

## Congratulations newly elected Tribal Council members



**Tribal Chairman  
David Lopeman  
Retained his position**



**Ray Peters  
Council Member #1  
Formerly held by  
Misti Saenz-Garcia**



**Jim Peters  
Council Member #2  
Formerly held by  
Marcella Castro**

## Tourism Director Leslie Johnson recipient of tourism award

The Olympia-Lacey-Tumwater Visitor and Convention Bureau capped a year of transition, announcing several goals and awards as part of its annual meeting.

This year's gathering was held at the Washington Center for the Performing Arts with award winners and speakers taking the stage during the meeting, while about 140 people sat in the lower level of the center.

Bureau Board President Steve Garrett said the transition involved hiring a new executive director and moving offices to the visitor information center on the Capital Campus. The new executive director, George Sharp, previously with the state Department of Commerce, was hired late last year after the bureau's former leader,

*Continued on Page 2*

We are pleased to announce the winners of the 2012 Tribal Canoe Journey Logo Contest:



Grand Prize \$3,000  
Jeremiah George

1st Runner Up \$1,500  
Malynn Foster

2nd Runner Up \$500  
Malynn Foster



**g'əd'adad - Teachings of Our Ancestors**



**ATTENTION ALL  
STUDENTS**

**Graduating in 2011**

Do you know someone who is graduating high school, has received their GED, has completed their AA or BA degree, Master's degree, or has received their certificate for vocational or technical college program? 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 Fourteenth Annual Sgwi-gwi Celebration.

*14TH Annual Sgwi-gwi Celebration  
Friday June 17, 2011*



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
PETE KRUGER: Secretary  
ANDY WHITENER: Treasurer  
RAY PETERS: 1st Council Member  
JIM PETERS: 2nd Council Member  
CHARLENE KRISE: 3rd Council Member

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

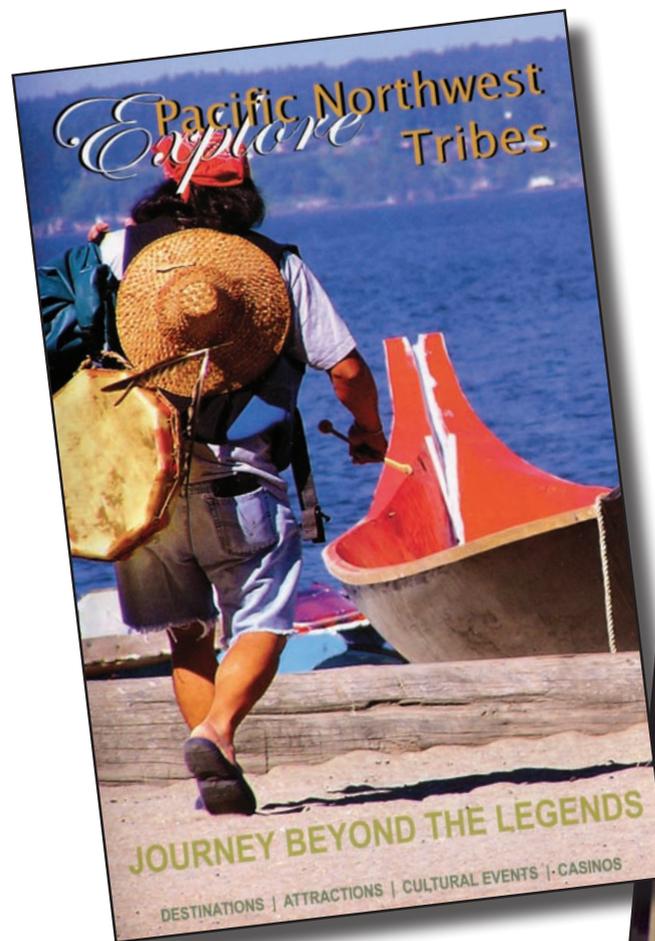
## The Olympian<sup>theolympian.com</sup>

### Tourism

#### Continued from Page 1

The visitors bureau handed out several awards to individuals and organization, including:

- **Tourism advocate of the year:**  
Leslie Johnson, Squaxin Island Tribe tourism development
- **Bureau partner of the year:**  
Lucky Eagle Casino.
- **Thurston County Thumbs Up Spirit awards:**  
Jerry Farmer of 94.5 FM KRXY and  
Teri Thorning, ex. director of Olympic Flight Museum.
- **Volunteer of the year:**  
Dave Kirk.
- **Lifetime achievement award:**  
Tom Iovanne, retiring director of the Washington Center for the Performing Arts.



This booklet, a coordinated effort of Pacific NorthWest Tribes, will be distributed throughout Washington State, including ferry systems this summer!!! Squaxin Island Tribe is a member of NWTT.





## Thanks from Misti Saenz-Garcia

I wanted to thank you all for the honor to have served our tribe during my Tribal Council term. It is so hard to say all I would have liked to have covered in a three minute speech while accepting the nomination. I have, and always will be, an advocate for our people and our tribe. I have, and always will be, an advocate for our people and our tribe.

I also appreciate all those who made the sacrifice of being a public servant. To always be available to listen, assist, and help move issues that may or may not be difficult and face it. Tribal government, its entities and their staff who are dedicated to their positions know that it is never ending. Being dedicated to issues is never ending. That is why I made my simple statement about actions speak louder than words.

Tribal Council isn't one person alone; it is a family of seven members. Seven members to serve our tribe. Please don't think it is your family versus this family or that family; it is as a whole. We go to the people. Learn from them. Live with them. Start with what they know. Build with what they have. The best of leaders when the job is done, when the task is accomplished, are the people who will say we have done it ourselves. Lao Tzu. I spent my lifetime, thus far, being of service to our people. I've been married for 19 years with four (often more) great children. I've been a fosterparent for 18 years and a soccer mom for many years. I was actively involved in our tribal programs having served on many committee commissions for 15-18 years prior to being elected to Tribal Council. I worked in our tribal government for 18 years in many different capacities, as well as SPIPA. I believe in equality/balance of input from both men and women. Everyone is entitled to their opinions, just to be heard, and know your input is valuable or taken into consideration. Empower yourself to always "ask" the questions, the only silly thing is not to.

I had three fearless ladies who showed me the path to being of service growing up in the tribe. Those ladies are my mother, Susan Henry, Evie Allen, and Lorna Gouin. Being a woman leader in Indian country, I always thought of these ladies here at home, all very different, but yet one common denominator, serving. I learned through watching them all my life. Saw how they fought the fight, and I owe them for part of who I am today.

Debating is very healthy, standing up and speaking from the heart for now and seven generations to come. Women and men have different brains for a reason, and we need to keep that equality at the table to have balanced opinions. Oh, and of course, I cannot forget my Gramma, Theresa, and my father, Larry McFarlane, who also have been an inspiration in creating who I am today.

I hope you appreciate all your Tribal Council members and the sacrifice they make to be your servants. For all their time, efforts, dedication, long hours away from their children and spouses, away from being present at orthodontic, dental, pediatric, gp, school plays, sports, church events, sleep overs.....etc.....so that Tribal Council is at a meeting for our people, our tribe, at an ill one's bedside in the hospital etc....My hands go up to all of you and all previous servants. Council is a 24-7 position you are always covering every day issues in all aspects of our tribe.

I always say its like being on front page of the Inquirer for some ill mannered folks to create rumors lies etc, never taking into account all you have truly done. Remember these simple things: "He who gossips habitually; he lacks the common wisdom to keep still that deadly enemy of man, his own tongue."

In closing, I just really want to say thank you for the time I did serve you. It truly was an honor. I got lots a grey hairs in my head that I'm not to happy about. LOL. But all in all, I just feel I dont like talking about myself, especially considering most of you know this all about me, however I feel I had to put something together.

Congratulations to Ray Peters on his election.

--  
Misti D. Saenz-Garcia  
msg@squaxin.us  
(360)426-9781 phone  
(360)426-3971 fax



The Squaxin Island Tribe grants Brooks Farrell as Honorary Membership in recognition of valuable contributions.

here is the portion from the Enrollment Code that speaks on Honorary Membership

H. A person who is recognized as an honorary member in recognition of his or her achievement or service, without the usual prerequisites or obligations. An "Honorary Member" shall receive no privileges, benefits or rights that accompany Tribal membership. Honorary Membership is unique and shall not be routinely granted. The proposal for honorary membership shall be presented by the Enrollment Officer at a regular or special Tribal Council meeting. The Tribal Council has discretion whether to act upon such a request. If the Tribal Council chooses to act, it shall do so by resolution that sends the matter to the General Body for a vote, with or without a recommendation.

***This work was done by Squaxin's own Andrea Sigo!!!***

## CHIEF SEATTLE'S GRAVE DEDICATION INVITE

**Date: Saturday, June 4, 2011**  
**Time: 10:30 AM**  
**Place: Chief Seattle's Grave**  
 910 South Street  
 Suquamish WA 98392

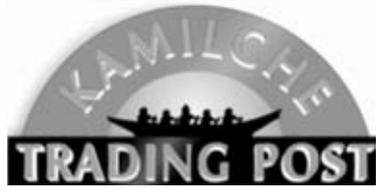
To honor the 155th anniversary of Chief Seattle's crossing over the Suquamish Tribe invites you to join us for a dedication ceremony of our new monument

Hosted by Suquamish Tribal Council & Suquamish Foundation  
 Information: Tina Jackson, Cultural Activities Coordinator  
 Phone: 360-394-8455 Email: tjackson@suquamish.nsn.us

**AGENDA**

Chief Seattle Gravesite Blessing  
 Opening Song  
 Suquamish Elder(s) Remarks  
 Chairman's Remarks  
 Recognition of Project Team  
 Recognition of Donors  
 Closing  
 Lunch in Downtown Suquamish @  
 7235 NE Parkway  
 Suquamish WA 98392





By Olena Cooper

Hello Squaxin Island community!

We hope you all enjoyed KTP #1 customer appreciation day. If it wasn't for you all, we wouldn't be where we are today. So, once again, thank you all so much!

Well summer has begun! School is going to be out, lots of sun and water, so keep an eye open for weekly specials and events! On June 6th the Squaxin Island museum will be having a golf tournament and KTP will be a sponsor. The Landing will be having their Customer Appreciation Day on June 24th, so stop by and show your support.

Coming soon it will be fireworks season! KTP will be having a drawing of donated fireworks from participating tribal firework stands. So stop in at KTP or any of the participating fireworks stands for details.

**A little update on KTP Express:** As you have seen, it got a remodel with a newer, sleeker look. Now it's offering both ethanol and non-ethanol gas for your fueling convenience.

Kamilche Trading Post, The Landing and Little Creek Casino Resort are proud sponsors of a very talented basketball team called Olympia Reign (kings of the court). Please stop in and grab a home game schedule. We hope you can go show them your support.

So with all those fun filled events, we hope you all have a wonderful start to your summer! Keep an eye out for more specials and events. Don't forget KTP has a Facebook page! We do updates and postings of upcoming events.



## Business Spotlight

By Stephanie Gott

Have you ever had one of "those days"? I must admit that when I sat down to interview this month's entrepreneur, I was knee-deep, right in the middle, with no light at the end of my tunnel type of days. I swear by the fact that I will never buy silly putty again..... EVER! Let's just leave it at that. Moving on..... In walks Dillon Decicio, A.K.A: "Freelance Techie." I'm not exaggerating when I say that within 2-3 minutes of beginning our interview, I'm laughing so hard that my tummy hurts. I was completely impressed by the fact that he somehow, in the midst of his blunt-say it like it is personality, he managed to turn my day right around.

Dillon is under contract with Island Enterprises, Inc. He is the one I call whenever I need assistance with computer or technical issues. If I used speed dial, he would be on that list. Instead, I have his cell phone number tattooed on my brain. He is prompt and knowledgeable and he's a freelance technician. So if you are in need of a computer savvy guy, you should check out his web site: [www.freelancetechie.com](http://www.freelancetechie.com).

We sat down for a Q & A last week. And here is what Dillon had to say:

SG: So when did you decide that computer networking was the career path for you?

Dillon: August 2010

SG: What?! Really?

Dillon: Yes (at this point he goes into this explanation that had me rolling on the floor laughing). (I wish I could share...as it is truly funny to listen to, only I know that I couldn't give the story justice and besides he wanted me to omit that part!)

**SG's note:** Dillon was a running start student at South Puget Sound Community College. He is certified in the following:

- Computer Networking
- CompTIA Certified
- A+ Certified
- Network+ Certified
- Security+ Certified

*His work is also insured.*

SG: What are some of the Pro's & Con's of the type of work you do?

Dillon:

Pros:

I get to design networks, I work with awesome people and for awesome causes, I get to learn new things and face new challenges and of course I get to work with computers.

Cons:

Problems relating to Micro Licensing and holds on start up disks, funny (strange) hours...

<p>SKOOKUM CREEK TOBACCO</p> <p>FACTORY OUTLET STORE</p> <p>JUNE "Sizzling Summer" SALE</p> <p>Buy one carton <u>ANY BRAND</u> of MENTHOL CIGARETTES</p> <p>Get a 2<sup>nd</sup> carton <u>ANY BRAND</u> of MENTHOL CIGARETTES <b>HALF PRICE</b></p> <p>*You will still receive your "Tribal Member" discount on the first carton. Offer good June 1 - June 30 *Limit one coupon per customer per day</p>	<p>SKOOKUM CREEK TOBACCO</p> <p>FACTORY OUTLET STORE</p> <p>JUNE "Sizzling Summer" SALE</p> <p>Buy one carton <u>ANY BRAND</u> of CIGARETTES (No Menthol)</p> <p><b>Get \$10.00 OFF</b> 2<sup>nd</sup> Carton of your choice. (No Menthol)</p> <p>*You will still receive your "Tribal Member" discount on the first carton. Offer good June 1 - June 30 *Limit one coupon per customer per day</p>
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SG: (Can you believe he had to get up at 6 AM once?) Being self employed means you have to take charge of your own paperwork (balance sheets, profit/loss, etc), there are no “employee benefits,” and you have to do your own taxes.

SG: Where would you like to be 5 years from now?

Dillon: I’m taking a computer programming and a data base management class at SPSCC right now. I would like to eventually have my own web hosting and email hosting capabilities...ISP!

SG: How about 10 years?

Dillon: I would like to build up my own service provider company. I would like to be at the same level to compete with Hood Canal Communications. I would most likely target the McCleary area first as they seem to be the most in need of internet providers in this area.

SG: Would you remain local?

Dillon: Squaxin will be the “home base” for my business.

SG: Do you see yourself in need of hiring employees in the future?

Dillon: Eventually with additional contract work, there is the potential for needing employees. Of course preference goes to Squaxin tribal members.

*SG’s note: Don’t you just love to hear that?*

SG: Are you available right now should someone need assistance in the areas you specialize in?

Dillon: Depending on the type of assistance that is needed, yes. I would like to primarily service our community.



SG: What is the rate you charge?

Dillon: \$35.00/Hr.

Well I know from personal experiences of requiring technical assistance that the amount you charge gives you a competitive edge. It will be fun watching you grow your business. I wish you the best success in your business endeavors.

*“Freelance Techie” hard at work in your business endeavors*



## Barista Spotlight

By Brittany Bitar

Kamilche Café & Espresso has an amazing team of baristas. This month’s spotlight is on our newest addition, Jayme Behling. Jayme might already look familiar to you. In addition to working at the café, Jayme also works at the Squaxin Island Child Development Center. The most important job in her life, however, is being a mother to her one-and-a-half-year-old son Tucker. Jayme is excited to be planning her wedding, which will be held this September. Her parents are David and Rebecca Elam. She is currently attending South Puget Sound Community College and will be continuing her education at St. Martins University a year from now. Jayme hasn’t decided her major yet, because she is interested in pursuing several different career paths.

Jayme has brought her many years of food service expertise to Kamilche Café & Espresso. She has quickly become our food connoisseur. With her past work experience at Taco Del Mar and Gina’s Organics, Jayme has been invaluable during the launch of the café’s lunch menu. When asked how she was enjoying her new job Jayme replied, “I am thrilled to be working in this kind of atmosphere. I really enjoy talking to customers, and I hope to gain more experience here.”

Not only is she our resident foodie, but Jayme also has years of experience as a barista. She has completed professional barista training at Batdorf & Bronson and has worked at Chamber Way Espresso and Avenue Espresso. Come in soon and order a latte from Jayme or let her make you a delicious chicken, pesto and provolone signature sandwich!





## Outpatient Program Earns CARF Accreditation

The Squaxin Island Tribe's Behavioral Health Outpatient program, a program administered by Northwest Indian Treatment Center, is now accredited by the international behavioral health accrediting organization known as CARF. This accreditation affirms the excellence of NWITC Outpatient program services through its credentials, performance and responsiveness to the community!

### THE OUTPATIENT PROGRAM IS NOW ACCREDITED IN:

Mental Health: adults, children & adolescents

Chemical Dependency: adults, children & adolescents

Integrated AOD/Mental Health: adults, children & adolescents



L\_R:

Linda Barker, *Chemical Dependency Counselor*

Giita Clark, *Mental Health Counselor*

George Grant, *CARF Surveyor*

Christine Semanko, *Chemical Dependency Counselor*

Greg Twiddy, *Clinical Supervisor, Mental Health Counselor*

Jessica Dolge, *Office Assistant*

## Congratulations Shiloh!!!

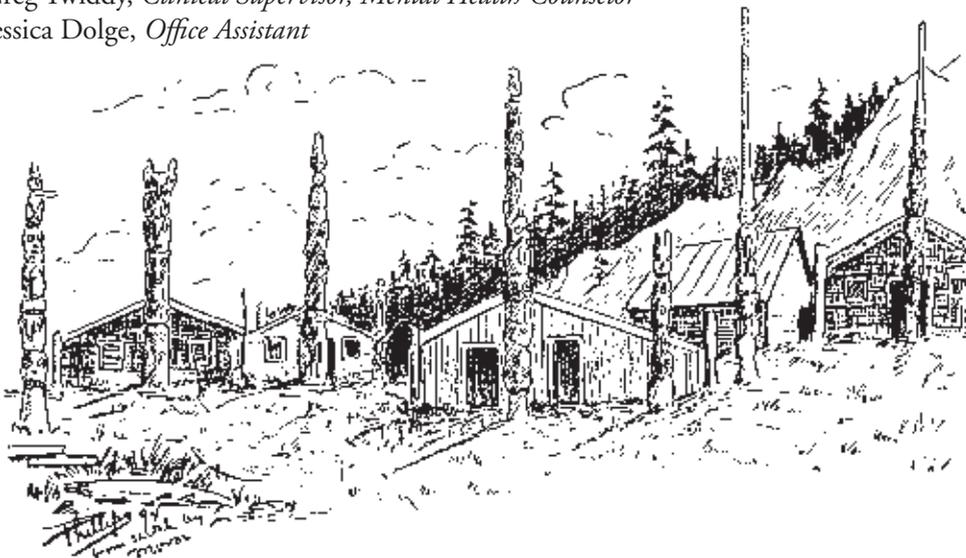
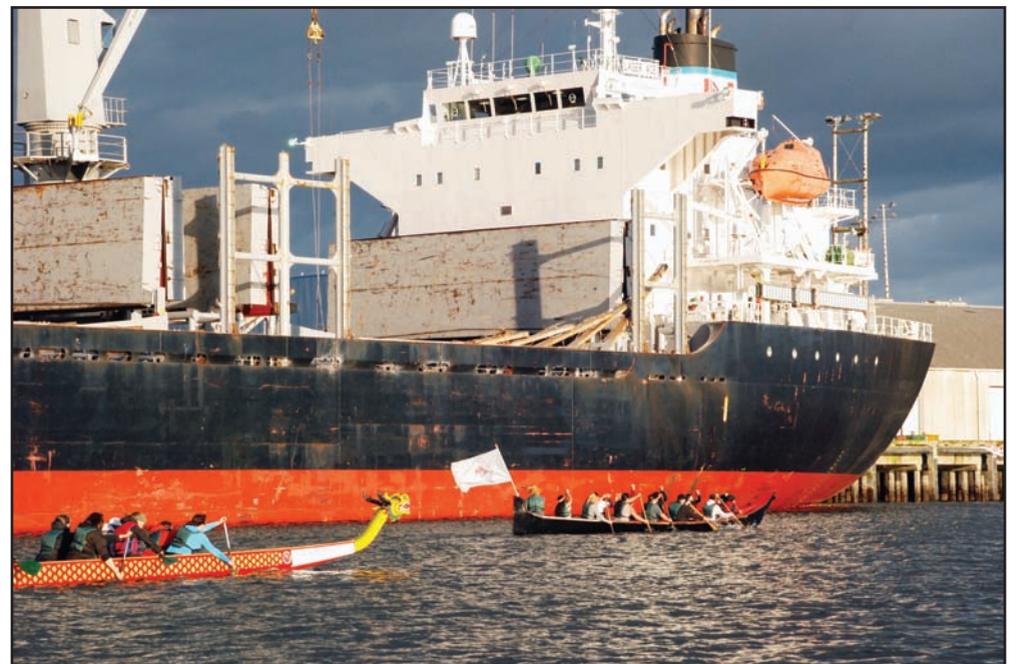
For completing your Bachelors Degree and being accepted into the Masters program at the University of Washington!

We are so proud of you!!!

Love, Dad & Jaimie

## Congratulations Squaxin Island Canoe Family!!!

The Squaxin Island Tribe Canoe Family led a flotilla of dragon boats into Budd Inlets' Port Plaza in Olympia on April 30, 2011 during the kick-off to the 2011 Saint Martin's University Dragon Boat Festival. This annual celebration, inaugurated in 2006, drew approximately 4,000 spectators. Saint Martin's University hosted the event with the cooperation of the Washington Dragon Boat Association. Squaxin Island Canoe Family took third place in their division even though it was their first time paddling in a dragon boat!!!



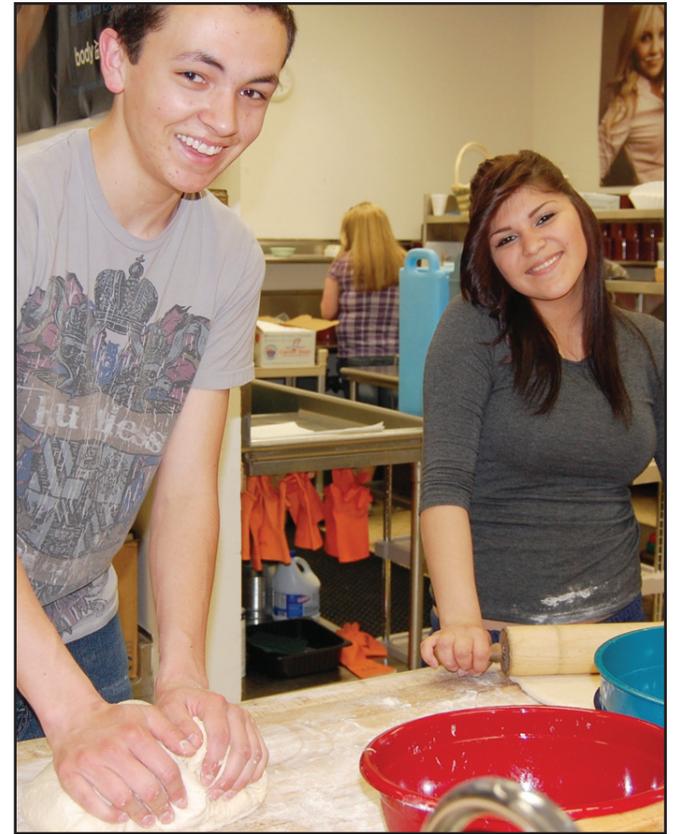


## Indian Education Awards Banquet

Friday, May 13th the Shelton School District's Native Education Department hosted the annual Indian Education Banquet, attended by over 200 students, families, friends, teachers and others who support our youth in their educational endeavors. Students received numerous awards for Academics, Athletics, Attendance, and much more. Too many youth received awards and recognition to list them all. The attendees enjoyed fry bread, prepared by Trivian Nault and a team of volunteers, and Salmon donated by Andy Whitener and the Squaxin Island Natural Resources, prepared by Cooney Johns. Graduates donned button blankets that had been gifted to them by their families and proudly danced through the room while the Squaxin Island Canoe Family drummed and sang. It was a beautiful event enjoyed by all who attended.

*Thank You" on behalf of the Indian Education Program staff. The banquet was a success due to the support of the Squaxin Tribe, the Cowlitz Tribe and many community members, both tribal and within the area; and we would like to say thank you.*

- Shelton Indian Education Program staff





# TU HA' BUTS LEARNING CENTER



## Sgwi' Gwi

The 14th Annual Sgwi-gwi will be held on Friday June 17, 2011 at 5:00pm and will be held at the Little Creek Casino Resort Events Center. Please contact TLC and let us know if you or someone you know will be graduating from High School, receiving a GED certificate, vocational technical certificate, obtaining an Associates, Bachelors, or Masters degree. Contact TLC if your student had 95% or better attendance for the school year or you would like to add someone to the program who was not listed last year. Please respond by email to levans@squaxin.us.

WE HOPE TO SEE YOU ALL THERE!

## Sylvan Corner

These students have achieved perfect attendance for the month of May: Tiana Henry, Talon Beattie, Keirah Lincoln-Sigo, Shawn Lincoln-Sigo, Billie Marie Lopeman-Johns, Jordan Lopeman-Johns, Fern Rodriguez, Laura Snyder, and Emily Whitener.

These students only missed perfect attendance by one session: Casey Badillo-Brown, Grace Brown, Alex Brown-Garcia, Kayden Palmas, Lynzy Petty, Jackson Cruz, Malia Henry, Jenica Nerney, and Christian Rodriguez.

KEEP UP THE EXCELLENT WORK GUYS!

June

## Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm Front Desk: 432-3958

YOUTH Gym/Recreation hours: M-F: 3-7pm

All activities are drug, alcohol and tobacco free.

Co-sponsored by DASA

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Open Swim 3-6 Open Gym 3-5:30 Rec Room 3-7 Youth Council 5:30 Cheerleading 5:30-7	<b>2</b> Open Gym 3-5:30 Rec Room 3-7 WSU Nutrition 4-5:30 Field Sports 5:30-6:30 (depends on weather)	<b>3</b> Open Gym 3-7 Rec Room 3-7 Crafts 5-6 Open Swim 5-8
<b>6</b> Open Swim 3-6 Open Gym 3-7 Rec Room 3-7 Native Stars 4:30-5:30	<b>7</b> Open Gym 3-7 Rec Room 3-7 Basketball Skills 5-6	<b>8</b> Open Swim 3-6 Open Gym 3-5:30 Rec Room 3-7 Youth Council 5:30 Cheerleading 5:30-7	<b>9</b> Open Gym 3-5:30 Rec Room 3-7 WSU Nutrition 4-5:30 Field Sports 5:30-6:30 (depends on weather)	<b>10 ER SSD</b> Open Gym 2-7 Rec Room 2-7 Crafts 5-6 Open Swim 5-8
<b>13</b> Open Swim 3-6 Open Gym 3-7 Rec Room 3-7 Native Stars 4:30-5:30	<b>14</b> Open Gym 3-7 Rec Room 3-7 Basketball Skills 5-6	<b>15</b> Open Swim 3-6 Open Gym 3-5:30 Rec Room 3-7 Youth Council 5:30 Cheerleading 5:30-7	<b>16</b> Open Gym 3-5:30 Rec Room 3-7 WSU Nutrition 4-5:30 Field Sports 5:30-6:30 (depends on weather)	<b>17</b> Activities Closed for the <b>14<sup>th</sup> Annual Sgwi' Gwi Celebration</b> Starts at 5pm
<b>20</b> Open Swim 3-6 Open Gym 3-7 Rec Room 3-7 Native Stars 4:30-5:30	<b>21</b> Open Gym 3-7 Rec Room 3-7 Basketball Skills 5-6	<b>22</b> Open Swim 3-6 Open Gym 3-5:30 Rec Room 3-7 Youth Council 5:30 Cheerleading 5:30-7	<b>23</b> Open Gym 3-5:30 Rec Room 3-7 WSU Nutrition 4-5:30 Field Sports 5:30-6:30 (depends on weather)	<b>24</b> Open Gym 3-7 Rec Room 3-7 Crafts 5-6 Open Swim 5-8
<b>27</b> Open Swim 3-6 Open Gym 3-7 Rec Room 3-7 Native Stars 4:30-5:30	<b>28</b> Open Gym 3-7 Rec Room 3-7 Basketball Skills 5-6	<b>29</b> Open Swim 3-6 Open Gym 3-5:30 Rec Room 3-7 Youth Council 5:30 Cheerleading 5:30-7	<b>30</b> Open Gym 3-5:30 Rec Room 3-7 WSU Nutrition 4-5:30 Field Sports 5:30-6:30 (depends on weather)	<b>REMINDER</b>  Tutors are available everyday afterschool, 3:30-5:00pm.  Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom
<b>After school snacks:</b> <b>Computer Lab:</b> <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>	M-F 4-5pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	<b>Key</b> ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		



## Summer Recreation

This year's Summer Rec. program will run from July 6, 2011 to August 12, 2011 Monday through Friday 8:30am to 3:00pm unless otherwise stated in the calendar. Please be aware that hours may differ on field trip days. The summer program age range is 5 to 12; due to the nature of the program and activities any child(ren) under the age of 5 or over 12 will be required to be picked up by the parent as soon as possible. The TLC building will not open until 8:30am and there will be no supervision until that time. Please DO NOT drop your child(ren) off before 8:30am. TLC will close at 3:00pm daily unless otherwise stated in the calendar; there will be no supervision after 3:00pm. Please pick up your child(ren) no later than 3:00pm. We hope this gives parents/guardians ample time to make arrangements for daily drop off and pick up times during the summer recreation program. Summer Recreation registration packets will be available for pick up the first week of June 2011. We hope to see lots of kids this summer for a jam packed fun filled summer recreation program!

## After School Homework Help

Do you need help with your homework after school or just want to brush up on your skills? Help is available Monday and Friday 4:00 to 5:00pm; Tuesday, Wednesday and Thursday 4:00 to 7:00pm in the TLC classroom.

## Grays Harbor Reservation-Based AA Degree Bridge Program

The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at [levans@squaxin.us](mailto:levans@squaxin.us).



## Who Is It?



For the answer, see Page 19

## Higher Education

If you or someone you know are interested in going to college please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at [levans@squaxin.us](mailto:levans@squaxin.us).

Remember Higher Ed. Students: Summer quarter requires a special request to the Education Commission. Please write a letter to the Education Commission specifying the need to attend summer quarter. Reasons may be that summer quarter is the only time a class is offered, the student may need to make up a class in order to graduate, or the students program may run year round. The deadline for summer requests is Friday May 27, 2011.

NOW is the time to apply for the new school year, Fall 2011/12 quarter. The sooner the better, FAFSA funding and State Need Grants are available on a first come first serve basis.

## Available Scholarships

**National Johnson-O' Malley Association, Chief A.D. Ellis Scholarship:** Must be a member of a federally recognized Tribe, application completed, submitted by 09/30/11, one page typed statement on goals and career choice with emphasis on how the JOM program affection your school achievements and two letters of recommendation. Please see Lisa Evans for scholarship application and more information.

**American Indian Endowed Scholarship:** The Higher Education Coordinating Board (HECB) is now accepting applications for the 2011/12 American Indian Endowed Scholarship (AIES) awards. The application is available at the HECB web site at [www.hecb.wa.gov/paying/waaidprgm/aies.asp](http://www.hecb.wa.gov/paying/waaidprgm/aies.asp). A hard copy must also be printed, signed and mailed to HECB.

**Department of Energy, Bonneville Power Administration:** American Indian students within the Pacific Northwest. This scholarship is available for the 11/12 academic school year and available to applicants attending an accredited college, university, technical school, or graduate school program, and are engaged in a field of study related to careers at the Bonneville Power Administration. For more information and application please visit their website at: [www.bpa.gov/corporate/About\\_BPA/Tribes/index.cfm](http://www.bpa.gov/corporate/About_BPA/Tribes/index.cfm)

**The American Indian College Fund:** For information and application please visit their website at: [www.indian-affairs.org/scholarships/aaia\\_scholarships.htm](http://www.indian-affairs.org/scholarships/aaia_scholarships.htm)

**Indian Health Services Scholarship:** For more information and application please visit their website at: [www.scholarship.ihs.gov](http://www.scholarship.ihs.gov)

**American Indian Services Scholarship:** For more information and application please visit their website at: [www.americanindianservices.org/students](http://www.americanindianservices.org/students).



## Dear Editor,

I would like to thank Lisa, Liz and Juana for all their advise and willingness to help me in the problems I ran into with house financing and the banks. God bless our Housing crew and others who have shown they care. I hope that our people care for them too.

- Sincerely, Kim S. Kenyon

## Did you know we have 800 numbers?

*Tribal Center:* 877-386-3649

*Northwest Indian Treatment Center:* 800-772-5030

*Behavioral Health (Outpatient program):* 877-386-3645



## Whopping big!!!



## Ducks!!!



### Team Registration

Registrations accepted on a first come, first serve basis and must be received by May 27th, 2011. First 128 players paid in full will receive confirmed reservations. Single entries welcome, we will assign you to a team.

Player: \_\_\_\_\_ Handicap or avg: \_\_\_\_\_  
 Business name: \_\_\_\_\_  
 Phone: \_\_\_\_\_ email: \_\_\_\_\_

Player: \_\_\_\_\_ Handicap or avg: \_\_\_\_\_  
 Business name: \_\_\_\_\_  
 Phone: \_\_\_\_\_ email: \_\_\_\_\_

Player: \_\_\_\_\_ Handicap or avg: \_\_\_\_\_  
 Business name: \_\_\_\_\_  
 Phone: \_\_\_\_\_ email: \_\_\_\_\_

Player: \_\_\_\_\_ Handicap or avg: \_\_\_\_\_  
 Business name: \_\_\_\_\_  
 Phone: \_\_\_\_\_ email: \_\_\_\_\_

Contact name: \_\_\_\_\_  
 Phone: \_\_\_\_\_

(Extra dinner guest \$25 per person)  
 Amount enclosed: \$ \_\_\_\_\_ Players X \$200 = \$ \_\_\_\_\_

I'm sorry I can't play this year, please accept my tax deductible donation of \$ \_\_\_\_\_

**Please send registration and check to:**  
 Little Creek Casino Resort  
 Attn: Takara Thale  
 MLRC Golf Tournament  
 91 West State Route 108  
 Shelton, Washington 98584-9270

### The People of the Water

Welcome you to...  
**k<sup>w</sup>ədīg<sup>w</sup>sʔaltx<sup>w</sup>**  
 ...the Home of Our Sacred Belongings

The Squaxin Island Tribe Museum, Library and Research Center (MLRC) is open to the public. The museum tells the story of the People of the Water through a series of exhibits and displays depicting the relationship between Squaxin Island Tribal members and the seven inlets of Southern Puget Sound.

**www.squaxinland.org**  
 Minutes East of Little Creek Casino Resort on Old Olympic Hwy  
 150 SE K'WUH-DEEGS-ALTIX • Shelton, WA 98584

## Squaxin Island Museum

### 10th Annual Golf Tournament

Monday, June 6th, 2011

The Golf Club at Hawks Prairie  
 8383 Vicwood Lane  
 Lacey, Washington  
 800-558-3348

**Contact:**  
 Takara Thale  
 Phone: 360-432-7043  
 Fax: 360-432-7103  
 Email: Takara.Thale@little-creek.com

**LITTLE CREEK CASINO • RESORT**  
**www.little-creek.com**  
 IT'S NOT HOW FAR YOU GO, IT'S HOW FAR YOU GET AWAY

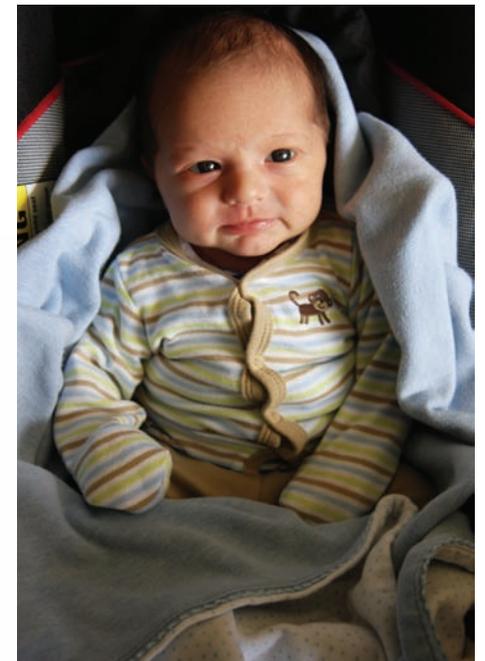


## Tentative schedule Journey to Swinomish



## Welcome to our world

Anthony Del Johns  
Born April 28, 2011 at 2:52 a.m.  
to Del & Dena Johns  
7.11 lbs and 19.5 inches long



**Love from Jen!**

## Squaxin Island Museum 10th Annual Golf Tournament

Tournament proceeds benefit Squaxin Island Museum Library and Research Center

Date: **Monday June 6th, 2011**

Time: **9:00am Shotgun Start**  
(Registration Starts at 7:00am)

Location: **The Golf Club At Hawks Prairie**  
8383 Vicwood Lane Lacey, WA 98516  
800-558-3348



What: **Scramble Format**

Attire: **Collared Shirt (no jeans)**

Price: **\$800 (team)**  
**\$200 (per player)**  
Deadline May 27th, 2011

Includes: **18 holes of golf**  
**Awards Dinner and Auction**  
(at course after round)  
**Range balls**  
**2 drink tickets per player**  
(good for beer or soda, no spirits)  
**Tee Gift**



## Sponsorship Opportunities

- \$5,000 Tournament Sponsor**  
Two foursomes, logo added to tournament logo
- \$3,000 Dinner Sponsor**  
One foursome, logo present at banquet
- \$2,000 Cart Sponsor**  
One foursome, signage on carts
- \$1,500 Driving Range Sponsor**  
One foursome and range signage
- \$1,000 Junior Sponsor**  
One foursome and hole signage
- \$350 Poker Run Hole Sponsor**  
Exclusive hole signage/5 available
- \$250 Hole Sponsor**  
Business name listed on hole signage



## Schedule of Events

### The Golf Club at Hawks Prairie

7:00am: **Registration**

9:00am: **Shotgun Start**

Awards dinner and auction immediately following. Prizes will be awarded at the banquet.

Winners must be present to win.

**Banquet held at The Golf Club at Hawks Prairie.**

## Awards & Prizes

- Hole in One
- Closest to Pin
- Longest Drive
- Poker Run
- Raffles
- Drawings
- Auction



**2012 Advanced Registration**  
Sign up now and guarantee your team's place in next year's tournament!



## Summer Care Tips for You and Your Pets

Summer is a time for both you and your pet to enjoy the sunshine and outdoors, but along with the fun, the season also offers up situations that can endanger your pet. By taking precautions, you can decrease the chance that disaster will happen. The Humane Society of the United States (HSUS) offers these tips for pet owners to keep their furry friends safe this summer.

### **Never Leave Your Pet in the Car**

In nice weather you may be tempted to take your pet with you in the car while you travel or do errands. But during warm weather, the inside of your car can reach 120 degrees in a matter of minutes, even if you're parked in the shade. This can mean real trouble for your companion animals left in the car.

Dogs and cats can't perspire and can only dispel heat by panting and through the pads of their feet. Pets who are left in hot cars even briefly can suffer from heat exhaustion, heat stroke, brain damage, and can even die. Don't think that just because you'll be gone "just a minute" that your pet will be safe while you're gone; even an air-conditioned car with the motor off isn't healthy for your pet.

To avoid any chance that your pet will succumb to the heat of a car this summer, be sure to play it safe by leaving your pet cool and refreshed at home while you're on the road. And if you do happen to see a pet in a car alone during the hot summer months, alert the management of the store where the car is parked. If the owner does not return promptly, call local animal control or the police department immediately.

If You Can't Stand the Heat...Pets need exercise even when it is hot, but extra care needs to be taken with older dogs, short-nosed dogs, and those with thick coats. On very hot days, limit exercise to early morning or evening hours. Keep in mind that asphalt gets very hot and can burn your pet's paws. Pets can get sunburned too, and your pet may require sunscreen on his or her nose and ear tips. Pets with light-colored noses or light-colored fur on their ears are particularly vulnerable to sunburn and skin cancer.

Your pet can suffer from heat exhaustion and heat stroke. These conditions are very serious and could cause your pet to die. You should be aware of the signs of heat stress, which could include heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue.

If your pet does become overheated, you need to immediately lower his body temperature. Move your pet into the shade and apply cool (not cold) water over his body to gradually lower his core body temperature. Apply cold towels or ice packs to your pet's head, neck, and chest only. Let your pet drink small amounts of water or lick ice cubes. Most importantly, get him to a veterinarian immediately.

### **Play It Safe on the 4th**

Don't take your pets to crowded summer events such as concerts or fairs. The loud noises and crowds, combined with the heat, can be stressful and dangerous for pets. For your pet's well being, leave her at home. Be especially aware of these threats during holidays, such as the Fourth of July.

## Office of Housing Highlights

*Pet Care 101*  
May 18, 2011

*Screen Repair and Flower Baskets*  
May 5th, 2011





## Office of Housing Upcoming Events

Home Maintenance - Weatherization  
Wednesday, June 15, 2011  
Administration Bldg - 2nd floor

*Understanding  
Your Credit Report  
(By appointment only)*

Please watch for more information  
in the future about upcoming classes!  
If you have any questions about  
the scheduled classes or would like to attend,  
please call Lisa Peters  
@ 432-3871.



## Veterans Honored at General Body Meeting

*General Body meeting photos by Charlene Krise and Ann Parker*



### Photos

- 1 - Ramona Mosier and Gloria Krise
- 2 - Jim Reinhold, Housing Enforcement Officer
- 3 - Liz Kuntz, Housing Manager, and Ramona Mosier
- 4 - Linda Lake
- 5 - Elroy Ellerbe, Housing Maintenance and John Krise
- 6 - Dorinda Thein, Olena Cooper





# SOLID WASTE RECYCLING PROGRAM



A solid waste and recycling survey was conducted at General Body Meeting on May 7, 2011. Below are the results of the survey:

TOTAL NUMBER OF SURVEYS: 56

## 1. Do you Currently Live on the Reservation?

- 27 Yes
- 25 No
- 4 Undeclared

## RECYCLING

### 2. How important is recycling to you?

- 33 Very important  
(I would do anything to recycle as much as I can)
- 15 Important  
(I will do it if I know how and where to do it)
- 8 Somewhat important  
(I will only do it if it is cost effective and convenient)
- 0 Not important (I won't do it at all)
- 1 Undeclared

### 3. Where do you currently recycle?

- 21 I recycle at home through city/county services  
(off-reservation residents)
- 17 I use the new curbside recycling  
(Reservation residents)
- 11 I recycle at local stores  
(i.e. plastic bags at Walmart, batteries at Home Depot, Oil at Shucks, etc.)
- 10 I use the large community recycling bin near the  
public safety buildings
- 4 I take my recyclables to one of the county transfer  
stations
- 3 I do not recycle
- 1 I recycle through a private recycler

### 4. If you currently use the large community recycling bin and if the bin was removed, would you

- 17 Continue recycling by taking your recyclables else-  
where for free (such as to a private recycler or transfer  
station)
- 16 I do not use the community recycling bin
- 14 Continue recycling by participating in curbside recy-  
cling (\$8.00/month)
- 4 Stop recycling
- 8 Undeclared

## 5. Do you believe that waste reduction, reuse, and recycling are important?

- 55 Yes
- 1 No

### If yes, please explain why

- 9 Good for the environment.
- 5 It is good for the Earth/It honors the Earth/It is impor-  
tant to take care of the earth.
- 3 It is important for future generations.
- 2 It helps our earth and environment be clean.
- 2 Keeps neighborhoods clean.
- 1 It saves room for actual garbage.
- 1 It is important to take care of the earth.
- 1 We are stewards for Mother Earth.
- 1 It is good for everything.
- 1 Because landfills are huge, why not reuse what we can?
- 1 Landfills are overflowing. We cannot continue to  
create so much waste.
- 1 Its good for the planet and for my kids to grow up on.
- 1 It is part of our culture and good for the earth.
- 1 If it supplies jobs and the product produced pays for  
the workers then it is a good idea.
- 1 Scarcity.
- 1 I would like to leave this earth better than it is now.
- 1 Make use of what we have and don't be wasteful.
- 1 Staying green.
- 1 It helps the earth rejuvenate itself and keeps our air  
quality good, etc.
- 1 Helps with garbage day.
- 1 Beautifies where we live and the surrounding areas.
- 1 Native Americans have always used all parts of animals  
and such. We should continue honoring our past.
- 1 We are Native Americans and should be #1 in caring  
for Mother Earth.
- 1 "Dumps" are overflowing. Many materials can be re-  
used.
- 1 Saves the land.
- 1 Lowers cost for garbage and reduces waste in the land-  
fills.
- 1 If there was more recycling areas around there would  
be less garbage on streets and around.
- 1 So our children can have an earth left.
- 1 Be kind to Mother Earth and she will be kind to you.
- 1 Its just a good thing to do (think about it).
- 1 Just know its better.

## 6. What do you think would be some good goals for a tribal-wide recycling program?

- 5 Recycle all materials that can be recycled in a cost-  
effective way.
- 5 Compost.
- 3 Obtain maximum support for, and participation in,  
the recycling program.
- 2 Compost all food waste.
- 2 Recycle all materials.
- 1 Recycle easily and cost effective materials; proper  
disposal of hazardous materials (computers, etc.)
- 1 Compost station spot, curbside recycling, workshop to  
help people distinguish recyclables.
- 1 More education and more information on what is and  
isn't and how.
- 1 Fully implemented. Give incentives to recycle.
- 1 Have a site for free recycling.
- 1 Educate us on the recycling program so it will be used.
- 1 Any recycling is good.
- 1 Recycle plastics, cardboard, glass, etc.
- 1 Awareness efforts.
- 1 Obtain maximum support for a tribal-wide recycling  
program.
- 1 Tribal community garden and compost.
- 1 More education.
- 1 Buy some pigs for food from elders' dinner and bigger  
boxes for recycling or pick-up.
- 1 Have a recycling center and put people to work and  
provide jobs.
- 1 Assistance in picking up recyclable, larger items, on an  
ongoing basis.
- 1 It is better for the environment.
- 1 Need curbside glass recycling.
- 1 Teach the youth to recycle.
- 1 Compost food waste at Little Creek Casino/Resort.
- 1 First of all, participate.
- 1 Cost effective.
- 1 If people had more opportunity to learn about recy-  
cling as well as more things to recycle they would per-  
sonally want to learn how to do compost.
- 1 Assist one on one with interested tribal members.  
They would be more apt to ask questions and  
participate.
- 1 Add glass.
- 1 Make it a job.
- 1 Enforce on burning, especially mattresses.
- 1 Add solar power to light posts.
- 1 If we implement a plan it should benefit our commu-  
nity but not others.





# SOLID WASTE RECYCLING PROGRAM



- 1 Place where we can recycle all recyclable materials and get money for our aluminum.
- 1 Definitely need compost sites.
- 1 To be the cleanest reservation and area around.

## 7. Of the following recyclable items, please check the appropriate box

	I recycle it!	Didn't know I could recycle it	Don't know where to recycle it	Not convenient	Don't care	Undeclared
Glass	13	2	5	2	0	35
Plastic bottles such as water bottles	44	1	3	2	1	5
Plastic bottles such as moyonnaise, peanut butter, etc	37	6	7	2	0	7
Plastic bottles such as laundry soap, shampoo, etc	35	7	5	3	1	7
Plastic lids, caps, butter and yogurt containers	28	13	7	3	0	7
Newspaper	45	0	2	1	0	7
Mixed paper/books/magazines	45	1	2	2	1	5
Tin cans	38	4	2	3	0	8
Aluminum (including aluminum foil)	44	5	1	0	0	7
Household electronics (toaster, computer mouse, keyboard, vcr, heater, dvd player, fan, etc)	20	10	15	1	0	10
Food waste	21	9	9	7	1	11
Yard waste	21	9	7	5	1	13

## SPECIAL WASTES

### 8. What are some items that you would like to properly dispose of but do not know where?

10 boat, 10 boat parts, 7 vehicle parts, 6 vehicle, 5 animal carcass, 4 fishing nets, 3 yard waste compost, 3 none, 2 gas, 2 electronics, 2 batteries, 2 oil, 2 computer components, 2 vehicle tires, 1 gas cans, 1 big old lawn mowers, 1 not sure, 1 paint, 1 cable shavings, 1 TVs, 1 old metal, 1 large items, 1 furniture

### If you knew where to dispose of these items, would you do so if it required paying a fee?

24 Yes, 11 No, 12 undeclared  
1 maybe, 1 depends on the fee, 1 if the fee was minimal

### 9. Please indicate your current exposure to, and interest in, backyard composting

- 15 I would like to compost and I would even attend a special workshop to learn how.
- 12 I am not interested in composting.
- 11 I currently compost!
- 10 I do not have a use for compost but would donate my food waste for someone else to compost.
- 5 I would like to compost and would purchase my own equipment if I knew what I needed.
- 3 Other:
  - SquaxinReservationHousing--Tribe handles compost.

- I used to compost but on 2 person household and it was smelly. Wished we had community ones placed in multiple areas.
- I have a yard waste container picked up every other week.
- 3 Undeclared

### 10. Do you currently have scrap tires?

39 No and 15 Yes, 2 Undeclared

### If yes, what prevents you from disposing of these tires?

- 5 Don't know where to dispose of them
- 4 Don't want to pay to dispose of them
- 2 It is inconvenient to dispose of them
- 1 Don't want to dispose of them
- 5 Other:
  - Used for my boats to sit on.
  - Saving for landscaping.
- 42 Unmarked

### 11. Do you separate your hazardous waste from your regular garbage?

27 Yes and 26 No  
2 Undeclared and 1 Not Applicable

### If yes, please list the items that you separate from your regular garbage

7 Oil, 6 Batteries, 4 Paint Cooking oil, 2 Car oil, 2 We don't generally have hazardous waste at my house, 2 Medication, 2 Household sprays (all aerosol cans), 1 Gas, 1 Cleaning things, 1 Enbrel shot needles, 1 Paint cans, 1 Drano

### If no, please list the reasons

- 15 I don't know what hazardous waste is.
- 9 It is not convenient to take my hazardous waste to a hazardous waste site.
- 0 I don't care.
- 28 Unmarked
- 1-Do not have any

## EDUCATION

### 12. Would you be interested in learning more about garbage-related issues and recycling opportunities?

30 Yes and 19 No, 8 Undeclared

### If yes, what would you like to learn about?

- 2 Everything.
  - 1 Proper disposal of computer equipment containing LED, mercury, and arsenic.
  - 1 Separation.
  - 1 Already know how to recycle.
  - 1 Hazardous waste.
  - 1 I would like a detailed list of things I can recycle and compost and how.
  - 1 What can and can not be recycled.
  - 1 Are there places we can clean up in public and dump our garbage?
  - 1 How to recycle easily.
  - 1 Reading materials.
  - 1 What things go in the recycling bin and what it is made into.
  - 1 Boat and hazardous waste recycling.
  - 1 How to set up a transfer station on the reservation.
  - 1 Where to recycle.
  - 1 Composting

### What would be the most effective way to distribute this information?

33 Klah-Che-Min articles  
26 Mailings  
21 Community events  
15 Trainings  
11 Website  
5 Undeclared  
2 Other

## ADDITIONAL COMMENTS

Glad to hear the reservation now has a better recycling system. Glad to see this come back. Hope it stays around longer. Thank you for your concern in environmentally friendly waste habits. Ways to reduce personal cost of service. GO SURVEY! Your department is doing a wonderful job! Keep it up!! Monthly hazardous waste, boat, and metal disposal. Need to add a container to curbside recycling for glass.

Questions and comments can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at pskaas@squaxin.us or 432-3907.

Thank you to all who participated!





## Outdoor Activity of the Month

**Potlatch State Park: A retreat to enjoy nature.**

Submitted by Patty Suskin, Diabetes Coordinator

### Park overview

Potlatch State Park is a 57-acre camping park with 5,700 feet of saltwater shoreline on Hood Canal. The park's beautiful grounds are home to a variety of activities, from interpretive programs for kids to boating and shellfish harvesting.



### Park Features

Sunny days and low tides attract many to Potlatch to harvest oysters, dig for clams or catch crab and fish. The beautiful Hood Canal offers scenic views, and windy days bring out kite fliers and windsurfers. Scuba divers favor Potlatch for its accessibility and easy descent, and kayaking is a popular day-trip activity.

### Driving Directions

Drive twelve miles north of Shelton on U.S. Hwy. 101 to park entrance

### Park hours

8 a.m. to dusk.

### Camping

Check-in time, 2:30 p.m.

Check-out time, 1 p.m.

Quiet hours: 10 p.m. to 6:30 a.m.

## FREE BLOOD PRESSURE SCREENING 2011

Monday, June 6  
Tuesday, June 21  
Thursday, July 7  
Monday, July 25



Blood Pressure checked by your friendly neighborhood Firefighters!

Where: Elder's Building  
When: 11:45am - 12:45 pm.  
**Everyone is welcome!**

# Healthy Living

Sunny delight is not juice; it is "sugar water" – just like sodas & kool-aid.



Submitted by Patty Suskin, Registered Dietitian

Check the label & read where it says "ingredients". Sunny Delight ingredient list says: water, corn-syrup, and 2% or less of the following juices: orange, tangerine, apple, lime, grapefruit.

Does the product say 100% juice? Check your label & only choose 100% juice. Even 100% juice should be limited .

### The American Academy of Pediatrics recommends the following:

Breastmilk is the only nutrient to feed babies until age 4 to 6 months.

Solid Foods can be introduced to infants after age 4 to 6 months.

Work with your baby to drink from a cup starting at 6 months.

Fruits juice can be used as part of a meal or snack & should only be offered in a cup.

To avoid cavities, do not allow your child or infant to sip juice throughout the day.

Consider offering whole fruits instead of juice.

Besides cavities, too much juice can cause diarrhea, obesity, "picky eater" because they fill up on juice.

### 100% Juice recommendations:

under 6 months= none

1 year to 6 years: 2 ounces (1/4 cup ) to 4 ounces ( 1/2 cup ) a day

7 to 18 years: 8 to 12 ounces a day

### Suggestions:

- \* Dilute juice to mostly water & a few drops of juice.
- \* Offer water. If your tap water is not so good, consider a water filter on your tap, the Brita system, or water service.

Consider drinking water an investment in good health for the entire family.



# HEALTH CLINIC



## Healthy Foods

Warmer weather is approaching soon, we hope. With warmer climate comes fresh produce at cheaper prices than buying in the winter months.

Take advantage of this to add fresh vegetables and fruit to your diet. This promotes a healthier digestive system.

In addition to consuming more fresh produce, consider what you are tossing on that BBQ grill. Think about less hotdogs and hamburgers, and serve the family more fish.

Studies show eating more red meats increase your risk for colorectal cancer (The Journal of the National Cancer Institute, The American Cancer Society).

If and when we get some hot weather, there is a tendency to quench our thirst with a brew. Please drink alcoholic beverages in moderation, as excessive alcohol consumption increases your risk for colorectal cancer, too (The American Cancer Society, "A Detailed Guide Colon and Rectum Cancer" "What Are The Risk Factors for Colorectal Cancer?"). Remember the age to start screening for colorectal cancer is 50, unless you have a family history of colon cancer. If so, then you should begin 10 years earlier than when your family member was diagnosed, example: mother had cancer at age 57, then you should start screening at age 47.

The SPIPA Colon Health Program is for income eligible persons ages 50-64.

Please call me today to schedule for the FIT (fecal immunochemical test) for colorectal cancer. This is the simple stool test done in the privacy of your home, returned to me, tested in 5 minutes, and is painless!! I have great incentives just for participating in the program.

Glenda Loomis, RN  
Patient Navigator, Colon Health Program



**WIC**  
**(Women, Infants, and Children)**  
provides healthy foods &  
nutrition information for you and  
your child up to age 5.

**Please bring:**  
Your child, Provider One Card  
or paystub and Identification for  
you & your child

**Tuesday,  
June 14th is  
WIC DAY at  
SPIPA**

**Call Debbie Gardipee-Reyes at  
SPIPA 360 462-3227**

## Upcoming Events

### 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 Juana Perry @ 432-3863

to get on the waiting list to have a garden  
placed in your yard – for FREE.

### Free Pilates classes

Community members welcome

Mondays and Thursdays

4:00 - 5:00 p.m. at Health Promotions

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule  
a family & friends session

### Health Promotions Programs

We have exercise videos  
in the building across from clinic  
Work out alone, with us  
or schedule a time for a group

### Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,  
we can provide support.

If you are Native American and over 18,  
see if you qualify to participate.

### Mammogram Clinic

May 11th & June 12th, July 27th

9 a.m. to 3 p.m. @ the Health Clinic

Contact Elizabeth Heredia  
at 432-3930

### Community Health Walk

Thursday, May 19th

Meet at Elder's Building at 12:40

for a 20 minute walk around the REZ

Contact Melissa Grant (360)432-3926

Patty Suskin (360)432-3929

## June Menu

Wed. 01	Hamburger Tacos
Thurs. 02	Chili & Corn Bread
Mon. 06	Goulash
Wed. 08	Chicken & Dumplings
Thurs. 09	Sweet & Sour Pork
Mon. 13	Fish Tacos
Wed. 15	BBQ Pork & Potato Salad
Thurs. 16	Oyster Stew
Mon. 20	Baked Chicken
Wed. 22	Fish & Chips
Thurs. 23	Roast Beef & Red Potatoes
Mon. 27	Tuna Casserole
Wed. 29	Italian Baked Chicken
Thurs. 30	Chalupa

## 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  
Tuesday, June 14th  
9:00 - 4:00

Contact Debbie Gardipee-Reyes:  
462-3227

Dates subject to change

### USDA FOODS AT SPIPA

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

Monday, June 6th

10:00 a.m. - Noon

Applications available at Housing,  
Food Bank, NR and TANF

### 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

## Happy Birthday

Alexandrea Cooper- Lewis	01	Paula Krise	08	Tasha Rodriguez	18
Jenene Miller	01	Laken Bechtold	09	Daniel Napoleon	18
Alonzo Grant	01	Kimberly Peterson	09	Kamela Byrd	18
Zachary Johns	02	Pamela Hillstrom	09	Vicki Kruger	19
Francis Peterson	03	Julie Van Horn	09	Thomas Farron	19
Tyrone Krise	03	George Sumner	09	Andrea Sigo	19
Jayde Smith	03	Tamie Rioux	10	Nicholas Armas	19
Rocky Bloomfield	03	Alex Ehler	11	Jacob Johns	19
Wendy Harding	04	Brandon Greenwood	12	Andrea Shirck	19
Victoria Rodriguez	04	Teresa Ford	13	Eugene Galos	20
Malachi Johns	04	Stephanie Tompkins	14	Verna Henry, II	20
James Sen	04	Raymond Henry	14	Shelby Todd	20
Julie Goodwin	05	Janette Sigo	14	Jason Longshore	20
Debra Tennis	05	Ana Pinon	14	Donald Whitener	20
Emily Whitener	05	Kylind Powell	15	Rod Schuffenhauer	21
Dominique Mc Farlane	06	Casey Brown	15	Wynn Clementson	21
Alyana Van Horn	06	Andrew Sigo	16	Beau Henry	21
Kim Olson	07	Trent Brown	16	Kyleigh Peterson	21
Randall Aldrich	07	Yvonne Bell	16	Jaime McFarlane	21
Trisha Blueback	07	Dorothy Nelson	16	Laurinda Thomas	21
David Krise	07	Kristin Penn	16	Rose Boggs	22
David Elam	07	Ronald Whitener	17	Monica Nerney	22
John Snyder	08	Jackson Cruz	17	Alexander Smith	22
Lori Hoskins	08	Kevin Bloomfield	17	Tamika Green	23
Elizabeth Seymour	08			Christopher Cain	24
				Joanne Decicio	25
				Katherine Smith	25
				Andrew Barker	26
				Candace Sumner	26
				Arthur Pleines	26
				Geraldine Bell	27
				Robert Cooper	27
				Jeremiah George	28
				Charles Bloomfield, Jr.	28
				Hurricane James	28
				Jessica Cruz	29
				Zachary Hetzler II	29
				Kaitlyn Burrow	29
				TFleet Johns	29
				Neekie Perez	30
				Dakota Lorentz	30
				Joshua Mason	30

## What's Happening

		1	2	3	4
			AA Meeting 7:30		
5	6	7	8	9	11
		Drum Group 6:00 p.m.	Family Court	Council Mtg. AA Meeting 7:30	
12	13	14	15	16	18
		Criminal/Civil Court Drum Group 6:00 p.m.		AA Meeting 7:30	<i>Sgwi' Gwi LCCR Event Center</i>
19	20	21	22	23	25
		Drum Group 6:00 p.m.		Council Mtg. AA Meeting 7:30	
26	27	28	29	30	
		Criminal/Civil Court Drum Group 6:00 p.m.			



### Church Services with Ron and Kathy Dailey

*No Sunday services this summer.*

Bible Study in our home (30- Ho- Mamish Ct )  
on Tuesday nights @ 6:00 p.m. Everyone welcome.  
Pastors Ron and Kathy Dailey Phone 432- 3781.  
We are available for weddings, funerals and prayer



# COMMUNITY



**Who is it?  
Answer from Page 9**



**Happy Birthday Mom**  
(Paula Henry)

We love you so much,  
Corri, Mat, JC, Dodie, Jamie, and  
all the grandkids



June (Ugga) Novell and Paula Krise

**Happy Birthday  
to my sister, Puddy**

Love, Marlene, Samsona nd Samson Jr

**Happy Birthday  
Jeremiah George!**

Love you!  
Love, Morningstar and Taeahni

**Happy 47th Birthday  
to my Baby Girl/Woman!!!**



Love you Honey!  
Especially Love Mom  
and the rest of the family

**Happy Birthday Kristin and  
Trent**

We love you!  
Have the best day!  
Love, Morningstar and Taeahni

**A Very Happy Birthday  
to everyone else in the family  
having a birthday!!!**

Love, Barb

**Happy 55th Birthday  
to my Baby Brother Ray!!!**

Loads of love from your elder sister, Barb  
and the rest of the family  
You are an Elder now Honey!  
Love you lots Honey



**Happy Birthday Tamika!!!**

We love you so so much!  
You are the best sister!  
Love, Morningstar and Taeahni

**Happy Belated Birthday  
To my Sissy, Raven!**

I love you Sister so much  
Hope your birthday was the best ever  
Love, Morningstar and Taeahni

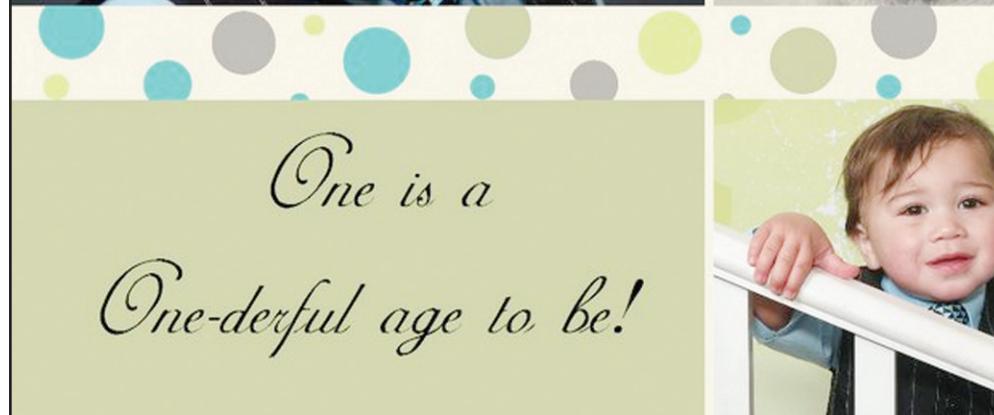
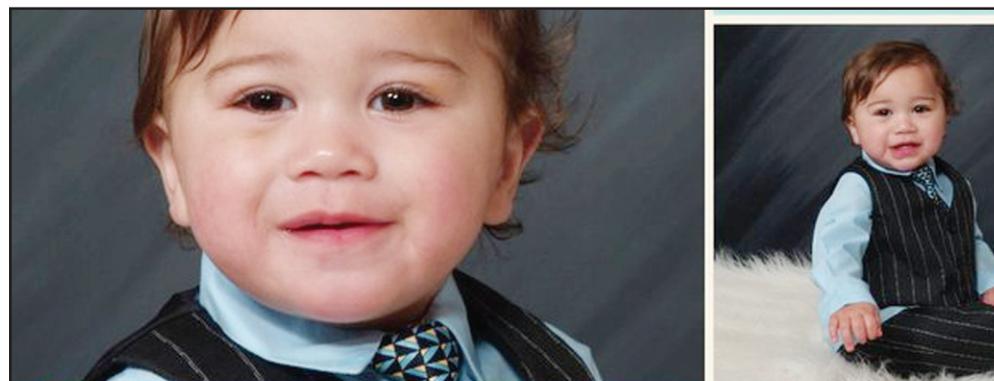
**Happy Birthday Niqi Noodle  
(Dominique)!**

Auntie loves you!  
Hope you have the best birthday  
A birthday princess deserves!  
Love, Auntie Star and Taeahni

**Happy Birthday auntie Vicki!**

Hope you have a good day!  
Love, Morningstar and Taeahni

**Happy 1st Birthday Our Boy (May 26)**



We love you oh so much!  
xoxo Mommy and Daddy!

**LITTLE CREEK**  
CASINO • RESORT

**CONCERTS  
AT LITTLE CREEK**



**VINCE VAUGHN'S  
COMEDY ROADSHOW**

*With Special Guest Comedians*

Saturday, June 4th at 8pm

Tickets \$65/\$60/\$50

**CHARLEY PRIDE**

Saturday, June 25th at 8pm

Tickets \$50/\$40/\$30



**LITTLE CREEK**  
CASINO • RESORT<sup>SM</sup>

For tickets visit the box office or purchase online at  
[www.little-creek.com](http://www.little-creek.com) or call 360-432-7300

Must be 21 or older. For Skyboxes call 360-432-7300

**BINGO**  
AT THE CREEK

**Over \$20,000 in Cash and Prizes!**

Saturday, June 18th at 6:30pm

Sunday, June 19th at 2:30pm & 6:30pm

Early Bird Specials • 6:30pm Sessions  
\$69 hotel stay for bingo participants

**Wear your favorite  
Christmas attire!**

Receive a free level 1 with buy-in!

**LITTLE CREEK**  
CASINO • RESORT<sup>SM</sup>  
[www.little-creek.com](http://www.little-creek.com)

Restrictions apply. Must be 18 or over to play.

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