Billy Frank Jr.
Robert Whitener, Jr. - As we all know, we lost one of our great leaders when Billy Frank Jr. passed away on May 5, 2014.

Tribes and people from all over the Pacific Northwest came together on May 11th at the Skookum Creek Event Center to remember and honor this truly great man. Attendance was estimated at 6,000. Generous support came from everywhere in the form of huge donations of food and time. It was incredible to see both of our U.S. senators, the governor, four state representatives, scores of tribal council persons, and many other governmental leaders gathered in one place at one time to honor our dear friend.

The Squaxin Island Tribe can be very proud of our part in the tribute. The family expressed their gratitude many times.

There was a concerted effort from our tribe that was no small undertaking. Little Creek Casino Resort made the event special while taking care of the family and their needs in a trying time. The staff was great.

The team of fish cooks from Natural Resources was amazing, and they shared their space with other cooks in a true spirit of cooperation.

Emergency management and law enforcement managed the crowds and provided logistical support, which may have not been that noticeable to most who attended—but that is exactly why they were so good.

The IT specialists who provided live streaming of the event are greatly appreciated. Bryan Johnson watched from as far away as Columbia!

The Tribal Council and government made this event memorable and one not to be forgotten. We were all fortunate to have been asked to honor this great man.

Why was Billy so important to us? Well, first of all, it must be pointed out that Billy was a Nisqually member who fought for his people on the Nisqually river until the day he died—literally. He loved his tribe and his river. He never wavered in this conviction and what he and the Nisqually tribe have done on the river is truly amazing. Just drive towards Tacoma on I-5 and look left over the delta. Then look upstream to see all the projects he influenced. His legacy is understandable. But the reason he is important to our tribe, and all other tribes, is that his influence spread out over all our watersheds, all our programs, all our jurisdictions, and all our lives.

Billy was one of many who fought for treaty fishing rights, here in the Northwest. He became the central figure in this long hard fight and, like others, spent time in jail to advance this cause. The time was right for civil rights advancements and, thankfully, these warriors fought the fight. The fight moved from the banks of the river into the courtroom. Lawyers became our weapons and the law was on our side. It was time for a simple contract - the treaties - to be honored. Fortunately, Judge Boldt agreed, and the Supreme Court upheld his decision. This case influenced so much in federal Indian law that attorneys have dedicated their lives to its implementation.

To Squaxin, it means we get to be Squaxin.

We fish; we clam; we hunt.

Billy was unique in that he moved from warrior to peacemaker. He became the focal point of a movement that made history and changed all our lives for the better. In this sense he will never die.

Lastly, Billy is important to us because he was also from our Tribe. Billy's mother, Angeline, was Squaxin and he is related to the Johns family. It was appropriate we shared in his farewell. He will be greatly missed.

Congratulations
Newly Elected Tribal Council Members

David Lopeman
Reelected
Tribal Chairman

Whitney Jones
First Council Member

Jim Peters
Reelected Second Council Member
Little Creek Casino Takes #1 In Port’s Chowder Challenge
Event-goers shop Boatswap’s 80-plus vendors

When the votes were tallied at the 2014 Boatswap & Chowder Challenge, the People’s Choice Award for the South Sound’s Finest Chowder went to Little Creek Casino, with Fatso’s Bar & Grill and Falls Terrace Restaurant taking second and third places, respectively.

Lady of the Lake Public House won the Chefs’ Choice Award. The Best Decorated Booth Award went to Falls Terrace Restaurant.

Other competing restaurants were Firecreek Grill, Lucky Eagle Casino, Paprika Catering, Red Lion Hotel, South Bay Pub & Eatery and Westside Tavern.

The 10 local restaurants served up 25 gallons of their best chowder to 1,700 tasters at the Port of Olympia event at Swantown Marina. Since the chowder this year was no longer restricted to clam, the restaurants prepared a delicious variety, including Jalapeno Corn Chowder.

Event-goers also satisfied their appetites at South Bay BBQ, Forza Coffee and All Fed Up.

Festival-goers browsed and bought at the Boatswap which featured over 80 commercial and private vendors offering new and used boats, gear and wares.

Kids played in the bounce house and trout pond and everyone enjoyed classic rock music by the Raucous Band. Port Commissioners Bill McGregor, George L. Barner, Jr. and Sue Gunn thanked the community, restaurants, organizations and other businesses that participated, event sponsors and Port staff.

Sponsors included Little Creek Casino, Duncan Insurance, KGY/KAYO Radio, 94.5 ROXY Radio, Budd Bay Embroidery, Tom’s Outboard, Tumwater Artesian Brewfest and TwinStar Credit Union.

The Port sponsors the Boatswap & Chowder Challenge for the enjoyment of the community. It is not a fundraiser for any group.

Newly Elected Tribal Council Members Oath of Office May 22

Photo by TJ Berry: David Lopeman, Whitney Jones, Jim Peters, Vince Henry and Margaret Henry
### Squaxin Island Tribe chosen to participate in Land Buy Back Program

**Ray Peters, Squaxin Island Tribe Intergovernmental Liaison** - After many meetings with federal officials, we are pleased to be one of the few tribes in the nation to be chosen to participate in the land buy-back program. This program will allow for financial resources to continue our work of consolidating fractionated interests of our reservation.

The BIA is currently working on appraisals and will be notifying land owners of offers sometime this summer. As we get more information we will be sharing that through our newspaper and other outreach.

Anyone who is interested in selling their interest is encouraged to contact Esther Fox or Ray Peters at 426-9781. It is important that we have current contact information.

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More details about the program

www.heraldextra.com - Twenty-one American Indian reservations (including Squaxin Island) will be the focus of the next phase of a $1.9 billion program to buy fractionated land parcels owned by multiple individuals and turn them over to tribal governments, according to Interior Department officials.

Government officials will work with tribal leaders to plan, map, conduct mineral evaluations, make appraisals and acquire land on the reservations from Washington state to Oklahoma in this phase, which is expected to last through 2015.

The land buyback program is part of a $3.4 billion settlement of a class-action lawsuit filed by Elouise Cobell of Browning, Montana, who died in 2011. The lawsuit claimed Interior Department officials mismanaged trust money held by the government for hundreds of thousands of Indian landowners.

The 1887 Dawes Act split tribal lands into individual allotments that were inherited by multiple heirs with each passing generation, resulting in some parcels across the nation being owned by dozens, hundreds or even thousands of individual Indians. Often, that land sits without being developed or leased because approval is required from all the owners.

The land buyback program aims to consolidate as many parcels as possible by spending $1.9 billion by a 2022 deadline to purchase land from willing owners, then turn over that purchased land to the tribes to do as they see fit.

So far, the program has spent $61.2 million and restored 175,000 acres, said Interior Deputy Secretary Mike Connor. To buy even that much land, officials had

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### President Obama on the Passing of Billy Frank, Jr.

I was saddened to learn of the passing of Billy Frank, Jr. – Chairman of the Northwest Indian Fisheries Commission and a member of the Nisqually Indian Tribe. Billy fought for treaty rights to fish the waters of the Pacific Northwest, a battle he finally won in 1974 after being arrested many times during tribal “fish-ins”. Today, thanks to his courage and determined effort, our resources are better protected, and more tribes are able to enjoy the rights preserved for them more than a century ago. Billy never stopped fighting to make sure future generations would be able to enjoy the outdoors as he did, and his passion on the issue of climate change should serve as an inspiration to us all. I extend my deepest sympathies to the Nisqually Indian Tribe, and to Billy’s family, and to his many friends who so greatly admired him.

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### 2014 Summer Youth Employment Training!

SEEKING SQUAXIN YOUTH AGE 16-21 WHO DESIRE SUMMER EMPLOYMENT

If you are a Squaxin Tribal member between the ages of 16 and 21 and are interested in working for six weeks this summer, please contact Astrid Poste in Human Resources to get an application. You must submit an application even if you participated in the program last year.

Review of applications will begin May 30, 2014 so that we have time to interview all who complete the application process. Applications received after May 30th will be considered only if positions are still available.

Squaxin preference will be exercised in the hiring of these positions in accordance with the Tribe’s Personnel policies. If you have questions about this program, feel free to contact Astrid Poste at (360) 432-3865.

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### Stepping Stones: Youth Pre-Employment Training Program

FOR SQUAXIN YOUTH AGE 13-15

Youth will participate in group projects, which promote the development of accountability, work ethics, and pride in the community. This hands on model will encourage Tribal youth in learning a multitude of transferable skills they can apply later to employment for Squaxin Island Tribe or elsewhere.

If you are a Squaxin tribal youth who is going to be 13 – 15 years old by July 1, 2014 and are interested in participating in this program, please call Niki (360) 432-3845 in Human Resources to leave your contact information. We will want to provide you with additional program information. Please be ready to provide the following:

- Name
- Address
- Phone number
- Date of birth
- Squaxin Island Enrollment number
- T-shirt size

To assist us with the planning and to ensure you get a tee shirt, please stop by or call by May 30, 2014; Employment Applications are not required for Stepping Stones. Those signing up after May 30th will be considered depending on availability.

Parents: To provide an initial opportunity for training in the employment application process, please encourage your youth to call or stop by on their own, rather than calling on their behalf.

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### Law Enforcement Drug Activity

5/2/14 - Syringe found - KTP - warrant arrest
5/14/14 - Meth found - LCCR - no suspect
5/14/14 - Theft of prescription - LCCR - no suspect
5/18/14 - Marijuana being sold - KTP - Unfounded
Welcome to the Following New Employees

Candace Penn  
Natural Resources  
Tech

David Dorland  
Natural Resources  
Tech

Dusty Hirsch  
Tutor

Greg Blaylock  
Law Enforcement  
Officer

Thank you, Squaxin Island Tribe for all your support of Shelton School District’s Indian Education Program

The Indian Education awards banquet filled the Shelton High School Sub on Friday, June 16th. Graduating seniors were presented with button robes created by family members participating in the Button Robe Project. A total of 17 blankets were distributed during the event. Special thanks to all who attended and participated in this very special event.
By Stephanie James

I've been writing business spotlights for the Klah-Che-Min Newsletter since 2010. During many of the interviews I ask the entrepreneur where they see themselves in 5 years. Though it has not been quite 5 years since it began, I found myself wondering what they are up to and how their business is doing, so I began contacting each one and I'm still working on that (it's a little more involved than I was anticipating…to be honest). I believe that each one of them, whether they are still in business or not, deserves some recognition and not only that, they may be able to teach us something about the do's and don'ts of owning a business.

Here is my preview of what's to come next month (in the form of a word search). I have listed the entrepreneurs, the name of their business and what their business is all about. See how many you can find.

The words to find are listed in BOLD CAPITAL LETTERS and can be found vertical, horizontal, diagonal and backwards. Good luck and have fun!

Juana Perry, owner of JUANA CLEAN; residential and COMMERCIAL cleaning.

Dillon Decicio, owner of FREELANCE TECHIE; computer networking & repair.

Davey Whitener & Penni Giles, NATIVE MICROS; a COMPUTER business specializing in hardware, software & DATA RECOVERY.

Rachel Ford, Independent MARY KAY CONSULTANT.

Jennine Jacob, owner of COVETED MEDIA a DIGITAL INFLUENCER agency and founder of Independent FASHION Bloggers (IFB).

Mary Whitener & Rebeckah Ford, owners of KAMILCHE Café & Espresso; a MOTHER DAUGHTER team.

Offers ESPRESSO beverages, Doo's Doughnuts and daily LUNCH specials.

Jennifer Whitener Ulrich, ENTREPRENEUR GURU; Business Start-Ups, marketing, SUSTAINABLE business.

Jennifer Johns, artist SALISH Creatives; Coast Salish ARTWORK, photography & special requests.

Malyyn Foster, HAITWAS Studios; her own native designs on JEWELRY, clothing, prints, baskets & woodwork.

Colton GOTT, JR Entrepreneur and aspiring golfer; GOLF ball retrieval.

Fletcher, RENTAL of CUSTOM made WET FORK for shellfish harvesting.
Spring All (Government) Staff Meeting

A western theme and chili cook off provided the backdrop for our Spring All (Government) Staff meeting on Friday, May 9th.

Sheena Kaas, the Tribe’s Solid Waste Recycling Manager, presented some good recycling information to employees, further supporting the effort to Go Green. She is happy to answer any of your recycling questions.

Morgan Rothrock, from the Information Services department, provided relevant information regarding the tribe’s network, password (phrase) suggestions, as well as a snapshot of resources available to tribal employees.

New employees introduced:
- Debra McNutt, Planner, DCD
- Dusty Hirsch, Tutor, TLC
- Candace Penn, Resource Technician, DNR
- Corrie Coleman, Janitor, DCD
- David Dorland, Fish Technician, DNR
- Redwolf Krise, Youth Activities Manager Assistant, TLC
- Stephen Henry, Cashier/Accounting Assistant 2, Finance

These gatherings are a great opportunity to welcome new employees and gather together for a nice lunch.

HR would like to thank all who attended and made the meeting a success. Congratulations to Melanie Gaffey, winner of the chili cook off contest.

Western Style Fun at All Staff Meeting

L-R: Terri Capoeman, Deanna Warren, Gloria Hill, Adirian Emery, Morningstar Green and Jolene Peters

L-R Back: Juana Barckley & Debra McNutt
L-R Front: Esther Fox, Tracy Parker and Patty Suskin

Sheena Hillstrom
2014 Sgwi-Gwi Celebration
There is always a lot going on in the Education Department - school is wrapping up for summer and our summer programs are getting ready to begin. That means it’s time for our 2014 Sgwi-Gwi Celebration on Friday, June 13th at the Skookum Creek Events Center. If you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program we would like to recognize them in this year’s education celebration. Please send your information by Friday, June 6, 2014 at 4:00 p.m. to Mandy Valley by email at mvalley@squaxin.us or by fax at (360) 426-7897.

Youth Activity Program
By Jerilynn Vail
We are starting to prepare for the Summer Rec. Program. Please remember we will have new Registration Forms that will need to be filled out for the upcoming summer. Parent Handbooks & Registration Packets will be ready on June 9th. We are open to youth ages 5-12 years.

• The first day of Summer Rec. will be on June 30th. We have a lot planned for the youth this summer. Our field trip calendar will be available when we are ready for families as well. Stop by TLC to pick-up your packet.
• Our Father’s Day Doughnuts will be on Monday, June 9th from 5:30-6:30 in the Rec Room.
• Please note our last day of the After-School Program will be on Thursday, June 12th. Our After-School staff will be preparing for the transition into Summer Rec.
• Our lost-and-found has gotten quite large. Please stop by to see if your youth have left anything behind. We will be donating whatever isn’t claimed to a local second-hand store on June 19th.

CHUM Program/Teen Center
By Laurel Wolff
Summer is quickly approaching. The Teen Center continues to be open from 3:00 – 7:00 p.m. but our last day before closing for the summer will be June 13th. Ongoing activities for the teen program include:

• Culture Night continues on Tuesdays from 5:00 - 7:00 p.m.
• Baseball practice on Wednesday and Thursdays from 5:00 - 7:00 p.m.
• Strength Class continues on Thursdays from 3:30 - 4:30 p.m.
• The Teen Center is open for Game Day on June 6. This is the same day as the Oakland Bay Junior High Dance, so if you don’t go to the dance, come hang out at the Teen Center.
• An Inter-tribal league baseball game is scheduled for June 21st at Nisqually for our junior high and high school-aged youth. We will leave the Squaxin gym at 11:00 a.m.
• We celebrate Father’s Day early with dessert in the Rec Room on June 9 from 5:30 - 6:30 to honor the male role models in our life (and the special women who also fill this role).
• Youth from the Squaxin Island Youth Council will be traveling to Portland to attend the UNITY Conference, June 28 - July 3. Stay tuned to hear about this great event.

Credit Retrieval
If you are attending Shelton School District in grades 9-12 and had a failed or incomplete class this year, please ask us about your options for credit retrieval during the summer. TLC staff is again coordinating an opportunity for credit retrieval to take place at the Tu Ha’ Buts Learning Center. For more information, call Peggy Peters at 432-3826.

Homework Support and GED
As we are wrapping up the school year, homework help is still available on Tuesday through Thursday from 4-7pm at the TLC, but only through June 12th. Please take advantage if you need some extra help with your studies.

GED prep classes continue through the summer. We have the study materials to help you prepare for the new tests, and can offer the updated practice tests as well. Our teacher, Jamie Burris, is available to assist you in your GED prep. Contact the TLC at (360) 432-3958 with any questions about participating in our summer GED prep classes.
Squaxin Island Tribe Public Input for FY15 Budgets

The Squaxin Island Tribe needs to hear from you. The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities.

Please submit your concerns, visions and priorities for FY15 programs to:
Faye Smith, fsmith@squaxin.us
or
Julie Goodwin, jgoodwin@squaxin.us by June 27, 2014.

Enjoy your summer!

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Another Great Shot
Newly Elected Tribal Council Members Oath of Office May 22

Photo by TJ Berry:
Pete Kruger, David Lopeman, Whitney Jones, Jim Peters, Vince Henry, Margaret Henry, Andy Whitener, Melissa Puhn and Morgan Rothrock

Squaxin Youth Education, Recreation and Activities Calendar

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<td>Rec Rm: 3-6pm</td>
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<td>Game Day: 5-6pm</td>
<td>Culture Night: 5-7pm</td>
<td>Crafty Kitchen: 5-6pm</td>
<td>Arts-n-Craft: 5-5:45pm</td>
<td>Fun Day Friday: 5-7pm</td>
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<td>Crafty Kitchen: 5-6pm</td>
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TLA:
After School Snacks: M & W 5-7pm
Computer Lab: M-F 4-4:45pm
Sylvan: M-Th 3-7, F 3-5pm
Homework Help, GED Prep: T-TH 4-7pm

ER = Early Release
WHL = Wa-He-Lut Indian School
SDD = Shelton School District
GSD = Griffin School District
TLA = Tu Ha’ Buts Learning Academy

Squaxin Island Tribe - Klah-Che-Min Newsletter - June 2014 - Page 9
Have Fun and keep those brains working this summer!

Sally ‘Sis’ Brownfield

Looking for children turning 3 or 4 before Sept. 1
Are they getting ready for entering Kindergarten? Are they learning who they are as Squaxin people? Let’s work together as a community to make sure our little ones get the best possible start in life. If you are interested in a cultural early learning experience for you and your child, please return the information sheet sent in the mail - it was in last month’s newsletter and handed out at the General Body Meeting or contact Sally ‘Sis’ Brownfield at 432-3858 or sbrownfield@squaxin.us

Low Cost or No Cost Summer Activities for Kids

Old Sheet Art
Need:
• 1 old white flat sheet
• Paint
• Paper bowls for paint colors
• Cheap foam brushes (can use hand prints and fingers too)
This piece of art can become a summer play tent held up with sturdy string or rope under the center and supported by a corner fence line or trees.

Sponge Bull’s-eye
Need:
• Sidewalk chalk
• Sponges
• Water
Simply draw a circle on the pavement with chalk, and write in the point values. Players take turns tossing the wet sponge(s) to see who can get the most points. It’s good for eye-hand coordination, adding points, learning to take turns, and cooperation. Use numbers that children can count and add up themselves or with a little help.

Nature Scavenger Hunt
Items found can be checked off a list, written down when found, or drawn on paper.
Need: • Note pad

Examples of things for the children to find:
• A fir cone
• A pretty rock
• A stick
• A blade of grass
• Street sign
• A bug
• Numbers
• A friendly person
• A piece of litter
• A leaf
Any of these can spark a conversation of size, shape, color, place where found, why… these conversations with children are very important to their development.

Make your own marble launch or car race with a fun noodle from the dollar store
Cut the water noodle in half lengthwise, making two channels. Use toothpicks to stick the two pieces together. Can decorate if wanted. Prop one end up on something to make the noodle slanted, maybe a box or house step, Then use marbles or little play cars to have races.

Other Activities:

Hands On Children’s Museum - Down Town Olympia
The Museum opens free to the community the first Friday night of every month. Come on down for a night of fun at the Museum! No pre-registration required.

Free Friday Night:
1st Friday of every Month!

Let’s Move!
Friday, June 6, 2014 from 5:00 - 9:00 p.m.
No pre-registration required
Free admission
Special Guest: YMCA

It’s time for World Cup-style activities!
Find out how exercising can be a fun part of every day!
**Parents’ Night Out**
Every 2nd Saturday of the month, 6:00 - 9:30 p.m.
Pre-registration is required for each Parents’ Night Out
Member: $25 per child; $15 per additional sibling,
Non-member: $30 per child; $20 per additional sibling
Ages: 4-10 years
Children must be able to use the restroom independently
Online registrations must be completed by 5:00 p.m. the Friday before Parents Night Out
To register on the day of the program, please call 360-956-0818 x103 by 3:00 p.m.

**Key Ring Bling!**
June 14, 6:00 - 9:30 p.m.
Find out more on their website. Just search for Hands on Children’s Museum.

**Local Library Programs**
Shelton and Olympia Timberland libraries have reading programs and activities for youth of all ages this summer. Check them out!

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**Squaxin Island Tribal Member Apprentice Spotlight- Winter Perez**

INTERVIEW QUESTIONS:

1. Winter, tell us a little about yourself?
Hello, I am Winter Perez. I am 21 years old. I am a Squaxin Tribal member. I started out in the Spa as a coordinator where I learned some very valuable skills. I love working with our customers and like to keep them coming back. I enjoy working with all types of people and felt like being in Human Resources would be a great fit for me. I wanted to be able to positively impact the tribe by being able to involved at the very beginning stages of the employment process. So when the opportunity opened up for the Human Resources Apprenticeship, I immediately expressed my interest.

2. What does a normal day look like for you in Human Resources?
Currently, I am learning the ins and outs of everything. I am helping everyone with daily tasks, pop-up projects, and on-going projects. All of the fun job announcement that Tribal members receive in the mail are from Erika and I. So, we stay very busy trying to find positions and fill them with our tribal people. When we are not working on staffing, we are working on some aspect of HR reporting or employee relations.

3. What aspect of your role do you enjoy the most?
I love the staff that I work with, we have a great team. There is a lot of behind the scenes work that many people don't realize goes on for an employee to get hired or to help out the many departments we have here at the casino. I enjoy learning about all of the HR functions and processes. I like to be able to be a part of the employment journey for tribal members.

4. What personal qualities help you achieve success in your position here?
I have always valued treating everyone with kindness and respect. I think that naturally translates to being able to provide good customer service. I have always been a good listener, and I think that has enabled me to listen to issues and find positive solutions.

5. Any final thoughts or encouragement for our readers?
I would just like to encourage everyone to believe in yourself and always strive for the best. I also would encourage more tribal members to apply- there are lots of opportunities here at LCCR!!

See you around! - Winter
**Elder Lunch Menu**

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<tr>
<th>Date</th>
<th>Menu Item</th>
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<tr>
<td>Mon 2</td>
<td>Pot Pies</td>
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<td>Tues 3</td>
<td>Soup/Sandwich</td>
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<td>Wed 4</td>
<td>Ginger Chicken</td>
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<td>Thurs 5</td>
<td>BBQ Chicken Sandwiches</td>
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<td>Mon 9</td>
<td>French Dips</td>
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<tr>
<td>Tues 10</td>
<td>Soup and Sandwich</td>
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<tr>
<td>Wed 11</td>
<td>Halibut &amp; Chips</td>
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<td>Thurs 12</td>
<td>BBQ Flank Steak</td>
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<tr>
<td>Mon 16</td>
<td>Pot Roast</td>
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<tr>
<td>Tues 17</td>
<td>Soup and Sandwich</td>
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<tr>
<td>Wed 18</td>
<td>Beef Stroganoff</td>
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<tr>
<td>Thurs 19</td>
<td>BBQ Hamburgers</td>
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<tr>
<td>Mon 23</td>
<td>Spaghetti</td>
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<tr>
<td>Tues 24</td>
<td>Soup and Sandwich</td>
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<tr>
<td>Wed 25</td>
<td>Tilapia &amp; Mango</td>
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<tr>
<td>Thurs 26</td>
<td>BBQ Chicken</td>
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<tr>
<td>Mon 30</td>
<td>Potato Bar</td>
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</tbody>
</table>

**This Months Craft**

Native picture frames & wool weaving
Open to Everyone!!!

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**Building Strong Families Through Culture**

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

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

**Where:** Community Kitchen

**When:** Wednesdays

**Time:** 3:00-5:00 PM

Sponsored by SPIPA-TANF.
**Understanding Kidney Disease Prevention**

Submitted by Patty Suskin, Diabetes Coordinator
Source: WebMD

**How Can I Prevent Kidney Disease?**
The key to prevention or delay of severe kidney disease is early detection and aggressive intervention -- while there’s still time to slow down the progression to kidney failure. Medical care with early intervention can change the course of chronic kidney disease and help prevent the need for dialysis or a kidney transplant.

Diabetes and high blood pressure account for two thirds of all cases of chronic kidney disease. By aggressively managing diabetes and high blood pressure with diet, exercise, and medications, you may be able to prevent kidney failure and help keep as much kidney function as possible.

**Know Your Risks for Kidney Disease**
Since diabetes and high blood pressure put you at risk of kidney disease, know where you stand with these risks. Do you have diabetes or high blood pressure? If so, are they under control?

If you can, find out if diabetes, hypertension, or kidney disease runs in your family. Certain ethnic groups including Native Americans are at higher risk of chronic kidney disease, as are senior citizens.

**Get Tested Regularly**
At your next checkup, and at least within the next year if you haven’t had these tests done:
- Ask for a urine test to see if you have excess protein, glucose, or blood in the urine.
- Ask for a blood pressure reading, to see if your blood pressure is elevated.
- Ask for a fasting blood glucose test, to see if you have too much glucose (sugar) in your blood. Another blood test that can be used to determine diabetes is a hemoglobin A1C which will indicate your average blood glucose level over the past two to three months.
- Ask for a creatinine test. This blood test measures the amount of waste from muscle activity. When the kidneys are not working properly, the creatinine rises.

If any of these tests are abnormal, your health care provider will need to do other tests to more clearly define the problem.

**Control your Diabetes and High Blood Pressure**
By keeping your blood sugar and blood pressure in a healthy range, you can protect your kidneys. See your health provider to see what is needed.
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
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.
Native American and over 18

Mammogram Clinic
June 23
Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

Health Clinic / Family Services

Diabetes Support &
Education
Everyone is welcome—
those with Diabetes or not.
Come for a few minutes or
the whole time

June date to be determined—watch the scoop
Right after Elder’s lunch
at Elder’s Building
1 to 2 pm

Back to Basics—Review & Discuss
how to stay healthy with diabetes

You can Take Charge of your Diabetes &
Live a Long, Healthy Life

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

Family Services is offering
Beginner Line Dancing Lessons

Wednesdays
from 12:00 p.m. to 1:00 p.m.
In The Elders’ Building
All Ages welcome

Sponsored by DBHR & the Squaxin Island Family Services
Department
Contact Janita Raham with Questions
360-432-3972

Weight Loss Tips from those Successfully Lost
Source: Diabeteswellness.net & Center for Disease Control (CDC) & WebMD
Submitted by Patty Suskin, Diabetes Coordinator

What is healthy weight loss?
It’s natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight
gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn’t just
about a “diet” or “program.” It’s about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your
caloric intake by 500 - 1000 calories per day (or increase your activity to burn these extra calories) to lose about 1 to 2 pounds
per week.

These tips are from over 10,000 Americans who successfully lost 30# or more and maintained their weight.
( Part of the National Weight Control registry established in 1993)  
Weight loss was an average of 67 pounds, and average weight loss was maintained over 6 years.

Here is what works for these people:

• Eat low fat, high carbohydrate foods
• Eat breakfast every day
• Weigh in once a week
• Watch less than 10 hours of TV or movies/screen time not job related a week
• Exercise every day: one hour to an hour and a half a day

Weight loss and weight maintenance is not easy; it’s hard work.

Contact Patty Suskin, Registered Dietitian Nutritionist at 360 423-3929 if you would like more information, or check out these
Managing Diabetes:
It’s not easy, but it is worth it
Socks Awarded-Congratulations!
Submitted by Patty Suskin, Diabetes Coordinator

Great work & congratulations to the following people for taking stellar care of their Diabetes in 2013: Misty Bloomfield, Traci Coffey, Traci Lopeman, Bob Whitener, Paula Henry, Glen Parker, Patty Caton, Steven Henry, Millie Wagner, Rose Davis, & Donna Wood.

These 11 people were part of the 13 people who completed all the 2013 tests & exams recommended by the IHS standards of care for type 2 diabetes. As a reward, they each provided a pair of comfortable and moisture-wicking merino wool socks (machine-washable, too) Congratulations! (More awardees to be photographed in future.

Socks Awarded-Congratulations!
Submitted by Patty Suskin, Diabetes Coordinator

Mary E Theler Wetlands Nature Preserve
Source: Washington Trails Assn
Submitted by Patty Suskin, Diabetes Coordinator
Spend a couple of hours or all day exploring a wildlife-rich estuary at the farthest reaches of fjordlike Hood Canal. Let eagles, osprey, herons, otters, and deer captivate you on this hike through grassy wetlands and along the Union River.

Among the many legacies that Sam and Mary Theler left the town of Belfair was land for a Masonic Lodge, church, and school. Out of the 70 acres deeded to the North Mason School District arose the Mary E. Theler Wetlands Nature Preserve. Serving an educational role for area school children, the wetlands have also become the area’s prime hiking destination.

Start your visit by passing under the welcome arch and proceeding 0.25 mile to the Wetlands Project Center. If it’s open, take time to visit to gain a better appreciation and understanding of the complex ecosystem you are about to explore. Children-heck, adults too-will appreciate the hands-on exhibits.

Several trails radiate from the Wetlands Project Center. All are pleasurable to walk and are wheelchair-accessible. The Sweetwater Creek and Alder Creek Trails make 0.25-mile loops. The South Tidal Marsh Trail extends 0.25 mile onto a boardwalk into Hood Canal. It’s ideally positioned for spotting birds among the grasses and reeds and for viewing the Olympic Mountains in the background.

The Union River Estuary Trail offers the longest and best hike in the preserve. Along an old dike the trail elbows across open wetlands-tidal marsh on the left, freshwater marsh on the right. Through a tunnel of shrubs and along active farmland, the trail makes a beeline for the mouth of the Union River. In 0.5 mile you’ll reach the river. The trail then turns right (northeast) to hug this nutrient-rich waterway for one more mile. Just beyond the 1-mile mark is a small picnic area and restroom. At the trail’s terminus are two short spurs-the one left leads to the river’s edge for prime waterfowl and salmon-spawning viewing. Return to the Theler Wetlands at different times of the year to fully appreciate the life cycles at work in this ecologically important preserve.

Driving Directions:
From Bremerton head west on State Route 3 to Belfair. Proceed 1 mile beyond the junction with SR 300 to the Mary E. Theler Community Center (and sign for the nature trail), located on your right. Park at community center. The trailhead is located in the northwest corner of the parking lot. Privy available.

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

Summer
HEALTH CLINIC

EXERCISE
It’s Easier Than You Think

Submitted by Traci Lopeman, Women’s Wellness Outreach Specialist.
Submitted by Traci Lopeman,
Women’s Wellness Outreach Specialist.

Mammogram Clinic
Monday, June 23, 2014
8:00 a.m. to 4:00 p.m.

To schedule an appointment or if you have any questions regarding your eligibility please contact:
Traci Lopeman at (360) 432-3530.

Every Woman counts, please tell your Sisters, Daughters, Mothers and Friends to have a mammogram done yearly.

Beginning at age 40 Women should have a mammogram done yearly. Clinical breast exams should be done on a yearly basis by your medical provider. You should do your own monthly Breast Exams on a regular schedule.

Check in at the Squaxin Tribal Center

Submitted by Traci Lopeman,
Women’s Wellness Outreach Specialist.

Congratulations
Newlyweds
Juana & Greg Barckley

Congratulations and
Best of Luck
Christine Semanko

Married May 23

Don’t Let Your
MONEY
Go Up In
SMOKE

A person who buys a $6.00 pack of cigarettes each day will spend more than $2,100 a year on smoking!

For $2,100, you could buy:

- 156 CDs!
- or 53 pairs of jeans!
- or tickets to 33 concerts!
- or 44 pairs of shoes!
- or 265 movie tickets!
- or 110 DVDs!
- or 1 great vacation!

It’s Your Choice!

Do You Have
MONEY
To BURN?

SMOKING means you short of breath, and short of money too. Use the chart below to see just how fast the cost of smoking adds up

<table>
<thead>
<tr>
<th>煙草類型</th>
<th>買入數量</th>
<th>每包數量</th>
<th>每包價格</th>
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<tr>
<td>煙草</td>
<td>50</td>
<td>0.40</td>
<td>$10.00</td>
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<td>香菸</td>
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<td>威尼斯</td>
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<td>$4.00</td>
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<tr>
<td>奶油</td>
<td>50</td>
<td>0.10</td>
<td>$5.00</td>
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**Cost is based on smoking a average 16 cigarettes per day.** See the other side for why you shouldn’t let your money go up in smoke!

Family Services Presents:

ZUMBA®

**Fitness**

Classes will be every Friday

12:00 p.m. to 1:00 p.m.

And

4:00 p.m. to 5:00 p.m.

In The Elders’ Building

All Ages welcome

Sponsored by DBHR & the Squaxin Island Family Services Department

Contact Janita Raham with Questions 360-432-3572
Happy Birthday

Jene Miller 01
Alonzo Grant 01
Alexandrea Cooper - Lewis 01
Zachary Johns 02
Rocky Bloomfield 03
Jayde Smith 03
Tyrone Krise 03
Francis Peterson 03
Wendy Harding 04
Victoria Rodriguez 04
James Sen 04
Malachi Johns 04
Debra Tennis 05
Julie Goodwin 05
Emily Whitener 05
Dominique McFarlane 06
Alyana Van Horn 06
Randall Aldrich 07
David Krise 07
Trisha Blueback 07
Kim Olson 07
David Elam 07
Paula Henry 08
John Snyder 08
Elizabeth Seymour 08
Lori Hoskins 08
Julie Van Horn 09
Pamela Hillstrom 09
Kimberly Peterson 09
Laken Gray 09
George Sumner 09
Tamie Rioux 10
Alex Ehler 11
Brandon Greenwood 12
Teresa Ford 13
James Sen 14
Janette Sigo 14
Stephanie Tompkins 14
Ana Pinnon 15
Kylind Powell 15
Casey Brown 15
Andrew Sigo 16
Dorothy Nelson 16
Trent Brown 16
Yvonne Bell 16
Kristin Penn 16
Ronald Whitener 17
Jackson Cruz 17
Heather Perez 17
Tasha Rodriguez 18
Camila Byrd 18
New KTP Gas Cards Switch Over

What's Happening

<table>
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<tr>
<th>8</th>
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Criminal/Civil Court

A & ALANON Meetings:
Every Thursday at 7:30 p.m. Elders Building

Basket Class:
Every Wednesday at the MLRC

Thank You to Corri, JC, Dodie, Jamie and Ayshia
For a Wonderful Mother's Day!
Happy Birthday Dodie
We Love You!
- The Family

Special Thanks
For All the Goodness,
Kindness, Prayers and Calls
During My Recovery
From Back Surgery
Lots of Love!
- Paula

ON JUNE 20, Patrick LaClair
and I (Lametta) were
blessed with the
birth of our son,
DALE REDHAWK LACLAIR....
He is our man of the family
I love you son...
HAPPY BIRTHDAY...

Another good year of cedar harvesting sponsored
by the MLRC!

ROAD PAVING PROJECT
THIS SUMMER!!

The Tribe will be paving Qua-Ta-Sat Circle, Skalapin Circle, T-Peeksin Lane, Steh-Chass Place and Squi-Aitl Place. Construction is planned to start in July 2014, and will be completed by late September 2014.

If you live on these streets, please assist the Department of Community Development by moving any cars, boats, etc. into driveways, and removing items from the road edge. There will be parking restrictions during construction. Your cooperation and patience would be greatly appreciated.

For more information about this project, please contact:

Kevin Dragon PE,
Public Works/Facilities Engineer
Squaxin Island Tribe
Department of Community Development
10 SE Squaxin Lane, Shelton, WA 98584
360-426-9781
Enjoy Your Retirement Larry McFarlane Sr.
Thank You for Your Many Years of Service as LCCR Director of Facilities and Volunteer at Numerous Tribal Activities

Larry began his employment at Little Creek Casino Resort shortly after it opened in 1995!

As a volunteer for the Squaxin Island Tribe, the number of teams he coached, games he refereed and youth he mentored are countless!

“There were lots of hugs and teary eyes!” said LCCR Human Resources Director Peggy Johnson. “Larry was truly respected as a leader and was a huge part of our tight knit family at Little Creek. We already miss his smiling face and there is a void with his absence; however, we have every confidence he is enjoying his much earned retirement!”

LCCR CEO Michael Starr and Tribal Chairman David Lopeman praised Larry for his many years of dedicated service and wished Larry a very, very, very happy retirement. Also in attendance were Tribal Council members Ray Peters, Vince Henry and Pete Kruger.

Photos by Tiffany Sizemore and Susan McFarlane