



**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 Joanne Decicio by;

**4:00pm Friday June 7, 2013.**

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 sixteenth Annual Sgwi-gwi Celebration.

*16TH Annual Sgwi-gwi Celebration*

*Friday June 14, 2013*

*5:00pm Little Creek Events Center*

Contact:	Joanne F. Decicio	Phone:	(360) 432-3882
	10 SE Squaxin Lane	Fax:	(360) 426-7897
	Shelton, WA 98584	email:	jdecicio@squaxin.us

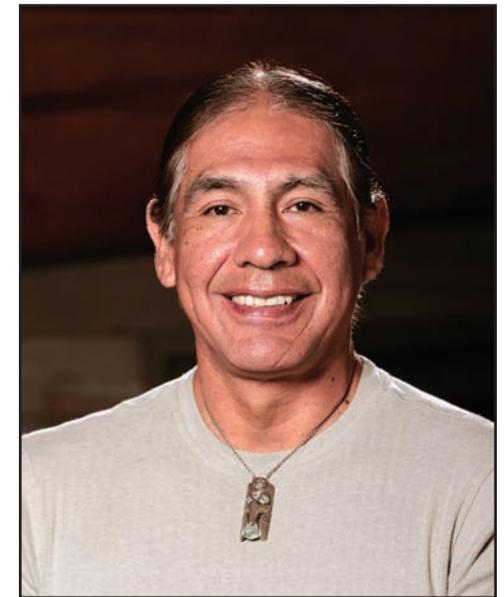
**Squaxin Island Tribe  
Public Input for FY14 Budgets**

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 FY14 programs to Shree Sharma, ssharma@squaxin.us or Julie Goodwin, jgoodwin@squaxin.us by June 28, 2013.

**May 4th General Body Meeting  
Arnold Cooper reelected as Vice Chairman  
Vince Henry elected as Council Member #3**



*Arnold Cooper  
Photo by Brett Fish*



*Vince Henry  
Photo by Brett Fish*

**Tribe breaks ground on new building**

Dan Neelands - The May 6 groundbreaking and blessing ceremony on marked the start of construction for a 10,000 square foot office building to house the Squaxin Island Tribe's Natural Resources and Cultural Resources departments.



*Continued on Page 3*

*Andy Whitener, David Lopeman, Alfred Waugh (architect), Rhonda Foster, Vinny Henry, Margaret Henry and Charlene Krise*



## Tribal Council Members taking the Oath of Office May 23rd

### **The Peoples Oath**

*(All new Tribal Council Members will not take a seat until they have given their Oath)*

You have been chosen by your Creator and People to serve as our Honored Leader. This is a promise you make before the Creator, and for your ancestors, people, and future children.

"The thickness of your skin will be seven thicknesses, for you will be proof against anger, offensive action, and criticism. With endless patience you shall carry out your duties, and your firmness shall be tempered with compassion for your people. Neither anger nor fear shall find lodgment in your mind or spirit, and all your words and actions shall be tempered with calm deliberation. In all your official acts, self-interest shall be cast aside. You shall look and listen to the welfare of the whole people, and have always in view, not only the past and present, but also the coming generations in your heart"

*(1720 Iroquois Confederation giving charge to the new Leaders)*

Always remember, first, the Creator's loving kindness. He will continue to bless us as long as we continue to lift Him up and give honor and thanks for all that He continues to provide to our People.

Each New Council Member will repeat after me.

I, Council Member name, accept this oath as a warm blanket to wrap around me, and promise to carry it with me and lodge it in my heart.

I, Don Whitener, am honored to accept your Oath for our People. Let the records show (and everyone here is a Witness) that - Name of Council Member - has accepted this Oath. We ask the Creator to guide and hold you for time immemorial. I ask now that you take your rightful place as our leader. (Everyone then welcomes the new Council Member).



## Tribal News

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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
- VINCE HENRY: 3rd Council Member

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



## Tribe breaks ground on new building *Continued from Page 1*

Over the next few weeks we will be building a new road into the site just downhill from the Intertribal Professional Center (SPIPA). There will be some construction traffic on Old Olympic Highway but we don't anticipate any road closures.

A greenbuild project, this construction will be completed in an environmentally friendly manner with the resulting building putting as little burden as possible on the earth's resources. High performance elements such as rain gardens to control stormwater, advanced daylighting to provide a healthy, energy efficient work place and recycled content building materials all contribute to the Tribe's commitment to the environment.



Designed by First Nations architect Alfred Waugh and built by Korsmo Construction Inc. the building will be completed by the end of February, 2014.



## A Message from Vice Chairman Arnold Cooper

I want to thank everyone for their support during our General Body elections.

I also want to thank Charlene Krise for years of service on the Squaxin Island Tribal Council and for all she contributed in tribal politics. She has been, and still is, a great asset to our tribe. Thank you, Charlene Krise. I Raise My Hands To You.

The decisions the Tribe makes at the General Body meeting affects the future of the Tribe and the whole tribal community. Those running don't always understand the needs of our tribal community or the commitment needed to do a good job on Council.

As your Vice-Chairman I have, and will continue to be, involved with the community, visiting departments to hear their needs so I can make informed decisions at Council meetings. I will continue to help tribal members meet their personal goals, whatever they may be and whoever you are. Each and everyone is important to the well being of the whole Tribe. Please feel free to contact me with concerns, ideas or suggestions at [acooper@squaxin.us](mailto:acooper@squaxin.us) or (360) 490-7933.

I take pride in representing Squaxin Island Tribal people whether it is at home or in meetings with other tribes, tribal organizations, local, state or federal agencies and organizations. When I am on travel, I tend to business, represent our Tribe in a good way, get information needed for Council and follow up on it.

Again I would like to thank all those who voted for me and those who did not. The election process is an important part of our tribal government, and it is good to see such a great turn out and to know our Tribal members are actively involved.



**ISLAND ENTERPRISES INC**  
Weaving a strong business foundation for the  
Squaxin Island Tribe's future.

## Rental Properties

*By Stephanie James*

Part of my job here at Island Enterprises is to manage rental properties on behalf of the Squaxin Island Tribe, along with IEI's own facilities. Right now, there are 4 residential homes being rented, several storage facilities used by IEI companies, and numerous pieces of land that currently do not have a structure on them are also monitored and maintained. Little Creek Casino Resort manages additional properties, including the Collier House at Arcadia Point. I am asked frequently about what rentals are available and also how to become "a renter". One of the homes that I manage has been identified by the Tribal Council as "emergency housing". Let's start with this one.

Per the Tribe's Emergency Housing Policy:

**QUALIFICATIONS:** In order to qualify for emergency housing the applicant must:

- A. Be a Squaxin Island Tribal Member;
- B. Qualify as a low income family, defined as a family whose income does not exceed 80% of the median income for the area or the United States, whichever is greater;
- C. Either be: (1) homeless; (2) the victim of domestic violence; (3) suffer a financial or personal hardship that requires housing assistance; or (4) suffer from such other condition or circumstance that would qualify for emergency housing, as determined by the Squaxin Island Tribal Council; and
- D. Prior to lease test negative on a drug and alcohol test, approved by Island Enterprises.

Only approved members of the applicant's family shall be allowed to reside in the emergency housing, and in no event shall an applicant who is the victim of domestic violence allow the perpetrator of such domestic violence to reside, visit, or be present upon the property.

An applicant having been evicted from Tribal Housing (as managed by the Squaxin Island Office of Housing) any time within five (5) years prior to date of application shall not be entitled or qualify for emergency housing.

**TERM:** Emergency housing shall be provided to a qualified applicant for no longer than three (3) months, unless extended upon terms and conditions as approved by the Tribal Council every two (2) months.

**RENT:** Rent shall be paid on a sliding fee basis, but in no event shall rent be more than twenty percent (20%) of the applicant's net income. In the event the applicant has no income, rent can be waived; however, the waiver of rent may be conditioned upon applicant performing certain work or services, as agreed between the parties. Unless rent is waived the applicant must also pay any and all utilities associated with the property.

**WRITTEN AGREEMENT:** The applicant will be required to enter a written agree-

ment for emergency housing. That agreement shall include but not be limited to, the terms and conditions of this policy, together with: (1) a provision that the applicant is subject at any time to random drug/alcohol testing; (2) a provision that the emergency housing being provided is subject to inspection by Island Enterprises, at any time and without advance notice; and (3) a provision the terms of the agreement may be enforced in the Squaxin Island Tribal Court.

**MANAGEMENT:** Island Enterprises, Inc shall be responsible for implementing this policy and the management of the emergency housing property.

**PLACEMENT:** Tribal Council will make the final placement decisions.

**OTHER USE OF PROPERTY:** Nothing in this policy shall preclude Tribal Council from using the property designated for emergency housing for such other purposes, or under other terms and conditions, as it deems appropriate.

### ***Now for the non-emergency rentals.***

As rentals become available, they are awarded via a lottery style system. An announcement will be mailed to all tribal members and will also be posted on the Daily Scoop. This will generate a "pool of applicants". Once this "pool" is established, it is my job to screen each applicant. The process of screening is very much like the one the Office of Housing uses. After the screening process is completed, qualified applicants will be entered into a lottery style drawing. The drawing is administered with two additional employees/witnesses present. They are drawn one by one and listed in the order drawn. If the person selected in the first position declines to accept the rental home, then the second person drawn will be offered the home and so on.

The rentals are on a month to month lease agreement and the amount of the rent is determined by the Fair Market Rent for Mason County.

I hope this has been helpful and has provided some answers to frequently asked questions. As always please don't hesitate to call me or even better...stop by IEI, my door is always open!





## Island Enterprises Accounting

The Island Enterprises Accounting Department is updating and streamlining processes to provide better service.

We are happy to announce that we will soon offer ACH direct deposit to Elders for their monthly per capita payments! The ACH direct deposit program will reduce processing steps, reduce the number of printed paper checks, reduce payment problems due to lost, stolen, or misdirected checks, and will eliminate mail delays.

We are also working on reducing our paper use by utilizing technology already available to us. For example, we are working on an electronic document management system that will help reduce paper use and will facilitate the sharing of information. In addition, it will take less time for staff to maintain electronic documents than the paper filing system that we currently use.

We are also working on simplifying and improving data capture. One way we are doing this is by automating data entry processes. We will be able to import data, such as sales and inventory information directly from the KTP stores into our accounting software. This will reduce the amount of manual entries and will allow Accounting to provide faster and more useful reporting to managers so they are able to make better business decisions.

We will continue to work on extending these and other streamlined processes across the enterprises and will keep the Community apprised of our progress.



## Memorial for Myrtle Richards

**June 22nd**  
**12:00 noon**

**Community Kitchen**

**Potlatch at the gym after**

## Native Business: Innovation

It takes a lot of work and sometimes a little luck to succeed in business. Great economic success can be derived from breakthroughs that stem from innovation. Innovation is when something better (i.e. newer, cheaper, faster, or more efficient) is offered to the marketplace. Innovation can mean the creation of a new technology like the telephone, television, or internet but most often innovation is taking things that exist and utilizing them in a way to deliver a product or service better than the competition.

WalMart is able to dominate the retail sector because their business model efficiently delivers products to consumers cheaper than anyone else. WalMart does not make any of the products they sell. They use methods to utilize the resources of their manufacturing partners and other involved parties. McDonalds is a well known brand for fast service, a consistent product, and has also changed over time to offer fresh products as customers have changed their preferences to prefer healthier options. Of course McDonalds will never compare well to a local farmer's market in terms of nutrition and freshness but they have done well to bend to consumers' will by listening to the customer and reorganizing their menu to include healthier options than served in the past. Apple Computers is a leader with consumers because they bring new and cool products to market. Their mantra is to produce products for people that can change the world and they have done just that -influencing how people communicate and use technology. Think about the i-phone, i-pods, and tablet computers. People use to read newspapers or have a conversation verbally. Now information arrives with the stroke of a mini-screen and there is an entire generation of young adults that prefer to text opposed to talk on the phone or in-person -not bad, just different.

The world is constantly changing and one certainty about tomorrow is it will be different than today. There will always be room for those who think, "What if we did things differently, better?" Those are the innovators and they are very important.

*Jim Stanley freely shares his knowledge in an effort to foster economic success in Indian Country. He is a tribal member of the Quinault Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. To contact Jim for comments, go to [JimStanley.biz](http://JimStanley.biz).*



## The Squaxin Island Tribal Council and Veterans Committee

requests the pleasure of your company at

### Veterans Memorial Renovation Dedication

On Friday,  
the fourteenth of June  
At eleven o'clock  
in the morning

at  
the Veterans Memorial.  
Please join us for lunch  
immediately following  
the ceremony



## Walking On ... Raymond Henry



**Raymond Henry 1970-71**



**Raymond Wayne Henry & his Mom Theresa Faye Nason**

Raymond Henry, 56, died on May 11, 2013 at home where he lived with his eldest sister, Barbara Anne Henry. He was born on June 14, 1956 (Flag Day). Raymond was born to Walter Henry Sr. & Theresa Cooper Henry and was the baby of the family.

Ray really enjoyed hunting, especially duck hunting, and he hunted a lot out at Nalley's farm by the Skokomish Tribe. He picked brush, harvested clams, and fished for many years. Raymond also worked at KTP and Little Creek Casino. Raymond enjoyed carving and gave many of his carvings away as gifts. Ray loved to listen to music and would sing while he played his keyboard in his room. He owned and drove many nice classic cars when cruising was not against the law. Raymond & his brother Marvin owned the roads of Shelton in the 1970's. They lived on Railroad Avenue in the heart of downtown Shelton, and had many good friends spending the nighttime hours cruising and having an occasional kegger party. No one ever messed with either of them (back in the day). Raymond, his brother, Marvin Henry, Sr., his nephew, Vincent Gene Henry, Sr., his niece Joanne Faye Decicio (Joanne Henderson back then), & many mutual friends spent much time together back in the cruising days. There was a closeness that lasted for many years when life and times were filled with carefree fun and not as complicated as it is in this day & age. Vince Sr. & Joanne both cruised with the brothers and were envied by many. The Henry brothers were the definition of "cool" in those days. Raymond preferred and stayed in the 1970's in many ways.

Raymond was loved by so many; he was easy to talk to and was kind & considerate to everyone in the community. Since his death, many have expressed how much Ray will be missed and how Ray minded his own business. When Ray rode his bike around the community, he would take the time to visit almost anyone. He paid special attention to all his nieces, nephews, great nieces & great nephews and showered them with love & affection. Ray would walk his sister Barbara to the mail boxes and up to the health clinic, holding her hand, assisting her up that little hill to the clinic making sure she would not fall. Ray would sweep & mop the house and tend to the laundry for Barbara, not allowing her to do it. Ray would sit and talk to Barbara for hours – he spent much time in the last few months asking about his dad. Raymond was so young he did not remember his dad and wanted his eldest sister to share memories with him. He really enjoyed receiving his elder per capita check.

Raymond is survived by one brother, Marvin S. Henry, Sr., two sisters, Barbara Anne Henry & Susan Faye Henry and numerous nieces, nephews, great nieces & great nephews. Raymond was preceded in death by brothers Vernon Henry, Bennett (Spike) Henry, Edward (Sonny) Henry, Walter Henry, Jr., Leo Henry, Sr.; sisters Catherine Henry, Marlene Kay Henry, & Verna Warner; parents Walter Henry, Sr., and Theresa Faye Nason. A graveside service took place on May 20, 2013 at the Skokomish Y Cemetery, officiated by Ron Daily. Arrangements were by Forest Funeral of Shelton under the direction of Dave Lucas.

*Written with many fond memories by Ray's niece, Joanne Decicio, who loved him dearly....*  
"Be Around later?" Uncle Ray would say as we parted.

## Introduction to Advance Directives

The end of a person's life is a complicated time for both the individual as well as his or her family members. Unfortunately, the legal challenges and questions that arise at the time of death are likely to complicate matters. There are a number of different legal documents, categorized as "Advanced Directives" that allow individuals and families to make decisions about medical and end of life issues ahead of time, before an individual is no longer capable of doing so for themselves. The term "Advance Directives" typically refers to a variety of legal documents, including Health Care Directives, which were previously referred to as Living Wills; Do Not Resuscitate (DNR) forms, which are also referred to as "Code/No Code" forms; and durable powers of attorney for health care. These documents are intended to allow an individual to make decisions in advance as to the medical treatment that he or she wishes to receive in the future; specify how decisions are to be made on his or her behalf, if necessary; and direct the medical establishment to follow these decisions.

The Legal Department has prepared information and sample forms for the following different types of Advance Directives: Health Care Directive; Do Not Resuscitate; and Durable Power of Attorney for Health Care. Not every form is appropriate for every person. The following is intended as a general description to help you determine if a particular form might be appropriate for you or a loved one. If you would like the blank legal forms, or more information, please contact the Legal Department.

A Health Care Directive is prepared in advance to inform all medical personnel as to the actions that should be taken in case of a terminal illness or coma and statutorily becomes effective only when a physician determines that a terminal condition exists, or two physicians find that the patient is in a coma. A Health Care Directive is a "springing" document that must be activated by the physician at the



## Walking On ... Elizabeth Obi

Squaxin Island Tribal member Elizabeth Obi, 42, passed away on May 4, 2013 at her home on the reservation. She was born April 21, 1971 to Debbie and Dave Obi.

She attended elementary school in Taholah and North Beach High School.

Elizabeth was employed at Little Creek Casino Resort. Her hobbies were reading (she especially loved Christian books) and she loved taking

care of her grand kids and her mother. She attended Christian AA in Olympia.

She is survived by her mother and father; daughters, Alicia and Chevonne Obi, both of Shelton; son, Martin Sequak Jr. of Shelton; brother Dion Obi of Taholah; two grandsons, Jeremiah and Thailer; and two granddaughters, Melanie and Olivia.

Elizabeth was preceded in death by aunts Becky and Connie Napoleon.

Her family wishes to thank everyone who helped in their time of great need. Thanks to those who helped with the services and dinner. Your thoughtfulness meant so much! We miss her so much!!!



## Introduction to Advance Directives Continued from Page 6

time when the specified condition develops. It is not immediately active but "springs" in certain circumstances. A Health Care Directive is an advance instruction of intent as to orders the physician is asked to give if certain situations (a terminal condition or coma) develop in the future.

A Do Not Resuscitate (DNR) Form is prepared cooperatively by an individual and physician as an advance order by the physician that, if the individual experiences cardiac or respiratory failure, cardiopulmonary resuscitation (CPR) is or is not to be attempted. A physician order for the decided-upon action is provided in advance so that medical personnel will respond according to the advance order.

A Durable Power of Attorney for Health Care allows an individual to appoint someone else to make medical care decisions, in case of personal inability to make such decisions. An agent is given certain powers to "stand in" for the ill person. The Power may be effective immediately or "spring" at a certain date or event.

For More Information Contact the Squaxin Island Legal Department, Diane Deyette at ddeyette@squaxin.us or (360) 432-1771 x 5.



## Thank you, Rick Peters

Rick Peters recently donated his collection of elk horns to the Cultural Resources Department. CRD will be displaying one of the sets of horns in the new NR/CR building. The Cultural Resources Dept. will also use some of the horns for flint knapping and knife handle classes sometime in the near future. A big "Thank You" goes out to Ricky P. for his donation from the Cultural Resources Dept.

## Tribal Council Resolutions

**13-18:** Approves re-stated Bank of America loan documents

**13-19:** Adopts amendments to the Liquor Sales Section of the Tribal Code

**13-20:** Approves modifications to Resolutions Nos. 10-116 and 12-52 to provide that minors continue to have beneficial rights to Minor's Trust contributions and have a vested right in the Minors' Trust subaccounts at the time he or she reaches age 18 with a high school diploma or its equivalent, or age 21

**13-21:** Approves amendments to the Budget Ordinance for Aged & Disabled Program

**13-22:** Approves entering into the Deschutes River Stream Flow Benchmarks Project Interlocal Agreement

**13-23:** Grants permission to the University of Washington to conduct a survey outside of the General Body meeting in May asking adult tribal members about the importance of smoking cessation and prevention programs

**13-24:** Authorizes Tribal Chairman David Lopeman to sign BIA documents related to roads and utilities

**13-25:** Requests Griswold property be put in Trust

**13-26:** Requests Wokojance property be put in Trust

**13-27:** Requests the Collier house property be put in Trust

**13-28:** Requests Lopeman property be put in Trust

**13-29:** Enrolls Brooke Henry

**13-30:** Enrolls Marlene Anderson

**13-31:** Enrolls River Gardipee

**13-32:** Enrolls Gracelyn Wier

**13-33:** Enrolls Leslie Cooper Jr.

**13-34:** Enrolls Thailer Vilter Jr.

**13-35:** Enrolls Lahaila Greenwood

**13-36:** Enrolls Elias Coley

**13-37:** Enrolls Ashton Coble

**13-38:** Approves the final report on the Mud Bay archaeological site





# LEARNING CENTER



## Cant Wait for Summer!



# 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 Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Rec. Rm: 3-6pm Open Swim: 3-6pm Gym: Baton: 3:30-9:30pm Free Clinic – 4:45-5:30pm	<b>4</b> Rec. Rm: 3-6pm  Gym: 3-6pm	<b>5 GSD – ER 2:15pm</b> Rec. Rm: 2:30-6pm Open Swim: 3-6pm Gym: 3-6pm	<b>6</b> Rec. Rm: 3-6pm  Gym: 3-6pm	<b>7</b> Rec. Rm: 3-6pm Open Swim: 5-8pm Gym: 3-6pm
<b>10</b> Rec. Rm: 3-6pm Open Swim: 3-6pm Gym: Baton: 3:30-9:30pm Free Clinic – 4:45-5:30pm	<b>11</b> Rec. Rm: 3-6pm  Gym: 3-6pm	<b>12 GSD – ER 2:15pm</b> Rec. Rm: 2:30-6pm Open Swim: 3-6pm Gym: 3-6pm	<b>13 GSD – School's Out @ 11:40am</b> Rec. Rm: 12-6pm  Gym:12-6pm	<b>14 SSD – School's Out</b> All Programs cancelled for Sgwi-Sgwi <b>5pm @ Events Center</b>
<b>17</b>  <b>After-School Program Closed</b>	<b>18</b>  <b>After-School Program Closed</b>	<b>19</b>  <b>After-School Program Closed</b>	<b>20</b>  <b>After-School Program Closed</b>	<b>21</b>  <b>After-School Program Closed</b>
<b>24</b>  <b>Summer Staff Training All Programs Closed</b>	<b>25</b>  <b>Summer Staff Training All Programs Closed</b>	<b>26</b>  <b>Summer Staff Training All Programs Closed</b>	<b>27</b>  <b>Summer Staff Training All Programs Closed</b>	<b>28</b>  <b>Summer Staff Training All Programs Closed</b>
<b>After school snacks:</b> <b>Computer Lab:</b> <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>	M-F 4-4:45pm 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		

**REMINDER:** Tutors are available everyday afterschool from 3:30-5:00pm.  
Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom



## Tu Ha' Buts Learning Center News

By Gordon James

### **Planning for Summer Rec is underway!**

This year's Summer Rec Program is being planned right now. There will be lots of fun activities of all kinds throughout the six-week program, from July 1 - August 9. The Summer Rec Program will usually operate from 8:30am – 3:00pm weekdays, with a couple days off around July 4th. Every participant will get a calendar of events for the Summer Rec Program with details of what is planned. For youth ages 5 - 12, there will be swimming on Monday and Tuesday, and 1-2 field trips each week.

For every youth who would like to join us for the Summer Rec activities, we will need a completed application packet. The new application packets are good for July 1, 2013 – June 30, 2014. The applications will start to be available at the Sgwi-gwi Celebration - at the Skookum Creek Events Center on June 14th, or can be picked up after that at the Tu Ha' Buts Learning Center. If you'd like, we can email the forms to you as well.

### **Some important upcoming 2013 dates:**

- June 7 is the last day to get recognized on the Sgwi-gwi program. Look for the Sgwi-gwi announcement in this newsletter for more details.
- The after school youth activity program stops on June 13 to begin preparing for Summer Rec.
- The final day of Sylvan for this school year is June 13.
- June 13 is also the last day of school for Griffin School District.
- June 14 is the last day of school for the Shelton School District.
- June 14 is also the day of the Sgwi-gwi Celebration.
- June 15 is the Shelton High School graduation ceremony.
- Orientation for Summer Rec staff is June 24-28.
- Summer Rec will be Monday through Friday, July 1 – August 9, but is closed July 4-5.

The Tribe's Truancy Code has recently changed, continuing to reflect that education is an important priority of the Tribe. For most young people and their families, this change won't have any impact. But for a family whose child is often absent or tardy from school, it is important that you understand how these changes can affect you - the truancy code has gotten stricter:

- The provisions of this Truancy Code apply to all persons aged five (5) years or older and to their parent(s) or guardian(s) as necessary to enforce the provisions of this Truancy Code.
- This Truancy Code applies to the full extent of the sovereign jurisdiction of the Squaxin Island Tribe. This specifically includes, without limitation, all enrolled members of the Squaxin Island Tribe and their descendants wherever domiciled; all persons domiciled on the lands of the Squaxin Island Tribe and to any person who participates in or receives assistance from any program operated by the Squaxin Island tribe or its departments.
- Any student who has either five (5) unexcused or excused absence, in any calendar month, or ten (10) unexcused or twenty (20) excused absences accumulated throughout the school year, whichever comes first, shall be considered truant under this Code.
- For the purposes of this code, any three tardies of one half-hour or more shall be considered as one absence.

### **Higher Education**

Some points to keep in mind as you apply for Squaxin Island Tribal Financial Aid:

- To receive tribal financial aid, you must complete a FAFSA form (Free Application for Federal Student Aid). It is available to complete online and gets forwarded to the college of your choosing. With this information the college calculates a student's need for financial aid and provides this information to the tribe's Higher Education Coordinator.
- You can complete and submit the FAFSA form for the 2013-2014 school year as early as January 2013 and as late as June 2014. Several states, including Washington, award financial aid money on a first-come, first-served basis until the financial aid funds are gone. The sooner you get your FAFSA turned in, the greater your chance of getting additional financial aid beyond what the Tribe provides.
- Eligibility for Squaxin Island Tribal Financial Aid is for up to 15 quarters or 10 semesters, whether you take one class or more. Let's say Bob is enrolled for three credits while Kevin is enrolled for fifteen credits. If both are receiving tribal financial aid they are both using one quarter of eligibility but Kevin gets more out of it.
- Many tribal members have chosen to attend an accredited vocational training program instead of college. If you are interested in this, call the Tu Ha' Buts Learning Center and we can work with you to determine how tribal financial aid can work with the school you've chosen.

## **Parents and Students: Beware of Fraudulent Online Education Sites**

By Peggy Peters

The Tu Ha' Buts Learning Center (TLC) wants to warn the Squaxin community of online frauds that try to sell you a diploma or a GED certificate. These sites may try to sell you a diploma or a certificate based on life experience, or try to convince that you can take a GED test on line. This is NOT TRUE. The GED test can only be given and scored at an official GED test center.

The internet is great for researching, communicating, and even taking online classes from an accredited school. However be aware that you need to be cautious of which sites you and your children visit. TLC can help students prepare for their GED test. After GED pre-testing, qualifying students can be given a voucher to Olympic Community College in Shelton, or to South Puget Community College in Olympia, where testing takes place.

If you are interested in getting your high school diploma or GED please contact the Tu Ha' Buts Learning Center at 360-432-3826. Our staff can help you connect with the resources to achieve this goal.





# LEARNING CENTER



## Thank You from Shelton School District

The Shelton School District's Indian Education Program, on behalf of the staff, students and their families, would like to say thank you to the many individuals who made this years Banquet & Button Robe Ceremony a success. Many thanks to the Squaxin Island 1% Committee for their financial assistance in support of the Banquet; to Mr. Andy Whitener and his Natural Resources staff for donating the fish each year, and to Mr. Cooney Johns & his crew for cooking the fish. Thank you to Carri Fennel, Luanne Bigbear, Barbara Gomez, Stacey Ozga and the students who volunteered to cook the fry bread; and thank you to the many families who brought their favorite dish, they were delicious! Thank you to Bobbi Blacketer for designing the artwork that graced our invitations. Thank you to Mr. Wayne Massie, Supt. of Schools for the welcome address and the introductions; and thank you to student, Kelsey Bowcutt, Mistress of Ceremonies, for the evening. Thank you to Jeremiah George, Greg Lehman, Jamie Cruz and the Squaxin Island Canoe Family for the blessing and the beautiful drumming and singing. And thank you to Gussy Blacketer for that beautiful Eagle song. Thank you so much to Vicky Engel, Pam Hillstrom, Vicki Kruger, Staci Miller and Carri Fennel for providing the materials and guidance for the button robes through the project workshop. Thank you, Denyse Bowmer, for the beautiful center pieces for the tables. Thank you to all those individuals who helped with the cleanup. We appreciate the support you provide to our students. And just as importantly; CONGRATULATIONS to our graduates and their families, the button robes were exquisitely beautiful! We are all so very proud of you!



The brown woven basket design was made for Mistifawn Martinez by her family (Andrea & Steve Sigo), The robe with Jacob on it belongs to Jacob Aldrich, made by his family and his great aunt Sally Brownfield, and a picture of the Squaxin Canoe Family doing their honoring. The other picture of the robes belonged to other non-Squaxin students.

The Indian Education Staff:  
Molly Baasch, Special Services Director  
Melanie Willig, Bordeaux & CHOICE H.S.  
Ruth Bowcutt, Evergreen, Mt. View & OMS  
Trivian Nault, OBJH & SHS



Squaxin Island Tribal Council &  
Charles Schwab Investment Presents:

**Educating young adults to  
become financially independent**

**Wednesday, June 5th, 2013  
4:30 p.m.  
Squaxin Community Kitchen**

**Pizza will be served!**

Join Monty Davis, of Charles Schwab Investment as he teaches how to identify some of your own personal financial goals. He will also discuss:

- What credit is and how to use it responsibly.
- How compounding helps savings and investments grow
- Recognize at least two basic investing concepts
- Recognize at least three types of investment.



For more information, contact  
Ray Peters at 360-426-9781

## Summer Rec. 2013

**Come join us!**

**July 1<sup>st</sup> to August 9<sup>th</sup>.  
From 8:30 am – 3 pm**

- **Ages 5-12 yrs.**
- **1-2 Field Trips Weekly**
- **Swimming on Mondays & Tuesdays**
- **Daily planned activities include:**
  - **Cultural, Arts-n-Crafts, Games and Guest Visitors**
- **We provide Breakfast/Lunch & late snack**

**Registration Packet will be ready  
at Sgwi' Gwi  
or**

**Tu Ha' Buts Learning Center  
\*Reminder each child will need a new  
Registration Packet completed for this  
year's Summer Rec. Program.**

Any questions contact Jerilyn at 432-3992.



## Water Safety

As summer approaches we all need to look around our homes and areas we hang out. We want all the children to be safe. Here is a list of water safety tips as reminders as we enter another beautiful Northwest summer:

- Always watch children when they are in or near water.
- When watching children, make sure you stay focused on them and not get distracted by phone calls, texting, Facebook, reading or talking with others.
- Watch children even if you know they can swim.
- Use doors, locks and gates.
- Use appropriate sized life jackets.
- Empty all 5-gallon buckets and wading pools immediately after use, store upside down.
- Keep toilet lids down, toddlers can fall headfirst into the toilet.

### Here is a list of scary facts about drowning:

- Each year approximately 340 children drown in or around the home and more than eighty percent were age 4 and under
- Swimming pools are the most common site for drowning to occur among children under the age of 5.
- According to a national study of drowning related incidents involving children, in 9 out of 10 cases, a parent or caregiver claimed to be supervising the child.

Enjoy the summer, the sun and all of the fun. Just please remember to supervise children. We want to prevent any injury to all the children.

Submitted by: Deanna Warren, Family Services



**Fish Committee Meeting**  
 Wednesday June 12<sup>th</sup>, 2013  
 10 AM @ Squaxin Natural Resources

Agenda

- Fish Committee Approval of 2013 Annual Fishing Regulation Package
- 2013 North Of Falcon Meetings Update
- Forecasts: Chinook, coho, chum

Any questions please contact Joseph Peters: [jcpeters@squaxin.us](mailto:jcpeters@squaxin.us) or 360-432-3813

## Earth Day at Squaxin Island Tribe (May 3) Sponsored by Dept. of Community Development





## Preparation for Canoe Journey is a great way to practice sobriety

Jeremiah George - The Squaxin Island Museum Library and Research Center (MLRC), in conjunction with the Drug Task Force, strives to support events that promote a drug and alcohol free community. Recently, MLRC staff and the Squaxin Island Canoe Family have hosted a series of canoe practices in preparation for this year's Paddle to Quinault.

The Tribal Canoe Journey provides a great opportunity to connect with culture and community. This annual event promotes a clean and sober lifestyle. It has supported many in staying on a good path. Paddling (or pulling) in a canoe, among the natural elements out on the water, allows participants to build strength and endurance in multiple ways. Being immersed in the culture while drumming, singing and dancing makes positive connections with other tribal communities. This has a lasting personal, spiritual and community impact.

It is the goal of the Squaxin Island Canoe Family to encourage additional community participation in cultural activities. Revitalizing cultural practices is a daunting task. In our modern lives where we strive to adequately support our families, cultural participation is among many priorities. Cultural activities do not always fit with our schedules. It is natural to have feelings of nervousness for reconnecting. It is a common belief that an invitation is required to participate in cultural activities. Actually, the only requirement for participation is to show up.

The notion that the Canoe Family is separate and isolated is also incorrect. Like any group of people, we can not claim to be a perfect union. We are human and we do experience disagreements and failures. That is why the word family is included into our name. Learning and growing together to improve ourselves and our family is what we make every effort towards. Our family is open to welcoming additional members.

In order to continue to thrive as a people, we need to remain unified in the revitalization of our traditions. Increased cultural representation from the families within Squaxin improves the Squaxin Canoe Family's representation of Squaxin.

As we will have more canoes on the water this year, we hope for involvement from more Squaxin tribal members. The Paddle to Quinault will entail 17 days of paddling. Having 4 canoes that are considered Squaxin canoes emphasizes the importance of increased participation. Canoes are scheduled to launch from Arcadia on July 15, 2013 and arrive in Quinault on August 1, 2013.

If you are interested in participating please feel free to join the Squaxin Canoe Family Facebook page, to stay current on upcoming events, including paddling prac-

tices. Additionally, Culture Night is an open weekly event and a great way to learn songs and dances. Culture Night is every Tuesday from 3pm to 7pm at the MLRC. Feel free to contact Jeremiah George at (360) 229-0547 with any questions.

It is hoped that canoe practices can be scheduled each weekend. Weekend practices will be mostly scheduled at Arcadia, and depend on the tide schedule. Canoe practice information will be posted at the tribal center and at mailboxes within the reservation.

The Squaxin Island Pool has approved use of a canoe in the pool for canoe paddle exercise. This is to increase the opportunity to get into a canoe and build strength for the Canoe Journey. The pool is available to anyone interested in canoe paddle exercise during the normal hours of operation. Each week on Monday, Wednesday and Friday, the pool is opened in the morning from 6am to 8am for exercise. Tuesdays and Thursdays from 4:30pm to 6:30pm there is additional opportunity to exercise. The Squaxin Island fiberglass canoe, named Skookum, is inside the pool building along with paddles and rope to secure the canoe to the deep end of the pool.

If there aren't enough people to place the canoe into the pool, you can exercise individually. Simply sit along the edge of the pool and paddle in place. An example for an exercise is to count 100 paddle strokes and swim 4 laps as a set, and repeat 2 to 4 times.

We look forward to growing numbers of participants in cultural activities as the Canoe Journey draws closer. This is a great opportunity to pass down intergenerational teachings to continue to establish this for generations to come.





# LITTLE CREEK CASINO RESORT



## Dirty Dash, June 22 STRADDLELINE RACEWAY, McCleary

Special thanks go out to Michael Starr, CEO of Little Creek Casino Resort, for sponsoring *Little Creek Dirty Dozen* in the Dirty Dash Mud Run on June 22 at 12:20 p.m.. Have you ever said to yourself, "Marathons are too easy, and Triathlons are for sissies?"

We haven't either...those races are really hard. Think about it...the first person to run a marathon actually died. HE DIED!...and he probably didn't even have fun along the way!



L-R: Terri Mount, Teresa Curtis, Jenn Livingston, Karen BlueBack, Anne Nelson, Machalle Mehl, Stephanie Ping, Janel McFarlane.  
Not pictured Kristy Robinson, Rita Saucier, Kristy Sage and Brenda Frost



Well, welcome to a new kind of race: THE DIRTY DASH. This race that puts all other races to shame. The Dirty Dash is a mud run obstacle course where a military boot camp meets your inner five-year-old's fantasy and subsequently converts boy to man and then man to swine.

You'll need endurance to trudge up mountains of sludge, courage to overcome uncompromising obstacles, a complete lack of shame to wallow in pits of mud and a smile to show through at the end!

So let this mud run obstacle course become your new guilty pleasure. Go solo or with some of your dirtiest, filthiest, & uncouth friends. Either way, you'll be able to look at yourself in the mirror and say, "I am a Dirty Dasher!"... and then proceed to clean yourself off. The Dirty Dash is a hazardous activity that presents extreme obstacles including, but not limited to mud pits, climbing walls, potholes, cargo climb, and muddy and slippery steep hills.

This is the team's first year and they are looking forward to next year. If you are interested in joining the team, stay tuned for more details next spring.

## Please Join us for a Blessing of the Klabsch Family Canoe



**June 7th @ Noon**  
**Arcadia boat launch beach**  
**For more information, call Jeremy Walls at 360-490-8601**



## How to Eat More but Lose Weight

### Picking foods that fill you up with fewer calories

By Tracey Neithercott with modification, Source: Diabetes Forecast Sept 2010 pages 29-31

Submitted by Patty Suskin, Diabetes Coordinator

There are plenty of reasons why diets fail, but for many people it comes down to this: They're not satisfied and they're not full. Sometimes it is because people restrict themselves too much and then go all out and binge on those foods they have restricted.

Instead of giving up entire food groups, there's a smarter way to lose weight. And, believe it or not, it involves eating more. Here are the basics from the book *The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories*. The first is satiety: feeling full and satisfied. The second is energy density (more about that later). If you consider both when creating a meal, you can eat more food but take in fewer calories and still lose weight.

Remember, the bottom line on dieting (I prefer the term a healthier way of eating) is that the only way to cut pounds is to consume fewer calories than you burn. But that doesn't mean that restricting your food choices is the best—or only—option. Anyone who has ever eaten, say, a frozen diet dinner understands the feeling of deprivation: Too often, you're left looking for a snack to fill your still-grumbling stomach and satisfy your original craving. The key to maintaining weight loss is to eat foods that will satisfy you and keep hunger at bay. The reason satiety is so important is that once you control your hunger, you can maintain weight loss over the long term.

### Filling Up

Pop quiz: What will keep you full longer: 2 cups of grapes or ¼ cup of raisins? If you picked the grapes, you're right. Since they have a high water content, they'll fill you up more than the raisins—even though both servings have 100 calories. The difference is in the food's energy density (also called calorie density), or the number of calories in a given weight of food.

Foods with a high energy density have a lot of calories per ounce. Less energy-dense foods have fewer calories for the same weight. So, a cup of pasta with alfredo sauce (high energy density) may have the same number of calories as 2 cups of pasta with vegetables, a side salad, and a piece of chicken (low energy density). Calories per bite affect the portion size you get to eat. The vegetables are lowering the calorie density. Energy density plays a major role in satiety. Because you get a larger portion size, foods that have a low energy density are more filling and satisfying than those with a high energy density.

There's another reason energy density is so important to weight loss: People tend to eat the same weight or volume of food. Dilute the calories and they'll eat the same amount. In other words, if you're going to eat 10 cups of food daily, it's better to pick low energy density foods and consume 2,000 calories of high energy density foods that will bring your daily total to 5,000 calories.

### Reducing Energy Density

There are a few ways to drop the energy density of your meals. For starters, look to foods with high water content. Soups, salads, vegetables, and fruits are all filled with water, so you can eat more for fewer calories. "If you [reduce] the calories by adding water, you're going to get a higher volume of food,". In a study, participants who had soup for an ap-

petizer ate 20 percent fewer calories during their meal than those who ate a casserole with the same ingredients. (Interestingly, drinking a glass of water with the casserole didn't have the same effect; the water must be a component of the food to make a difference.) Another trick is to pack low-energy-density foods into a dish in order to boost the portion size, nutrient content, and satiety factor. Add broccoli, peppers, and asparagus to a slice of cheese pizza for a more filling, nutritious meal. Or double the size of your sandwich by filling it with lettuce, tomato, cucumbers, zucchini, and radishes instead of just meat.

You can also decrease a food's energy density by reducing fat. Of all the components of food, fat packs the most calories per ounce. By cutting fat from a dish, you make room for calories that are more nutritious and will keep you full longer. Take, for instance, chips with cheese dip: It's high in fat and won't keep you very full. If you swap that for a low-energy-density snack like fresh fruit and yogurt dip, you'll be able to eat more for fewer calories. Cut fat by picking lower-fat cheese on sandwiches, using mustard instead of mayonnaise, and replacing bottled salad dressing with a low-fat homemade one.

Fiber, on the other hand, causes foods to move through the digestive system at a slower pace, which boosts satiety. Plus, it has fewer calories per ounce than fat, so you can eat more of it. You can use veggies, fruits, whole grains, and beans to add more fiber to meals. As with all diets, what matters most is sticking with the program. That's why eating high-volume foods is so important: If you don't feel restricted or hungry, you'll be less likely to revert to old eating habits. People who are eating a low calorie density diet end up eating more food per day. The upside of that is they're feeling full and . . . eating healthier.

FOR 480 CALORIES	
You can eat this . . .	. . . or this
Dunkin' Donuts blueberry muffin	Veggie egg white omelet,* 1 medium pear, 2 slices of toast, and 2 slices of bacon
	

\*Omelet includes three egg whites, 1 cup of chopped red peppers, 1 cup of spinach, and ¼ cup of shredded cheddar cheese.



## Food for Thought Recipes

By: Robyn Webb, MS, LN.

Source: *Diabetes Forecast*, September 2010, pages 29-31

### VEGETABLE BEEF SOUP

10 servings

Serving size: 1 cup

Preparation time: 20 minutes

Cooking time: 30 minutes

- 1 Tbsp. Olive oil
- 1/2 lb. Lean sirloin, cut into small cubes
- Salt and pepper to taste
- 2 Cups finely chopped onion
- 1 Tsp. ground cloves
- 3 Garlic cloves, minced
- 2 Bay leaves
- 4 Cups low-fat, reduced-sodium chicken broth
- 1 Can (14.5 oz.) diced tomatoes
- 1 can (15 oz.) navy beans
- 2 cups frozen corn, thawed
- 1 medium zucchini, diced
- 1 Cup chopped parsley
- 1/2 Tsp. ground red pepper

1. Heat the oil in a large stockpot over medium heat. Sprinkle the beef with salt and pepper to taste. Add in the beef, and saute for 3 minutes.

2. Remove the beef from the pot and set aside. Add the onion, cloves, garlic and bay leaves, and cook for 10 minutes.

3. Add the broth and tomatoes, and bring to a boil. Add the navy beans, and cook for 10 minutes. Stir in the corn, zucchini, parsley, and red pepper, and bring to a boil. Reduce the heat and simmer for 5 minutes. Discard the bay leaves.

### AMOUNT PER SERVING

Calories 140

### ROTINI VEGETABLE SALAD

6 servings

Serving size: 1 cup

Preparation time: 20 minutes

### SALAD

- 8 oz. Cooked whole wheat rotini noodles (or other shaped pasta)
- 3 Medium tomatoes, chopped
- 1 Small red pepper, diced
- 1 Small yellow pepper, diced
- 1/2 cup minced parsley
- 1 Tbsp. minced fresh oregano
- 1 Cup diced cucumber
- 1 Can (15 oz.) chickpeas, drained and rinsed

### VINAIGRETTE

- 3 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 2 Tsp. Dijon mustard
- 2 Tbsp. olive oil
- Salt and pepper to taste

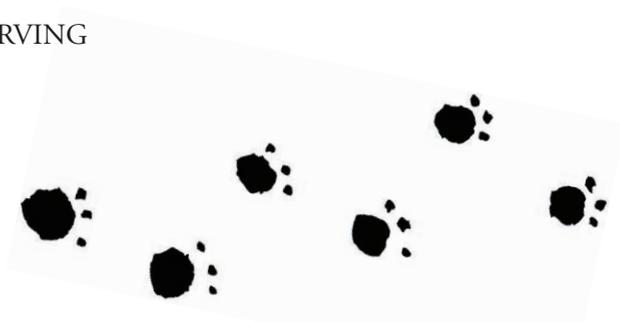
1. Combine the cooked pasta with the tomatoes, red and yellow peppers, parsley, oregano, cucumber, and chickpeas.

2. Combine the vinaigrette ingredients and mix well. Toss the dressing with the pasta salad.

### AMOUNT PER SERVING

Calories 200

SEPTEMBER 2010 *Diabetes Forecast*



## How to Build a Raised Garden Box

Source: eHow & Joe W. Law, Portland I H S Health Promotion Coordinator

Submitted by Patty Suskin, Diabetes Coordinator



Raised garden boxes provide ideal growing conditions for plants. Building a raised garden box in your home landscape solves the worrisome problem of how to amend the soil to make it acceptable for gardening. A garden box filled with a high-quality mixture of soil and compost provides

nutrients and water drainage for an ideal growing environment. Raised garden boxes are a simple structure than you can construct as an afternoon project. The above-ground garden bed keeps the soil warmer and has fewer problems with grass and weeds that often invade a standard garden.

### Instructions

**1.** Choose a garden box location that has full-sun conditions for at least eight hours a day. Mark the size of the box with wood stakes or spray paint; this is generally a 4 foot square box or 4 foot by 8 foot rectangle.

**2.** Dig 4 inches of soil from the inside of the garden box and about 6 inches past the outside dimensions with a sharp spade. This allows you to set the timbers under the soil level; when you fill the soil back in, it will hold the garden box in place.

**3.** Cut 10 inch wide planks or landscape timbers to the dimensions of the box and install them in place so the ends are placed snug against each other. Attach the corner joints together with two or three 4 inch long nails set evenly along the corner edge. The finished height of the box should be about 6 inches tall.

**4.** Install metal stakes flush against the outside of the landscape timbers to support the box and prevent the wood from bowing. Set the stakes about 24 inches apart around the perimeter of the box.

**5.** Fill the inside of the garden box with a 2-inch layer of pea gravel to help with water drainage. Cut a piece of water-permeable weed prevention fabric that is slightly larger than the dimensions of the box and place it on the pea gravel layer. Staple the excess fabric edge to the box to prevent weeds from growing along the edges.

**6.** Fill the box with a high-quality topsoil and compost mix available at a specialty gardening or landscaping company. A suitable mix is three quarters topsoil and one quarter organic compost.

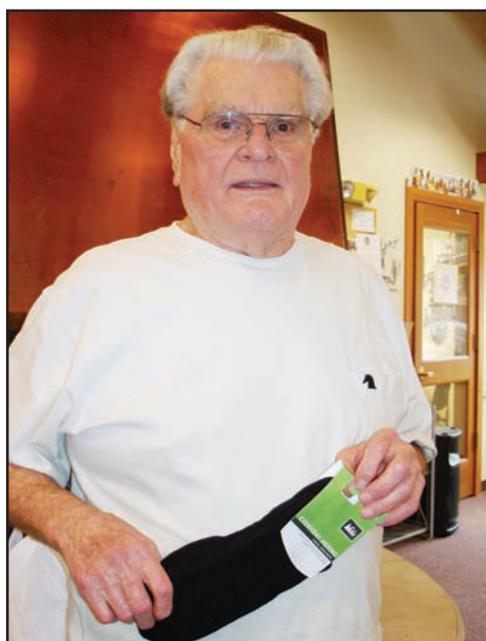
**7.** Let the soil rest for two to four weeks to give it time to settle before planting.

Read more: *How to Build a Raised Garden Box* | eHow.com [http://www.ehow.com/how\\_2289458\\_build-raised-garden-box.html#ixzz2RK8rvgYQ](http://www.ehow.com/how_2289458_build-raised-garden-box.html#ixzz2RK8rvgYQ)



## Socks Awarded-Congratulations!

Submitted by Patty Suskin, Diabetes Coordinator



*Bob Whitener*



*Paula Henry*



*Glen Parker*



*John Krise*



*Misty Bloomfield*

Great work & congratulations to the following people for taking care of their diabetes: Misty Bloomfield, Bob Whitener, John Krise, Sr., Paula Henry, Glen Parker. Not pictured, but also awarded: Richard Johns, Traci Lopeman & Patricia Caton. These eight people were part of the 11 who completed all the 2012 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes. As a reward, they were each provided a pair of comfortable and moisture-wicking merino wool socks (machine-washable, too). Congratulations! (More awardees to be recognized in future).

## Clinic 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

### Smart Shopping/ Food Label 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

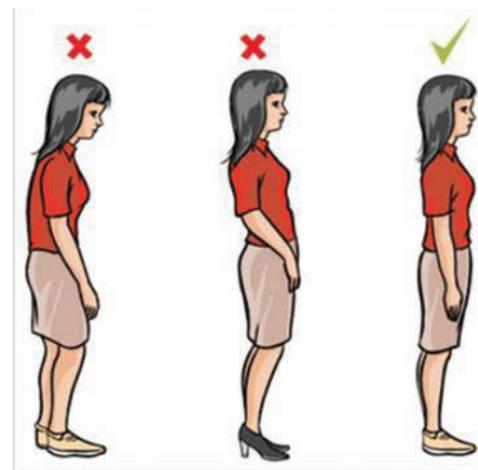
### Our Nationally Recognized Lifestyle Balance Program

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.

### Next Mammogram Clinic

July 3rd  
Call Melissa Grant at 432-3926

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



**June is posture awareness month.** This chiropractic message is brought to you by Dr. George Blevins. Dr. Blevins will be seeing patients Tuesday, June 4th & 18th at the Squaxin Island Health Clinic. Call and make your appointment today.



## ***Movement is Medicine***

### **Enjoy Moving to These Videos on a Rainy Day or Anytime:**

Submitted by Patty Suskin, Diabetes Coordinator with thanks to Joe W. Law, Portland Area Health Promotion Coordinator

Is it raining? Want to keep fit but don't want to go outside? Check out these activity videos from the Seneca Nation. "Movement is Medicine" by Andrea John-Ortega, Exercise Specialist for the Seneca Nation of Indians are available on the web at the Empire State Public Health Training Center under "Video Library" then "American Indian Health" then "Movement is Medicine" or use this link to get directly to the series of 10 exercise videos: <http://www.empirestatephtc.org/videos/vid-ch.cfm>.

## **June Menu**

Mon. 3	Meatloaf
Tues. 4	Soup & Sandwich
Wed. 5	Indian Tacos
Thurs. 6	Pork Roast
Mon. 10	Pizza
Tues. 11	Soup & Sandwich
Wed. 12	Sausage Stew
Thurs. 13	French Dips
Mon. 17	Pot Roast
Tues. 18	Soup & Sandwich
Wed. 19	Baked Chicken
Thurs. 20	Fish & Chips
Mon. 24	Spaghetti
Tues. 25	Soup & Sandwich
Wed. 26	BBQ Ribs
Thurs. 27	Rosemary Chicken



## **Foster Care Appreciation Dinner May 22**

Tribal Council member Andy Whitener and Larain Algea were guest speakers. In addition to a delicious spaghetti dinner, foster parents received gift bags and family photographs (to be delivered soon).



### **FREE BLOOD PRESSURE SCREENING 2013**

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!**



### **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



### **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

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

**Tuesday,  
June 11th is  
WIC DAY at  
SPIPA**



## Happy Birthday

Alexandrea Cooper- Lewis	01	Paula Henry	08	Ronald Whitener	17
Alonzo Grant	01	Laken Gray	09	Heather Perez	17
Jenene Miller	01	Julie Van Horn	09	Armonie McFarlane	18
Zachary Johns	02	Pamela Hillstrom	09	Kamela Byrd	18
Francis Peterson	03	George Sumner	09	Tasha Rodriguez	18
Tyrone Krise	03	Kimberly Peterson	09	Daniel Napoleon	18
Jayde Smith	03	Tamie Rioux	10	Andrea Sigo	19
Rocky Bloomfield	03	Alex Ehler	11	Nicholas Armas	19
Wendy Harding	04	Brandon Greenwood	12	Vicki Kruger	19
Victoria Rodriguez	04	Beau Henry Jr.	12	Jacob Johns	19
Malachi Johns	04	Teresa Ford	13	Thomas Farron	19
James Sen	04	Janette Sigo	14	Andrea Shirck	19
Julie Goodwin	05	Ana Pinon	14	Eugene Galos	20
Debra Tennis	05	Stephanie Tompkins	14	Verna Henry, II	20
Emily Whitener	05	Raymond Henry	14	Shelby Todd	20
Dominique Mc Farlane	06	Kylind Powell	15	Jason Longshore	20
Alyana Van Horn	06	Casey Brown	15	Donald Whitener	20
Kim Olson	07	Kristin Penn	16	Kyleigh Peterson	21
Trisha Blueback	07	Trent Brown	16	Beau Henry	21
Randall Aldrich	07	Dorothy Nelson	16	Laurinda Thomas	21
David Krise	07	Andrew Sigo	16	Rodney Schuffenhauer	21
David Elam	07	Yvonne Bell	16	Jaime McFarlane	21
John Snyder	08	Kevin Bloomfield	17	Wynn Clementson	21
Elizabeth Seymour	08	Jackson Cruz	17	Alexander Smith	22
Lori Hoskins	08			Rose Boggs	22
				Monica Nerney	22
				Tamika Green	23
				Christopher Cain	24
				Joanne Decicio	25
				Katherine Smith	25
				Candace Sumner	26
				Arthur Pleines	26
				Andrew Barker	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 <i>Family Court</i> MLRC Basket Class	6 Culture Night 5:00 p.m. <i>Council Mtg.</i> AA Meeting 7:30	7	8
9	10	11 <i>Criminal/Civil Court</i>	12 <i>Fish Committee Mtg</i> MLRC Basket Class	13 Culture Night 5:00 p.m. AA Meeting 7:30	14 <i>Veterans Memorial Rededication</i> <i>Sgwi' Gwi</i>	15
16	17	18	19 MLRC Basket Class	20 Culture Night 5:00 p.m. <i>Council Mtg.</i> AA Meeting 7:30	21	22 <i>Myrtle Richards Memorial</i>
23/30	24	25 <i>Criminal/Civil Court</i>	26 MLRC Basket Class	27 Culture Night 5:00 p.m. AA Meeting 7:30	28	29

**Happy Birthday Trisha Blueback  
Love,  
Your Mom and the Whole Family  
We All Love You  
And Wish You a Happy Birthday**



## Happy Birthday Teeka



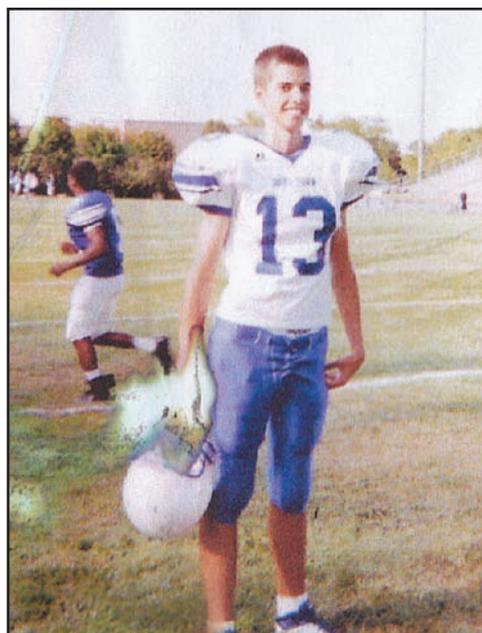
**We love U so much!!  
Alex, Dorian, Keona,  
and Miss Halia**



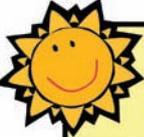
## Thanks from Sharon Johns

I wish to thank all of you who visited me, sent flowers, cards and sent well wishes my way. I was away from my home for over two months and coming home was awesome..Thank you housing...a very special thanks to those that fed my family while I was gone and when I came home..tears still run down my cheeks at how awesome my friends and family were during that time. I finally got everything in place to start physical therapy(thank you Gloria Krise, between the two of use we got Hanger to understand that all people are different,what works for one does not mean it works for everyone. I am so happy to be back in water aerobics and helping with crafts,but most of all being near my friends,who are all so very dear to me..I love you all.

## Welcome Home Kameron Whitener



**So Glad  
You're Home Now  
Safe & Sound  
And We've Never Been  
So Happy!  
Love,  
All Your Family**



**SKOOKUM CREEK**  
TOBACCO  
FACTORY OUTLET STORE

**JUNE**  
**"COMPLETE"ly**  
**SUPER SUMMER**  
**SPECIAL**

**\$15.00 DISCOUNT**  
On ALL  
**"COMPLETE'S"**

Located at the factory  
Hours: M - F 9 AM - 3 PM  
**MUST SHOW TRIBAL MEMBERSHIP CARD**  
(\$5.00 Tribal Discount Every Carton Every Day)

## Congratulations Vince Henry Newly Elected Council Member



**With Much Love  
From Your Family**

## Tribal Members Classified Section

The Klah-Che-Min is being offered as an avenue for tribal members to buy/sell/trade/give away free through a "Classifieds" section. Do you want to advertise your tribal member-owned business? Have a washer/dryer to sell? Need yard work done? Want to post a special job announcement? Need a handicap ramp constructed? There are numerous possibilities. If you would like to post an advertisement in the Klah-Che-Min, please contact Theresa Henderson at 360-432-3945 or thenderson@squaxin.us. Thank you and happy buying and selling!

**All Makes and Models Highlighting C1-C7 Corvette Anniversary!  
Antiques · Classics · Rods · Trucks & Rat Rods!**

**July 11th, 12th & 13th  
2013**

**1ST ANNUAL CUSTOM CAR SHOW**

# CRUISE *at the* CREEK

**LITTLE CREEK CASINO RESORT**

**Salish Cliffs GOLF CLUB**  
Cruise-ins  
Friday's @ 6pm  
June 21st  
August 23rd  
September 13th

**Thursday - July 11th**  
Two person Shotgun Scramble  
at Salish Cliffs Golf Club

**Friday - July 12th**  
Cruise at the Creek with special  
guests, BBQ & Beer Garden plus  
**FREE CONCERT**  
with Commander Cody  
(Free to event registrants)

**Saturday - July 13th**  
10:00 am - 4:00 pm  
Show & Shine Custom Car Show

**KTP Express** **TRADING POST**  
Ethanol Free gasoline available at KTP Express!

**YESTERYEAR CAR CLUB**  
Shelton, WA

The Commander will perform his special brand of old-time rock 'n roll!

For registration information and more details visit [www.little-creek.com](http://www.little-creek.com)

## The Queens of Hip Hop

# SALT-N-PEPA

**Thursday  
June 20th  
8pm**

*Tickets*  
**On Sale April 18th**  
\$35/\$30/\$25

Push It  
Let's Talk About Sex  
Shoop  
I Am the Body Beautiful  
Whatta Man

**LITTLE CREEK CASINO RESORT**

f t y

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. Call for Skyboxes.

*Return Service Requested*

## PEOPLE OF THE WATER

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