



## International Go West Tourism Summit

In February, the Squaxin Island Tourism Department created a slide show presentation for the Go West Summit which introduces the world's top international (including Germany and China) tour operators to specialty suppliers offering tourism-related products or services in the Western United States and Canada.

The Seattle-Tacoma contingent offered a Go West Familiarization Tour, wrapping up at the Squaxin Island Museum with a late lunch at the Little Creek Casino Resort Seafood Bar.

During the show, Tourism Director Leslie Johnson represented the Washington Tourism Alliance (WA State representatives after the Washington Tourism Office closed). After a Go- West Washington Caucus on Monday, February 22nd, Leslie facilitated a workshop for First Time Go West Summit Attendees.

Throughout the week, Leslie and David Black (Little Creek Casino Resort) held 12-minute appointments with tour operators.

The Squaxin Island Tourism Department sponsored a reception at the LeMay Car Museum which was closed for the private event.

Leslie also sponsored the Puyallup Drummers and Singers, to begin the festivities. During the reception, the Squaxin Island Tourism Department showcased the 29 Tribes of Washington State slide show.

"Many people don't realize how many Tribes we have in Washington. Even though we tell them, the slide show will give them the essence of the 29 Tribes here. This is important, because cities, tourism businesses, and counties often promote 'Native

American Tourism' in Washington, but they do not necessarily get vacationers to stay at our venues."

During the reception, Charlene Krise and David Black represented the museum and casino.

The slideshow, a Little Creek Casino Resort sales kit, the Squaxin Island profile and contact information for the 29 tribal tourism venues were loaded onto a flash drives labeled with the Little Creek Casino Resort Squaxin Island Tourism logos.

The event concluded with tourism venues in the host city of Tacoma.



## Annual General Body Meeting May 3, 2014

### Little Creek Events Center

Sign in starts at 8:30 a.m.  
Lunch will be served at noon

Elections will be held for:  
Tribal Council Chairman  
Tribal Council Member #1  
Tribal Council Member #2

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

For more information contact the tribal center at 360-426-9781

Memorial for  
David T. Seymour  
"Bad News"  
Saturday—April 19, 2014  
Dinner starting promptly at 1:00pm  
at the  
Taholah Community Center



Questions/Comments  
Margaret Henry 360-490-5024  
Terri Capoeman 253-343-3711  
Gloria J Hill 360-229-6324

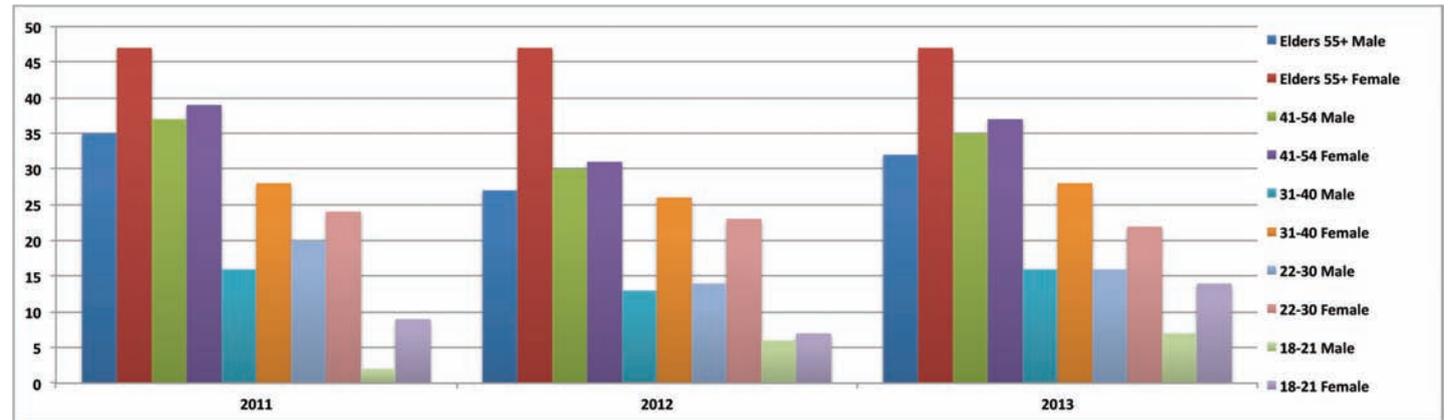




# SQUAXIN ISLAND TRIBE ELECTIONS



## General Body Meeting (2011-13) Voters by Age and Gender



Can you believe it? Its only been within the last century that all Americans have had the right to vote.

Native Americans were not allowed to vote until the Indian Citizenship Act of 1924, and many people sacrificed a lot to gain this right. Even after 1924 most native people still did not have the right to vote because Congress left this up to each state. Most states had complied by 1957, but New Mexico did not allow the native vote until 1962!

Each and *every* one of us has a responsibility - because of the sacrifices made by our ancestors - to be active in government.

On the local, tribal level your vote can have a positive impact on important issues, such as culture, economics and treaty rights.

Voting gives voice to each member and makes them - not only part of the community - but part of the government . . . part of the leadership.

Tribal Council members - and all elected officials on the local, state and national levels - are accountable to the people who put them in office. For this accountability to work, and for our community to remain strong, we must exercise our right to vote!

*We must all be part of that very important process!!!*

**See you there! May 3rd 2014!**

**General Body elections!**

**See you there!**

**Candidates Forums - March 25th & April 16th**

**5:30 - 7:30 at Community Ktichen**



**2014 Candidate Forum**  
**Information Sessions**

**Tuesday, March 25th at 5:30 p.m. & Wednesday, April 16th at 5:30 p.m.**  
**Community Kitchen**

Tribal Members who are running for a Council position at this year's General Body meeting are encouraged to declare their candidacy and to participate in these information sessions. Your tribal member voters want to hear from you!

This year, the forums will be a more informal open-floor format allowing candidates to share their views about important topics and to answer questions from the general body.

**Come learn more about your potential future leaders!**

If you have any questions about the forums, please call Sally Brownfield or Mitzie Whitener at 360-426-9781.

## Tribal News

10 S.E. Squaxin Lane  
Shelton, WA 98584

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

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



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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
PETE KRUGER: Secretary  
ANDY WHITENER: Treasurer  
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](mailto:thenderson@squaxin.us)



## Island Enterprises – Investing in the Tribal Community

One of the questions we get asked most often at Island Enterprises (IEI) is “where does the money go?” IEI generates both tribal taxes and profits for the benefit of the Tribe. These revenues are distributed under Tribal ordinance and through the Tribe’s budget process. Here are some highlights:

Between 2009 and 2013, IEI distributed nearly \$33 million in taxes and profits. The largest distribution totals for that period were as follows:

Squaxin Island Tribal Government	\$14.5 million
Elder’s / Per Capita Distribution	\$5.3 million
Child Care Subsidy	\$3.7 million

IEI also made significant contributions to the Canoe Journey and supports the Community Kitchen. We also provide donations and in-kind contributions to the museum and other tribal organizations. Total direct distributions to the tribal government and tribal Elders were over \$25 million from 2009 to 2013.

Over the past 15 years or so, tribal government has: reacquired lands; added jobs; provided a public defender; expanded social services and added an out-patient treatment facility; built a community pool, tribal administration building, cemetery, community kitchen, child development center, and additional housing; expanded cultural and natural resources protection and restoration; expanded educational support; improved infrastructure and equipment; and, provided many other new benefits to the Tribal membership. IEI is proud of its contribution to those efforts through distributions of taxes and profits to the tribal government.

Another area of distribution is economic diversification. The total spent in this area between 2009 and 2013 was \$7.8 million, with \$2 million invested in the Little Creek Casino (RV Park, Spa, and golf course), and the remainder invested in land acquisition and IEI companies, including both startup and reinvestment in existing companies. As we plan for future diversification, we work to ensure that investments have a strong likelihood of financial return so that IEI can continue to support tribal efforts.

## Island Enterprises, Inc. / Trading Post Scholarship

Island Enterprises and the Trading Post stores are pleased to announce the availability of two scholarships of \$1,250 each for support for tuition, books, lab fees, and/or living expenses associated with attending a four-year college or university undergraduate program or advanced degree program (e.g. master’s degree, law degree, medical degree, PhD).

Eligibility for these scholarships is open to enrolled members of the Squaxin Island Tribe and descendants of enrolled members of the Squaxin Island Tribe who are enrolled in a four-year college or university undergraduate program or advanced degree program. Priority will be given to individuals studying in the fields of business or management. Secondary priority will be given to individuals studying in fields directly related to key positions within the Island Enterprises family of companies.

If you are interested, please contact the IEI office at (360) 426-3442 to request an application. IEI will accept applications until May 15, 2014.



*Sa' Heh' Wa' Mish Days  
Photos by Ruth Whitener*



## Council Corner

### January Meetings

#### CLINIC

Clinic Update: Clinic Director Bonnie Sanchez gave an update on Behavioral Health, which is now under the Clinic and going well. Dr. Ott is here two weeks each month and is very busy, so he has agreed to be here three weeks each month. The Clinic has been working on enrolling tribal members for the Affordable Care Act. Jacklyn Meyer has been talking with tribal members and helping them get enrolled. She recently contracted with an outside company to handle the Electronic Health Records Program. The hardware is managed by our DIS Department.

#### FAMILY SERVICES

The Tribe is working on moving the General Assistance program here from the BIA. This should help tribal members receive their GA payments quicker and easier. Within the policy, GA is restricted to Squaxin Island members in Mason County only.

#### DEPARTMENT OF COMMUNITY DEVELOPMENT

Home Ownership Policy: Department of Community Development Director Richard Wells handed out a draft resolution for the Home Ownership Program as well as an application. This would enable the tribal members who have a lease with an option to purchase, to go ahead and purchase their home. The homeowners will be responsible for their own insurance and maintenance. They would still be under the Tribal Housing Program, but not under NAHASDA regulations. Rich shared that Council would make the final approval on the applications, after the Housing Commission makes recommendations. Chairman Lopeman asked if Council needed to have the final approval. Rich feels that since the Tribe is selling an asset, it should be a Council decision. Tribal Attorney Kevin Lyon will check the scope of authority for the Housing Commission and make a recommendation. Rich added that he set an interest rate of 4.5%, Council can change that if they like. That can be used to cover the administration costs.

Kevin discussed SSI eligibility and benefit levels and current challenges. Legal has interceded on behalf of several Elders to assist with overcoming these challenges.

#### FUNDING REQUEST:

Charles Wilkenson is writing a book on the Boldt Decision. NWIFC is funding the project, but Council felt it would be a good idea to help cover costs and suggested the One Percent Commission for funding.

#### HUMAN RESOURCES:

Human Resources Director Patti Puhn said the two-day supervisor training seminar was well attended. One day was *Dealing with Difficult People* and the other day was *Supervisor Training*. Patti shared that last year, HR filled 108 positions. Of those positions, 58 were tribal members. Currently of the 255 tribal employees, 53% are either Squaxins, spouses, descendants or members of another tribe. Patti also shared information about the Job Fair co-hosted by HR, LCCR and IEI scheduled on February 20th in the gym. Patti said next year they will discuss expanding this to the greater community, but for now they want to focus on our community. TLC will be there to help with education requirements. DIS will set up computers so people can receive help and create resumes on the spot. Jim asked if the Tribe receives and posts job announcements from other outside entities. He offered to email announcements to Astrid as he receives them to post on the Jobs Board.

#### CEMETERY CONSTRUCTION UPDATE

Dan Neelands shared a presentation showing the progress of the cemetery. The portecochere that was at the old hotel entrance was moved and installed at the cemetery to serve as a covered area for services. The next step will be creating nature paths for the memorial ashes, restrooms, a maintenance building, irrigation and signs. Dan briefly went over the restroom options: we can install a "green" flush system similar to what is on the golf course that costs around \$50,000 or we can purchase a porta-potty and contract a company to clean it before and after funerals, which will cost around \$2,300. Council had concerns about vandalism and the second option would have lower repair costs. Jim suggested the porta-potty be transported and stored behind the maintenance shed when not in use. Council liked the idea of the porta-potty for now, and revisit a more permanent restroom plan when that becomes necessary. Dan will talk with the committee regarding the maintenance building and what needs to be stored there.

#### AFFORDABLE CARE ACT

Nora Coxwell and Chery Mahlberg were present to answer questions about the Affordable Care Act. They started signing tribal members up in October. This new Healthcare Plan now makes those who did not qualify for health care, qualify. Cheryl will mail a letter from CHS explaining that if a tribal member qualifies for the Affordable Care Act, they must sign up, and is free for most tribal members. She explained that tribal descendants who are not low income, do not qualify for free coverage; only enrolled tribal members qualify. CHS and IHS require an alternate resource to cover costs first, and the Affordable Care Act is an alternate resource; so if somebody does not sign up they will no longer be covered under CHS. Jim asked if this needed to be shared with ATNI to help push towards covering minor descendants, since they are under the care of a tribal member. Arnold asked about the tax penalties. Nora shared that if a tribal member is not low income, he/she must sign up for the tax exemption unless they have other insurance. Arnold asked if she would explain this to the Elders since most people do not know the importance of signing up. Nora explained that IHS and CHS currently cover tribal descendants under 18, but the federal government does not consider descendants eligible anymore. Nora asked, if a descendent cannot pay for their coverage, is that something the Tribe needs to cover? They will not qualify for the exemption. Jim would like to strategize before the ATNI Meeting.

#### LEGAL

Legal is working on defining "common law" spouse, to be used in tribal codes and discussed eligibility issues that many tribal Social Security recipients are running into regarding their per capita payments. Possible solutions were discussed. The state hunting disagreements and grievance policies for LCCR employees were also discussed (due to sensitivity of these issue, please contact Legal for more information).

#### ISLAND ENTERPRISES

Resolution #14-03, which authorizes an agreement with NGL Supply Terminal Company (owner of the railroad spur adjacent to Skookum Creek Tobacco), was approved. Skookum Creek Tobacco is continuing to see improvements on product and cost savings. Sales continue to be strong. SCT recently submitted their application to the military for selling their product at Fort Lewis and McChord, then will focus on Bangor and Spokane. The company is also working on expanding sales to Texas and California. They have completed new artwork for Premis.



## Remembering the "Boldt Decision" 40 years later

By Trova Heffernan, WA Secretary of State Blogs - (Squaxin Island Tribe hosted a celebration) to mark the 40th anniversary of a landmark tribal fishing rights ruling by a federal judge that pleased Native Americans and shocked and angered non-Indian fishermen around the Northwest. The polarizing decision unleashed both celebrations and protests on Washington rivers.

The event was hosted at Little Creek Casino Resort on February 5th.

Major court opinions rarely carry the name of the judge, but the case U.S. v. Washington is commonly known as the Boldt Decision, after George Hugo Boldt, a federal district judge who presided over the case.

Prior to that monumental decision that was released Feb. 12, 1974, there were decades of skirmishes between Native and non-Indian fishermen in the face of depleting runs and a state crackdown on tribes. Native fishermen took their case to the media and the courts, asserting that their fishing rights were protected by 19th century treaties.

Boldt was vilified for his ruling that treaty tribes were entitled to up to 50 percent of the harvestable catch.

"I was burned in effigy and they still do that," Boldt said in a 1979 New York Times story. "The fishermen have a champion and he maligns me continually and steadily, and he's spurred on by the attorney general here. He's got to be with the fishermen, don't you see? You just can't be honest in this state and get anywhere because of the enormous amount of condemnation heaped on me since I wrote that decision. Sometimes I get bales and bales of mail. Loathsome material. Sometimes they say, and put it in the paper, that my wife is an Indian. Well, she wouldn't mind that at all, but she happens to be a Scotch Presbyterian."

Eventually, Indians and non-Indians began dividing and co-managing the resource.

Our office's Legacy Project has published two biographies that detail the decision and its aftermath from the perspectives of the treaty tribes and the state of Washington. See excerpts from *Where the Salmon Run: The Life and Legacy of Billy Frank Jr.* and *Slade Gorton: A Half-Century in Politics*. (The decision is referenced throughout both books.)

"My views on Indians and other minorities are simple and consistent," says Gorton, then Washington's Attorney General. It was Gorton who argued the case before the High Court. "The 14th Amendment mandates that 'no person' shall be deprived of the equal protection of the laws by reason of race. Nothing could be clearer – except to six members of the Supreme Court.

"In the case of Indians, the court avoids the dilemma by saying that the rights derive from treaty status, not race, a distinction without a difference; a distinction that allows Indian casinos that can't be matched by non-Indians and that can't be affected by the state's policies on gambling, good or ill. In the Boldt Decision, the Supreme Court had to distort the plain meaning of the Stevens treaties, which gave the Indians equal rights to fish, not 50 percent."

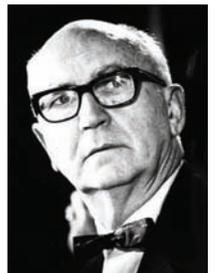
Frank, longtime head of the Northwest Indian Fisheries Commission, said the Boldt Decision was a defining moment for the tribes.

"That for me is one of the biggest decisions of our time—in U.S. history, in world history. We didn't have any money. We didn't have any expensive attorneys. We didn't have any infrastructure to work with the state . . . or the federal government or the neighbors of anybody or the utilities that put the dams on the river. . . . And what [Boldt] said was the twenty tribes will all be self regulatory tribes at the end of this time. And you'll

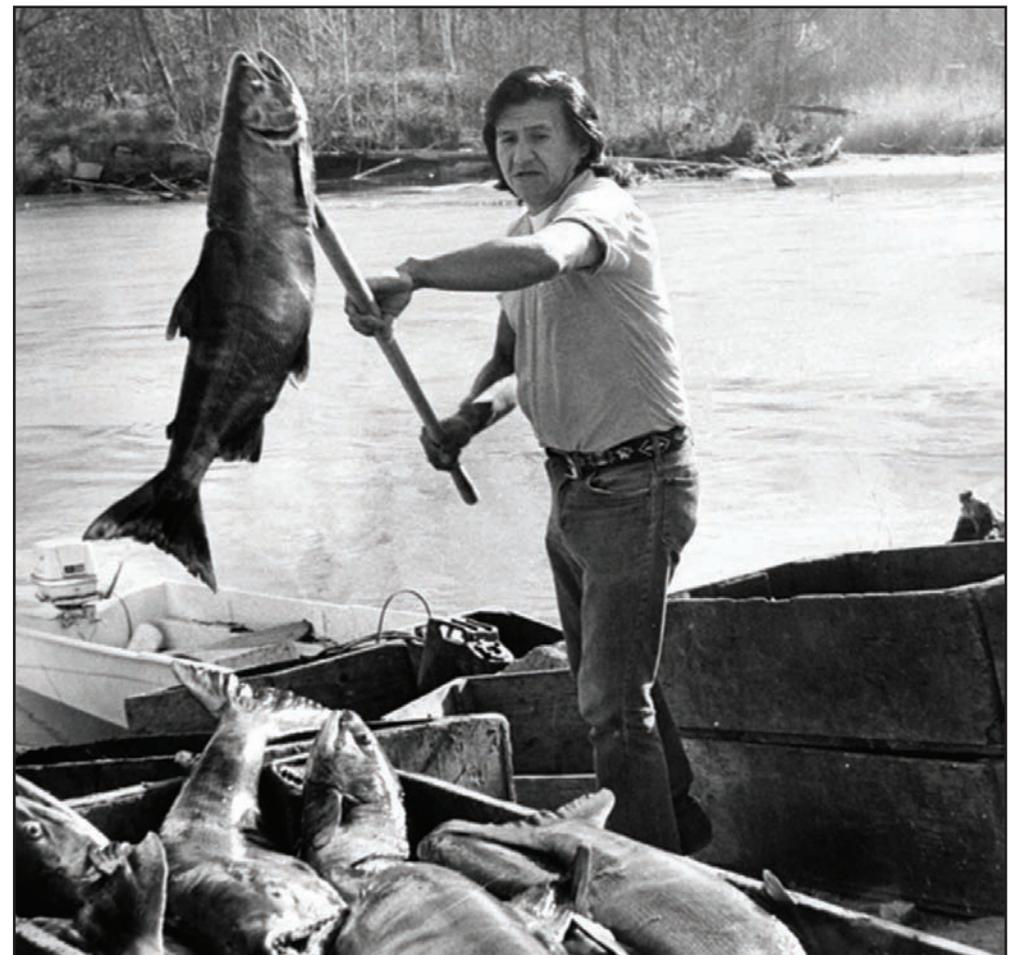
have your infrastructure. All your tribes will be together from Lummi to the ocean, from South Sound to North Sound and the Pacific Ocean.

"You guys will all have your infrastructure, you'll have your science, your technical people, your collecting data, your policy people, and your lawyers. . . . And the United States government said you guys will go back to Congress and you'll get the money. We'll get the money for the infrastructure of what we're doing, the Northwest Indian Fish Commission, to coordinate all of this. And so that's how this place was born. . . . Oh, God. It was just great."

The Washington State Archives holds expansive documentation and images that relate to the Boldt Decision, including some arrest records and pictures of game officials. The Washington State Library holds special collections that detail the day-to-day strife between the tribes and the state.



*Judge Boldt  
(Photo courtesy of Washington State  
Historical Society)*



*Billy Frank Jr. in a 1973 photo. (Photo courtesy of NWIFC)*



NICWA 5100 SW Macadam Avenue, Suite 300 Portland, OR 97239 T (503) 222-4044 F (503) 222-4007 E info@nicwa.org www.nicwa.org

Dear Tribal Leader,

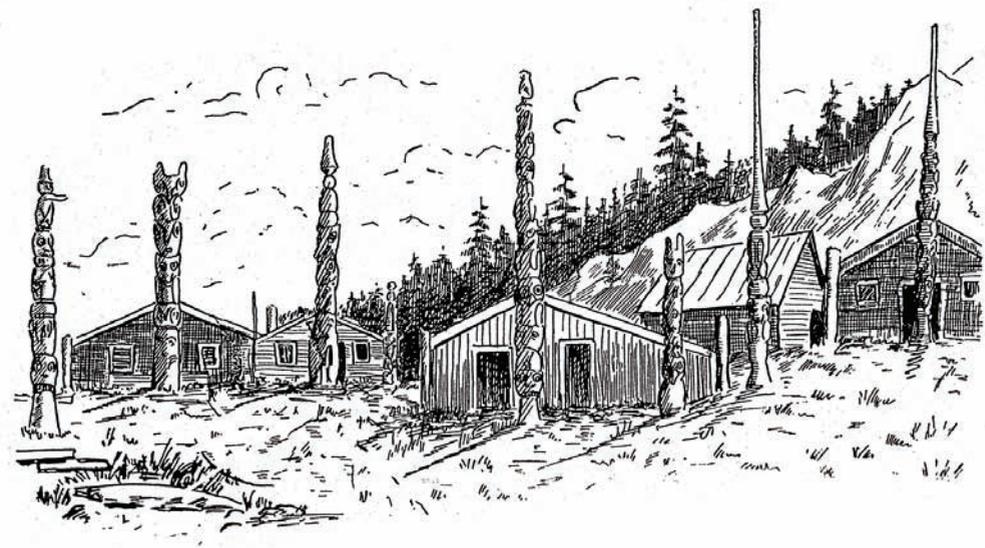
On June 25, 2013, the United States Supreme Court decided the case *Adoptive Couple v. Baby Girl* (known in the media as the "The Baby Veronica Case"). **This decision did not overturn the Indian Child Welfare Act of 1978 (ICWA).** ICWA still remains law and should still apply to private adoptions and child welfare cases nationwide. It is true, however, that in spite of a coordinated, concerted effort on the part of Indian Country, the Court decided against Dusten Brown and the Cherokee Nation. It set into motion a series of actions in South Carolina and Oklahoma courts that ended with Veronica being placed with a non-Native couple. This occurred because the decision placed limits on ICWA's requirements for *unwed fathers without custody* when their children are voluntarily placed for adoption and changed how ICWA's placement preferences are applied in voluntary adoptions.

As this case made its way to the Supreme Court, NICWA, the National Congress of American Indians, the Native American Rights Fund, and Association on American Indian Affairs (AAIA) worked closely to ensure Indian Country's voice was present in the courtroom. Thanks to the hard work of tribal leaders like you, 24 amicus briefs were filed on in support of Dusten Brown and the Cherokee Nation. In an unprecedented effort, 393 tribes signed onto 10 different briefs describing the impact this case would have on tribal rights and Native families. Briefs were filed on behalf of 19 different state Attorneys General, numerous members of Congress, and the United States of America—all thanks to tribal leaders reaching out to their contacts and reminding these different governmental entities of the importance of ICWA to the future of tribes. Because of these incredibly coordinated efforts, ICWA remains law today. We have heard from legal experts that such a unified outpouring of support played an integral role in our opposition's decision to abandon their original strategy to overturn ICWA entirely.

Unfortunately, in its 5-4 decision, the Court did narrow the interpretation of certain sections of ICWA. The decision found specifically that:

- In private adoptions, the requirement that active efforts be made to prevent the breakup of Indian families and the requirement that increased protection be provided for parents of Indian children in a termination of parental rights proceeding do not apply to a father when he does not have custody of the child placed for adoption. The rest of the protections of ICWA still apply in these cases, and the rest of the rights that fathers have under ICWA still apply in these cases.
- ICWA's adoptive placement preferences (in order: member of the child's family, member of the child's tribe, and another AI/AN family) only apply when there are "competing" adoptive families. Stated differently, the decision found that if a family that fits ICWA's adoptive placement preferences does not formally seek to adopt an Indian child prior to or during the adoption proceedings, another couple, who does not fit the preferences, such as a non-Indian family that is not a relative, may be able to adopt the Indian child.

In response, NICWA and partners have ramped up their efforts to educate Indian Country and state and private agencies and attorneys about ICWA and the impacts of this decision. NICWA and AAIA have written *A Practical Guide to the Decision* which can be found on NICWA's website and provides detailed information on the possible implications of the Supreme Court's ruling and analysis of its effect on state ICWA laws and tribal-state agreement. **The document provides**



**several recommendations on how to minimize the negative effects of this Supreme Court decision** as new ICWA cases proceed through the courts and interpret the *Adoptive Couple v. Baby Girl* decision.

Please share this attached document with your ICW program, tribal judges, and tribal attorneys and encourage them to: 1) review your tribe's children's code and consider how it can be strengthened to better to protect fathers and family members; 2) to review current state law and tribal-state agreements to see if they adequately protect unwed fathers rights and require a diligent search for family and tribal adoptive placements; and 3) reach out to your state Attorney General's office and state child welfare agency to help them interpret the decision in a way that respects tribal sovereignty and fathers' rights.

We understand how important it is that tribal governments and community members understand this decision and the potential consequences it may have. NICWA is working hard to educate the public. As a tribal leader, you can help by sharing the following information with your community:

- **ICWA is still law and ICWA should be followed** any time a child who is a member—or is eligible for membership and has a parent who is a member—is being removed from their home by the state or is being placed for adoption by a private agency.
- The Baby Veronica decision **should not be applied in dependency cases** (state child welfare cases where the actions are involuntary or without the parents' consent typically); if this decision is being applied in a dependency case, it is important to seek immediate legal assistance.
- Because of the case, Native fathers must establish legal and/or physical custody (as well as paternity) of their children *immediately* after their child's birth or they may not be protected by ICWA when the mother seeks to place the child up for adoption. This can be done by filing paper work either in tribal or state court. **This is an area where state law can be changed to better protect birth fathers.**
- Now more than ever, Native families need to come forward and work with tribal, state, and private agencies to foster and adopt Native children. In turn, ICW programs and tribal attorneys must work with private adoption agencies to ensure that Native families seeking to adopt file adoption paperwork immediately after an Indian child being placed for adoption is born. **This is an area where state adoption policy can be changed to better protect Native families.**

NICWA was gravely disappointed in the Court's ruling against Dusten Brown and the Cherokee Nation but shares Indian Country's relief that the decision left the vast majority of ICWA requirements intact. NICWA is now doing everything we can to examine the possible impacts of this decision and develop a tribally-led long-term strategy. The key to any long-term strategy is providing meaningful information and resources to every agency involved in placing Indian children, members of Congress, policymakers, stakeholders, and most importantly throughout Indian Country. We ask you to join us in this mission by sharing this letter and the information it contains with your communities, fellow tribal leaders, social service directors, tribal court judges, and attorneys.

In the wake of this case, NICWA is redoubling our efforts to improve ICWA compliance and prevent another Baby Veronica case. We understand these are very complex issues. **Our technical assistance team is available to come to your community and walk your ICW staff and tribal council through the decision, its implications for your children, and our recommendations on how to best protect your families going forward.**

We are committed ensuring that a heartbreaking case like this never happens again. We thank you for your support and for continuing to make the well-being of Native children a priority.

Sincerely,

Terry L. Cross  
Executive Director  
National Indian Child Welfare Association

President: Gil Vigil, Tesuque Vice President: Theodore Nelson, Sr., Seminole Tribe of Florida Secretary: Rachelle Ettagvagehshil, Little Traverse Bay Band of Odawa Indians Treasurer: Gary Peterson, Shikamish  
Executive Director: Terry L. Cross, Seneca Nation

**BOARD MEMBERS**

Maile Jean Big Boy, Ojibwa Lakota Patricia Carter-Goodheart, Nez Perce Angela Connor, Choctaw/Chickasaw Paul Day, Leech Lake Band of Ojibwe Jennifer Elliott, Sac & Fox  
Danae Fleagle, Athabaskan Jocelyn Furusma, Swampy Cree Debra Fowcroft, Tsimshian Linda Logan, Oklaoma Choctaw Luke Madrigal, Caballa Band of Indians  
Auree Martin, Bad River Band of Lake Superior Chippewa Robbie R. McGhee, Pouch Band of Creek Indians Jaymes Li Moore, Colorado River Indian Tribe Mary Tenorio, Santo Domingo  
Derek Valde, Acama W. Alex Weaver, Pokagon Band of Potawatomi Jeffrey C. Whelan, Saint Regis Mohawk Tribe



## 2014 Gathering - Northwest Native American Basket Weavers Association

October 3-4, 2014

Hosted by the Squaxin Island Tribe

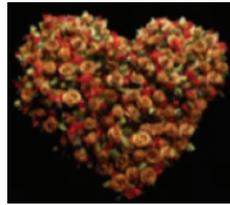
### MERCHANDISE VENDORS

As it is every year, vendor tables are at the discretion of the hosting tribe, they are allowed to decide how much and where space is provided for vendors. The host tribe, Squaxin Island Tribe, has 100% control of the rules, rates, and guidelines vendors must follow. NNABA appreciates your support of the host tribe's decisions regarding vendors.

The Squaxin Island Tribe's vendor registrar is Ruth Whitener, Tourism Coordinator. Payment for the rental space is \$50 per table for both days. Pre-registration will be accepted on a first come first serve basis until September 25, 2014. Checks or money orders are to be made out to the Squaxin Island Tribe.

To register, or for questions, please contact Ruth by telephone at 360-432-3841 or via email at [rwhitener@squaxin.us](mailto:rwhitener@squaxin.us)

Send your application and payment to:



Attn: Ruth Whitener  
Squaxin Island Tribe  
3591 Old Olympic Highway  
Shelton, WA 98584

Merchandise vendors will be placed indoors at Little Creek Casino Resort. No vendors will be allowed in the Youth Track or Adult Track weaving locations. Vendors not be allowed to move their table at any time during the event.

Eligibility to be a Vendor: Only Native American Vendors will be accepted. NO TOY vendors except as a small part of your product(s).

Art market eligibility must be in compliance with the Indian Arts and Crafts Act of 1990 (PL 101-644.) Under the Act, an artist must be a member of a state or federally recognized tribe or be certified as a tribal artisan by a tribe. If you have never worked with the Squaxin Island Tourism as a vendor, a copy of your tribal enrollment documentation ID including enrollment number or tribal center phone number will need to be submitted with your application.



United States Department of the Interior

INDIAN ARTS AND CRAFTS BOARD  
WASHINGTON, D.C. 20240

DEC 11 2013

FEB 14 REC'D

Dear Tribal Leader:

The Indian Arts and Crafts Board is pleased to provide you with a complimentary copy of our 2014 "Support Authentic American Indian Art" calendar, and a copy of the *Indian Arts and Crafts Act* (Act) brochure. This year's calendar features a painting, *Apache Fire Dancer*, by Allan Houser, Chiricahua Apache.

As you will see upon reviewing the enclosed material, the Act is essentially a truth-marketing law designed to prevent the marketing of art and craft products as "Indian" made when they are not, in fact, made by Indian as defined by the Act.

Under the Act, it is illegal to offer or display for sale, or sell, any art or craft product in a manner that falsely suggests it is Indian produced, an Indian product, or the product of a particular Indian Tribe. According to the implementing regulations, unqualified use of the terms "Indian," "Native American," or the names of particular Indian Tribes in connection with the sale or display for sale of Indian art or craft products will be interpreted to mean that the maker is a member of a federally or officially State recognized Indian Tribe, a member of the Tribe named, or is certified by an Indian Tribe as a non-member artisan; 25 C.F.R. §309.24. Therefore, for such work to be sold as Indian, Native American, or as the product of a particular Indian Tribe, it must be produced by an enrolled member of a federally or officially State recognized Indian Tribe, or by an individual who has been formally certified as a non-member Indian artisan by the federally or officially State recognized Tribe of their direct descent. Violations of the Act carry civil and criminal penalties of up to \$250,000 in fines, imprisonment up to five years, or both.

If you have any questions regarding the Act, or would like additional copies of the *Indian Arts and Crafts Act* brochures, please do not hesitate to contact us at 1-888-Art-Fake (toll free). Additional information on the Indian Arts and Crafts Board is available from our website, [www.iacb.doi.gov](http://www.iacb.doi.gov).

Sincerely,

Meredith Z. Stanton  
Director

Enclosures

*See brochure on Pages 10 - 11*





# HUMAN RESOURCES



## Job/Career Fair

Thank you to all who were able to attend the 2014 Job/Career Fair held at the Squaxin Gym on Thursday February 19, 2014. The Human Resources staff appreciated the opportunity to present Tribal members with current job opportunities as well as other available options for employment, local resources and education.

This event provided a unique opportunity for collaboration across entities. Gathering available resources in one place made career pathways more visible and attainable. Through this type of direct interaction with the community we hope to encourage increased Tribal member employment and pinpoint specific areas of personal interest.

We appreciate the honor of serving our people. By keeping our membership informed of opportunities and providing accessibility to resources we want to support you in obtaining employment and accomplishing your career goals.

Contributors to the Job/Career Fair included Human Resource Departments from Little Creek Casino Resort, Island Enterprises and the Squaxin Island tribal government, the Tu Ha' Buts Learning Center, SPIPA, Squaxin Vocational Rehabilitation and TANF Programs. Evergreen State College, Olympic College, Grays Harbor College, Korsmo and Portland Area Indian Health Board. We raise our hands to all who made the event possible.





# HUMAN RESOURCES



## **Stephen Henry Cashier/Accounting Assistant 2**

Hi! I am Stephen Henry. I've been hired as the new Cashier/Accounting Assistant 2.

My parents are Edward Henry (deceased) and Kathleen (Henry) Dailey and Ronald Dailey. My grandmother was the late Theresa Nason.

I opened Little Creek Casino in 1995 as a Craps Dealer and worked at LCCR for 9 years in various jobs.

I worked at KTP and Island Enterprises for 5 years as Cashier/Accountant/Lead/Assistant Manager.

I opened up a new convenience store in Tokeland for the Shoalwater Bay Indian Tribe and Willapa Bay Enterprises in 2010.

Most recently, I was employed as a Cage Cashier at LCCR for approximately one year and 6 months for my wonderful supervisor, Bea Parks Foreman.

What I'm most excited about this job and joining this team: I'm very fortunate to be working for the Squaxin Island Tribe and quite happy and blessed. This job is what I have been looking for; not only is it a regular day time job with great hours, but I am also able to greet and meet new people daily and see familiar faces that I have not seen in a long time. I am happy to be joining such a great team here in Finance and look forward to new adventures



## **New Employees**

as they become available.

I give all my thanks to God for giving me this opportunity in this new job and to the hiring staff here at the Tribe.

Stop by and say hi! I look forward to seeing you!



## **Misti Saenz-Garcia Community Mobilization Specialist**

Hi, my name is Misti Dawn Saenz-Garcia. I was born to Larry McFarlane Sr. and Susan Henry. I am a member of the Cooper/Henry family. My grandmother, Theresa Nason was an enrolled member of the Squaxin Island Tribe, born and raised, as well as a nationally and internationally renowned MASTER BASKET WEAVER. My Grandfather was Walter John Henry Sr. of the Skokomish Indian Nation. I have been married 22 years to Miguel Saenz-Garcia.

I was born and raised here. We have 4 kids (all adults) Miguel, Brittany, Justin and Bianca, and very soon two grandsons by Bianca (Massiah Angel) and Justin (Josiah Cruz).

I have been a foster mom for over 23 years and it has been a blessing to have helped raise and sculpture so many wonderful lives. I was a soccer momma all of my children when they were younger, and

I still go be a cheerleader for our community's youth :)

I love attending basketweavers conferences, and was raised on the waters of our inlets throughout, harvesting clams, fish and geoduck, and camping and swimming on the island. I very much enjoy attending the Canoe Journey annually as well as family hunting trips. I also sell fireworks and have 3 dogs and chickens at home.

I have been on many of our tribal committees/commissions etc. for over 2 decades as I am an avid community advocate. I very much enjoy being a tribal member and being of service to our people.

I am a proud entrepreneur and own my own commercial/residential painting company. My sons and husband love and take great pride in the work we are blessed to provide in Indian Country. Check out our website:

<http://fourseasonspaintingco.com>

I have worked for the Tribe my entire life (youth and adult) in many different capacities (as well as SPIPA a couple of times :)

I was recently hired as the Community Mobilization Specialist in the Tribe's Executive Services Department. I am very excited about the possibilities to actively improve the safety of our community. I will be working with the Drug Task Force and community leaders and will be recruiting volunteers. I look forward to helping with outreach and prevention activities for our community's future, including creation of a neighborhood watch program with members in our community.

This opportunity is so exciting for the health and wellness of our community. I look forward to hearing from you all and seeing everyone around. I am located at the tribal center, upstairs.



## The Importance of Reading with Your Children

Sally brownfield - Children are constantly learning, right from birth. The experiences they have daily help to shape a foundation for their development and growth for years to come. Stories and books are important to this development. Our people have always told stories as a way of teaching, sharing, passing down history and for entertainment.

Reading with young children is also an easy way to connect with them and teach them valuable language skills. Books with pictures and age-appropriate words hold a young child's attention, and adding sound effects of funny voices can make reading time even more special.

### Babies

Infants begin learning from birth. Newborns and babies learn new sounds and sights daily, and are especially keen on hearing a mother, parent, or caregiver's voice. Talking, reading, singing and cooing with your baby often can provide the comfort and stimulation he/she needs and are important activities for your baby's language development.

### Toddlers

Toddlers absorb the world around them. Playing, talking and interacting is how toddlers develop socially, emotionally and intellectually. Activities that include storytelling, books and early reading activities now will support lifelong learning. Introducing books at this age helps children be comfortable around books and learn how they work: turning pages, reading from left to right, that pictures go with a story...At this age children often chose a favorite book, one they want read to them over and over. This might become boring to you, but you are giving your child just what they need for healthy language development, learning what comes next and how the story ends. In fact these are good questions to ask while reading. Stop and ask, "now what happens?"

### Preschoolers

Preschool-age children learn numbers/counting, shapes, colors, animals and words important to their early education. Playing, talking and engaging youngsters in fun activities that get them thinking and learning before they enter a classroom is important. At this age, ask your child what happens next in a story, what if something else happens.... This month I want to share with you some wonderful books and stories for young children.



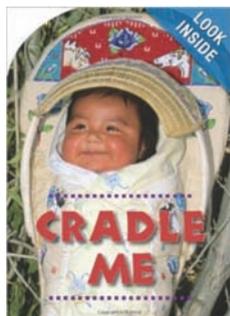
**RUNNING START INFORMATION FOR NATIVE AMERICAN STUDENTS**

**AN OVERVIEW FOR HIGH SCHOOL SOPHOMORES AND JUNIORS**  
**Wednesday, March 5 | 11:00 A.M. - 12:30 P.M.**  
**Native Ed. Room (308) | Shelton High School**

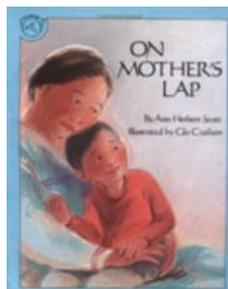
- Talk to a college advisor
- Explore tuition-free college classes
- Get info about Running Start
- Learn how to enroll

**No appointment necessary.**  
**For more information, call 360.432.2134**  
**or visit the Shelton HS Counseling Center**

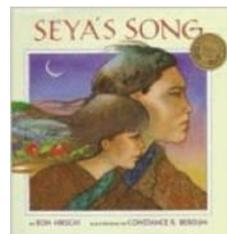
**OLYMPIC COLLEGE** 1600 Chester Avenue | Bremerton, WA 98337-1699 | 360.792.6050 | [www.olympic.edu/RunningStart](http://www.olympic.edu/RunningStart)



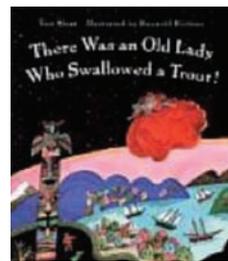
A simple but beautiful board book, pictures cradle boards from different areas.



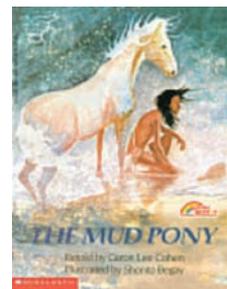
A story of a little Inuit boy who learns to share his mother's lap.



A young S'Klallam girl follows the seasons of the salmon



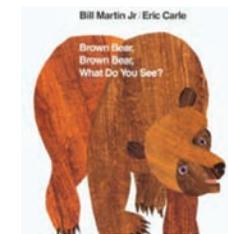
Uses our Northwest culture in a new take on "there was an old lady that swallowed a fly" - a songy rhythm that kids enjoy and remember.



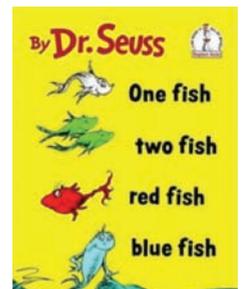
A Navajo legend about a young boy and his magical pony. Beautifully illustrated by Shonto Begay, Navajo.



This exceptional board book tells a beautiful and timeless story about a daughter's questions about her mother's love.



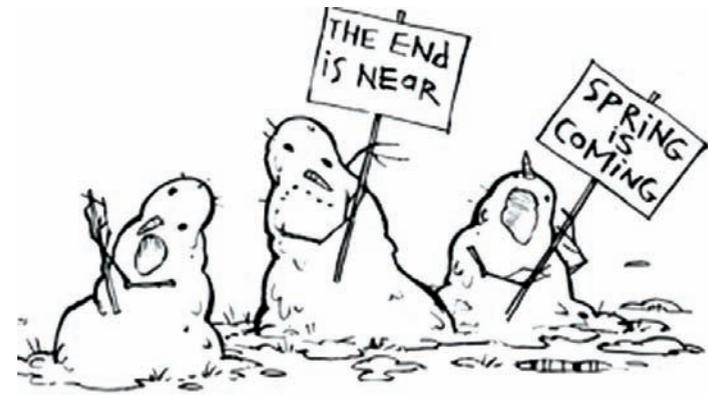
Designed to help toddlers associate colors and meanings to objects



Don't forget those lovable Dr. Seuss books filled with fun rhymes and silly pictures making learning fun and loving books easy.



# LEARNING CENTER



## *Squaxin Youth Education, Recreation and Activities Calendar*

**TLC Hours:** M-F 7:30am-5:30pm    **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: 3:00-6:00pm Game Day: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm Open Swim: 3-6pm	<b>4</b> Rec Rm: 3:00-6:00pm Culture Activity: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	<b>5</b> <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:00pm Crafty Kitchen: 5-5:45pm Gym: I.T.B. Game - Away Game Times @ 6pm & 7 pm Open Swim: 3-6pm	<b>6</b> Rec Rm: 3:00-6:00pm Arts-n-Craft: 5-5:45pm Gym Bball: Jr High 3:30-4:45 Elem Bball: 5-5:45pm	<b>7</b> <i>SSD-No School</i> Rec Rm: 12-6pm Fun Day Friday: 5-6pm Gym: 12-3:30pm Bball: Jr & High 3:30-4:45 Open Swim: 5-8pm Pool Party: 2-4pm
<b>10</b> Rec Rm: 3:00-6:00pm Game Day: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45 Open Swim: 3-6pm	<b>11</b> Rec Rm: 3:00-6:00pm Crafty Kitchen: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45	<b>12</b> <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:00pm Culture Activity: 5-5:45pm Gym: I.T.B. Game - TBA Open Swim: 3-6pm	<b>13</b> Rec Rm: 3:00-6:00pm Arts-n-Craft: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45	<b>14</b> Rec Rm: 3:00-6:00pm Fun Day Friday: 5-6pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45 Open Swim: 5-8pm
<b>17</b> Rec Rm: 3:00-6:00pm Game Day: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45 Open Swim: 3-6pm	<b>18</b> Rec Rm: 3:00-6:00pm Crafty Kitchen: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45	<b>19</b> <i>GSD-ER @ 2:30PM</i> Rec Rm: 2:30-6:00pm Culture Activity: 5-5:45pm Gym: I.T.B. Game - TBA Open Swim: 3-6pm	<b>20</b> Rec Rm: 3:00-6:00pm Arts-n-Craft: 5-5:45pm Gym Bball: High 3:30-4:45 Elem Bball: 5-5:45pm	<b>21</b> <i>SSD-ER 1.5 HRS</i> Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Gym : 1:30-3:30pm Bball: Jr & High 3:30-4:45 Open Swim: 5-8pm
<b>24</b> Rec Rm: 3:00-6:00pm Game Day: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45 Open Swim: 3-6pm	<b>25</b> Rec Rm: 3:00-6:00pm Crafty Kitchen: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45	<b>26</b> <i>GSD-ER @ 2:30PM</i> <i>SSD-ER 3 HRS</i> Rec Rm: 12-6:00pm Culture Activity: 5-5:45pm Gym: I.T.B. Game - TBA Open Swim: 3-6pm Pool Party: 2-4pm	<b>27</b> <i>SSD-ER 3 HRS</i> Rec Rm: 12:00-6:00pm Arts-n-Craft: 5-5:45pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45	<b>28</b> <i>SSD-ER 3 HRS</i> Rec Rm: 12:00-6:00pm Movie Day: 5-6:30pm Gym: 4:45-6pm Bball: Jr/High 3:30-4:45 Open Swim: 5-8pm
<b>TLA:</b> <b>After School Snacks:</b> <b>Computer Lab:</b> <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>	M-F 12-4pm 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	<b>Key for Basketball</b> I.T.B. = Inter-Tribal B-ball High School = Grades 9-12 Jr. High = Grades 6-8 Elementary = Grades 3-5	



# COMMUNITY DEVELOPMENT



## 25 Ways to Reduce Waste

We've heard about the three R's: Reduce, Reuse, Recycle. When you practice the three R's you help lessen the impact on the environment. You help save landfill space and slow resource extraction.

Reducing waste is the most effective practice because it prevents waste in the first place. Thinking twice before buying and taking only what you need help reduce waste. Read on for 25 more ways to reduce waste.

1. Buy used instead of new
2. Maintain your car; it will last longer
3. Plant a garden
4. Reupholster a raggedy old sofa instead of throwing it out
5. Donate still useful items to charitable groups
6. Maximize the life of appliances by performing regular maintenance
7. Rent, lend, and borrow instead of buying new
8. Keep tires inflated, they'll last longer and you get better gas mileage
9. Use real dishes
10. Rent formal wear
11. Borrow books from the library
12. Have a white elephant party; it's a great way to pass along unwanted stuff
13. Cut the front off greeting cards you receive and use as gift tags
14. Break the paper towel habit; use cloth and sponges
15. Bring a "no garbage" lunch to work or school, using reusable containers
16. Make your mattress last - turn it and reverse it twice each year
17. Buy what you need and use what you buy
18. Purchase durable goods
19. Don't buy a gallon when a quart will do
20. Make note pads out of scrap paper
21. Avoid disposable anything
22. Take a re-usable bag shopping
23. Share your stuff with others
24. Wrap gifts in materials you already have such as newspaper, fabric, or maps
25. Rethink habits

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

## WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?

### Squaxin Island Free Tax Preparation Site

(Basic returns)

Administration Bldg.

February 4- April 15

4:30 p.m. - 7:30 p.m.

By appointment only

Contact Lisa Peters to schedule an appointment 432-3871

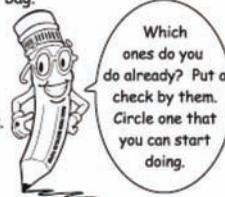
This site offers Prepaid Visa Debit Cards for your tax refund.

Sponsored by SIT - Office of Housing

## Reduce Your Garbage

It's much better not to make waste in the first place. Reducing waste is easier than figuring out what to do with it once you've made it. Here are nine things you can do to reduce your garbage:

- Carry your lunch in a reusable bag or lunchbox instead of a paper bag.
- Use a glass or plastic cup instead of a paper cup.
- Mend and repair clothes and toys rather than buy new ones.
- Pick products that have little or no wrapping or packaging.
- Use cloth bags to carry things you buy, not paper or plastic bags.
- Buy food and other products in the largest size possible.
- Buy products in bottles you can refill.
- Store leftover food in reusable containers, not in plastic wrap or foil.
- Avoid buying "disposable" products. Buy things that will last a long time.



## Reduce Waste - Shop Wisely

Write the name of the family with the GROCERY LIST that is better at reducing waste:

**Watago Family List**

- Juice in large bottles
- Rechargeable batteries
- Cereal in large economy box
- Reusable plastic plates, cups and bowls
- Fresh fruits & vegetables
- Lunch box
- Thermos
- Cloth napkins
- Bars of soap

**Wattsamata Family List**

- Juice in disposable boxes
- Regular batteries
- Single-serving boxes of cereal
- Paper cups, plates and bowls
- Canned fruits & veggies
- Paper lunch bags
- Six pack of soda
- Paper napkins
- Soap in plastic dispensers



### Receive up to \$6,044\*

If you worked at all in 2013 and earned between \$1-\$51,567 you may be eligible to receive the Earned Income Tax Credit (EITC). \*Eligibility based on filing status.



### FREE filing assistance

Get your tax return prepared and e-filed for FREE. To find a location near you:

## Extra Money. IMAGINE how that could help.

Squaxin Island Free Tax Preparation Site (Basic returns) Administration Bldg. February 4 - April 15 4:30 p.m. - 7:30 p.m.

By appointment only Contact Lisa Peters to schedule an appointment 432-3871

### CALL 2-1-1

or, search "free tax return preparation" at [www.irs.gov](http://www.irs.gov).

### Filing on your own?

Visit [www.irs.gov](http://www.irs.gov) and search "free file."



### Get even more cash back

Have children? Ask about the Child Tax Credit. You may be eligible for up to \$1,000 back per child under the age of 17.

### What should I bring with me?

#### MUST BRING

##### Identification

- Photo ID
- Birthdates for all family members
- Social Security Number (SSN) card or Individual Tax Identification Number card or letter for all family members

#### BRING IF APPLICABLE

- Income and public benefit statement
- Income statements or W-2s for each job (if self-employed or you own or run a business, bring records of all your income and expenses)
- All 1099 forms received

- Year-end income from Social Security, Social Security Insurance (SSI), veterans' benefits, workers' compensation, and other statements, such as pensions, stocks, interest and any other documents showing taxes withheld

#### Expenses

- Tuition and interest statements for student loans
- Mortgage interest
- Real estate taxes

#### Childcare Expenses

- Name and address of who you paid and either the caretaker's SSN or other tax identification number

#### Additional Documents

- A copy of last year's tax return (if you have it)
- Direct deposit information: check or bank routing number and account number
- Charitable donation receipts

If married and filing a joint return, both spouses will need to sign forms.

Claim your tax refund. You earned it!



Department of Commerce Innovation is in our nature.



## Office of Housing Department of Community Development

### Attention Housing Applicants

If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Lisa Peters, Housing Counselor at (360) 432-3871. If you do not update your application by March 31, 2014, your name will be removed from the housing waiting list.

The following tribal members need to provide us with their application update. If we do not receive your update by March 31, 2014, your name will be removed from the housing waiting list.

#### Priority

Kira Coley  
Dillon Decicio  
James Coxwell  
Alexandra Mirka  
Deanna Hawks  
Willow Henry  
Marissa Morken  
Krystal Koenig  
Nikita Mowitch  
Margaret Pickernell  
Trelace Sigo  
Tiffany Sizemore  
Tiffany York

#### Secondary

Mary Harvey  
Lindsey Mike  
Misty Birchall  
Barbara Rhodes



*Sa' Heb' Wa' Mish Days  
Photos by Ruth Whitener*



United States Department of the Interior  
INDIAN ARTS AND CRAFTS BOARD  
Washington, DC 20240

FEB 10 REC'D

January 31, 2014

#### BULLETIN: INDIAN ARTS AND CRAFTS ACT SETTLEMENT WITH PENDLETON WOOLEN MILLS

The Indian Arts and Crafts Board (IACB) of the U.S. Department of the Interior announces a settlement agreement it has signed with Pendleton Woolen Mills (Pendleton).

This agreement resolves concerns raised by the IACB regarding Pendleton's prior sales of the Pendleton "Sioux Star Blanket" through a section of its website labeled "Native American." The IACB alleged that Pendleton's marketing of this product violated the Indian Arts and Crafts Act, 25 U.S.C. § 305e (Act) because it did not sufficiently make clear that the Blanket was not produced by genuine Indian artisans and therefore did not qualify as an "Indian Product" as defined by the Act.

As part of the agreement, Pendleton recently donated \$41,250 to the Red Cloud Indian School's The Heritage Center in Pine Ridge, South Dakota. These funds will assist with The Heritage Center's promotion of Sioux artisans and economic development through the production, promotion, and sales of authentic Sioux art and craftwork, and associated programs.

According to Father George Winzenburg, S.J., President of Red Cloud Indian School, "These resources will enable The Heritage Center to enhance its ongoing work to improve the economic status of Lakota artists and artisans that it serves through the promotion and sale of authentic Indian art in its exhibitions, gift shop and on-line store. It will also assist The Heritage Center to encourage other Tribal members to pursue their creative work and to spur economic development across the Pine Ridge Reservation."

Additionally, Pendleton has agreed to include a paragraph to help educate consumers about the Act in its print catalogs, on its website, and in marketing materials it distributes to retailers of its Native American inspired products for at least two years. Pendleton also has made changes to its internet marketing to ensure against any customer confusion regarding the origins of its products.

The IACB is pleased that this agreement will not only benefit Sioux artists and artisans, but also help to raise the understanding of and compliance with the Act through greater consumer awareness.

For more information on the Act, a truth-in-marketing law which carries civil and criminal penalties and prohibits the offer or display for sale, or sale, of any art or craft product in a manner that falsely suggests it is Indian produced, and Indian product, or the product of a particular Indian Tribe, please visit the IACB website at [www.iacb.doi.gov](http://www.iacb.doi.gov), or call toll free at 1-888-ART-FAKE or 1-888-278-3253.

## Tribal Council Candidate



### Whitney Jones

The signs and signals are cropping up that elections are coming – a long overdue community talking circle, hearing more talk that your input will be considered, and promises made. The issues that were important last year are still important, and many of those issues are not resolved and not much has really changed.

It was a dynamic vote last year; one change and one very close race. It was a clear message that the General Body is looking for new voices and new leaders to represent and act for you. I am committed to listening thoroughly and understanding your concerns, moving your issues forward, and working to resolve them.

Ladies, I ask for your support in particular... as strong women, as mothers, as matriarchs in our families, we must be heard. To all members of our Tribal community, near and far, – I ask for your support and your vote again this year. It is decision time. I will bring fresh perspectives, good ideas, and action.

Thank you to everyone who continued to bring issues and concerns to me throughout the last year in anticipation of my running again. I appreciate your ongoing support and I look forward to talking with even more of you to discuss your ideas and interests.



# Indian Arts & Crafts Act

## WHAT ELSE YOU CAN DO TO STOP MISREPRESENTATION OF INDIAN ART AND CRAFTWORK

As an alternative to a formal complaint, you may want simply to pass along information about a potential violation of the Act. This information may provide an invaluable lead to uncovering violations of the Act.



Leonda Fast Buffalo Horse Blackfeet, Glass Mosaic, (c) 2006

The Board needs to hear from the arts community and the buying public regarding your first-hand exposure to misrepresentation in the marketing of Indian art and craftwork. Your information plays a key role in our efforts to ensure that the market for authentic Indian art and craftwork remains healthy; that the buying public is protected from fakes and misrepresented products; and that the Indian artists and craftspeople, Indian businesses, and Indian Tribes can sell their products in a marketplace free of imitation Indian art and craftwork.

## HOW TO PROTECT YOURSELF AS A CONSUMER

To avoid purchasing misrepresented art and craftwork, buy from a reputable dealer. Ask the dealer for written verification that the item is authentic Indian art or craftwork. In light of the Act, the dealer should be able to provide you with this documentation.

If you purchase an art or craft product represented to you as Indian made, and you learn that it is not, first contact the dealer to request a refund. If



Paul McDaniels, Jr. Kiowa, Beaded Cut-out Blanket Pin, (c) 2004

the dealer does not respond to your request, you can also contact your local Better Business Bureau, Chamber of Commerce, and the local District Attorney's office, as you would with any consumer fraud complaint. Second, contact the Board with your complaint regarding violations of the Act.

Before buying Indian art and craftwork at powwows, annual fairs, and other events, check the event requirements for the authenticity of products being offered for sale. Many events list the requirements in newspaper advertisements, promotional flyers, and printed programs. If the event organizers make no statements on compliance with the Act or on the authenticity of art and craftwork offered by participating vendors, you should obtain written verification from the individual vendors that their Indian art or craftwork was produced by Tribal members or by certified Indian artisans.



Lauren Good Day Frank Three Affiliated Tribes, Parfleche, (c) 2009

## KNOW THE LAW

For a free copy of the Indian Arts and Crafts Act of 1990, the Indian Arts and Crafts Enforcement Act of 2000 amendment (P.L. 106-497), the Indian Arts and Crafts Amendments Act of 2010 (P.L. 111-211), and corresponding regulations:

- Visit [www.iacb.doi.gov](http://www.iacb.doi.gov)
- E-mail [iacb@ios.doi.gov](mailto:iacb@ios.doi.gov)
- Call **1-202-208-3773**, or toll free **1-888-ART-FAKE**
- Write to:

**U.S. Department of the Interior  
Indian Arts and Crafts Board  
1849 C Street, NW, MS 2528-MIB  
Washington, DC 20240**



Publication of the U.S. Department of the Interior, Indian Arts and Crafts Board



**Indian Arts and Crafts Act**  
U.S. Department of the Interior



T.C. Cannon, Caddo/Kiowa  
Waiting for the Bus (Anadarko Princess), (c) 1977



# Indian Arts & Crafts Act



The Indian Arts and Crafts Act (the Act) of 1990 (P.L. 101-644), as amended, is a truth-in-marketing law that prohibits misrepresentation in the marketing of Indian art and craftwork within the United States.

It is illegal to offer or display for sale, or sell, any art or craft product in a manner that falsely suggests it is Indian produced, an Indian product, or the product of a particular Indian Tribe.

## UNDER THE INDIAN ARTS AND CRAFTS ACT OF 1990

**Indian** is defined as a member of a federally or officially State recognized Tribe, or a certified Indian artisan;

**Certified Indian artisan** means an individual who is certified as a nonmember Indian artisan by the governing body of an Indian Tribe from which the individual is a direct lineal descendant;

**Indian product** means any art or craft product made by an Indian;

**Indian labor** makes the Indian art or craft object an Indian product;

**Indian Tribe** means-

1) Any federally recognized Indian Tribe, Band, Nation, Alaska Native Village, or organized group or community, or

2) Any Indian group that has been formally recognized as an Indian Tribe by a State legislature, a State commission, or another similar organization vested with State legislative Tribal recognition authority.

## CIVIL AND CRIMINAL PENALTIES

For a first time violation of the Act, if the total sale amount is less than \$1,000, an individual will face a fine of up to \$25,000,



James M. Walkins  
Delaware Nation,  
Senape Ball War Club. (c) 1995

imprisonment of up to a year, or both, and a business will face a fine of up to \$100,000. For fraudulent works with a total sales transaction amount of \$1,000 or more, a first-time violation by an individual will result in a fine of up to \$250,000, imprisonment of up to five years, or both. A first-time violation by a business will result in a fine of up to \$1 million.

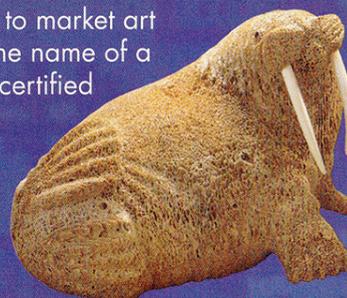
## SCOPE OF THE INDIAN ARTS AND CRAFTS ACT OF 1990

Covering all Indian and Indian-style traditional and contemporary art and craftwork produced after 1935, the Act broadly applies to the marketing of art and craftwork by any person in the United States.

All products must be marketed truthfully regarding the Indian heritage and Tribal affiliation of the producers so as not to mislead the consumer. It is illegal to market art and craftwork using the name of a Tribe if a member, or certified Indian artisan, of that Tribe did not actually create the art and craftwork.

For example, products sold using a sign claiming "Indian Jewelry – Direct from the Reservation to You" would be a violation of the Act if the jewelry was produced by someone other than a member, or certified Indian artisan, of an Indian Tribe. Products advertised as "Hopi Jewelry" would be in violation of the Act if they were produced by someone who is not a member of the Hopi Tribe.

The types of products that are copied and may be misrepresented vary from region to region. Some traditional items made by non-Indians include jewelry, pottery, baskets, carved stone fetishes, woven rugs, katsina dolls, and clothing in the style of Indian products.



Lewis Iyakitan  
St. Lawrence Island, Yupik,  
Walrus, Whalebone. (c) 1982

## HOW TO FILE A COMPLAINT WITH THE INDIAN ARTS AND CRAFTS BOARD

While the beauty, quality, and collectability of authentic Indian art and craftwork make each piece a unique reflection of our American heritage, it is important that buyers be aware that fraudulent Indian art and craftwork competes daily with authentic Indian art and craftwork in the nationwide marketplace. The Indian Arts and Crafts Board (the Board), an agency within the U.S. Department of the Interior, receives and evaluates complaints of possible violations. The Board can refer those complaints for further investigation and can request prosecution.

If you become aware of any market activity that you believe may be in violation of the Act, please contact the Board with the relevant information. Complaints may be filed anonymously online, by writing to the the Board, or by calling its toll free number:

**WEBSITE:** [www.iacb.doi.gov](http://www.iacb.doi.gov)

### ADDRESS:

**U.S. Department of the Interior  
Indian Arts and Crafts Board  
1849 C Street, NW, MS 2528-MIB  
Washington, DC 20240**

**TELEPHONE: 1-888-ART-FAKE, or  
1-888-278-3253**

Please include, or have available, copies of any other documentation, such as advertisements, catalogs, business cards, photos, or brochures.



Phoebe York, Choctaw,  
Basket. (c) 1965



# SA' HEH' WA' MISH DAYS



*Photos by Ruth Whitener*



*More photos throughout other pages*



## Youth Activity Program

Jerilynn Vail - The month of March sure has kept the kids busy in the after-school program. We have been averaging 20-25 kids every day. It has been great to see all the kids. It is great to have the Fantasia Baton Corps back in the gym on Mondays. The kids in the after-school program have enjoyed the free baton clinic from 4:45-5:30 p.m. - I think we may have some baton participants in the near future!

Youth basketball practice continues. On Tuesday and Friday, grades 4 – 6 practice from 4:45 - 5:45 p.m. On Thursday, grades 7-8 practice from 4:30-5:30 p.m. Wednesday is now our Inter-Tribal Basketball game day for the next few weeks. With both home and away games, it's been awesome to see family and friends cheering the kids on. I don't want to forget the 11 & U kids who played in the Nisqually Basketball tournament and played their hearts out! They never once gave up and kept playing until the buzzer sounded at the end of the game. I bought the kids some ice cream to make sundaes to share how proud I was of them! They sure do make me proud, while they are out there playing as a team!

### *We've got a lot more happening in March:*

- In March the kids will be busy building TerraAqua to watch flowers start to grow from seeds, decorating some flower pots, and several cooking projects that all the kids seem to enjoy.
- Spring Break is almost here! Since, "April showers bring May flowers," during Spring Break the kids will be planting seeds in the flower bed to enjoy some colorful flowers later in the year.
- We have a field trip planned to attend Wolf Haven International in Tenino and explore the Mimi Mounds. Spring time is always an exciting time of the year.
- We cannot forget to add in two swimming days into the mix for the break.
- This month we have some tournaments scheduled. With several tribes hosting tournaments, we look forward to having all ages of youth traveling to tournament play in March. We will make sure to share some pictures in next month's Klah-Che-Min, and on the TLC Facebook page.
- In addition to our basketball tournaments we have planned to have our staff join in open swim from 5 to 8:00 p.m. on the 19th.

## Teen Center

Laurel Wolff- We just finished up our "Learn to Ride" program. For five weeks, six teens participated in the snowboarding program at Snoqualmie Ski Area. Each week a core value was discussed before and after snowboarding lessons. The core values included courage, discipline, integrity, wisdom and compassion. When asked which value meant the most to them, the teens picked courage and discipline. Said one, "It took a lot of courage to come out and try snowboarding for the first time. It also took discipline to stick with it and not give up on something that was hard." Seeing the teens conquer their fears, learn a new skill and make friends was really rewarding.

### *The teen program has plenty for teens this month:*

The TLC media room has been busy. A film making workshop presented by Skybear Media, LLC successfully taught teens how to use a variety of media equipment. Music making workshops are being scheduled, as well as teens helping produce training videos for TANF and the Green Team.

A college visit to The Evergreen State College's open house on March 7th is planned. The open house includes a tour of the campus and talks with current students. We scheduled a tour of KAOS' radio station during their hip-hop show. Teens will be able to see what it is like to produce a hip-hop radio show.

Planning is underway for the Youth Council to attend the Northwest Indian Youth Conference March 31st – April 4th. This will be an empowering conference for youth and Youth Council is very excited about this opportunity.

## Higher Education Program

Mandy Valley - Current and incoming Higher Education students, the FASFA deadlines are as follows:

- For access to the most available federal funding, your FAFSA is due by midnight, Central Time, June 30th 2014.
- The State deadline is as soon as possible after January 1st.

The sooner you complete your FASFA the better it is for you, the college you attend, and anyone assisting you on your journey through college. Federal higher education funds are given out on a first-come, first-served basis. If you qualify for funding but wait to complete your FASFA your chances of receiving that funding decreases each day you wait – while others get in the line ahead of you. It is very important for you to complete your FASFA as soon as you possibly can. As well, the Financial Aid office at your college cannot process all the necessary paperwork for your student file until they have your completed FASFA and have reviewed it. Many colleges go in the order they receive your FASFA information. The earlier you complete your FASFA the earlier they will be able to complete and review your file.

In the past we have had students wait until the fall to complete and turn in their FASFA. Waiting so long resulted in the students being in the last round to have their FAFSA processed and forwarded to colleges. When this happens the student's file is put on hold by the college. Organizations that help pay for tuition and books, such as the Squaxin Island Tribe, are not able to pay until the college can complete the required paperwork. This becomes stressful for all involved. As you can see the sooner you get your FASFA and all required paperwork completed the better it is for you as a student and everyone assisting you along the way.

If you have any questions or need any assistance with Higher Education paperwork please feel free to stop by and see me at the Education Department between the hours of 7:30 a.m. - 4:30 p.m. I can always be reached by phone at (360)432-3882, or by email at [mvalley@squaxin.us](mailto:mvalley@squaxin.us).

## GED & Homework Support

Jamie Burris - The new GED test has now rolled out. This test is said to be more difficult than the previous test. Come in to the Tu Ha' Buts Learning Center and I can help you start practicing the harder skills incorporated in the new GED test. If you need homework help, get the second semester off on the right track. Start getting your homework done and turned in on time. Don't fall behind on your homework or projects at school. Come and let me help you stay on track and end this school year on a positive note!

*Continued on Page 18*



# LEARNING CENTER



Continued from Page 17

I am here to help Tuesdays, Wednesdays, and Thursdays from 4:00 - 7:00 p.m. in the classroom in the Education Building. For more information or if you have any questions, please feel free to contact me: Jamie Burris at [jbarris@mcclary.wednet.edu](mailto:jbarris@mcclary.wednet.edu).

## Education Forum

Peggy Peters - The Tu Ha' Buts Learning Center is inviting parents and community members to an open discussion on Education; dinner is provided. We welcome all thoughts, ideas, criticisms, volunteers, feedback and input to the many things the department is working on right now, and what we can be working on next. This forum will be at the Community Kitchen from 5:00 - 7:00 p.m. on Monday, March 17, 2014. Please come, join us and share. For more information call 360-432-3958.

# March 2013

Teen Center hours 3:00-6:00pm unless otherwise noted  
Laurel Wolff teen advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	Basketball Practice 3:30-4:45	Basketball Game Vs Chehalis  Craft Class 3-5pm @ Kitchen Drum group 5pm @ Museum	Basketball Practice 3:30-4:45	College tour of Evergreen + trip to Olympia Leave at 9:30am
				March 8 <sup>th</sup> Basketball Jamboree @Nisqually
10	11	12	13	14
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	Basketball Practice 3:30-4:45	Basketball Game -TBD Craft Class 3-5pm @ Kitchen Drum group 5pm @ Museum	Basketball Practice 3:30-4:45	
17	18	19	20	21
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30	Basketball Practice 3:30-4:45	Basketball Game-TBD Craft Class 3-5pm @ Kitchen Drum group 5pm @ Museum <b>Teen Center Closed at 5pm</b>	Basketball Practice 3:30-4:45  <b>Teen Center Closed at 5pm</b>	Early Release  <b>Teen Center Closed at 5pm</b>
24	25	26	27	28
Basketball Practice 3:30-4:45 Youth Council 5:30-6:30 <b>Teen Center Closed at 5pm</b>	Basketball Practice 3:30-4:45  <b>Teen Center Closed at 5pm</b>	Early Release Basketball Game - TBD  Craft Class 3-5pm @ Kitchen Drum group 5pm @ Museum <b>Teen Center Closed at 5pm</b>	Early Release Basketball Practice 3:30-4:45  <b>Teen Center Closed at 5pm</b>	Early Release  <b>Teen Center Closed at 5pm</b>
31				
Basketball Practice 3:30-4:45  Youth Council @ NWIYC Teen Center Closed				



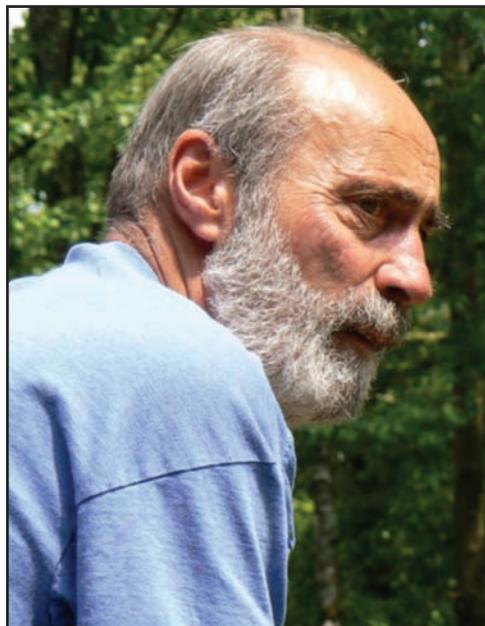
## Walking On

### Stanley Black

Squaxin Island tribal member Stanley Gilbert Black, age 40, a lifetime resident of Taholah, died on Tuesday, January 21, 2014, at his home in Taholah.

Stanley's family asked that his full story to be in next month's issue, so more information will be available then.

*Sa' Heh' Wa' Mish  
Photos by Ruth Whitener*



### Joseph Edward Kuntz

Joseph Edward Kuntz was born in Eureka, California on November 17, 1950 to Oscar Norman (Ike) and Genevieve Linnea (Missy) Kuntz. Joe passed away at home in Olympia, Washington on January 7th, 2014.

Joe grew up on the family ranch at Clam Beach, California. Even at a young age, he wandered the mountains, streams, and beaches of Northern Humboldt County and developed a personal love of nature and the outdoors. Joe attended McKinleyville High School and went on to attend Humboldt State College until the death of his father in 1970. Even though he was only 19 years old, he assumed the management of the family saw mill and other holdings.

Joe met the love of his life, Elizabeth (Liz) Rankin, while living in Blue Lake, California. They were married in 1980 and had a son, Daniel, who adopted his parents' love of the outdoors. They spent many hours together on the waters of the Puget Sound. He enjoyed the work they did together commercial fishing and clamming. He enjoyed his association with his many friends and relatives in the Squaxin Island Tribe.

Joe spent many years in the logging

and construction industries along the West Coast. The last several years Joe has helped manage and operate Nehalem Marine with his brother Leo. Joe has been instrumental in implementing numerous salmon restoration and flood control projects along the entire West Coast and was considered one of the finest and most skilled operators working in sensitive environmental areas. He seemed to really enjoy putting something back into the environment that had served him his entire life. Joe will be greatly missed by all that worked with him in that industry.

Joe is survived by his wife, Liz Kuntz and son Daniel Kuntz, both of Olympia, Washington; as well as brothers and sisters Bill and Mary Kuntz, Rainier, Oregon; Leo and Karen Kuntz, Nehalem, Oregon; Dave and Christine Anderson, San Anselmo, California; Mary and Gary Tietz, Cupertino, California; Eileen Chapman of Darrington, Washington; as well as numerous nephews and nieces.

He will also be missed by many good friends and associates.

A memorial service was held January 13th at the Squaxin Island Tribal Center in Shelton, Washington.

### Nancy Rose

Squaxin Island Tribal member Nancy Rose was born on May 6, 1942 and passed away on January 12, 2014.

Surviving are her brother, Ronald Dailey; sister, Colleen Woodard; daughter Tamara Morris; son Max Reidel; and grandchildren, Sara and Robert Morris.

She was preceded in death by her parents, Roy and Agnes Dailey; sister Patricia Scarano; and brother Warren Dailey.

She dedicated her life to her family.

A memorial service will be held in her honor in the future. More information will be provided when it is available.



### Donna Akridge

Donna Lee Catherine Akridge, formerly known as Donna Baker, was born on January 26, 1955.

She passed away in a car accident near her home in Puyallup on her birthday at the age of 59.

Since 2001 Donna worked for the Squaxin Island Tribe as a Licensing Agent and Background Investigator for the Tribal Gaming Commission.

Donna will be missed by so many. She had unconditional love for the people close to her. She lived her life to the fullest until the moment it was taken from her.

Donna is survived by her husband, Bob; daughter, Chelsea Baker and her father, Doug Baker; mother, Eileen Deinas; brother, Ed Deinas; former sister-in-law, Sherry Musseau-Deinas; brother, Mike Deinas, and his wife, Kim; and many nieces, nephews and cousins. She was preceded in death by her father Phillip Deinas.

A Memorial was held on Saturday, February 8 at 2:00 p.m. at the Collier House, 20 Arcadia Point Road SE, Shelton, WA.



## The Numbers on Breast Cancer

Submitted by: Traci Lopeman, Women's Wellness Outreach Specialist  
(Source American Cancer Society)

### THE NUMBERS ON BREAST CANCER

- 2.9 million: Number of breast cancer survivors in the United States.  
232,340: Estimated number of American women that will have been diagnosed with breast cancer in 2013.  
67%: Number of women 40 years of age and older who have had a mammogram in the last two years.  
12%: Number of women who will be diagnosed with breast cancer during their lifetime.  
98%: Five-year survival rate for women diagnosed with breast cancer at localized stage.  
15%: Five-year survival rate for women diagnosed with breast cancer at stage IV (disease has spread from the breast and lymph nodes to other parts of the body)

### ARE YOU AT RISK?

About 1 in 8 American women will develop breast cancer during their lifetime.  
**Here are a few risk factors that can increase the chance of getting the disease.**

- Age:** Women ages 55 and older account for about 2/3 of the cases of breast cancer.  
**Family History:** Having a mother, sister, or daughter with breast cancer doubles a woman's risk. Still, over 85 percent of women with breast cancer do not have a family history.  
**Alcohol:** Women who have two to five drinks per day are 1-1/2 times more likely to have breast cancer.  
**Birth of your First Child Late in Life:** Having your first child after the age of 35 increases the likelihood of the disease.  
**Other risk factors include being overweight, lack of exercise and having postmenopausal hormone therapy.**

### LIVE WHAT YOU LEARN

Early detection of breast cancer can be a lifesaver. When breast cancer is detected at a localized stage, the five-year survival rate is 98 percent. Here are three key actions every woman can take to increase early detection.

#### Mammogram

Starting at age 40, women should have a mammography exam every year as long as they are in good health. Women with a high risk of breast cancer should have both a mammogram and an MRI every year.

#### Clinical Breast Exam

During a clinical breast exam (CBE), a doctor, nurse or physician assistant checks for any abnormalities or changes in the breast and skin. Women over 40 should have a CBE every year; women in their 20s and 30s should have one about every three years. A CBE is also a good opportunity to learn how to do a breast self-exam.

#### Self-Exam

A breast self-examination is an option for women starting in their 20s. If you notice a lump or swelling, skin irritation or dimpling, or redness, scaliness or pain in the nipple, notify your doctor or other health care professional as soon as possible. A breast self-exam should NEVER replace a mammogram or clinical breast exam.



*Sa' Heh' Wa' Mish Days  
Photos by Ruth Whitener*

## Facts about the Affordable Health Care Act

More people than ever before are now eligible for low-cost or free health care coverage. Middle-income and low-income individuals and families generally qualify. As a result of the Affordable Care Act, health care coverage will be available to more people. Young men and women without children are getting much needed medical coverage.

Please do not misunderstand the Federal Mandate; while Native Americans don't have to purchase insurance, you STILL have to sign up for the Affordable Care Act before March 31st 2014.

This health care coverage will not only benefit you as the coverage is better, but it will also help you save Contract Health Services (CHS) dollars. As CHS rules state, the health care coverage you could obtain would be an alternate resource and must be applied for. If you do not apply, it could affect your CHS eligibility.

If you have Medicare, coverage through an employer or a personal policy you are already covered and this mandate does not apply to you.

There are multiple ways to apply for this coverage. If you are comfortable with working online, you can apply at [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) or call 1-855-923-4634. You can also contact Cheryl Mahlberg at 360-432-3922, Jaclyn Meyer at 360-427-9006 and Rosie Martin at 360-432-3881 at the clinic and they will be able to help you with your application or with any questions you may have.



## ARE YOU AT RISK FOR TYPE 2 DIABETES?



### Diabetes Risk Test

- 1 How old are you?**  
 Less than 40 years (0 points)  
 40—49 years (1 point)  
 50—59 years (2 points)  
 60 years or older (3 points)

Write your score  
in the box.

- 2 Are you a man or a woman?**  
 Man (1 point) Woman (0 points)

- 3 If you are a woman, have you ever been diagnosed with gestational diabetes?**  
 Yes (1 point) No (0 points)

- 4 Do you have a mother, father, sister, or brother with diabetes?**  
 Yes (1 point) No (0 points)

- 5 Have you ever been diagnosed with high blood pressure?**  
 Yes (1 point) No (0 points)

- 6 Are you physically active?**  
 Yes (0 points) No (1 point)

- 7 What is your weight status?  
(see chart at right)**

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point) (2 Points) (3 Points)

You weigh less than the amount  
in the left column  
(0 points)

Adapted from Bang et al., Ann Intern Med  
151:775-783, 2009.  
Original algorithm was validated without  
gestational diabetes as part of the model.

**If you scored 5 or higher:**  
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Add up  
your score.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

**For more information, visit us at  
[www.diabetes.org](http://www.diabetes.org) or call 1-800-DIABETES**

 Visit us on Facebook  
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



**Lower Your Risk**  
 The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.  
 If you are at high risk, your first step is to see your doctor to see if additional testing is needed.  
 Visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

## American Diabetes Association Alert Day



Submitted by Patty Suskin, Diabetes Coordinator - American Diabetes Association Alert Day is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

Held on the fourth Tuesday of every March, the next Alert Day will take place on Tuesday, March 25, 2014.

The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.

See more at: <http://www.diabetes.org/are-you-at-risk/alert-day/#sthash.BpNzxJ4j.dpuf>



*Sa' Heb' Wa' Mish Days  
Photo by Ruth Whitener*



Sa' Heh' Wa' Mish Days Photo by Ruth Whitener

**eat right.** Academy of Nutrition and Dietetics

Submitted by Patty Suskin, Registered Dietitian/Nutritionist

## Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

### 20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.\*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.



#### 5 ADVANTAGES OF DRINKING WATER IN THE MORNING

#5 - Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients.

#4 - Increases the production of new blood and muscle cells.

#3 - Helps with weight loss. Drinking at least 16 ounces of chilled water can boost your metabolism by 24% in the morning.

#2 - Glowing skin. Water helps to purge toxins from the blood which help keeps your skin glowing and clear.

#1 - Balances your lymph system. These glands help you perform your daily functions, balance your body fluids, and fight infection.



### Start the year right with plenty of H2O consumption

Brought to you from your chiropractor, Dr. George Blevins. Dr. Blevins sees chiropractic patients at the Squaxin Island Health Clinic two Tuesdays a month.

Call 427-9006 and make your appointment today.



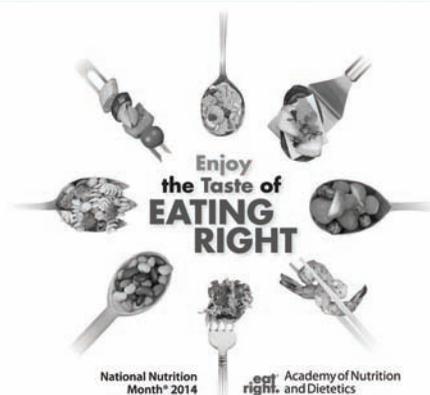
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.\*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

*\*See "Color Your Plate with Salad" at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets) for more tips on creating healthy salads*



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.



Authored by Academy of Nutrition and Dietetics staff registered dietitians.

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## 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

### 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

April 21st  
Call Traci Lopeman at 432-3930

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

### Foot Exam Morning with Dr. Kochhar (Foot Doctor)

Thursday,  
March 13, 2014

9 am—noon

Priority for people with Diabetes  
Others will be seen if space is available.



Contact **Patty Suskin,**  
Diabetes Coordinator for an appt.  
360 432-3929



# HEALTH CLINIC




**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 or**  
**main SPIPA 360 426-3990**

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

## Learn and Live!

### Key statistics about colorectal cancer.

- EXCLUDING skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.
- OVERALL, the lifetime risk of developing colorectal cancer is about 1 in 20 (5%). This risk is slightly lower in women than in men.

### TO REDUCE RISK

- Be Physically active for at least 30 minutes, at least 5 times a week
- Maintain a healthy weight
- Don't smoke
- Limit alcohol intake to one drink a day (women), 2 drinks a day (men)
- Eat fruits, vegetables and whole grains
- Eat less red meat and processed meat, such as hot dogs, bacon, sausage, cold cuts

The death rate from colorectal cancer has been dropping in both men and women in recent years-one apparent reason is that polyps are being detected and removed by screenings before they can become cancer. Screening is also allowing more colorectal cancers to be found earlier when the disease is easier to cure. In addition, treatment for colorectal cancer has improved over the last several years. As a result there are more than 1 million survivors of colorectal cancer in the United States.

Please contact Lindy Parker LPN in the Colon Health Program at the Squaxin Island Clinic to see about getting your colorectal cancer screening today. Phone:360-432-3933

**\*COLON CANCER CAN BE PREVENTED\***

**\*SCREENING SAVES LIVES\***

*\*Information sources: [www.preventcancer.org](http://www.preventcancer.org) and the American Cancer Society*




**WASHINGTON STATE UNIVERSITY**  
**MASON COUNTY EXTENSION**

**Join Us!**

**Eating Smart Being Active** classes are offered for adults and parents with young children. This 8 session series helps you gain knowledge to feed yourself and your family healthy, affordable and tasty food. Classes will be held in the Spring and Summer in Mason County.

The lesson topics are:

- Get Moving
- Plan, Shop, \$ave
- Vary Your Veggies...Focus on Fruits
- Make Half Your Grains Whole
- Build Strong Bones
- Go Lean with Protein
- Make a Change
- Celebrate! Eat Smart & Be Active



We ask you to plan to attend at least 6 of the classes so that you will learn as much as possible, and can receive a "certificate of completion". Class participants also receive items such as: a water bottle, grocery shopping list, produce brush, measuring cup set, stretch band and physical activity booklet, food thermometer, measuring spoon set and a Recipe Book.

Individuals who are eligible for *WIC*, *Medicaid*, *Food Stamps* or similar programs can attend this FREE workshop series.

Call or email *Jeanne Rehwaldt* today to sign up for the series.

360-427-9670 Ext. 688, [rehwaldt@wsu.edu](mailto:rehwaldt@wsu.edu)

This material was funded in part by USDA's- Supplemental Nutrition Assistance Program (SNAP). The Basic Food Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutrition foods for a better diet. To find out more, contact local DSHS Community Service Office.

### Sign up at:

Clinic  
Family Services  
Elders Building  
Patty Suskin's Office



### Elder Lunch Menu

Mon 3: Bisquits and Gravy  
 Tues 4: Soup and Sandwich  
 Wed 5: Chicken Alfredo  
 Thurs 6: Hot Turkey Sandwich

Mon 10: Salmon  
 Tues 11: Soup/Sandwich  
 Wed 12: Meatloaf  
 Thurs 13: Pulled Pork Sandwich

Mon 17: Corn Beef & Cabbage  
 Tues 18: Soup and Sandwich  
 Wed 19: Fried Chicken  
 Thurs 20: Elk

Mon 24: Mac & Cheese  
 Tues 25: Soup and Sandwich  
 Wed 26: Beef Stroganoff  
 Thurs 27: French Dips

Mon. 31: Spaghetti

National Nutrition Month® 2014

# Coloring Page

## Enjoy the Taste of EATING RIGHT



### FREE BLOOD PRESSURE SCREENING 2014

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!

National Nutrition Month®

eat right. Academy of Nutrition and Dietetics



# COMMUNITY



## Happy Birthday

Sapphire Ward 01  
 Emma Valle 01  
 Alyssa Henry 01  
 Luke Rodriguez 01  
 Jennine Jacob 01  
 Christy Block 02  
 Raven Roush-Lizotte 02  
 Clayton Briggs 03  
 Serena Phillips 03  
 Daniel Snyder 03  
 Chazmin Peters 03  
 Arnold Cooper 03  
 Vincent Henry, Jr. 03  
 Adolfo McFarlane 04  
 Mayella Roberts 04  
 Angela Lopeman 04  
 Jamaal Byrd 05  
 Cedar Korndorfer 05  
 Faith Pughe 05  
 Evan Cooper 06  
 Kodiak Masoner 06  
 Andrienne Baldwin 07  
 Cody Cooper 07  
 David Seymour 07  
 Sheryl Wingfield 08  
 Glen Parker 08  
 Stella Sicade 08

Belinda Colberg 08  
 Marjorie Penn 09  
 Michaela Johnson 09  
 Billy Yocash 10  
 Walter Henry III 10  
 Terrah Jackson 10  
 Joseph Rivera 10  
 Adrian Garcia 10  
 Alexandria Rivera 11  
 Chenoa Peterson 11  
 Susan Henry 11  
 Cindy Ehler 12  
 Steven Lehman Jr. 12  
 Sara Naranjo-Johns 13  
 Lois Woodard 14  
 Andrew Whitener 14  
 Justin Kenyon 14  
 Chantel Peterson 14  
 Tashina Ackerman 15  
 Brandon Blueback 15  
 Nikki Farron 15  
 Rebecca Lezon-Ferreira 16  
 Sally Johns 16  
 Adarius Coley 16  
 Jaimie Henderson 17

Robert James, Jr. 17  
 Monte Morris 17  
 Rachele Roberts 17  
 Anthony Johns 17  
 Kenneth Green 17  
 Thomas Blueback, Jr. 18  
 Jolene Peters 18  
 Victoria Dennis-Horn 18  
 Winter White 18  
 Vicky Engel 19  
 Raymond Castro 19  
 Michael Bloomfield 19  
 Cherry Armstrong 19  
 Nathaniel Bisson 20  
 Lachell Johns 20  
 Jolene Tamm 20  
 Doyle Foster 21  
 Tayla Logan 21  
 Charlene Krise 22  
 Lorane Gamber 22  
 Evelyn Hall 23  
 Gelacio Orozco 23  
 Ronin Edwards 23  
 Nora Coxwell 23  
 John Whitener 24  
 Joanna Fuller 24  
 Taylor Krise 24  
 Johnathan Seymour 25  
 Shelby West 25  
 Elsie Gamber 26  
 Jerad Lopeman - Fry 26  
 James Coxwell 27  
 Kameron Weythman 27  
 Lucke Newell 27  
 Jon Brownfield 28  
 Brittany McFarlane 28  
 Josephine Sabo 30  
 Felicia Thompson 30  
 Benjamin Naranjo-Johns 30  
 Matthew Pugel 30  
 Eric Ellerbe 30  
 Ronald Whitener 30  
 Stephen Henry 31  
 Christina Lopeman 31

### What's Happening

AA & ALANON Meetings: Every Thursday at 7:30 p.m. Elders Building						1
Basket Class: Every Wednesday at the MLRC						
2	3	4	5	6	7	8
			Family Court			
9	10	11	12	13	14	15
		Criminal/Civil Court		Council Mtg.		
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29
		Criminal/Civil Court		Council Mtg.		





**Congratulations Mike and Felicia  
on the birth of your son,  
Enzo Anthony Thompson**



**Love,  
Grandpa Elroy**

**Happy 22nd Birthday!  
We are so proud of you,  
Jerad!  
Hope your birthday  
is as wonderful  
as you are!**



**Love you!  
Mom & Wyatt,  
Grandpa & Grandma  
and Aunt Traci**



**Happy Birthday  
to Our Babies  
Sara and Ben**



**Love You Both So Very  
Much!  
Grandpa Conrad and  
Grandma Liz XXXOOO**



SKOOKUM CREEK  
TOBACCO  
FACTORY OUTLET STORE

**\* INTRODUCING \***

**Premis HARD PACK**

Same great taste! Same great price!  
**\$38.75 per carton**

**MARCH "SPECIAL"**

**Premis SOFT PACK**  
**\$27.50 per carton**  
(While supplies last)

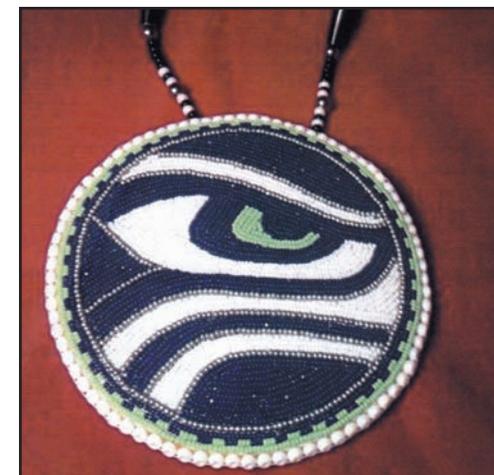
Located at the factory  
Hours: M - F 9 AM - 3 PM

**MUST SHOW TRIBAL MEMBERSHIP CARD**

**(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)**

**NOT INCLUDED IN MONTHLY SPECIALS**

This Months Craft:  
Seahawks medallions or barrettes



## Building Strong Families Through Culture

**When: October 8, 2013-September 30, 2014**

Where: Community  
Kitchen

When: Wednesdays

Time: 3:00 -5:00 PM

Focus is on the formation  
and maintenance of  
two-parent families and  
prevention of out-of-  
wedlock pregnancies.

Sponsored by SPIPA-TANF.





Think  
Spring!



Friday • March 21st • 6:30pm

Saturday • March 22nd • 2:30pm & 6:30pm

Early Bird Specials at 6:30 sessions

Wear something green and  
receive a free Level 1 (3-on) with Buy In

**\$79 Special Room Rate for Bingo Participants**

Must show *Bingo Room Rate Coupon* at time of check-in to receive  
special room rate. Customers can call in advance to book rooms.

See Keno for more details 1-800-667-7711

Must be 21 or older for Bingo Specials

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Call 360-427-3005 for more details



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NOW

*Kellie Pickler*

FRIDAY  
APRIL  
18

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For tickets visit the box officer  
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.



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