



Council Corner

Whitney Jones - It's no secret that, while I have a crazy busy schedule, I am very committed to attending our Tribal Council meetings. I will cut travel short and sometimes have to rearrange other meetings around them if necessary. And when we do have to schedule additional meetings, the Chairman has been very gracious about working with my busy calendar. I appreciate the Council's willingness to be flexible whenever possible and I know that other Council Members who work off-site do too.

Recently there were two different, equally important Council-related meetings that I needed to cover in the same day, in different states. With the Chairman's consent, I pre-arranged with the IT Department to video-conference into our regular Council meeting and I booked the flight for the second meeting out of town. That Thursday morning I joined in using a variety of equipment to see, listen to and interact with the presenters and the rest of the Council throughout the day. Later in the afternoon, when it was time to head into the second meeting, I simply excused myself from Council, closed the computer, and walked down the hall three states away from the Council meeting I had just left. For the most part it worked out well, and while I definitely prefer to be at our Council meetings in person, I'm glad to know that in a pinch, we have options. Because as the world around us becomes more inclined to move toward increased electronic communications, we need to be prepared to get on board as well.

I attended the National Congress of American Indians (NCAI) in Washington DC at the end of February. The Winter Session agenda includes a significant amount of time discussing national budget issues and national political concerns. Separate from the conference, we did spend time with staff from our local senators and legislators offices specifically discussing issues that directly affect us here at Squaxin Island as well. It is a never-ending battle to keep telling our story over and over again, but it is a necessary one. I am pleased that we have good relationships with our congressional representatives, because I'm confident that those relationships and the repeated telling of our story will help create positive changes in the future.

Per Capita Time

Have you moved since the last Per Capita? The Tribe needs your current information.

Contact: Waynette Tyler in Finance at 360-432-3890.

If you've changed your name, please bring your new Social Security card showing your new official name.

Contact: Tammy Ford, Enrollment, 10 SE Squaxin Lane, Shelton WA 98584, 360-432-3888.

You can have taxes withheld from your Per Capita or to start a direct deposit.

Contact: Cathy Magby in Finance at 360-432-3894.

**2015 Candidate Forum
Information Sessions**

Wednesday, April 15th at 4:30 p.m.

Elders Building

Elders Dinner will be served at 6:00 p.m.

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 Mitzie Whitener at 360-426-9781.

**Annual
General Body
Meeting
May 2, 2015**

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 Secretary
Tribal Council Treasurer

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

Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
WHITNEY JONES: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
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K L A H - C H E - M I N



LEARNING CENTER



Youth Activities Program

Jerilynn Vail - Spring Break is right around the corner and our theme is "Fun with Fitness." We have quite a bit planned to get youth moving, along with a variety of arts-n-craft projects. Our Spring Break hours are listed on our flyer and on this month's calendar.

Our afterschool program is supported by the Child and Adult Care Food Program (CACFP). Through this program we provide an afterschool snack and a light meal to youth in our afterschool program. We are required to meet specific nutrition standards and the CACFP Program provides comprehensive lists of what we can serve and be reimbursed for in their program. The early snack is served as youth begin arriving after school. It is required to include two out of three possible food components: (1) 100% juice or fruits or vegetables, (2) meat or a meat alternative, or (3) a grain or bread. A meal is served from 4:00 - 4:45 p.m. and is required to

include 1% Milk and two-servings of fruit and/or vegetable, a serving of grain or bread, and a serving of meat or a meat alternative. Water is always offered throughout the day. We also ask youth to pitch in by taking responsibility to rinse and put their individual dishes in the dishwasher.

Another part of our afterschool program is a daily trivia question for small prizes. Participating youth will read the question (with help when needed), then go to the computer lab or can learn other ways to find answers somewhere within the building – the library, asking staff or visitors, etc. An example of a daily trivia question is, "What are two antonyms?" An antonym is a word opposite in meaning to another, like good and bad. We try to get youth to think of learning new things as fun.

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-Th: 7:30 a.m. – 7:00 p.m., F: 7:30 a.m. – 6:00 p.m. Front Desk: 432-3958 Rec Rm: 432-3275 (only 3:00 - 6:00 p.m.)

All activities are drug, alcohol and tobacco free.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 GSD – ER @ 12:20 WHL-ER @ Noon Rec Rm: 12:30 - 6:00 p.m. Crafty Kitchen: 5:00 – 6:00 p.m. Open Gym: 12:30 - 4:15 p.m. I.T.B. – Home Game Open Swim: 3:00 – 6:00 p.m.	2 GSD – ER @ 12:20 WHL-ER @ Noon No After-School Program	3 GSD – ER @ 12:20 WHL-ER @ Noon Tribe is Closed Open Swim: 5:00 - 8:00 p.m.
6 SPRING BREAK Rec Rm: 9:00 a.m. - 4:30 p.m. Gym: 9:00 a.m. - 4:30 p.m. Open Swim: 3:00 - 6:00 p.m.	7 SPRING BREAK Rec Rm: 9:00 a.m. - 4:30 p.m. Gym: 9:00 a.m. - 4:30 p.m.	8 SPRING BREAK Rec Rm: 9:00 a.m. - 4:30 p.m. Gym: 9:00 a.m. - 4:30 p.m. Open Swim: 3:00 - 6:00 p.m.	9 SPRING BREAK Rec Rm: 9:00 a.m. - 4:30 p.m. Gym: 9:00 a.m. - 4:30 p.m.	10 SPRING BREAK Rec Rm: 9:00 a.m. - 4:30 p.m. Gym: 9:00 a.m. - 4:30 p.m. Open Swim: 3:00 - 6:00 p.m.
13 Rec Rm: 3:00 – 6:00 p.m. Game Day: 5:00 – 6:00 p.m. Bball – Jr/HS 4:15 - 5:30 p.m. Bball – Elem – 5-5:45 p.m. Open Swim: 3:00 – 6:00 p.m.	14 Rec Rm: 3:00 – 6:00 p.m. Arts-n-Craft: 5:00 – 6:00 p.m. Open Gym: 3:00-4:15 Bball – Jr/HS 4:15 - 5:30 p.m. Bball – Elem – 5-5:45 p.m.	15 GSD – ER @ 2:15p.m. Rec Rm: 3:00 – 6:00 p.m. Crafty Kitchen: 5:00 – 6:00 p.m. Open Gym: 2:30-6:00 p.m. I.T.B. – Away Game Open Swim: 3:00 – 6:00 p.m.	16 Rec Rm: 3:00 – 6:00 p.m. Drum Group: 5:00 – 6:00 p.m. Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30 p.m.	17 Rec Rm: 3:00 – 6:00 p.m. Fun Day: 5:00 – 6:00 p.m. Open Gym: 2:30-5:00 p.m. Open Swim: 5:00 – 8:00 p.m.
20 Rec Rm: 3:00 – 6:00 p.m. Game Day: 5:00 – 6:00 p.m. Bball – Jr/HS 4:15 - 5:30 p.m. Bball – Elem – 5:00 -5:45 p.m. Open Swim: 3:00 – 6:00 p.m.	21 Rec Rm: 3:00 – 6:00 p.m. Arts-n-Craft: 5:00 – 6:00 p.m. Open Gym: 3:00 - 4:15 p.m. Bball – Jr/HS 4:15 - 5:30 p.m. Bball – Elem – 5:00 - 5:45 p.m.	22 GSD – ER @ 2:15pm Rec Rm: 3:00 – 6:00 p.m. Crafty Kitchen: 5:00 – 6:00 p.m. Open Gym: 2:30 - 6:00 p.m. I.T.B. – Away Game Open Swim: 3:00 – 6:00 p.m.	23 Rec Rm: 3:00 – 6:00 p.m. Drum Group: 5:00 – 6:00 p.m. Open Gym: 3:00 - 4:15 p.m. Bball – Jr/HS 4:15 - 5:30 p.m.	24 SSD- ER 1.5HRS Rec Rm: 3:00 – 6:00 p.m. Movie Night 5:00 – 7:00 p.m. Open Gym: 2:30 - 5:00 p.m. Open Swim: 3:00 – 6:00 p.m.
27 Rec Rm: 3:00 – 6:00 p.m. Game Day: 5:00 – 6:00 p.m. Bball – Jr/HS 4:15 - 5:30 p.m. Bball – Elem – 5:00 - 5:45 p.m. Open Swim: 3:00 – 6:00 p.m.	28 Rec Rm: 3:00 – 6:00 p.m. Arts-n-Craft: 5:00 – 6:00 p.m. Open Gym: 3:00 - 4:15 p.m. Bball – Jr/HS 4:15 - 5:30 p.m. Bball – Elem – 5:00 - 5:45 p.m.	29 GSD – ER @ 2:15pm WHL – ER @ Noon Rec Rm: 3:00 – 6:00 p.m. Crafty Kitchen: 5:00 – 6:00 p.m. Open Gym: 1:00-6:00 p.m. I.T.B. – Away Game Open Swim: 3:00 – 6:00 p.m.	30 Rec Rm: 3-6pm Drum Group: 5:00 – 6:00 p.m. Open Gym: 3:00 - 4:15 p.m. Bball – Jr/HS 4:15 - 5:30 p.m.	
TLA: M: 1:00 – 4:00 p.m. & 5:00 – 7:00 p.m.; T: 1:00 – 4:00 p.m.; W: 3:00 – 6:00 p.m.; F 1:00 – 4:00 p.m. After School Snacks: M - F 3:45 - 4:45 p.m. Computer Lab: M - Th 3:00 - 6:30, F 3:00 – 5:00 p.m. Sylvan: M - Th 4:30 - 6:30 p.m.		ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		I.T.B. – Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



LEARNING CENTER



CHUM Project

Laurel Wolff - We love the nice weather, especially for the Outdoor Club that started last month with a hike in Olympic National Park. The teens loved being outside, spending time together and taking lots of pictures. I would also like to give a shout out to our wonderful guest artists, Taylor Krise and John Ackerman, for their positive and inspiring presence in the Teen Center over the past month. The Mural Project they have been working on with our youth was a lot of fun and we hope to have more projects like it in the future.

The week of Spring Break is going to be busy this year. We will be taking a trip to Seattle, where teens will go on a "Future Me" scavenger hunt. Outdoor Club will be on Tuesday that week. Youth Council will have a mini-retreat and on Friday our basketball teams will travel to Nisqually for a tournament.

Check our Facebook page (SquaxinTeens) for more details as these events get closer.

Don't forget these other teen activities on the April calendar:

- Youth Council will meet at 3:30 on April 13th and April 27th (both are Mondays)
- Girl's Circle will meet on Tuesdays from 5:00 - 6:00 p.m. (except Spring Break)
- Basketball practice for teens (Mondays at 4:30, Tuesday and Thursday at 4:15)
- On April 24th, we will be attending the Luminary Procession in Olympia



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Basketball Game Vs. Skokomish Jr. High – 6pm High School – 7pm	2 Teen Center Closed	3 Teen Center Closed
6 Seattle Trip 9:30 am-8:00 pm	7 Outdoor Club 10 am -4pm Basketball Practice Noon-2pm	8 Youth Council Retreat TBD Basketball Practice Noon-2pm	9 Youth Council Retreat Rock Climbing TBD Basketball Practice Noon-2pm	10 Nisqually Basketball Tournament Starts
13 JR.H/HS Basketball Practice 4:30-5:30pm Youth Council 3:30-4:30	14 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30 Girl's Circle 5-6	15 Homework help with Dusty 3:15-4:30 Basketball Game @ Nisqually High School – 6pm Van Leaves @ 5 pm	16 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30 Safe Streets	17 Homemade Snacks 3:30-4:00 + Movie 4-6
20 JR.H/HS Basketball Practice 4:30-5:30pm	21 JR.H/HS Basketball Practice 4:15-5:30pm Girl's Circle 5-6	22 Homework help with Dusty 3:15-4:30 Basketball Game @ Suquamish Jr. High – 6pm High School – 7pm Van Leaves @ 4:15	23 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	24 Teen Night/ Luminary Procession 5:00pm-10pm
27 JR.H/HS Basketball Practice 4:30-5:30pm Youth Council 3:30-4:30	28 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30 Girl's Circle 5-6	29 Homework help with Dusty 3:15-4:30 Basketball Game @ Skokomish Jr. High – 6pm High School – 7pm Van Leaves @5 pm	30	

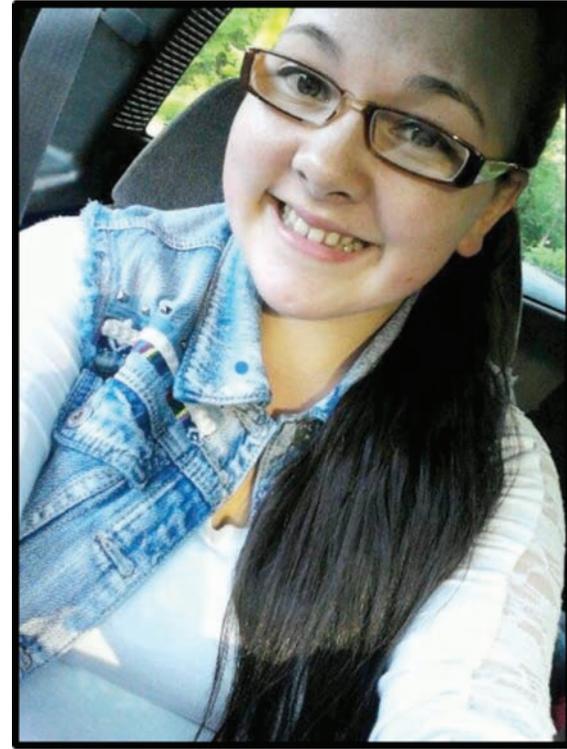


Youth Council Update

Samantha Ackerman - Throughout the last few weeks, the Teen Center has been pretty busy working on this awesome mural project! It has been a great success. With time and dedication from John Ackerman, Taylor Krise, youth and community members, they have brought this mural to life. Since this project was presented to the youth, it took a minute to start it up. But once more and more of the community was involved it was finished in no time. This is an example of the potential our community has. Look what we have created in such a short time!



Inspirational Teen of the Month



Samantha Ackerman

Samantha is this month's Inspirational Teen. Balance is a hard thing to accomplish in life, especially as a teen, but Samantha makes it look easy. We lift our hands up to Samantha this month for working hard in school (she was recently accepted to UW-Tacoma), getting a job with Public Safety, and being passionate about her culture. In addition to school and work Samantha still finds time to participate in Safe Streets and as Secretary for Youth Council.

We wanted to let you know we notice all the hard work you have been doing and the contributions you make to this community.

Send your nominations for next month's Inspirational Teen to Laurel at lwolff@squaxin.us or on Facebook.

This mural not only represents our youth, but our tribe as a whole. Our culture is the glue in our Tribe. Being able to see our community come together and be a part of something bigger than ourselves and create a masterpiece is truly uplifting. The finishing touch to the mural will be the carved centerpiece that is in the works as we speak. Soon enough this mural will be a finished product hanging up in front of our TLC building for us tribal members to hold near and dear to our hearts - I know I do!





Spring Break- April 6th-10th
Open 9am to 4:30pm
AM Snack: 9-9:30 Lunch: 12:30-1pm PM Snack: 3:30-4
Join us for a variety of projects and field trips.

- **Monday – 6th Fun with Fitness**
- **Tuesday – 7th Field Trip to Jarrell State Park**
Leave at 10:30am Return at 4pm
- **Wednesday – 8th Pool Party from 10:30-12:30**
Then we will join Family Service at Culture Group
In the Community Kitchen for Crafts & Karaoke
Party from 2:30-5pm
- **Thursday – 9th Field Trip to Tumwater Bowling**
Leave at 10am Return at 1:15pm
- **Friday – 10th Pool Party from 10:30-12:30**

If you have any questions, please contact Jerilynn at 432-3992 or jvail@squaxin.us

SQUAXIN TEENS
WILD WAVES
theme park

Earn 100 points and come to Wild Waves!

Earn 25 Points by:

- Improve 1 grade by one letter grade
- Plan an activity and present it to Youth Council
- Perfect Attendance for a month

Earn 5 Points by:

- Attending Basketball Practice (M, T, TH 4:15-5:30)
- Attend Youth Council -every other Monday @MJR
- Attend Native Club -Wed @SHS
- Culture Night - Wed 3-5 @Com Kitchen
- Drum group (Thurs. 5-7 @Museum)
- Seek help homework help at TLC
- Attend Safe Streets Meeting

We will be going to Wild Waves in June!

Oakland Bay Junior High and Olympic Middle School News

Dusty Hirsch - If your student is struggling in math I would like to recommend a user-friendly, online resource, which you should find useful. Khan Academy is a free tool that empowers parents to better understand what their children are up to as students, and how to best help them. Go to www.khanacademy.org to set up your parent profile. If you need help setting up your profile or learning how to use the website, I would be happy to help guide you through the process. In my opinion, the best part about the math help program is that you are able to enter the math problem and Khan Academy teaches you step-by-step how to solve ANY MATH PROBLEM from elementary math, pre-algebra, algebra, geometry, to calculus!

This resource is valuable in the event your student is unable to make it to the TLC for homework help, or at times when the TLC is closed. If you would like to stop by the Tu Ha' Buts Learning Center, I can show you how to use the website. If you have any questions, please call the Tu Ha' Buts Learning Center at (360) 426-9781 on weekdays after 3:00 p.m. and ask for Dusty.

GED Preparation Classes and Homework Support

Jamie Burris - Spring is in the air and Mother Nature is bringing new life to plants. Bring new life to your education by starting your GED! For those of you still in school, conferences have just finished. Come in for help getting your grades up and any missing work completed and ready to turn in. Come ready to learn on Tuesdays, Wednesdays and Thursdays, from 4:00 – 7:00pm. I am here to help and encourage you. For more information or if you have any questions, please feel free to contact me: Jamie Burris at jburris@mcclary.wednet.edu.





Squaxin Tribe Hosts Inaugural Billy Frank Jr. Day Celebration State and Tribal Leaders Gather; 'He's My Martin Luther King'

Story and photo by Steven Wyble, Nisqually Valley News

Billy Frank Jr. played an instrumental role in the Fish Wars of the 1960s and 1970s, culminating in the landmark Boldt decision that affirmed tribal fishing rights.

Now, the Squaxin Indian Tribe is recognizing Frank, who died last May at age 83, with a tribal holiday on his birthday, March 9.

A ceremony on Monday at the Little Creek Casino near Shelton brought together leaders from various tribes and state government to remember Frank, a Nisqually tribal elder, and his passion for protecting the environment.

The idea for a day commemorating Frank originated last November, said Jim Peters, a Squaxin Indian Tribe councilman.

Peters visited Rhonda Foster, the tribe's cultural resources director, and she asked him what the tribe was doing to keep Frank's memory alive. After talking further, they came up with the idea of naming the road in front of the Squaxin tribe's Natural Resources building after Frank, Peters said. (Their idea came to fruition — Billy Frank Jr. Way was dedicated on Monday).

Foster pointed to a photo of Frank on her office wall and said, "You know what? He's my Martin Luther King," Peters remembered.

"And I was like, 'You know what, he is,'" Peters said. "He had all this diversity along with everybody else that was involved during that time to fight against the state and keep on pushing, keep on going, keep the mission going and then afterwards he had even a bigger impact on a lot of us."

Frank's legacy was not just the Fish Wars, but everything that came after — managing fish and wildlife and negotiating with the state and federal government to get things done, he said.

The idea of naming a road after Frank evolved into Peters asking the tribal council to make Frank's birthday a tribal holiday.

After getting the blessing of Frank's family, it was the first resolution the tribal council passed in the new year, Peters said.

But the holiday shouldn't just be a day off, Peters said; the tribe should set up

activities for the holiday in the future to teach people about Frank's legacy.

"We need to go out into our schools and we need to educate the future generations, the people that might not have had an opportunity to meet Billy Frank or even read about him up to his passing last year," he said. "We'll be out in the schools, maybe even at the Capitol buildings, in Congress offices and Senator's offices, keeping his name alive so that my kids, my grandkids, will be up here recognizing Billy Frank Jr. — my grandkids, and all your grandkids, too."

Gov. Jay Inslee gave his enthusiastic support of the holiday. Eighty-four years ago, the salmon of the state got a voice in the form of Billy Frank Jr., he said.

"And I'm here to tell you we're going to do everything humanly possible to make sure that voice continues to ring, not only in our ears, but in our hearts and in our legislation and in our rules and in our communities, because we know that when he asked us to pause and listen to the voice that sustains us to this natural world, it's a lesson that we've got to continue to listen to," Inslee said.

He recalled verbally sparring with a legislator in his office earlier in the day. The legislator didn't believe human activity was powerful enough to impact climate change or ocean acidification, Inslee said.

But people are powerful enough to damage Puget Sound and the climate, and Frank understood that, Inslee said.

"When I was talking to this legislator, I could hear Billy Frank's voice in my right ear and in my left ear, and in my heart, and I know that Billy would have spoken very passionately to this legislator, and he might have used language that wasn't exactly used — at least typically, at least in public — in the governor's office. But the passion would ring true," he said.



Veterans Committee

The Veterans Committee has been meeting for eleven years and one would think it finished, but they are still making changes and maintaining the grounds. Current activities include engraving a large stone to identify the grandbaby of the Medicine Creek Treaty Tree. The stone was contributed by Craig Parker.

The committee meets the third Thursday of each month at 10:00 AM in the large conference room of the administration building. They are working on a book to honor all the Squaxin veterans. They also need younger people to help with presenting the colors and other events that are hard for the older veterans.

Thanks, Vince Henry, for bringing in his crew to clean and prune the gardens.





Weather Cautions *Protect Your Animals*

Spring is here. It is important to protect pets from the extreme temperatures.

Dogs and cats who spend time outdoors typically grow a heavier coat during the cold months. Other pets need that protection. A sweater for your cat or dog is a welcome addition to their walk outdoors.

Dog houses outside should be turned so the opening is away from the approaching wind and weather. Also it is important to add an extra blanket for additional warmth during the cold days and nights.

Talking Tails - Listen to Your Dog

A dog's tail is communication. The only emotional condition that all tail wagers share. Tail wagging is a visual signal that must be read in context, along with other actions that are taking place at the same time. The quality of wagging varies:

1. Aggressive wags are still or a short staccato movement.
2. Submissive wags are wide and loose.
3. Confident animals wag a tail that is fully erect.
4. Subordinate hold their wagging tail lower with less movement.

Fireworks Fees Due April 7 Draw for spots April 9th

Fireworks stand sign up is now!

The drawing will be held
Thursday, April 9, 2015
at 11:45 a.m.
in the Administration Building.
19 spots available.

Permit fees this year are \$450
(plus 3% if you pay with credit card)

Permit fees, License fees, fines, penalties and taxes must be paid by Tuesday, April 7th; and current by the time of the drawing

For more information contact the administration building at 426-9781



Do you have *Child Support* concerns?

- Large debts?
- Amounts set too high/low?
- Support orders needing to be Modified?



The *Washington State Division of Child Support* has representatives available the third and fourth Wednesdays of the month at **Building Strong Families Through Culture** at the Community Kitchen from 3pm to 5pm as well as the TANF office from 1pm to 3pm on the third Wednesday of the month. Come see us and we'll walk you through all the confusion!

The Squaxin Island Tribe is waiting to welcome you!

Free Admission for Military Families with Military ID
March 19th through April 30th, 2015!

The Squaxin Island Tribe proudly honors all warriors & their families — past, present and returning



We invite you to explore the Museum Library and Research Center to learn about the history and culture of the South Puget Sound waterways, also known to native peoples as the Salish Sea. You won't want to miss our Veterans Memorial or the water feature adjacent to the museum!

Call 360-432-3839 for more info • www.squaxinmuseum.com
Squaxin Island Museum Library and Research Center | 150 Kwih-Deega-Altxw | Shelton, WA

Youth Mental Health First Aid 8 hour Course

April 20, 2015 8:00 am – 4:30 pm
Tu Ha' Buts Learning Center
70 SE Squaxin Lane Shelton, WA 98584

REGISTRATION To register, go to
https://www.escweb.net/wa_escd113/default.aspx
and enter Session ID 53021

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

A young person you know could be experiencing a mental health challenge or crisis. You can help them.



ATTENTION ALL STUDENTS

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

To be recognized please send/fax your information to Mandy Valley by;
4:00pm Friday June 5, 2015.
Please see contact information below

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

18TH Annual Sgwi-gwi Celebration
Friday June 12, 2014
5:00pm Little Creek Events Center



SAFE STREETS/COMMUNITY WATCH



Squaxin Safe Streets

March was a turning point in our project as we mobilized on 6 months of success as a foundation for the future. Here are some of the highlights of what we've accomplished in just the last few weeks:



Logo by Samantha Ackerman

- We now have 9 Block Watch Captains who will be trained to observe and report suspicious activity in their area.
- Painting on the mural project wrapped up in the Mary Johns Room with 23 youth participants signed up over a month of painting! Carving and a presentation to Tribal Council are the next steps.
- Our March meeting had great attendance, and we spoke about upcoming goals as well as imagining what the community will feel like when this project succeeds.

Join us at our next meeting, April 21st at 5:00 p.m. in the Community Kitchen. We'll have specially prepared dinner from local chef in training, Michelle Joe, and we'll make sure we have plenty for a big turnout!

Drug and Alcohol related incidents for the month of February

(Note: These statistics are published on a monthly basis as a part of the Community Action Plan created by participants in the September, 2014 Safe Streets Kickoff event.)

21 Total drug/alcohol incidents

(Drug = 8 | Alcohol=13 | all adult offenses)

- 3 Arrests
- 4 Citations/infractions
- 4 Cases referred to Tribal court
- 4 Cases referred to other agency

Monthly Averages

- 23 Incidents
- 9 Arrests
- 7 Citations

Six Months Accomplishments

September

Our kickoff drew about 90 people over two days, with the Safe Streets Campaign from Tacoma helping us determine priorities and strategies for action.

October

We began work on priorities from September, in particular getting the word out about the project. We hosted the Halloween Haunted Bus Shed during trick-or-treating and a pumpkin carving activity the night before. Sam Ackerman, Chasity Masoner and Elizabeth Heredia published consecutive monthly calls to action in Klah-Che-Min

November

We supported the Squaxin Youth Council to coordinate between different departments of the tribe to plan a Youth to Youth Healing Jam, after the tragic school shooting in Marysville. In our monthly meeting, we elected 6 community members to serve as advisors. By February we'd elected 7. We started a Facebook group "Squaxin Safe Streets/ Community Watch."

December

We reactivated and received our first call to the Squaxin Drug Tip line, a 24/7 anonymous line at the Police Department for reporting suspicious drug-related activity on tribal land. (360) 462-7104. We chose the name "Squaxin Safe Streets," approved Taylor Krise's proposal for a youth mural project about life in balance, and supported holiday activities planned by other departments.

January

A group from the Advisory board attended a Drug Free Communities meeting at the Port Gamble S'Klallam Tribe. We received submissions and voted on a logo design at our annual Drug & Alcohol Awareness Dinner, won by Sam Ackerman (her design is currently being formatted for final printing). Evan Welkin and Audelia Araiza attended the Recovery Coach Academy Training by the Northwest Indian Treatment Center supporting those in recovery. Patricia Green is already a trained coach. The group formally approved Taylor's mural design at our monthly meeting.

February

Taylor Krise and John Ackerman began work on the 8' X 16' mural in the Mary Johns room. We held a Neighborhood Awareness and Safety Training with the Safe Streets Campaign, for taking the work of our meetings into our neighborhoods. We set a plan for creating awareness posters and video media to explain our materials and mission for the Tribal community at our meeting. We learned about the effects of Fetal Alcohol Spectrum Disorder from a local expert and its impact on individuals and communities.

Salish Cliffs GOLF CLUB

ATTENTION GOLFERS!

2015 Golf passes NOW AVAILABLE!

SQUAXIN ISLAND TRIBE MEMBERS
\$500+TAX ALL INCLUSIVE

SIT AND LCCR EMPLOYEES
\$500+TAX (PAY \$20 CART FEE EACH TIME YOU PLAY)
OR \$1,100+TAX ALL INCLUSIVE

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3x QUALITY'S BEST award logos

Facebook, Twitter, YouTube icons



Keep Mice Out of Your Home

Almost all homeowners and renters know the feeling of unease that accompanies finding mice or rodents in your home. Whether in the kitchen, attic, basement or dining room - a rodent sighting can incite surprise and fear in even the most composed person. Unfortunately, these common pests are resourceful creatures that can enter a building or home through the smallest opening or crack, and require very little space to travel inside. Mice can easily fit through spaces as small as a nickel!

Rodents seek shelter indoors, especially during the cooler fall and winter months, and once inside can cause more than just an unpleasant infestation. Rodents put homes at risk for electrical fires by gnawing through wires. More frequently, though, rodents serve as vectors, carrying bacteria, such as salmonella, on their bodies and contaminating food sources, kitchen surfaces and equipment.

Fortunately, there are many ways homeowners and renters can proactively prevent and get rid of rodent infestations in their homes. The biggest reason mice enter the home is for food and shelter. Remove these, and mice won't find it habitable:

- Install door sweeps on exterior doors and repair damaged screens. Make sure there are no gaps along the bottom of your door that will allow mice to enter the home
- Screen vents and openings to chimneys.
- Seal cracks and holes on the outside of the home, including areas where utilities and pipes enter the home, using caulk, steel wool or a combination of both.
- Store food in airtight containers and dispose of garbage properly regularly.
- Make sure counters and floors are kept clean of any potential food sources such as dirty dishes, garbage, paper, tissue.
- Keep attics, basements and crawl spaces well ventilated and dry.
- Replace loose mortar and weather stripping around basement foundation and windows.
- Inspect items such as boxes, grocery bags and other packages brought inside
- Store firewood at least 20 feet away from the house.
- Keep shrubbery trimmed and cut back from the house.
- Keep your lawn mowed and grass trimmed along the house. Mice don't like to cross areas where they are vulnerable to predators.
- If you suspect a pest infestation in your home, contact a licensed professional to inspect and treat the pest problem.

If you spot evidence of a rodent infestation, do not hesitate to act to handle the problem. Rodents are known to reproduce quickly, and a small problem can turn into a big issue overnight if left untreated.

Rodent control and management are important for health and safety reasons. If you suspect a rodent infestation, contact your local pest control professional immediately.

Building Strong Families through Culture and the TuHa'Buts Learning Center
presents

Get Ready to ROCK!

FOOD
CRAFTS
DANCING
SINGING
FUN, FUN, FUN for everyone.

2:30 – 5:00 P.M. **APRIL 8, 2015**

Karaoke Party

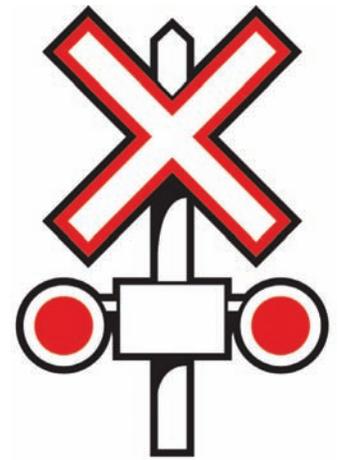
It's time to sing your heart out.



STOP!!!

When the Squaxin Island Transit bus is stopped, with flashers on, most frequently at the railroad tracks, it is **ILLEGAL** to pass. Please be patient as the wait will be no longer than a few seconds.

Your compliance this matter will be greatly appreciated.



Thank you very much!



*SPIPA / Healthy Families
Project / Child Care Presents:*



POSITIVE INDIAN PARENTING



Lesson 1-8: Traditional Parenting, Lessons of the Story Teller, Lessons of the Cradleboard, Harmony in Child Rearing, Traditional Behavior Management, Lessons of Mother Nature, Praise in Traditional Parenting, Choices in Parenting.

April 15, 22,29, May 6,13,20,27,&28 5pm-7:00pm

Squaxin Community Kitchen

Sign Up Contact Rose Tageant

Office: 360-432-3971 Email: rtageant@Squaxin.us

Or Bev Hawks 432-3931 bhawks@squaxin.us



Tribal Vocational Rehabilitation Tourette Syndrome-Awareness Event

Squaxin Island Tribal Vocational Rehabilitation - On March 5, 2015 Squaxin Island Tribal Vocational Rehabilitation hosted a Tourette Syndrome (T/S) awareness event at the Community Kitchen with attendance of 35+ children. It was also great to see our neighboring Tribal Vocational Rehabilitation consortium from Skokomish Tribe be in attendance.



Our guest speaker[s] Carla Richards and son, Kenny Richards, are from Lakewood, WA. Kenny was officially diagnosed with T/S in 2008 at the age of 10. (In order to be officially diagnosed with T/S one needs to have both a motor and vocal tic for at least a year) However, symptoms started to show in 2007. Kenny just turned 17 in January, 2015. Kenny and his mother Carla advocate for T/S awareness as motivational speakers. Carla and Kenny also founded the South Puget Sound support group at the Life Center Church in Tacoma, WA in 2011.

Since being diagnosed with T/S Kenny has flourished in helping others with the attitude "keep pressing forward and never give up." In 2011 Kenny was chosen on scholarship to represent the Tourette Syndrome Association (TSA) of WA/OR Chapter at the National TSA Youth Ambassador Training Program which is held every year in Washington, D.C. The purpose of TSA Youth Ambassador is to spread tolerance of and understanding of T/S with accurate information by going into classrooms, schools, clubs and other establishments while displacing the myths and stereotypes that are often attributed to and associated with this misunderstood and misdiagnosed disorder.

In 2012 Kenny received the Zac Hollis Youth Achievement award due to his efforts in promoting T/S awareness both as a TSA Youth Ambassador and Support Group Leader.

"The success of the program resulted in great opportunity for outreach to young community members who may have Tourette Syndrome or are affected by an individual with Tourette Syndrome," said June Krise, VR Program Manager.

"We were all very impressed by Kenny's presentation to our community," said Will Marchant, VR Assistant.

Again, thank you Carla and Kenny for an informative and wonderful experience. We also want to thank Michelle Joe, our Culinary Arts student for making a successful and tasty dinner for all participants. It was our pleasure to present this informative event to the Squaxin community.

What Is Tourette Syndrome?

Tourette syndrome (TS) is a neurological disorder where a person has both motor and vocal tics. Doctors and scientists don't know the exact cause of TS, but some re-



search suggests that it occurs when there's a problem with how nerves communicate in the brain. A disturbance in the balance in neurotransmitters — chemicals in the brain that carry nerve signals from cell to cell — may play a role in TS.

People with Tourette syndrome usually first notice symptoms while they're kids or teens. TS affects people of all races and backgrounds, although more guys than girls have the condition.

The main symptoms of TS are tics. Motor tics can be everything from eye blinking or grimacing to head jerking or foot stamping. Some examples of verbal tics are throat clearing, making clicking sounds, repeated sniffing, yelping, or shouting. In rare cases, people with TS might have a tic that makes them harm themselves, such as head banging. At certain times, like when a person is under stress, the tics may become more severe, more frequent, or longer. Or the type of tic may change altogether. (This is also true for people who have tics that are not part of Tourette syndrome.)

Just as TS is different for every person, the treatment for it varies, too. There isn't a cure for TS, and no medication can control the disease itself — although some medications can help control tics if they are severe enough to interfere with a person's life.

Some people may be able to suppress their tics for a short time. But tension builds, and it eventually has to be released as a tic. And if a person is concentrating on controlling the tic, it may be hard to focus on anything else. This can make it hard for teens with TS to have a conversation or pay attention in class.

In addition, many teens with TS have other conditions, such as attention deficit hyperactivity disorder (ADHD) or obsessive-compulsive disorder (OCD). Learning disabilities are common in people with TS. They also may have trouble sleeping.

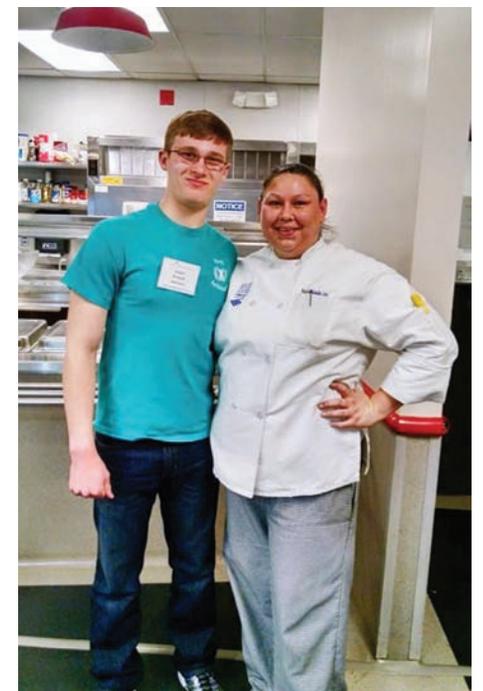
http://kidshealth.org/teen/diseases_conditions/brain_nervous/tourette.html#

Vocational Rehabilitation Cultural Healing Training

Squaxin Island Tribal Vocational Rehabilitation - Vocational Rehabilitation will tentatively sponsor a Cultural Healing training planned for April 8th 2015. Please watch for your tribal mail-out for details. Kimberly Miller, who is an excellent Cultural teacher, will share her knowledge regarding the Plant Nation and how our Plant Nations are used for healing.

Photos: Top: Kendra Blueback, who initiated the event in support of her cousin, Sapphire. The event was coordinated by June Krise and Will Marchant (VR).

Bottom right: Kenny Richards and Michelle Joe, VR client who has utilized Vocational Rehabilitation and classroom training services to build a successful career as a Chef. She has cooked for the New Year's Eve Bash at the Collier building and is currently under contract with Safe Streets.





WESLEY "CURTIS" FLETCHER

April 11, 1920

DAD . . .

Remembering you is easy,
I do it every day!
Missing you is the heartache
that never goes away.
Happy 95th Birthday Daddy!
Love and miss you so much!
Jackie



2015 Button Robe Schedule

The Workshop Will Be Open Every/Other Thursday

Beginning at 4:30 pm

Each Thursday beginning April 16th

Choice High School Room 208

Enter through back entrance at 807 W. Pine Street



March 19th
April 2nd
April 16th
April 23rd
April 30th
May 7th
May 14th

Indian Education Banquet and Button Robe Ceremony on Friday **May 15th** from 6pm-8pm

This workshop will provide help for Shelton School District graduating seniors and their families to design and construct button robes. Seniors will be presented with their finished robes at the banquet and be able to wear them at graduation.

This is non-profit organization is run by volunteers who are supporting Native students.

Donations are gladly accepted.

If you have questions please call Trivian Nault at 426-4471 or Email at tnault@sheltonschools.org or Vicky Engel at vengel@squaxin.us

JUNIOR GOLF CAMP

OFFERED WEEKLY JUNE 23-AUGUST 27
TUESDAY, WEDNESDAY & THURSDAY 1PM-3PM

EACH 3 DAY CAMP WILL INSTRUCT JUNIOR GOLFERS (AGES 7-17) IN ALL ASPECTS OF THE GAME. COURSE APPROPRIATE ATTIRE RECOMMENDED. RENTAL CLUBS PROVIDED.

\$65/WK SQUAXIN ISLAND TRIBE DESCENDANTS
\$95/WK PUBLIC

CALL FOR INFORMATION (360) 462-3673



ADULT GOLF CLINICS! FRIDAYS 5:30PM JUNE-SEPTEMBER

Join our PGA staff for a golf clinic and range session. We want to share our passion for the game and give you an opportunity to experience our nationally acclaimed golf course. Clinics last approximately one hour and will highlight one important topic each week. No clubs? No problem! Just bring yourself and your proper golf attire and we'll take care of the rest.

FREE FOR SQUAXIN ISLAND TRIBE MEMBERS, SQUAXIN ISLAND EMPLOYEES & LITTLE CREEK EMPLOYEES
\$15 FOR GUESTS

TO SIGN UP OR FOR MORE INFORMATION!
CALL (360) 462-3673

91 WEST STATE ROUTE 108 | SHELTON, WA 98584 | WWW.SALISH-CLIFFS.COM

Attention BAGLEY Family

It has been a few years since we had our BAGLEY Family Reunion.

I would like to get your ideas/thoughts On when and where, and start planning For Summer 2015

Please contact
Gloria J Hill
360-229-6324
loonymoms@hotmail.com



Happy Spring time!! In keeping with our efforts to provide useful financial education, we will be focusing this month on bank accounts and credit cards.



Trading Post Stores Scholarship

Island Enterprises, Inc., together with the Kamilche Trading Post stores, has an exciting scholarship opportunity open to enrolled Squaxin Island tribal members, as well as their descendants. If you are currently enrolled and working towards a four year degree from a college or university, or you are presently working towards a graduate degree such as a master's or PhD, this is the scholarship for you.

There are 2 scholarships available. Each scholarship is \$1250.00. Funds may be used for tuition, books, lab fees and/or living expenses. Priority will be given to students who are seeking a degree in the fields of business or management. Secondary priority will be given to students who are seeking to earn a degree related to key positions within the Island Enterprises, Inc. family of companies.

To be considered for the scholarship, you must complete an application. Applications are available at Island Enterprises, Inc. **The deadline to submit your completed application to IEI is: May 15th, 2015.**

Please review the scholarship application for additional information. If you have any questions, contact Island Enterprises at 426-3442.

Bank Accounts:

When selecting a bank or credit union, do your research. Decide what type of account will best suit your specific needs and any monthly fees that will be associated with your account. Some tips on avoiding fees:

1. Stay above the required "minimum balance".
2. Use your bank's ATM to get cash. Using another bank's ATM might require that you pay a fee.
3. Spend only the money you have. Be sure to track your purchases and write down every transaction you make. Spending more money than you have is called "overdrawing" your account. And when you overdraw your account, you will always have to pay an overdraft fee. This fee can range from \$20.00 on up PER overdraft. If you primarily use a debit card for your banking purposes, the most important thing to remember is to keep track of how much you spend on your debit card and also ATM transactions (and associated fees). Keep a ledger for all your transactions.

Credit Cards:

Whether you are looking to build a credit history or improve your credit history, know that both of these options take time. Bottom line is be sure to use your credit wisely.

How can I get credit?

If you do not have credit, one of the best places to start is with a credit card. Again, compare several credit cards and apply for the one that gives you the best deal.

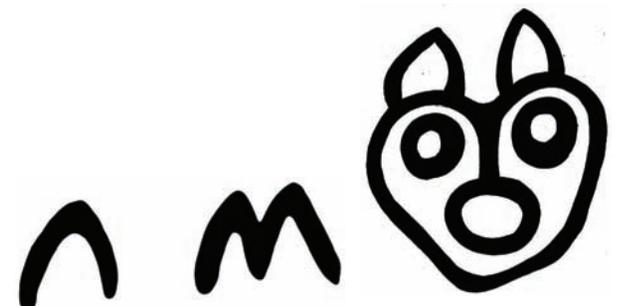
Some things to look for:

1. Low annual fee
2. Low APR (annual percentage rate)
3. Lower fees (if a payment is late and/or if you go over your credit limit).
4. A long grace period. A grace period is the time between when you spend the money and when the card charges you interest. Be sure your grace period is at least 25 days long.
5. If you are unable to get a regular credit card, try getting a secured credit card. Make sure to apply for credit cards that report to all 3 credit bureaus. For a secured card, look for:
 1. Low APR (annual percentage rate)
 2. No application or processing fees
 3. Lower annual fees
4. Higher interest rates on the money you deposit.

Ways to improve your credit:

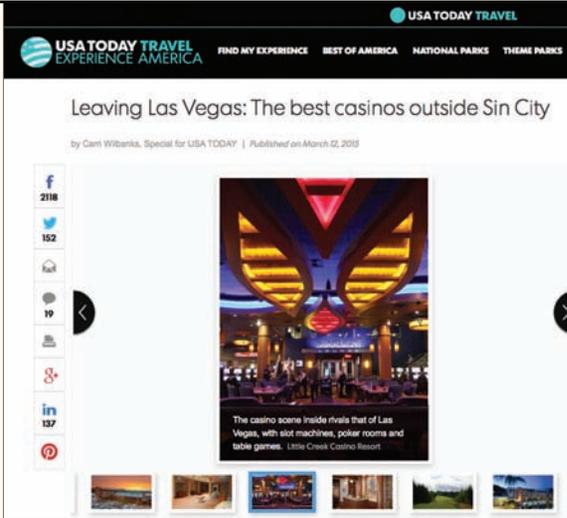
1. Use your credit card a few times per month and pay it off when the bill arrives. Don't leave a balance on your card.
2. Pay your bill by the due date. Don't be late.

You will start to see an improved credit history. But it will take time.





**Ranked #7 by
USA Today
The (10) best casinos
outside Sin City**



<http://experience.usatoday.com/america/story/best-of-lists/2015/03/12/best-casinos-outside-las-vegas/70211644>



Belfair State Park

Belfair State Park is a 65-acre, year-round camping park on 3,720-feet of saltwater shoreline at the southern end of Hood Canal in western Washington. It is noted for its saltwater tide flats, wetlands with wind-blown beach grasses and pleasant areas for beach walking and saltwater swimming.

This scenic park lends itself to kite fliers and windsurfers with the warm summer breezes. Interpretive programs are held all summer long. Kayakers will enjoy day trips or overnight outings from the easily accessible sloping gravel beaches. Fall brings large salmon runs to the creeks that flow through the park.

Discover Pass:

A Discover Pass is required for vehicle access to state parks for day use. For more information about the Discover Pass and exemptions, please visit the Discover Pass web page.

Picnic & Day-Use Facilities

The park has two picnic shelters with no electricity, available first-come, first-served. Groups of 50 people or more need to contact the park at (360) 275-0668 about group accommodations and activities. The park has two sheltered and 130 unsheltered picnic tables. Braziers and ADA picnic tables are available. The day-use area is very level and has ADA restroom facilities and beach access.

There is a large playing field for sports, and a play area for children is nearby. The warm waters and fine gravel beaches of this Hood Canal park are ideally suited for swimming, snorkeling, wind surfing, kayaking, and other water activities.

Campsite Information

The park has 120 standard tent sites, 47 utility sites, three restrooms (two ADA), eight showers (two ADA), and one dump station. The park has three camp loops.

The main loop is open year-around and has 19 full hookup utility sites and 37 standard sites. Maximum site length is 60-feet (limited availability).

The beach loop, is open year-around, has 28 full hookup utility sites and 17 standard sites. Maximum site length is 60-feet (limited availability).

The tree loop, open mid-May through end of September, has approximately 60 campsites. Tree loop has a vehicle size restriction and cannot accommodate RV's over 18-feet including trailers and motor homes. Important: Only one vehicle allowed at the campsite. All other vehicles must park in overflow parking areas provided.

Reservations can be made online or by calling 888-CAMPOUT (888-226-7688).

Activities

- Clamming
- Crabbing
- Freshwater fishing
- Oysters
- Saltwater fishing
- Swimming
- Badminton area
- Beach exploration
- Bird watching
- Two fire circles
- Two horseshoe pits
- Two volleyball fields

Additional Information

One multi-purpose grass area may be used for soft-ball, soccer, or football. The park is situated on the warm saltwater beaches of Hood Canal. A bathhouse is nearby. Shellfish regulations change periodically, so it is encouraged that you check the most recent updates before collecting shellfish.

The Department of Natural Resources Tahuya Multiple Use Area is nearby, with trails for motorcycles, mountain biking, hiking, horseback riding, and off-road vehicles.

baby's first spoonfuls

Is my baby ready?

Your baby can start eating solid foods when he is 6 months old and can:

- sit up with support and hold his head steady.
- put his fingers in his mouth.
- open his mouth to show that he wants food.
- close his lips over the spoon.
- keep food in his mouth and swallow it.
- turn his head away to show he doesn't want food.

If your baby was born early or has a family history of allergies, talk to your health care provider before starting baby foods.

start with infant cereal

Many parents start with rice cereal - it's easy for a baby to digest.

- Mix 1 tablespoon of dry cereal with 4 tablespoons of breastmilk or formula.
- Make the cereal thicker as your baby learns how to eat.
- Offer more cereal if your baby wants more.
- Offer cereal once or twice a day.

Don't feed cereal in a bottle. Your baby could choke or eat too much.

use a baby spoon

- Put a small amount of cereal on the end of a spoon. Wait until your baby opens his mouth and then gently slip it in.
- Let your baby remove the food from the spoon with his lips and tongue.
- Give your baby time to move the food around in his mouth and swallow it.

Most babies love to eat solid foods. Some babies are unsure and need more time. **If your baby refuses to eat a baby food, try it again later. Some babies may need to try a new food 8 to 10 times before they eat it.**

Continue breastfeeding or using infant formula until your baby is one year old.

© Nutrition Matters, Inc.

fruits vegetables meats

- Offer baby foods with single ingredients such as peaches, pears, green beans and green peas.
- Offer one new fruit or vegetable at a time. Wait 3 to 5 days between new foods. If a new food causes an upset tummy, diarrhea, rash or other reaction, talk to your doctor, nurse or dietitian.
- Offer fruits twice a day. Offer vegetables twice a day.
- Offer pureed meats once or twice a day.
- Mix pureed meats with pureed vegetables or fruits.

eat safe:

Stay with your baby while he is eating.

- Pour baby food into a dish and feed it to your baby. Don't feed baby food out of a jar. Your baby's saliva will make the food spoil faster.
- Throw away any leftover baby food in the dish.
- Refrigerate opened jars of baby food, and use within 2 days.

be sure your baby can chew and swallow foods from one group before you try the next texture:

1. Smooth or pureed foods
2. Mashed foods
3. Finely chopped foods
4. Tiny pieces of soft food

Most babies can eat finely chopped foods around 8 to 10 months old.

start a routine...

- Feed your baby once or twice a day in the beginning.
- After a couple weeks, your baby may be ready for 2 small meals each day.
- When your baby is 7 to 8 months old, he may be eating 3 small meals each day.
- Most babies are eating 3 small meals and 2 small snacks when they are 8 to 12 months old.

Offer sips of breastmilk, formula or water in a cup when your baby is eating solid foods.

This card provides general nutrition information; medical advice should be obtained from your health care provider. B318



HEALTH CLINIC



ATTENTION GUYS!

SEE IF YOU QUALIFY-

IF YOU ARE a MAN
AGE 50 -64
AND YOU RECEIVE CARE AT
SQUAXIN CLINIC
CHECK WITH LINDY AT THE
SQUAXIN ISLAND CLINIC

IN ADDITION,
**ALL MEN SCREENED
IN
MARCH, APRIL MAY**
WILL BE ENTERED IN A
DRAWING FOR A
Cabela's gift card
(3) \$100.
and (1) \$300.

EVENT

GUEST SPEAKER DR. OTT
COLON HEALTH INFORMATION
"HOME MADE" LUNCH
GIFT DRAWING
TUESDAY-MAY 19TH
AT DEPT. OF FISHERIES
12:00 NOON-ALL ARE WELCOME

**DO A COLON
CANCER
SCREENING
"FIT" TEST**

**RECEIVE
GREAT INCENTIVE
GIFTS** AFTER SCREENING
COMPLETED

as pictured below
some items limited supply



Gift Cards



6 Function Adventure Knife

\$25.00 gas voucher



FOR MORE INFO CALL LINDY PARKER SQUAXIN ISLAND HEALTH CLINIC 360-432-3933 lparker@squaxin.us

Clinic Events

Mammogram Clinic

April 28th
Contact Traci Lopeman
360-432-3930

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

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

Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
Native American and over 18

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

FREE BLOOD PRESSURE SCREENING 2015

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!



HEALTH CLINIC



SPIPA Get Up and Go Challenge

Sponsored by the South Puget Intertribal Planning Agency, Comprehensive Cancer Control Program
Adapted from the Squamish Tribe Community Health Program

SPIPA is starting an inter-tribal challenge at the five SPIPA tribes. The 5210 inter-tribal challenge is a community prevention initiative that promotes four simple strategies to create a healthier lifestyle.

What does 5210 stand for?

- 5 or more fruits and vegetables a day
- 2 hours or less recreational screen time a day
- 1 hour or more of physical activity a day
- 0 sugary drinks and more water a day

The SPIPA “Get Up and Go Challenge” is a four week community activity encouraging all of us to complete the 5-2-1-0 behaviors daily starting *May 3rd through July 2nd*. Tracker cards are used to check off the daily completed behaviors. They will be distributed at all 5 SPIPA tribes throughout the communities by *May 3rd*. Completed trackers must be submitted to the contact person at each tribe by- for a chance to receive a t-shirt and be entered into the grand prize raffle.

Who can participate?

The SPIPA “Get Up and Go Challenge” is open to all SPIPA tribal members and community members.

Expected Outcome(s):

The goal with the 5210 challenge is to help our tribal community members become more aware of their daily habits by participating in this 4-week challenge. Pre and Post Surveys will help to track the outcome of before and after results.

The 5210 challenge fits into our 10 year plan by helping to increase the consumption of 5+ fruits & vegetables a day from 19% to at least 50%, and to increase the rate of recommended exercise of adults from 29% to at least 60% by year 2022. Ultimately, we want to prevent cancer by increasing the overall percentage of fruit and vegetable consumption and to increase regular exercise in our communities.

Up to 35% of all cancers in the U.S. could be prevented by appropriate nutrition, physical activity, and body fatness. About 50% of all colon cancers could be prevented by following these healthy lifestyles.

Beginning May 3rd, 2015; Turn in completed tracking sheet by July 2nd, 2015!

Pick up packets from Cassidy Gott at the Tribal center 360-426-9781

For questions, contact Sarah @ SPIPA 360-462-3241 szephier@spipa.org



You're Invited

With or without Diabetes. Stay for a little or all.

Dr. Carl Ott, MD will discuss:

- What is Blood Pressure?
- Why is it so important?
- How to Keep your Blood Pressure in a healthy range.
- Bring your questions.

Elder's building after Elder's Lunch
Thursday, April 16th
12:30- 1:30 pm

Questions?
Ask Patty Suskin, Diabetes Coordinator
360 .432.3929

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

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

Tuesday, April 14th is WIC DAY at SPIPA

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or **Patty Suskin** 360 462-3224

Cancer Support Groups
Comprehensive Cancer Control Program
South Puget Intertribal Planning Agency

Date: Tuesday, April 14th, 2015
Time: 12:00 PM
Where: Squaxin Island Wellness Center
(across from the Tribal Clinic)

All are welcome. A light meal will be provided. Contact Traci 360-432-3930 or Sarah 360-462-3241 for more information.



Can you kick the soda pop habit?

Most people know that regular soda is full of sugar. Those empty calories can pack on the pounds fast at any age.

Drinking too much soda can increase your risk of diabetes and heart disease. Studies have shown that people who drink even one or two sodas a day increase their risk of Type 2 diabetes by 26 percent.

Some ideas:

- Try water or unsweetened sparkling water with a slice of fresh fruit, cucumber, or herbs, such as mint. Keep a pitcher handy in the refrigerator or on the table.
- Swap sugary drinks for unsweetened ice tea.
- Keep soda out of the house so your kids won't get used to drinking it regularly.
- Want something sweet to drink? Add a few drops of 100% fruit juice to sparkling water. Remember: Fruit juice is high in sugar & calories, too.
- Buy a nice water bottle; keep it handy & drink from it throughout the day.

Now is a Great Time to Apply for the USDA Food Program

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency Food Distribution Program. It's definitely not just about the cheese now days, although we do still offer that! There are more frozen meats and in season fruits and produce being offered now than ever before. Below is a partial list of what is available.

Whole Kernel Corn	Mixed Vegetables	Green Beans	Sliced Potatoes
Carrots	1% Milk	Dry Milk	Spaghetti
Tomato Sauce	Fresh Carrots	Onions	Celery
Cheese	Egg Noodles	Rice	Spaghetti
AP & Wheat Flour	Cornmeal	Potatoes	Broccoli
Cauliflower	Applesauce	Apricots	Peaches
Pears	Raisins	Fresh Apples	Grapefruits
Oranges	Grapes	Fruit Juices	Canned Beans
Whole Chicken	Canned Chicken	Ground Beef	Roast Beef
Chicken Breasts	Pork Chops	Peanut Butter	Bakery Mix
Butter	Vegetable Oil	Refried Beans	Dry Beans
Beef Stew	A Variety Of Soups	Breakfast Cereals	
Crackers	Peanut Butter	Macaroni & Cheese	

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island, or Port Gamble S'Klallam Tribes you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify. Please call the SPIPA Food Distribution Warehouse at 360-438-4216 Monday through Friday between the hours of 8:00 a.m. till 4:00 p.m. and one of our staff will be happy to assist you in applying for this program.

KALE: The Queen of Greens

Submitted by Traci Lopeman, Outreach Specialist

Kale is one of the healthiest vegetables on the planet. It belongs to the brassica family, along with broccoli and cabbage.

Ten (10) Reasons to Eat Kale

- 1) High in Vitamin A. One cup of chopped kale has 206% of the daily value of Vitamin A. Vitamin A is great for your vision, skin, as well as preventing lung and oral cavity cancer.
- 2) High in Vitamin C. One cup of chopped kale has 9% of your daily value. Vitamin C is good for boosting your immune system, your metabolism, and hydration.
- 3) High in Vitamin K. One cup of chopped kale has 684% of our daily vitamin K. Vitamin K helps prevent cancer, Alzheimer's, and blood clotting.
- 4) Low in calories, high in fiber. Fiber helps lower cholesterol levels and keeps digestion regular.
- 5) High in antioxidants. Carotenoids and flavonoids are the specific types of antioxidants associated with many of the anti-cancer health benefits. Kale is also rich in eye-health promoting lutein and zeaxanthin compounds.
- 6) Kale is high in iron. Per calorie kale has more iron than beef. Iron helps us feel energized by helping to transport oxygen to various parts of the body.
- 7) Great for cardiovascular support, can lower cholesterol levels.
- 8) Kale is anti-inflammatory, which means it fights arthritis, asthma, and autoimmune disorders.
- 9) It's cheap and can be used in so many recipes!

Massaged Kale Salad Recipe

Submitted by Traci Lopeman, Outreach Specialist

- 1 large bunch Dinosaur Kale, remove stems and cut into 1/2" ribbons
- 1/4 teaspoon sea salt
- Juice of 1 lemon
- 1/4 cup olive oil
- 1 apple, cored and cut into chunks
- 1/4 cup raisins or other dried fruit
- 1/4 cup toasted sunflower seeds.

Put kale into a large bowl, sprinkle with sea salt and lemon juice. Using your hands, massage kale vigorously for 3 to 5 minutes. Drizzle olive oil over kale and massage for another couple minutes. The salt and lemon juice will "wilt" the greens. Toss in apple chunks, raisins, and sunflower seeds. Salad will keep in the fridge for several days. Enjoy!



Happy Birthday

1
Famie Marie Mason
Rene Andre Vigil
Seattle Dee Morris
Duane Cooper
Colby Robert Smith

2
Kaitlyn Rose Sweitzer
David Wayne Peters, Sr.
Daniel Albert Hall

3
Tamika May Krise
Jacqueline Crenshaw
Deborah J. Knott

4
Elizabeth Cooper-Campbell
Traci J. Coffey
Tyler D. Hartwell
Joseph Nolan Harrell
Kathy Ann Brandt
Janice Nadine Leach

5
Matthew Volker Peters Block

6
Chauncey Eagle Blueback
Robert Jan James

7
Tania Asia Korndorfer
Marie Elaine Snyder
Rolando L Rocero #
802489LB-48
Carolyn E. Hoosier
Keesha R. Vigil-Snook
Michael W. Kruger

8
Nolah Jean Cousins
Marcella R. Cooper
Mi'chelle Emily Mach
Rodney James Krise Jr.

9
William Howard Henderson
Kiana Jean Henry
Andie May Cousins
Juan Miguel Araiza
Alexander Raymond Charles
Henry- Castellane

9
Lila Mae Jacobs
Cheryl Lynn Hantel

10
Antonia D. James
Joanna Lynn Cowling
Kenneth Wayne Selvidge, Jr.

11
Talon Jacob Beattie

12
Russell Dean Harper
Dorinda Evon Thein
Elaine LeeAnn Roberts
Darren Wayne Ford

13
Latiesha Marie Gonzales

14
Haelee Ana Marie Hernandez-Smith
James Leroy Peters
Mary Josephine Mae Lewis
Debra Jean Peters

15
Grace Elizabeth Pugel

16
Ronald L. Schaefer

17
Dena Mae Cools
Skylehr Monroe Henry
April Ann Leonard
Jeffery James Peters

18
Brooke Bello Henry
Douglas Wayne Johns
Daniel Edward Kuntz
Josiah Cruz Saenz-Garcia

19
Sande Lee Smith III
Elisha R Peters-Guizzetti
Dustin P. Greenwood
Trinity Richelle Byrd

20
Pamela Ann Peters
Jolene R. Grover
Louise A. Rioux
Vicky Lee Turner

21
Emily Denise Sigo
Edward Ned Henry I I
Joshua Henry Brady Whitener
Chasity A. Villanueva
Jon Kenneth Vanderwal
Tyrone Joseph- Stuart Seymour
Tracy Roy West

22
Randy William Koshiway
Sarah Gloria Koshiway

23
Ronald Francis Bell
Rebecca Ray Keith
Tristian I. K. Villanueva

24
Syncere Van Ho
Cameron Kyle Goodwin

25
Cynthia T. L. Parrott
Casey Adrian Krise
Dawn Marie Caasi
Larain Rose Algea

26
Chauncy Roger Blueback
Richard Montano III
Russel Ramon Algea

27
Standing Raven
Becky Lynn Barker

28
Anthony Del Johns
Wesley Kyle Whitener

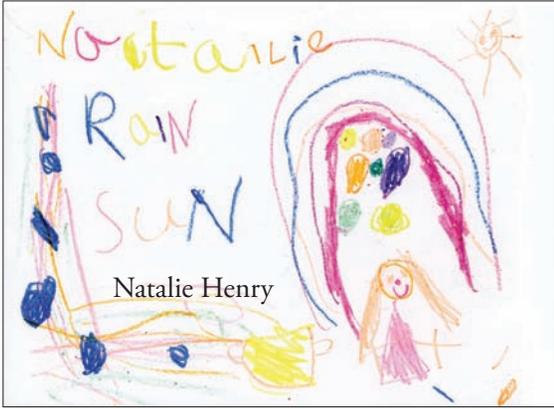
29
William Charles Lopeman
Claudia Jeanette Gui Josa-Meas
Redwolf S. Krise

What's Happening

AA & ALANON Every Thursday 7:30 p.m. in the Elders Building				1	2	3	4
5	6	7	Karaoke Party Family Court	Fireworks Drawing Council Mtg.	10	11	
12	13	Cancer Support Criminal/Civil Court	14	15	Veterans Committee	16	17
19	Youth Mental Health First Aid	Safe Streets Meeting	20	21	22	23	24
26	27	Criminal/Civil Court	28	29	30		



Youth Environmental Art



Natalie Henry



Kassidy Burrow

**Tribal Police
Drug Tip Hotline**

360-462-7104

Leave anonymous messages on this newly reactivated, regularly monitored message line direct to the Squaxin Island Police. You will be asked to leave a message on this non-emergency line and not be required to speak with anyone, but please leave as many important details as possible to help law enforcement pursue tips: the who, what, when, where of your tip are really important, especially with as much up-to-date, factual information as possible.

If there is an emergency or you need immediate assistance, call 9-1-1.

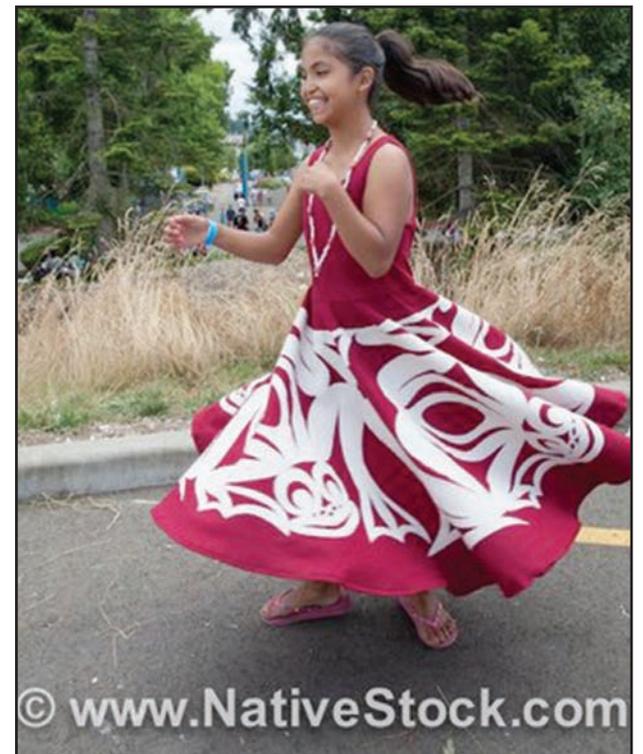


**Happy Birthday
Jolene Renee'**



**Love you so much!
Mom, Dad, Malia, Kiana and Vince**

**"Happy 13th Birthday
Kiana Jean"**



© www.NativeStock.com

**Love you lots!
Mom, Dad, Malia,
Jolene and Vince**

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Friday • April 17th • 6:30pm

Saturday • April 18th • 11:45am & 4:30pm

Sunday • April 19th • 4:30pm

Early Bird Specials at 6:30 sessions

\$50 Hotseat drawings every hour.

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\$79 Special Room Rate for Bingo Participants

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

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Customers can call in advance to book rooms

Must be 21 or older for Bingo Specials

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