

Public input needed for FY13 budgets

The Squaxin Island Tribe needs to hear from you. The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities. Please submit your concerns, visions, and priorities for FY13 programs to Cathy Magby, cmagby@squaxin.us or Julie Goodwin, jgoodwin@squaxin.us by JUNE 29, 2012.

Congratulations Squaxin Canoe Family!!! 3rd Place Champs in the Dragon Boat Races

The annual St Martins University sponsored Dragon Boat races were held May 28th at Westside Marina in Olympia.

There were about 31 boats in 3 divisions. Squaxin Island was in the 2nd division and placed 3rd, winning a trophy. Squaxin was a 1/2 second behind 2nd and maybe a second or two behind 1st.

Lenny Hawks was skipper/captain.



Pete Kruger & Andy Whitener

**Retained their positions on Tribal Council
during General Body Meeting on May 5th**

Pardon our dust!

Department of Community Development Staff - There are a number of projects in the works - or soon to come - both in preparation for *Paddle to Squaxin* and to improve the community in ways which have been planned for many years. Please be patient as we bring equipment and supplies in and out of the neighborhood.

East Parking Lot - This project is being completed with a mix of HUD, BIA and Tribal funds. The parking lot will provide much needed parking for Ta Ha Buts Learning Center, the Administration building and Law Enforcement. Watch in coming weeks for the addition of striping, wheel stops, lighting and plantings. The playground which was on the North side of Squaxin Lane was rebuilt on the South side next to the Learning Center.



ATTENTION ALL STUDENTS

Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program?

To be recognized please send/fax your information to Lisa Evans by:
4:00pm Friday June 8, 2012.
Please see contact information below

The Squaxin Island Tribal Council, Education Commission and the Tu Ha' Buts Learning Center would like to recognize and celebrate these individuals at the Fifteenth Annual Sgwi-gwi Celebration.

15TH Annual Sgwi-gwi Celebration
Friday June 15, 2012
5:00pm Little Creek Events Center

Contact: Lisa Evans

Phone: (360) 432-3882

Continued on Page 2



COMMUNITY



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3645

FAX: (360) 426-6577

www.squaxinislnd.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
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



Community Kitchen



Parking



Water Feature

South Parking Lot - The park-like atmosphere of this area will offer parking for the Community Kitchen while blending in with the natural look of the pond in front of the Museum, Elder's Building and Administration Building.

Water Feature - The placement and architecture of the three main buildings in the administration area is intended to invoke the feel of a Puget Sound waterfront village. This vision, which is over a decade in the making, will be largely completed as the pond is cleared, sculpted, lined and landscaped.

Canoe Carving Shed - The building is made entirely of Western Red Cedar old growth, 400-450 years old, from the Sunshine Coast, B.C. It will have cedar shakes for roofing hand split by tribal member/contractor Jack Selvidge. The structure will be entirely open and canoes will rest on work stands or trailers while being carved or repaired. The project will be completed in time for Canoe Journey. Photos on Page 12.

PUD Lighting - Mason County PUD #3 and our maintenance staff will be installing additional street lights for canoe parking and vendors area off of T'Peeksin and behind the Klabsch Lane apartments.

DCD staff and Island Enterprises Construction are proud to participate in these significant projects, and will work hard to see that they are complete in time for the Canoe Journey.

In just a few short weeks you can expect to see other preparations like additional lighting and power for vendors and the protocol area. If something is going on you'd like to know about, just ask!



More on Page 7



TU HA' BUTS LEARNING CENTER



Squaxin Island - TLC Gym Use

1. TLC is responsible for weekly gym scheduling. If you wish to schedule the gym please call Lisa at 432-3882.
2. All Education and Youth activities will take priority over all other scheduling.
3. The gym will be available for community use unless the gym has been reserved in advance.
4. A responsible person for the groups wishing to reserve the gym will be expected to sign an agreement on acceptable rules of behavior, cleanliness of the facility, and subsequent actions that will be taken if rules are not followed.
5. Daily and on weekends the TLC will post the gym use schedule. If the gym is reserved, the gym will not be open for community use or occupancy unless the event is open for community participation. If the gym is not reserved the schedule will state "Open Gym" when community members may all join in.
6. The TLC will ensure that the building is cleared and locked by 7:00 p.m. on weekdays.
7. The Janitorial staff will open the gym at 7:30 p.m. weekdays, attend to restrooms and pick up and empty garbage cans.
8. The Department of Public Safety and Justice will check the gym randomly from 7:30 p.m. to 10:30 p.m. to ensure public safety and detour vandalism.
9. The Janitorial staff will clean the gym restrooms and do a general walk through to make sure everything is in order, the building is cleared, check all doors to make sure no doors are propped open and lock the gym door by 10:30 p.m. weekdays.
10. Weekends. The Department of Public Safety and Justice will open the gym at 10:30 a.m. and clear the building and lock the gym at 10:30 p.m.; random hourly checks of the gym will be done to ensure public safety and to detour vandalism.

Gym Behavior Expectations

- We will treat others fairly and with respect. We will use appropriate language, not profane or abuse language.
- We will find peaceful ways to solve disagreements. We will not accept bullying, fighting or other acts of violence or the possession or use of dangerous weapons.
- We will respect the property of others. We will not accept theft or destruction of public or private property.
- We will be honest and follow the rules of the program and facility. We will follow the directions of the program staff and volunteers who are in charge of the activities.
- We are responsible for our own choices, behavior, and actions. We will be careful not to harm others or damage property.
- The Education Building and Youth Activities program are alcohol free, tobacco free, bullying free, and drug free zones.
- Use of prescription drugs must be properly coordinated between the program staff and the parent or guardian.
- Any clothing that promotes tobacco, alcohol, drug use, or contains inappropriate words or graphics will not be allowed.

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 Tuesday, Wednesday and Thursday 4:00 to 7:00 p.m. in the TLC classroom.

Sylvan Corner

These students have achieved perfect attendance for the month of April: Jordan Lopeman-Johns and Emily Whitener. You guys are AWESOME. Keep up the great work!!

These students only missed perfect attendance by one session: Talon Beattie, Grace Brown, Alonzo Grant, Tiana Henry, Thomas Kennedy, Billie Marie Lopeman-Johns, Eva Rodriguez, and MaTaya Stroud.

KEEP UP THE EXCELLENT WORK GUYS & GALS!

GED Instruction & Testing Assistance

GED instruction & testing assistance is available in TLC on Tuesday, Wednesday, and Thursday from 4:00 to 7:00 p.m. in the TLC classroom. Ask for Jaimie.

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.

ALL STUDENTS (new and returning) interested in Higher Education, please be aware that the due date for the 2012/13 FAFSA was Friday March 2, 2012. You can complete your 2012/13 FAFSA online, the free website is www.FAFSA.ed.gov. Please turn in ASAP if you plan on attending school this coming fall 2012/13.

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.





TU HA' BUTS LEARNING CENTER



Available Scholarships

Washington University in St. Louis invites researchers, practitioners, and students to submit proposals for the first interdisciplinary Leadership Summit that concentrates on fostering the development of academic and practical expertise in a multicultural environment. The purpose of the summit is to (1) increase awareness and knowledge among scholars; practitioners, and students of current issues affecting minority communities; (2) increase cultural competency among scholars, practitioners, and students and provide a leadership opportunity for under-represented minority Scholars, practitioners, and students through active participation in the summit; and (3) create an 'impact road map' that provides specific action steps to effect ongoing change in practice and policy related to diversity, cultural competence, and inclusion. The emphasis is interdisciplinary. Examples and voices from a range of disciplines and diverse communities are highly encouraged. Presentations should be evidence based and incorporate qualitative or quantitative data that informs the findings or implications. For more information go to buder.wustl.edu.

Please contact Lisa Evans if you are interested in available scholarships to help with your Higher Education endeavors. Currently there is a booklet available with approximately 75 different scholarships for Native Americans students. Please come into TLC to pick up the booklet as it is too heavy to mail out. I can email the booklet to interested parties with a working email address.

Sgwi' Gwi

The 15th Annual Sgwi' Gwi will take place on Friday June 15, 2012 at 5:00 p.m., 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, or obtaining an Associates, Bachelors, or Masters degree. Please respond by email to levans@squaxin.us. WE HOPE TO SEE YOU ALL THERE!

2012 Summer Recreation Program

This year's Summer Rec. program will run from July 9, 2012 to July 27, 2012 Monday through Friday 8:30 a.m. to 3:00 p.m. 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. The TLC building opens at 8:30 a.m. and there will be no supervision until that time. Please DO NOT drop your child(ren) off before 8:30 a.m. TLC will close at 3:00 p.m. daily unless otherwise stated in the calendar; there will be no supervision after 3:00 p.m. Please pick up your child(ren) no later than 3:00 p.m. 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 second week of June 2012. We hope to see lots of kids this summer for a jam packed fun filled summer recreation program!

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: 3-6pm

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 SSD ER 1.5 Open Swim: 5-8 No TLC Supervision
4 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6	5 Open Gym: 3-6 Rec Room: 3-6	6 GSD ER Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6	7 Open Gym: 3-6 Rec Room: 3-6	8 Open Swim: 5-8 No TLC Supervision
11 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6	12 Open Gym: 3-6 Rec Room: 3-6	13 GSD ER Open Gym: 2:30-6 Rec Room: 2:30-6 Open Swim: 3-6	14 Open Gym: 3-6 Rec Room: 3-6	15 Open Swim: 5-8 No TLC Supervision
18 Open Gym: 3-6 Rec Room: 3-6 Open Swim: 3-6	19 Open Gym: 3-6 Rec Room: 3-6	20 Last Day of School Early Release SSD Open Gym: 11:00-6 Rec Room: 11-6 Open Swim: 3-6	21 Closed for Facility Prep	22 Closed for Facility Prep
25 Closed for Summer Rec Staff Orientation	26 Closed for Summer Rec Staff Orientation	27 Closed for Summer Rec Staff Orientation	28 Closed for Summer Rec Staff Orientation	29 Closed for Summer Rec Staff Orientation
After school snacks: Computer Lab: Sylvan: Homework Help, GED Prep: Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom		Key ER = Early Release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		REMINDER Tutors are available everyday afterschool, 3:30-5:00pm.





New Employees



Rebecca Roadman
Education Liaison

Hello! I am Rebecca Roadman, the new Education Liaison at the Tu Ha' Buts Learning Center. It is my pleasure and honor to join the TLC staff in serving the students and families with all their educational needs. I find it most exciting and rewarding to help every student understand the power they have through education and the great knowledge and wisdom they already possess. To help them navigate educational systems to become self-sufficient is also something I consider imperative.

My past five years have included working with the Skokomish Community by teaching, mentoring, tutoring and serving the high school students. This program offered additional ways for students to earn high school credit. It included culturally relevant courses taught after school, independent courses through the PASS Program (Migrant Student Data & Recruitment Program), and partnering with Shelton School District Summer School. An additional service that was provided was the transition from high school to post-secondary education. Before that, I was employed for ten years by the Shelton School district working in the field for Special Services.

I have a Bachelor's Degree in Education and hold a current Washington State Teaching Certification with an added Endorsement in Literacy. I have lived in the

Shelton area for nearly 20 years while raising my three children, Leah, Levi and Logan. I am very excited to begin this journey and look forward to meeting everyone, getting to know the community, the students, family, and staff. It is also my objective to learn and grow as a part of the Squaxin Island team. Thank you for allowing this opportunity to serve the community, its family and the youth.



David Babcock
Attorney

Hello, my name is Dave Babcock, and I'm the new attorney in the Squaxin Island Legal Department. One of my primary focuses will be providing legal assistance on Indian Child Welfare matters.

Prior to working for Squaxin Island Tribe, I worked for a decade with a small law firm in Seattle. I graduated from the University of Washington School of Law in 1997. My wife, Catherine O'Neill, and I have two boys, aged 10 and 6.



Evan Welkin

Youth Services Grant Coordinator

Hello, I've just started work at the Tu Ha' Buts Learning Center serving as the Grant Coordinator of Youth Services. I'm working on completing a grant to support youth from 15-24, helping them access community resources and set goals for their future.

I come from a similar position in Thurston County, where I live in Olympia with my wife Federica. I've spent the last several years working with nonprofits to write and manage grants running youth programs, organizing community art projects, and supporting socially conscious businesses. I've particularly appreciated meeting young people and offering them opportunities that I wish I'd have had when I was starting my life after high school.

I'm looking forward to coming on board at an exciting time for the tribe this summer. A main goal of this project is supporting young people to prepare themselves mentally, physically, and spiritually for their life goals. In the first part of this project, youth from the Squaxin Island Young Adult Assessment Team surveyed their peers and over three quarters of them said that they wanted more social and cultural activities and that they planned to continue their education after high school. I'm looking forward to meeting people, listening, and maybe even asking for your help to help them reach their goals. "



Mitchell Coxwell

Wastewater Treatment Trainee

I have recently been hired as the Water/Wastewater Treatment Trainee. I am the grandson of William Peters and the son of Nora Coxwell. I am excited to be working for the Tribe and striving to build a career in this field. It's good to be back home with all my family and friends. See you around Hoyt



Tribal Council Resolutions

12-27: Substitutes Michael Starr for Mark West as the SIGE fiduciary for the 401 (k) Profit Sahring Plan for the Squaxin Island Gaming Enterprise

12-28: Directs the Finance Department be responsible for payment and funding of the SIGC and that SIGC will pay monthly advances to the Finance Department of 1/12 the annual budget

12-29: Initiates amendments to the Arbitration Code



Walking On



Myrtle L. Richards **"Qua ta sat"**

Myrtle Lee Richards, 72, a proud Squaxin Island Tribe elder, passed away with family at her side on Wednesday, May 23, 2012 at Capital Medical Center in Olympia. Myrtle was born on July 12, 1939 to Edward and Florence (Bagley) Sigo in Bremerton, WA. She was the 7th child from a family of 16 children. Raised by her aunt and uncle, Myrtle attended schools of Ford, Griffin and Kamilche Valley until the 8th grade and opted to learn to hunt and fish with her father. Her family lived on a floating houseboat on the Skookum Inlet before purchasing a home in Kamilche. Myrtle was a homemaker and raised seven children. She was proud of her Squaxin heritage and was very involved in the cultural activities of the Tribe and teaching this culture to her grandchildren. She was looking forward to the hosting of the upcoming 2012 Canoe Journey Paddle to Squaxin. She enjoyed trips traveling with the Squaxin elders. She was a basket weaver and did beading in her earlier days. Myrtle wore her emotions on her sleeve and always told her friends and family that she loved them. She was a very caring person with a wonderful sense of humor.

She is survived by her daughters, Vicki (Tully) Kruger, Squaxin; Susan Penn, LaPush; Donna Penn, Squaxin; sons, Samuel Penn, Squaxin; John Penn, LaPush; and Wil-

liam Penn, Gresham, OR; sisters, Emma Jean Pickernell, Loretta Case, and Ila Ball, all of Squaxin; brothers, Tom Peterson, Idaho; Frances Peterson, Seattle; and Calvin Peterson, Tennessee; 19 grandchildren, 23 great grandchildren and 2 great-great-grandchildren.

She was preceded in death by her biological parents Hazel Bagley & Sam Pickernell Sr; parents, Florence Bagley and Ed Sigo; husbands, William Penn Sr and James Richards; brothers, Sam, William, Edward, Kenneth Pickernell, Morris Peterson, Dewey Sigo, and Nathan Howatt; sisters, Joan Dan, Tessie Miller, Winifred Narvez and Marilyn Peterson; son Nathan Penn; the children of her first husband, William B. Penn, Sr., Earl Penn of La Push; Freida Markishtum of Neah Bay; Janell Allen of Neah Bay; Harriet Stewart of Lakewood; and Anita Rasmussen of Seattle. Shirley Howerton of Auburn was her only surviving step-daughter.

A viewing was held at McComb Funeral Home on Friday, May 25, 2012 from 11:00 a.m. until 5:00 p.m.

A celebration of her life will be held on Saturday, June 9, 2012 at the Squaxin Island Gym at 1:00 p.m.

Myrtle never told anyone "goodbye." She always simply said, "see you later." See you later, Mom, grandmother, great-grandmother and friend.

Karina Farr to play basketball in Virginia

Bethel High School's girls basketball standout Karina Farr has committed to play college basketball for the Emory and Henry Wasps, in Emory Virginia.

Karina's high school basketball achievements include: 1st Team All League SPSL South, Captain's Award, the Tynne Swick Award for epitomizing Lady Brave's Basketball, and (following in her sister Kate's footsteps) the Miss Rebounder Award.

At only 5'7" Karina tallied over 300 points and pulled down over 220 rebounds during her senior season. Additionally, as captain and a three year starter, she won the Braves' Free Throw Award her senior year. Karina also earned varsity letters in swimming, golf, and track throughout her years at Bethel.

In August of 2011 Karina was contacted by Britany Tate of the E and H Wasps coaching staff, and a visit was arranged. Afterwards, despite multiple visits, generous scholarship offers, and acceptance to 8 other prestigious colleges, Karina elected to attend Emory and Henry, a small Liberal Arts College 3000 miles from home. She was sold on its "family atmosphere," outstanding Pre-Med program, and new Head Coach, Rose Katz's basketball philosophy.

While Emory and Henry initially recruited Karina for her basketball skills, they awarded her the President's

Scholarship for her 3.5 GPA, alongside her volunteer work with Medical Explorers, two summers attendance at NaHaShnee Health Science Summer Camps (WSU), and her selection to College Horizons for Native American Students. Karina also participated in a Health Science Scholarship competition at E and H in February and, as a finalist, received additional specialized scholarship awards. When E and H expressed a sincere willingness to assist Karina with establishing a Native American Culture Club at the school, the deal was sealed.

Karina stated at first she could not imagine going so far away to attend college, but now says she cannot imagine going anywhere else. In the end her sights are set on a career as a physician, planning to work her way back to Washington, and deliver world class health care to the people of her Squaxin Island Tribe. She stated the motivation for these endeavors is to honor the memory of her grandfather, Calvin Peters, and the Squaxin Island Tribe's continuous support of her efforts, on and off the court.



(Pictured Bethel Principal Cliff Anderson, Karina Farr, Coach John Ainslie)

Mud Bay Shaker Church is open for Sunday Service

1st and 3rd Thursday of each month
beginning at 9:00 a.m.





COMMUNITY DEVELOPMENT



Have you noticed the new parking lot construction?

Kevin Dragon - Over the last 2 months, the Department of Community Development has been working with Rordarte Construction Inc. (a Native American-owned contractor) on the Squaxin Lane Realignment Design-Build Project. The project consists of the constructing a new one-way, single lane access road from Squaxin Lane to Klah-Che-Min for commercial and passenger vehicles. A new 80-stall parking facility for general public use was also constructed along with a new Maintenance Access Road. As part of this project, the playground was relocated to the opposite side of Squaxin Lane. These improvements are part of planned improvements in support of the planned Community Center and the existing Tu Ha'Buts Learning Center.

The Squaxin Lane Realignment Project is considered to be the initial phase of constructing a new Community Center, which will be located adjacent to the existing Tu Ha' Buts Learning Center. The planned community center may be comprised of a multi-purpose recreational area and other supporting areas to provide much needed space for large community gatherings and general assemblies. DCD hopes begin planning and design efforts of the planned Community Center after the 2012 Canoe Journey.

A ceremonial blessing of the Squaxin Lane Project was performed by Tribal Chairman David Lopeman on 05/21/2012 at 11:00 am. The parking facility and roads are now open for general use. The Contractor will be returning to install lights for the parking area and perform other minor work.

Construction of improvements to the Community Kitchen continue by Island Enterprises and its contractors. The planned improvements generally include the installation of a facade to the Community Kitchen, additional parking, walkways and the addition of a new loading dock. In addition, Island Enterprises is leading efforts to construct a new water feature in front of the Tribal Administrative Center, Elder's Building and the Tribal Museum Library and Research Center.



Panorama City Welcome Poleby Andrea Sigo



Squaxin Island carver Andrea Wilber Sigo speaks at the dedication of her welcome pole at Panorama Retirement Center on Friday, April 27th, 2012. Hundreds of people watched as this beautifully carved woman was dedicated.



FREE Wills, Health Care Directives & Power of Attorney for Community Members

Dear Community Members:

I'm Jim Richardson, an attorney. I grew up in Shelton. The Squaxin Island Tribe, through its Legal Department, is offering my services to help (1) Squaxin Tribal members, (2) their spouses, and (3) Squaxin Tribal members' descendants, plan for loved ones by drafting wills. This effort is part of the Tribe's land acquisition process.

Beginning on **May 29, 2012**, I will be available to help educate people about their choices, including:

Indian Trust Property, Power of Attorney and Health Care Directives, Guardianships for Minors, and/or Funeral Arrangements.

- I will prepare your Will, Health Care Directives or Power of Attorney, at no cost.
- I will be on the Squaxin Island Reservation from **May 29 - July 31, 2012**, at a location to be announced.
- If you are interested in your free will, please sign up with the Tribe's Legal Department by emailing or calling Diane Deyette at Legal at (360) 432-1771 x 5, ddeyette@squaxin.us.

STRUGGLING WITH DRUGS OR ALCOHOL?

The Healing Lodge of the Seven Nations provides residential chemical dependency treatment for tribal youth, right here in the Northwest.

SERVING YOUTH 13-17 YEARS OF AGE



90 to 120 day treatment program

Expressive Arts • Social Justice • Recreational opportunities • Native American cultural base • Music Program complete with recording studio

Admission Contact: Dorothy Poppe • Phone: 509-795-8340 • dorothy@healinglodge.org • 5600 East 8th Avenue • Spokane Valley, WA 99212

Enrolled tribal members or direct descendants (children and grandchildren) have their treatment paid directly by Indian Health Service, never a cost to tribal programs.

Recovery is just a call away. (509) 795-8340





Position Opening

General Manager/Bookkeeper

STOWW

Small Tribes Organization of Western Washington

Posted: May 15, 2012

Open: Until filled.

Salary: DOQ

Job Summary:

The General Manager service as chief administrative officer to the Board of Directors of the Small Tribes Organization of Western Washington (STOWW) and is charged with implementing the policies and programs of the Board for the benefit of STOWW's social services clients and other target beneficiaries of STOWW, as defined by the Board. The General Manager is hired by the Board of Directors and reports directly to the Board.

Essential Functions:

1. Ensures that the Board of Directors is kept fully informed on the conditions and operations of STOWW's grants and programs and on all important factors influencing them. Attends all meetings of the Board and may be asked to attend meetings of the Executive Committee.
2. Maintain a sound organization structure for grant programs and general operations.
3. Plans, formulates and recommends for the approval of the Board of Directors basic policies and programs that will further the objectives of STOWW: STOWW's objectives are determined by the Board of Directors.
4. Develop, for the purpose of day-to-day administration, specific policies and procedures to implement the general policies and programs established by the Board of Directors.
5. Give guidance on matters of compliance with regulations and legal responsibility; works with attorneys and other specialists as needed.
6. Giving guidance to department heads and ensuring that all employees understand the chain-of-command and grievance procedures.

7. Has hiring and firing power over STOWW non-supervisory positions. Hiring and firing power of department heads and program directors lies with the Board of Directors, but the General Manager will work closely with the Board of Directors in the recruitment and termination of department heads and program directors.

Fiscal Responsibilities:

The General Manager is STOWW's accountant and in the role:

1. Performs the accounting and bookkeeping functions of the organization in compliance with generally accepted accounting principles (GAAP).
2. Develops and operates within the annual budget, keeping the Board informed throughout the year of the actual expenditures and income as compared with the budget.
- 3 Serves as the payroll officer.
4. Ensures that all funds, physical assets and other property of STOWW are appropriately safeguarded and administered. Arranges for an annual external audit.

Human Resources Responsibilities:

The General Manager is STOWW's personnel manager and in the role:

1. Develops policies and procedures – subject to Board approval – to carry out the human resources function of the organization in compliance with the laws and regulations.
2. Maintain personnel files.

Individual Grants Administration: The General Manager is responsible for the direct administering of two grants.

1. Performs clerical duties and client services for two grants maintained by the administrative desk: (1) the Washington State Tribal Food Voucher Program and (2) the Federal Low Income Energy Assistance Program (LIHEAP).
2. Maintains the databases that are specially designed for these two grants.
3. Oversees the work of the part-time administrative assistant whose primary job is to perform the clerical and data entry tasks for these two grants.

Development of New Grants:

1. Will seek outside funding in the form of grants and contracts from public and private sources.
2. Will work with external grant writers when opportunity and the budget permit.

Knowledge, Skills and Abilities:

1. Ability to administer private, nonprofit service organizations, including an understanding of the legal responsibilities and constraints of such organizations.
2. Ability to obtain and manage external grants and contracts.
3. Demonstrates understanding of the accounting model for the purposes of maintaining STOWW's books in accordance with GAAP (Generally Accepted Accounting Principles), developing and directing the administrative and departmental budgets and maintaining fiscal oversight to include working with the independent auditor and other external accountants.
4. Ability to learn STOWW's accounting software, grant database and other software applications in order to perform GAAP accounting, fiscal oversight, full charge bookkeeping duties, track grant compliance and direct courses of actions for department heads and program directors concerning grant compliance and fiscal responsibility.
5. Ability in communication and interpersonal skills and diverse groups of people.
6. Ability to establish and maintain effective working relationships with federal, state, regional and local agencies and private grantors.
7. Ability to express oneself clearly and effectively in oral and written form.

Training and Experience:

1. 3 - 5 years of managerial-level supervision.
2. 3 - 5 years of responsible administrative experience.
3. Experience with accounting and bookkeeping.
4. Demonstrated familiarity with the budgeting process.
5. Knowledge of Federal Budgets and Reporting Process.

Apply:

Send resume by email to stowwfdp@qwestoffice.net. Mail or deliver directly to: STOWW/Accounting Position, 3040 96th St. So., Lakewood, WA 98499.





Business Spotlight

Jennine Jacob

By Stephanie James (Gott)



SJ: Because you live so far away, I'm assuming many people will be wondering who you are, what family, and so on. I mean, it could just be me, but even so...care to share?

JJ: Oh gosh, I'm sure some people will be wondering, my mother was adopted off the reservation in the 1950's and the records were sealed. In the 90's she randomly put information on this board on the internet about where she was born, what year, and what name she was born with (Marie Seymour). Someone was looking for someone else and saw this knew she might be looking for my Aunties, Gloria Hill and Margaret Henry who are her sisters. Over the years we've all really gotten to know each other and I've come to think of Gloria and Margaret as my aunts, both by birth and because I love them.

SJ: Do you visit the Pacific Northwest much?

JJ: So long story short, growing up in California. I haven't really been to the Northwest, and I've met with Gloria and Margaret when they've visited my mother.

SJ: Also, would you please tell me a little bit more about your transition to NYC. It sounds fascinating and expensive! How about Fashion Week? Do you have a favorite designer? What fun people have you met?

JJ: Let's see! The questions! I would have to say my life is fun, I really put a lot of time and effort creating a career that I loved. I'm sure you know as a writer, it can be scary

to try to be a creative person for a living, but if you don't try and work at it, it never comes to be. Fashion Week has been a lot of fun, but it's also a lot of work. People think you go to the fashion shows to sit and watch the pretty clothes go by, but as a blogger we're always working on how we can turn what we see into valuable content for our readers, so Fashion Week ends up being a lot of sleepless nights, turning out posts for your readers and meeting with people, and going to shows. I have to say, the opportunities at fashion week's the thing that's made my career and I love it. I go back and forth who is my favorite designer, right now I'm really loving 3.1 Philip Lim and Proenza Schouler both New York based designers. Jack McCollough and Lazaro Hernandez (the designers behind Proenza Schouler) came and keynoted at my conference in 2011, it was amazing as it was the first time a luxury designer came and spoke with a group of fashion bloggers during fashion week, and they are so amazingly down to earth. I really was so happy to meet them!

SJ: I'm having a blast reading your responses, so... THANK YOU!!! I can relate to many things you've written. I am a Barneys New York shopper, so I certainly appreciate the New York based designers. Although I have to say that my all time favorite is Prada :)

JJ: Barney's is amazing! I bought my birthday shoes there and am wearing them right now! It's a very special place!

SJ: (I love this girl!) Now for some of the basics: What type of business do you own?

JJ: CovetedMedia is a Digital Influencer Agency, meaning we work with fashion bloggers. Before founding CovetedMedia, I founded Independent Fashion Bloggers (IFB) which is a network dedicated to helping independent bloggers reach their goals in social media and in their fashion career. Since 2007, we've grown to over 40,000 bloggers. Since IFB is solely a network about blogging, there were opportunities for brands wanting to connect with bloggers, thus CovetedMedia was born to provide more opportunities for bloggers and brands to form partnerships.

SJ: How long have you been in business?

JJ: Five years!

SJ: What made you decide on this career path?

JJ: I used to be a graphic designer, and though the work was good, I wanted to do something that was more fulfilling. I had actually met a career coach and decided to explore other career paths, as I was an avid blog reader for well over five years, coincidentally I started my own blog around a what I thought I wanted my career to look like, it happened to be about fashion at the time, and it

was love from the beginning. It used all of my skills, design, photography, writing, social, connecting with other people, technology, and blogging is a rapidly changing industry so it really keeps you on your toes! I'm never bored these days!

SJ: What do you like most about your work?

JJ: The best part of my job is that anything is possible. If you would have told me five years ago, I would be living in New York City with my own company doing events at New York Fashion Week and being flown around the world, I would have thought you were insane. But it's all happened! Not only that, it's just not the fancy things you see on the surface that is the best part, the best part is that my job always pushes me to grow emotionally, and to learn all kinds of new things.

SJ: What do you like the least?

JJ: Social Media goes 24/7, it's been really hard taking time off and recharging, I haven't had a proper vacation in several years where I didn't check in at least once a day. I'd really like to try to get more balance.

SJ: Where do you do your work?

JJ: In my Soho Office mostly, but also where ever this is an internet connection.

SJ: If someone wants to contact you regarding your business, how would they go about doing that?

JJ: jennine@covetedmedia.com

SJ: Who inspires you?

JJ: There are so many people who inspire me! I often think of Sheryl Sandberg's (Facebook's COO) TED talk about why there are too few women leaders http://www.ted.com/talks/lang/en/sheryl_sandberg_why_we_have_too_few_women_leaders.html. She really identifies some of the issues women face when they take roles in leadership and why women tend to not take chances or credit. It's really inspired me to address how these issues might be affecting my own career and to help take action to overcome some of my habits, like how to have more confidence in my achievements, and how to be more assertive.

SJ: Where do you see yourself in say 5 years?

JJ: In five years, I'd like to see IFB and CovetedMedia shaping the conversation in Fashion Media by helping people truly reach their business goals with their blogs. I'd also love to have a family started and maybe even a dog.

:) Oh Wow! What fun this has been! We will have to touch base periodically for all the New York updates! Thanks so much for taking the time to talk with me.



PADDLE TO SQUAXIN 2012



Dragon Boat Races photos by Charlene Abrahamson and Sadie Whitener



2012 Jackets

Anyone who would like to order 2012 jackets log onto buddbay.com and pick your jacket or come into the museum and order. Please contact Aleta Poste: cposte@squaxin.us or 360-791-1797



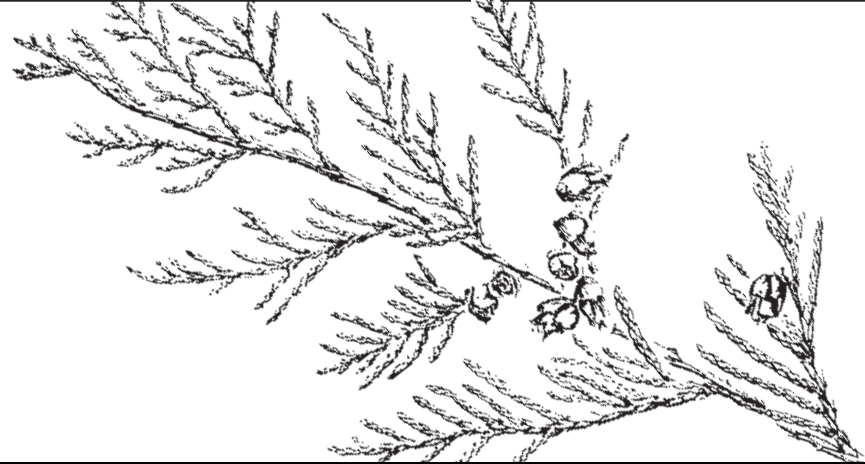


CULTURAL RESOURCES / IEI / PADDLE TO SQUAXIN



Cultural Resources Department Provided Training at Quinault

In April, Rhonda Foster and Margaret Henry were invited to the Quinault Tribe in Taholah to do a Cultural Resources training for fisheries and forestry staff and the BIA.



**Volunteers are
Needed!!!**
**For all Paddle to Squaxin
2012 activities.**
**Please visit
paddletosquaxin2012.org
to sign up!**

Community members may vend out of their homes, but please register with Ruth Whitener and with Housing.

There are less than 50 days until 100+ plus canoes and over 5000 people will be hosted on our reservation for 8 days during Paddle to Squaxin 2012. To best represent Squaxin Island people, we encourage your involvement in order to have representation from each family within our Tribe. We hope to have everyone dressed in full regalia to fill our potlatch protocol with as many Squaxins as possible.

Please stay tuned for announcements for BBQs and 2012 hosting practices during the month of June and July.

Everyone is encouraged to come, enjoy & participate!

For more information contact Debbie Meisner 360-432-3849 or dmeisner@paddletosquaxin2012.org



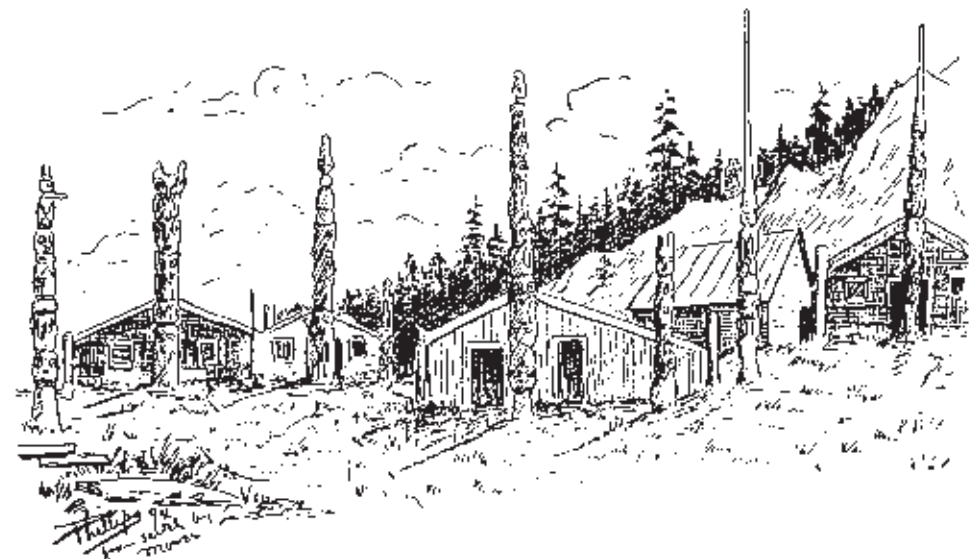
Presenting the Chamber's

First Annual Business Showcase

"THE REAL SOCIAL NETWORK"
JUNE 28TH & 29TH
LITTLE CREEK CASINO RESORT

Squaxin businesses are encouraged to participate in the tradeshow and workshops.
Financial assistance for registration may be available.

For more information please contact:
Sarah Fiskness 462.1338 or Stephanie James 462.0339
www.nwnac.com





COMMUNITY DEVELOPMENT



Canoe Carving Shed



**Congratulations Haley Peters,
Recipient of a \$1,500 Northwest Indian Housing
Association scholarship
to Pacific Lutheran University (PLU)!**

Office of Housing Tribal Vehicle/Vessel Cleanup

Housing would like to take this opportunity to thank the resident members who participated in the tribal vehicle/vessel cleanup program. Driving around the Reservation you will notice a huge change in the appearance of the land. Housing received several comments on individual residences that took advantage of the service and made a huge effort to clean up. The program assisted in removing 51 boats, 11 boat trailers, 5 camp trailers, and several loads of brush and miscellaneous loads.

The Office of Housing will be offering the dumpsters again in July. This will be our last chance to really spruce up our Reservation prior to the 2012 Canoe Journey and make the best impression we can.

Again, Housing would like to thank everyone who participated in the program and let you know you did a great job and it really shows. Well done Squaxin Island Tribe!



**REZ ANIMAL
RESOURCES & EDUCATION**

**Get your pet fixed
for \$5**

**For all Squaxin Island tribal
members and anyone living on
the Squaxin Island Reservation:**

**Step 1. Call 253-370-6392 to request
a voucher.**

**Step 2. Call a local veterinarian to
schedule an appointment.**

**Step 3. Take your pet to the
scheduled appointment.**

Rez Animal Resources & Education is a small
Non-Profit organization helping animals on the
Chehalis, Nisqually, Skokomish, Squaxin Island and
Shoalwater Bay Indian Reservations.

www.rezanimals.com



S.M.A.R.T. Goal Setting For Fitness And Weight Management

Original article from FitnessMantra, Modified & Submitted by Patty Suskin, Diabetes Coordinator

What are S.M.A.R.T. Goals?

S.M.A.R.T. stands for:

- S Specific, significant, stretching
- M Measurable, meaningful, motivational
- A Agreed upon, attainable, achievable, acceptable, action-oriented
- R Realistic, relevant, reasonable, rewarding, results-oriented
- T Time-based, timely, tangible, trackable

How Can I Set S.M.A.R.T. Goals For Fitness And Weight-Management?

Whether your goal is to lose weight, gain muscle or just be fit, setting S.M.A.R.T. goals will give you an edge by keeping you focused and motivated.

1. Be Specific About Your Fitness Goal:

A goal often heard is “I want to lose weight,” but if you really stop to think about it, that goal is not specific. What amount of weight do you want to lose? When do you want to lose this by? Typically you try to answer the 6-W questions:

- Who: Who is involved? That’s easy! “I ...”
- What: What do I want to accomplish? Be specific. “I want to lose 5 lbs. . . ”
- When: Establish a time frame. “... in two months ...”
- Which: Identify requirements and constraints. Which way are you going to do this? “... by eating healthier and exercising ...”
- Where: Identify a location. The more details you fill in to form a complete picture, the more likely you will be to execute the plan. “... in the gym ...”
- Why: Give specific reasons, purposes or benefits of accomplishing the goal. “... so I can be healthy, fit and energetic.”

“I ... want to lose 5 lbs ... in two months ... by eating right and exercising ... in the gym ... so I can be healthy, fit and energetic.” Seems specific enough!

2. Make Your Goal Measurable:

Measuring your progress often is as important as setting the goal in the first place. Advantages: first, you know quickly whether what you are doing is working or not, and you can take corrective action to keep yourself on track; second, the motivation that success will give you - your confidence and morale will be boosted to see your body change for the better (taking measurements monthly can be helpful).

3. Set Attainable Goals:

What if instead of setting a “5 lbs in two months” goal, you decided instead to shed “30 pounds in one month”? Not only is this unrealistic and virtually unattainable, but you are setting yourself up for failure from the very beginning. Think small, manageable targets. Reaching small goals boosts your morale and helps you aim higher.

4. Be Realistic:

This is a little different from setting attainable goals. For example, you might set a goal of a 32 inch waist in 3 months. That is attainable if you are only a few inches away from your target. How you plan to achieve this goal may be unrealistic. “I will run everyday for two hours” or “I will not eat any sweets, candies, cakes or pastries for the next 3 months”



or “I will avoid all fried foods” are all examples of unrealistic methods that you have a slim chance of sticking to. Be realistic and ask yourself what the chances are that you will stick to any drastic change in behavior.

Do you have two hours to spare for running? Every single day?
You won’t eat cake? On your wife’s / kid’s / best-friend’s birthday?
No fried foods? Even on SuperBowl night?

Think about what you do now & aim for progress, not perfection. For example, if you normally eat cake every day, consider fresh fruit as an alternative or a smaller portion of cake. You are the ultimate judge about whether they are realistic – and sustainable.

5. Stick To Timely Goals:

The “... in two months ...” part of the goal statement. By limiting the time you have to accomplish a goal will help to keep on track. None of the others matter if you don’t set a time-limit to accomplish it.

By using the S.M.A.R.T. technique of goal setting to your fitness regimen, you will see slow but steady benefits that are bound to raise your morale which will, in turn encourage you to raise your own expectations even higher.

Go ahead – set a S.M.A.R.T. fitness goal right away and work toward it!

If you need assistance setting your SMART health goals, contact Patty Suskin, Registered Dietitian, at 360 432-3929 or psuskin@squaxin.us.



Squaxin Island’s Food Bank at the Health Promotions

Monday-Friday Between 10 am & 4 pm
(our lunch break is from noon to 1 pm)
If possible, Wednesday is the best day.

If you need access to the food bank,
stop by once a week

If you would like to be on the call list
for fresh produce or bread.

Please call Melissa Grant: 360-432-3926





Are you a smoker who wants to quit?

Then try following this advice

1. Don't smoke any number or any kind of cigarette. Each cigarette you smoke damages your lungs, your blood vessels, and cells throughout your body. Even occasional smoking is harmful. You might have thought that "filtered," "low-tar," or "light" cigarettes are less dangerous than others. But research shows that these cigarettes are every bit as addictive and are no safer than other cigarettes. Misleading labels are no longer allowed.

2. Write down why you want to quit. Do you want to:

- Feel in control of your life?
- Have better health?
- Set a good example for your children?
- Protect your family from breathing other people's smoke?

Really wanting to quit smoking is very important to how much success you will have in quitting.

3. Know that it will take effort to quit smoking. Nicotine is addictive. Half of the battle in quitting is knowing you need to quit. This knowledge will help you be more able to deal with the symptoms of withdrawal that can occur, such as bad moods and really wanting to smoke. There are many ways smokers quit, including using nicotine replacement products (gum and patches) or FDA-approved, non-nicotine cessation medications. But there is no easy way. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. For most people the worst of the symptoms only last a few days to a couple weeks. Take quitting one day at a time, even one minute at a time—whatever you need to succeed.

4. More than half of all adult smokers have quit, so you can too. That's the good news. There are millions of people alive today who have learned to face life without a cigarette. For staying healthy, quitting smoking is the best step you can take.

5. Get help if you need it. If desired, smokers can receive free resources and assistance to help them quit by calling 1-800-QUIT-NOW, visiting smokefree.gov, or Smokefree-Women.gov. Other groups offer written materials, programs, and advice to help smokers quit for good. Talk with Tiff or Dr. Ott or Dr. Doyle at the clinic for help & support.

Sources:

a. U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2012 Mar 7].

b. National Cancer Institute. How To Handle Withdrawal Symptoms and Triggers When You Decide To Quit Smoking. October 2010 [accessed 2012 Mar 7].

c. Centers for Disease Control and Prevention. Quitting Smoking Among Adults—United States, 2001–2010. Morbidity and Mortality Weekly Report [serial online] 2011;60(44):1513–19 [accessed 2012 Mar 7].

USDA Foods : The Food Distribution Program on Indian Reservations



South Puget Intertribal Planning Agency

USDA Foods at SPIPA

Monday June 4th from 10 am to Noon

Contact Shirley or Bonita at
360 432-4216 or 360 438-4235



Applications available at
Housing, Food Bank,
Natural Resources, SPIPA, and
TANF



Enjoying The Family Meal

"I Can Help!"

Helping with family meals makes your child feel important in your family. You get time together, too. Your child learns even when tasks aren't perfectly done. So even if you work faster alone, ask your child to help you.

- **Pick** flowers for the table.
- **Create** paper place mats.
- **Put** pets in another room, if they demand family attention at mealtime.
- **Clear and wash** the table. Wash his or her hands.
- **Help** with table setting.
- **Help** with simple kitchen tasks, perhaps tearing salad greens or putting bread in a basket.
- **Pour** milk, perhaps with your help.
- **Turn off** the TV. Turn on fun music.
- **Clear and clean** the table.
- **Ask** "What would you like to do to help me?" Jot their ideas down.



Try this:

Does it seem impossible to fit family meals into your hectic schedule? Go step by step. Try to enjoy at least one family meal together each week. See what works, and plan from there.



HEALTH CLINIC



How Good Posture Can Help Prevent Back Pain

By Dr. George Blevins DC



One of the best approaches to dealing with back pain may be to prevent it from occurring in the first place, or at least lessen the chances. Adjusting your posture may help. In many cases of back pain, poor posture plays a role, so your mother gave you wise advice when she told you to "Stand up straight!"

When you stand up straight, your spine is properly aligned and your muscles

can do their job of keeping you balanced. But when you stoop or slouch it strains and stresses muscles, resulting in fatigue and back pain over time. Try following these tips to help maintain good posture:

Standing

- Stand upright with your head facing forward
- Keep your back straight
- Balance your weight evenly on both feet
- Keep your legs straight

Sitting

- Sit upright
- Keep your knees and hips level
- Keep your feet flat on the floor. This may require you to use a footstool
- You may find it useful to use a small cushion to support the small of your back

Lifting and handling

- Start with your feet apart, with one leg slightly forward to maintain balance.
- When lifting, bend your back, knees and hips slightly – but do not stoop or squat. Your legs should take the strain
- Keep the load close to your waist
- Avoid twisting your back
- Know your limits. If in doubt, ask for assistance

If you try to maintain proper posture but notice that your back muscles begin to tire, you may benefit from some strengthening exercises. Doing exercises to help strengthen the core muscles used in maintaining good posture may help to reduce the risk of injury.

FREE BLOOD PRESSURE SCREENING 2012

The First Thursday of each month



Blood Pressure checked by your friendly neighborhood firefighters

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

THE DANCE SHACK

\$35.00 unlimited Zumba Classes
Enjoy a dance club atmosphere
Offering ZUMBA GOLD Classes
ZUMBATIC targets 4-12 year olds
Belly Dancing, Men's only classes available!
Air Conditioned Dance floor
Group, Family and Business discounts available
Children's play area, giving you the freedom to dance!!
Ditch the gym, and join the dance fitness party!
TRY A CLASS FOR FREE!! DON'T BE SHY GIVE IT A TRY!
COME JOIN THE PLACE EVERYONE WILL BE TALKING ABOUT!!!!

360-970-0226
WWW.DANCE-SHACK.COM

150 WILLIAM WHITE WAY
SHELTON WA 98584
PORT OF SHELTON BUSINESS PARK

"SHAKIN' THE SHINGLES OFF THE ROOF!"

ZUMBA

The \$35 price is for Tribal members only.
Zumbatomic (4-7) is free Monday and Saturday for the summer.

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

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

June 5th from 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

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





Spring Into Health

Submitted by Lindy Fredson Patient Navigator for the Colon Health Program - The "Spring into Health" was a fun health promoting event held May 4th at the Squaxin Island Tribe's Elders' Building.

The event was hosted by the Colon Health Program Patient Navigator, Lindy Fredson; Diabetes Coordinator, Patty Suskin and Women's Health CSR, Elizabeth Heredia. Melissa Grant, Health Promotions Assistant was on hand doing blood sugar glucose testing for diabetes. Kathryn Akeah, Outreach Specialist from SPIPA's Comprehensive Cancer Control Program also attended and helped participants complete a Community Wellness Survey. There was an exercise video demonstration (Zumba), posters and handouts explaining the importance of a healthy diet with examples. Other health and wellness information included cancer prevention techniques with an emphasis on screenings for cancer and diabetes.

Patty Suskin honored those who had completed ALL the 2011 IHS Standards of Care for Type 2 Diabetes with a special pair of socks. These standards include a series of health appointments and tests found to prevent complications that can occur with the disease. Congratulations for all that work!

The participants enjoyed a healthy lunch. An exciting gift raffle wrapped up the Spring into Health event.

Are You FIT?

Lindy Fredson LPN - Have you had the opportunity to get your colon cancer screening FIT test yet? If you are between the ages of 50 and 64 you should have a yearly colorectal screening test. The Fecal Immunochemical Test (FIT) is an easy and quick way to get that screening done. It is a test that you take home, complete and return. It's quick and easy to do and we have nice incentive gifts to give you when you return the test. Call Lindy Fredson at the Squaxin Health Clinic or just walk in to pick up your test kit.

If you have any questions, please call
Lindy Fredson, LPN
Patient Navigator for the Colon Health Program
432-3933.

Screening saves Lives!

Until the end of June we are offering you a bonus incentive gift of a \$20.00 Safeway gift card in addition to our usual nice incentive gifts if you complete a colon cancer screening test through our Colon Health Program.



L - R: Lindy Fredson, Colon Health Navigator, Peggy DeMiero, Glen Parker (seated), Elizabeth Heredia



Charlene Krise chats with Patty Suskin about physical activity.



Patty Suskin stands with some of the people "earning their socks" with the IHS Standards of Care for Type 2 Diabetes: L to R: John Krise, Herb Johns, Bob Whitener, and Harry Fletcher (seated). Not pictured: Paula Henry, Glen Parker, Donna Wood, & more. Congratulations!



Patty Suskin & Peggy DeMiero learn some Zumba moves

Whooping Cough Outbreak


Washington State is currently experiencing a whooping cough outbreak and the number of cases continues to increase. In Mason County, the number of confirmed whooping cough cases is also increasing slightly. There are currently 6 confirmed cases of Pertussis in the county to date.

You should be immunized for Pertussis (whooping cough) if you:

- Are pregnant
- Care for infants or have close contact with infants - 12 months old or younger.
- Care for or have close contact with pregnant women.
- Pertussis vaccine is part of the regular schedule of recommended vaccines for children and keeping your child up-to-date remains important.

It is recommended that you be immunized for Pertussis if you:

- Are an adult who does not know your immunization status for Pertussis.
- Are an adult whose last Tetanus immunization was 5 or more years ago.
- If in doubt, and you have regular contact with infants you should be vaccinated.



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 12th is
WIC DAY at
SPIPA**

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



Angela Henry also
"earned her socks."
Congratulations!



Grandparents Rights

Submitted by Lori Hoskins, by Bob Rudolph, www.grandparentsrightsofWashingtonstate.org - My name is Bob Rudolph, and I am Chair of Grandparents Rights of Washington State (GROWS). We have been working very hard for the past several years to get legislation passed to give good, loving and caring grandparents the right to petition the court for visitation with their beloved grandchildren.

I want to emphasize, yes, we as grandparents miss our grandchildren, but the damage it does to the grandchildren is immeasurable.

Children lose parents to death, divorce and prison. Many times the new partner or spouse doesn't accept the extended family of the missing parent. Often times, grandparents took care of their son/daughter and grandchildren through an illness or another issue (sometimes for several years), but when the grandparents' help was no longer needed, the grandchildren were removed from the grandparents' lives. These children are not only devastated by the loss of that parent, but also by the loss of that entire side of their family. They no longer have access to those grandparents, aunts, uncles, nieces and nephews. Many of these children are living in dire circumstances and there is no grandparent or other family member to

comfort them or help them get through those difficult conditions. We even have grandparents whose sons were killed in Iraq and the wives won't let the grandparents see the only people they have to remind them of their beloved young sons who gave their lives for our country.

We cannot and must not let another generation of young people fall through the cracks and end up in gangs, jail or worse because they lack good, caring and loving extended families.

Let me be very clear, we do not want to take away the rights or interfere in any way with parents' rights. We just want to be able to visit, comfort and love our grandchildren like any good, loving grandparent would and should do.

We realize there are good and bad grandparents as well as there are good and bad parents. We just want good grandparents who are unreasonably kept from their grandchildren by the parents to be able, as a last resort, to petition the court for visitation.

We at GROWS think problems like this should be worked out within the family or through mediation first. But, grandparents should have the ability to go to court, if necessary. We are the only state in the country where

grandparents have no right to petition the court for visitation. Any lawyer will tell you grandparents have no rights here.

If and when grandparents get the right petition the court, it will not be a "blank check." Grandparents won't automatically get visitation. The onus will be on the grandparents to prove to the judge that they are being unreasonably kept from visiting their grandchildren and that the parents have no basis for keeping them apart.

GROWS is currently working for over 500 grandparents and over 1,000 grandchildren in this state in hope of creating change that will allow visitation between grandchildren and grandparents who love each other so dearly.

For those of you who have grandchildren, look into those beautiful, wondrous and loving eyes and just imagine if those children were ripped out of your lives unreasonably. Yes, none of us thought it could happen to us, but it did, and God forbid, it could happen to you.

You can contact us at:
rudolph4682@comcast.net
(253) 232-8927
www.grandparentsrightsofWashingtonstate.org

1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5
6
7 SQUAXIN ISLAND TRIBAL COURT
8 YOUTH COURT
9 SQUAXIN ISLAND RESERVATION
10 IN RE: Case No.: CW-2012-1205-0081
11 LJ, NOTICE OF PRELIMINARY INQUIRY
12 DOB: 01/11/2010
13 An Indian Child
14 THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Latoya Johns and Tylan
15 Cuzick:
16 YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08.020 of the Squaxin Island
17 Youth code, a Preliminary Inquiry for the above named youth has been filed in the Squaxin Island Youth
18 Court. The hearing on this matter shall be held on the 6th Day of June, 2012 at 10:00 am at 10 SE
19 Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND
20 IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR
21 RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the above
22 listed address or call 360-432-3828 for more information.
23 Post: May 15, 2012
24 Publish: May 15, 2012
25 NOTICE OF PRELIMINARY INQUIRY - PAGE 1 OF 1 SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.432.1771

1
2 THE HONORABLE ANITA ESTUPIÑAN NEAL
3
4
5
6
7 SQUAXIN ISLAND TRIBAL COURT
8 YOUTH COURT
9 SQUAXIN ISLAND RESERVATION
10 IN RE: Case No.: SQI-CI-00-03-045
11 V. H. NOTICE OF SHOW CAUSE HEARING AND
12 DOB: 06/20/1999 REVIEW HEARING
13 An Indian Child
14 THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Alicia Robinette and
15 Walter Henry:
16 YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08.020 of the Squaxin Island
17 Youth code, an Order to Show Cause Hearing and a Review Hearing for the above named youth has
18 been filed in the Squaxin Island Youth Court. The hearing on this matter shall be held on the 6th Day of
19 June, 2012 at 10:00 am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT
20 THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED
21 IN A FOSTER HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island
22 Tribal Court at the above listed address or call 360-432-3828 for more information.
23 Post: May 15, 2012
24 Publish: May 15, 2012
25 NOTICE OF HEARING- PAGE 1 OF 1 SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WA 98584
360.432.1771



Gambling Support Group

meets at Behavioral Health Outpatient on
Thursdays 4:00 - 5:00 p.m.

Everyone is Welcome.

Help is available!
Treatment works!



COMMUNITY



Jenene Miller 01
Alonzo Grant 01
Alexandrea Cooper- Lewis 01
Zachary Johns 02
Rocky Bloomfield 03
Francis Peterson 03
Jayde Smith 03
Tyrone Krise 03
James Sen 04
Malachi Johns 04
Victoria Rodriguez 04
Wendy Harding 04
Emily Whitener 05
Julie Goodwin 05
Debra Tennis 05
Alyana Van Horn 06
Dominique Mc Farlane 06
Randall Aldrich 07
David Krise 07
Kim Olson 07
Trisha Blueback 07
David Elam 07
Elizabeth Seymour 08
Lori Hoskins 08
Paula Henry 08
John Snyder 08

Happy Birthday

Laken Bechtold 09
George Sumner 09
Pamela Hillstrom 09
Kimberly Peterson 09
Julie Van Horn 09
Tamie Rioux 10
Alex Ehler 11
Brandon Greenwood 12
Teresa Ford 13
Stephanie Tompkins 14
Raymond Henry 14
Ana Pinon 14
Janette Sigo 14
Casey Brown 15
Kylind Powell 15
Kristin Penn 16
Dorothy Nelson 16
Andrew Sigo 16
Trent Brown 16
Yvonne Bell 16
Jackson Cruz 17
Ronald Whitener 17
Kevin Bloomfield 17
Armonie McFarlane 18

Daniel Napoleon 18
Tasha Rodriguez 18
Kamela Byrd 18
Andrea Shirck 19
Nicholas Armas 19
Andrea Sigo 19
Thomas Farron 19
Vicki Kruger 19
Jacob Johns 19
Verna Henry, II 20
Eugene Galos 20
Shelby Todd 20
Jason Longshore 20
Donald Whitener 20
Rod Schuffenhauer 21
Wynn Clementson 21
Beau Henry 21
Kyleigh Peterson 21
Jaime McFarlane 21
Laurinda Thomas 21
Rose Boggs 22
Monica Nerney 22
Alexander Smith 22
Tamika Green 23
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
Fleet Johns 29
Neekie Perez 30
Dakota Lorentz 30
Joshua Mason 30

What's Happening

				1	2
3	4	5	6	7 <i>TANF Craft Class</i> <i>3-5, C Kitchen</i>	8
			<i>Family Court</i>	AA Meeting 7:30	9
10	11	12 <i>Criminal/Civil Court</i> Drum Group 6:00 p.m.	13	14 <i>TANF Craft Class</i> <i>3-5, C Kitchen</i> <i>Council Mtg.</i> AA Meeting 7:30	15 <i>Sgwi' Gwi</i> <i>5:00 p.m.</i> <i>Events Center</i>
17	18	19 Drum Group 6:00 p.m.	20	21 <i>TANF Craft Class</i> <i>3-5, C Kitchen</i> AA Meeting 7:30	22
24	25	26 <i>Criminal/Civil Court</i> Drum Group 6:00 p.m.	27	28 <i>Council Mtg.</i> <i>Business Showcase</i> <i>LCCR</i>	29 <i>Business Showcase</i> <i>LCCR</i>
					30





COMMUNITY



Congratulations Kassidy for graduating high school



Hooray, YOU did it!
We are so PROUD of you,
our angel!
Also, Happy (belated)
18th Birthday!
May all your dreams and
wishes come true.
You are the BEST!!!
Love, Mom and Gma

Mr. Cooper

There's something like
a line of gold thread
running through a man's words
when he talks to his daughter,
and gradually over the years
it gets to be long enough
for you to pick up in your hands
and weave into a cloth
that feels like love itself.

-John Gregory Brown
I Love You, Dad!

**Love,
Alex**



**Happy Birthday to
my sister Puddy
Love,
Marlene, Samson
and Samson Jr.**

**Happy Birthday
Casey!
Love,
Your Brother Sams**

**Happy Birthday
Dominique!
Love,
Mom**

You are invited

**to an outdoor mass
to honor
Blessed Kateri Tekakwitha**



**Tuesday
July 31st**

**12:00 Noon
St Edwards Catholic Church
601 West C St.**

Jake Finkbonner, an 11 year-old Lummi boy, was healed of a deadly infection through the intercession of Blessed Kateri. *In October, she will be the first Native American proclaimed a saint by the Vatican.*

Please come and participate in this magnificent story.

Everyone is welcome!

MORE INFORMATION:

Don Smith:

(360) 791-9304

donalds7777@yahoo.com

Father Ron Belisle, Pastor

Email: belisle@hctc.com

Phone: (360) 426-6134

SPECIAL NOTE:

*This mass is taking
place while Canoe Journey
protocol is occurring,
but is not an official part
of that event.*

*St. Edwards church is
located in Shelton.*

Go Elvis Lizards!



**You Have an Amazing Coach!
We Love You Selah and Judah!
Love Kaya, Aunties, and Uncle**

Judah is on the far left w/ sunglasses and Selah is
on the far right with the blue bandanna.

BINGO AT THE CREEK

Over \$20,000 in Cash and Prizes

Friday, June 29th at 6:30pm

Saturday, June 30th at 2:30pm & 6:30pm

2:30pm Session Blackout Prize • \$599

6:30pm Session Blackout Prize • \$1,199

Early Bird Specials • 6:30pm Sessions

Wear your favorite flannel shirt
and receive a free level 1 with buy-in!

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

Restrictions apply. Must be 18 or over to play.

CONCERTS AT LITTLE CREEK



TONY ORLANDO

♦ Saturday, June 9th + 8pm

Tickets on sale now! \$40/\$30/\$20



**MORRIS DAY
AND THE TIME**

♦ Saturday, July 21st + 8pm

Tickets on sale now! \$40/\$30/\$20



JOE WALSH

♦ Friday, August 24th + 8pm

Tickets on sale now! \$70/\$60/\$50

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

For tickets and more information

visit the box office, online or call 360-432-7300.

Must be 21 or older. Call for Skyboxes.

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96

