is there to give you the FIT and assist you with any questions or concerns you might have regarding colorectal cancer. Cheryl will also assist you if you need further evaluation by setting up appointments and filling out any necessary forms.

Now that it's so easy to take this test, contact the clinic and get your FIT arranged. Do it for your family and do it for yourself!

Diabetes Support & Education

Everyone is welcome—
those with Diabetes or not.

Come for a few minutes or the whole time

Monday, May 17th, 2010
Right after Elder's Lunch
at Elder's building

12:45 to 2:00 pm

Optional walk at end

You can take charge of your diabetes
and live a long, healthy life

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360) 432-3929



COMMUNITY



Happy Birthday

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

What's Happening

						1 General Body Meeting Events Center
2	3	4	5 Family Court	6 Council Mtg. AA Meeting 7:30	7	8
9	10	11 Criminal/Civil Court	12	13 AA Meeting 7:30	14 Tribal Center Closed NA Day	15
16	17	18	19	20 Council Mtg. AA Meeting 7:30	21	22
23/30	24/31 Tribal Center Closed (31st) Memorial Day	25 Criminal/Civil Court	26	27 AA Meeting 7:30	28	29



Shaker Prayers and Services

Rose and Mike Davis are available for Shaker prayers and services
Please call 877-0820

Squaxin Bible Study

Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey



COMMUNITY



**Happy Belated 3rd Birthday Johnathan,
Love Dad, Mom,
Tj and the Rest of the Family!**

**Happy Belated 6th Birthday Tj
Love Dad, Mom,
Johnathan and the Rest of the Family!**

**Happy Birthday Marlene Henry
Love Samson Castellane**

Congratulations Mr. & Mrs. Jason Koenig



Married March 19, 2010.

They got to honeymoon in Palm Springs CA where the temperature was 79 degrees!

**Here is a Moment I will Never Forget . . .
Meeting Joan Jett . . . Here at the Creek!!!**



**I love Rock in Roll
- Tammy**

Photographers

To the People of the Squaxin Tribe,

Please allow us to introduce ourselves. We are Tony and Larry, and we are portrait photographers. We specialize in portraits of families, children, and babies (please, no younger than two months old). We also cover graduations and special events.

Our introductory special is:

A free 8" x 10" portrait of any family member (or members) with no sitting fee or hidden charges.



We photograph in color, black and white, or the classic brown-tone.

You will have a large amount of poses to choose from. The other poses will be available for purchase, if you would like.

Thanks for taking the time to read this letter, and we hope to see you soon.

Please contact Colleen Woodard to arrange an appointment.



**Happy Belated Birthday
Stephen Henry! - March 31st**

United Way Day of Caring 2010

United Way of Mason County has organized a Day of Caring on June 22, 2010.

Day of Caring is a countywide call to action, where community volunteers will have the opportunity to work on projects that advance the common good.

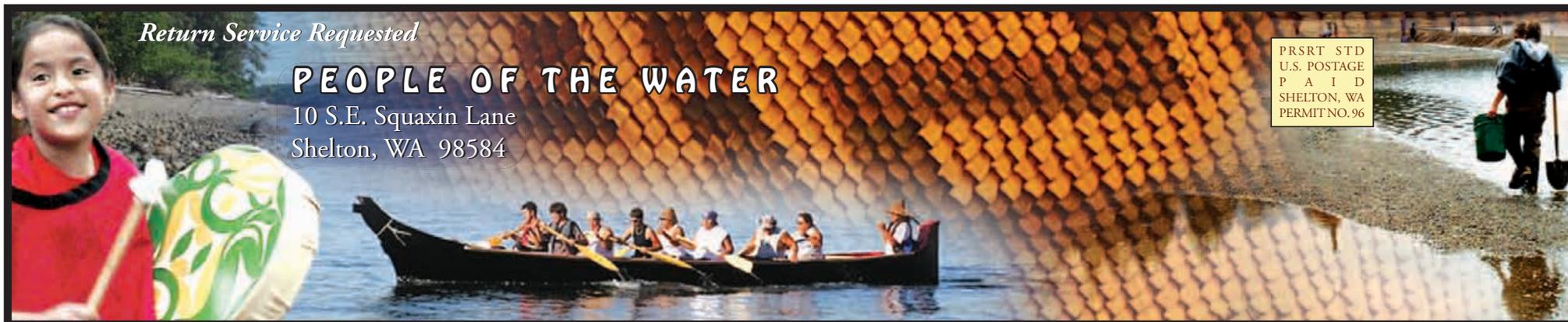
Many of our local health and human service agencies are experiencing increased demand and, at the same time, decreased funding. Our Day of Caring projects will help these agencies weather the economic storm so they can continue to provide vital services to those in need.

Businesses, organizations and services clubs throughout Mason County are encouraged to offer their support by providing the volunteers necessary to complete the projects identified by our agencies.

Please consider supporting this event through a sponsorship pledge of \$300-\$500 in exchange for brand promotion and community good-will. Community members may also consider giving a day of service or leading a project.

Please join with the United Way of Mason County to make this event successful! You may contact Jeannie Gruber at United Way at 360-426-4999 or uway3@hctc.com. Thanks for your support!

Vickie Gonzales
Human Resource Specialist
521 West Railroad Ave.
Shelton, WA 98584
360.426.1601 ext. 3142 (direct)
360.426.2380 (fax)
www.pcfcu.org



GRuB Volunteers Needed

We're looking for two volunteers for each build. The builds usually last 3-4 hours. If you know of anybody that might be interested in helping out, can you please have them call us at GRuB - 753-5522 or you can just schedule them on the spot and just let us know who they are, what date and time they want to volunteer, and their phone number so we can do reminder calls. If you have any questions please give us a call.

Over \$20,000 in cash and prizes will go!

BINGO
AT THE CREEK

Win big at our monthly bingo sessions!

Friday, May 14th at 6:30pm
 Saturday, May 15th
 at 2:30pm & 6:30pm

Early Bird Specials Friday & Saturday 6:30pm sessions
Hotel Stay \$69*

LITTLE CREEK
CASINO • RESORT
www.little-creek.com • 360-427-7711

Minutes North of Olympia on Hwy 101

*Valid for Bingo participants, must show Players Club Membership. Restrictions may apply.
 Must be 18 to play. Located in our Skookum Creek Event Center.

GRAMMY AWARD WINNER **PETER FRAMPTON**

FRIDAY, MAY 21ST AT 8PM
Tickets on sale now! \$65/\$60/\$50

For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300

LITTLE CREEK
CASINO • RESORT

Must be 21 and over. For skyboxes call 360-432-7107