



Happy Spring  
From TLC!

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SHELTON, WA  
PERMIT NO. 96



## Tribe Re-Acquires Island Reservation Lands from WA Department of Natural Resources

Sharon Haensly - Over 130 years after it lost ownership through misguided federal policies, the Squaxin Island Tribe is re-acquiring nearly one-quarter of its original Island Reservation land from the state Department of Natural Resources. Several years of amicable negotiations between the two governments recently resulted in the Tribe's purchasing 310 acres for fair market value.

DNR's Board of Natural Resources approved the transfer to the Tribe on March 10. Governor Inslee will sign the deed on May 5th.

The Squaxin Island Tribe's Chairman, David Lopeman, said that the Tribe was thrilled to get the lands back. "The Island has great cultural, historic and other importance to the Tribe. We consider this land to be the bond that unites the Squaxin people's past, present and future generations."

"The Tribe is the original steward of this region, and Squaxin Island is hugely important to both our culture and economy," said Andy Whitener, Natural Resources Director for the Tribe. "We fish for salmon from the Island and we plant and harvest shellfish there. We know we can take care of it, as we always have."

Washington State Commissioner of Public Lands Peter Goldmark said DNR was quite pleased the land, which DNR could not manage because of the lack of legal access, could be returned to the Tribe. "As good neighbors, it is vital we recognize the significance our marvelous lands hold for those that have used them for centuries prior," Commissioner Goldmark said. "I am gratified we were able to help the Squaxin people again take possession of their historic land."

*Continued (with maps) on Page 3*

## Attention Tribal Youth: See Page 9 for Summer Youth Employment and Stepping Stones information



### 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**



## 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





## Mark Your Calendars

### First Salmon Ceremony

July 31st!



## Council Corner

Whitney Jones - I can hardly believe it has been a year already since the last General Body meeting. In May of last year I spoke about several issues that are important to our Tribe and I committed to providing thoughtful, balanced leadership to promote positive changes where it would benefit our people and programs. Looking back on the last eleven months I believe we can see examples of where there has been some movement and progress, and I'm excited for it.

Increased communication flow with the General Body and more opportunity to have open dialog with your elected leadership is something I've worked on strengthening and I feel that the Council has stepped up in that area. The community Talking Circles have been well attended and I think having them on a regular quarterly schedule gives you some stability in knowing when you can count on face time and Q&A with your Council. And the most positive thing that I see is how many people take the time to talk about what is going 'right' at our Tribe. These Circles aren't just gripe sessions anymore; they are your time to interact, to ask, to cheer on, maybe to complain or share concerns, but also to look for solutions as a group; THAT is what we are going for! And I love that that is what people want to do now.

One of the other things I promised was that I would bring fresh perspectives and additional ideas to the Council, and I believe anyone who frequents our meetings would agree that I ask lots of questions and I dig in on topics that I think need further deliberation. I enjoy many of our discussions, as does the rest of the Council I think, and in the end it seems that the whole group, and the decision making process, benefits from everyone's additional input.

Next month the Council will hold its annual work-session with governmental departments and programs. I look forward to hearing from program staff and talking about ideas for how to keep providing high quality services to our tribal members and community. And I will continue to encourage you to give your input at community meetings, Public Budget Hearings, Talking Circles and other gatherings so that when we plan for future activities at the Tribe they are driven by community contributions and feedback.

The next year brings us opportunity for even more growth and positive transformation in our Tribe. There is always more to do and we need to continue to be responsive to you. I'm enthusiastic about our future and how we are going to shape it and I'm honored to serve you in this capacity. See you at the General Body meeting on Saturday, May 2nd.

## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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

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



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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

## SIT MEMBERS

We look forward to seeing you at the General Body meeting!

### Island Enterprises Inc.

Win a variety of Pendleton prizes during the raffle!



### Trading Post Rewards

Swipe your discount card and win your share of 50,000 rewards points!

### Skookum Creek Tobacco

Visit our booth and receive a certificate good for one carton of any of our products redeemable at KTP!

\* Must be an enrolled member 18 years or older. Limit one per person. Other restrictions apply.

### Salish Seafoods

See our live seafood display! We will be raffling off 2 fresh seafood packs & 2 Prize Buckets!\*

\*(Bucket, digger, gloves and boot certificate).







## Per Capita Time

The Per Capita Hotline for all changes is 360-462-0173 or you can email: [percapita@squaxin.us](mailto:percapita@squaxin.us).

If you have changed your name, please bring in your new Social Security card for verification.

**Contact:** Tammy Ford in Enrollment  
10 SE Squaxin Lane, Shelton WA 98584

## Tribe Re-Acquires Island Reservation Lands *Continued from Page 1*

DNR took ownership of three parcels after non-tribal owners donated the land to the state in 1974. Its use of the land was complicated by the fact that the Tribe never lost title to the tidelands surrounding the Island and controls access to the Island over them.

Originally the Tribe owned its entire Island Reservation, which was created by the 1854 Treaty of Medicine Creek. In 1884, however, the federal government took the land away through a misguided policy aimed at assimilating Native Americans. The government divided Indian reservations into allotments, and gave them to individual Native Americans who could dispose of them after an initial waiting period. While some allottees sold their lands for market value, many others lost lands through fraudulent transactions and forced sales due to unpaid taxes. The lands that the Tribe recently purchased passed through many ownerships before ending up with DNR.

The Tribe is re-acquiring the parcels owned by the following original Squaxin allottees: Henry Chilawit, John Skalapin, Doctor Jim and Tyee George. The following families have ancestral ties to these allottees: Bagley, Napoleon, Seymour, Peterson, Peters, Sigo, Pickernell and Peterson.

A thank you goes out to the tireless efforts of the Tribe's Legal Department. Most important, the Tribe recognizes Andy Whitener for his assistance in the closing negotiations, built upon his personal relationship with Commissioner Goldmark.

## Who is it?



*For the answer, see Page 23*

### Attention BAGLEY Family

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

I would like to get your ideas/thoughts

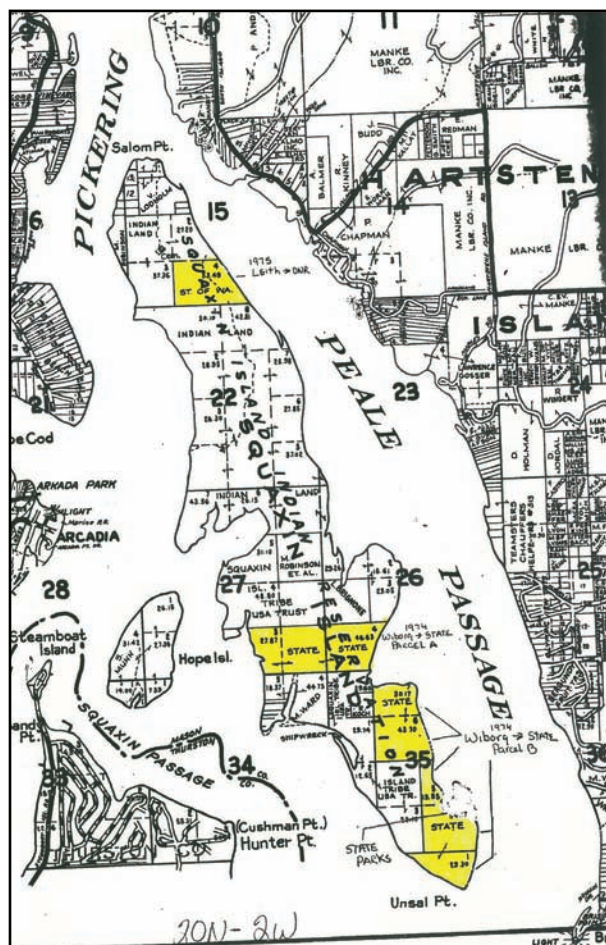
On when and where,  
and start planning

For Summer 2015

Please contact

Gloria J Hill

360-229-6324



### Squaxin Island Mason County

Updated 4/17/2014 ML

#### Legend

□ Squaxin Island Parcels

0 0.15 0.3 0.6 Miles



Within Sections 15, 26, 27, & 35,  
Township 20 North, Range 2  
West, W.M. and within Section 2,  
Township 19 North, Range 2  
West, W.M.







# EARTH DAY



## Woodard Bay Earth Day Celebration

WEDNESDAY, APRIL 22

The opening ceremony took place at 1:00 and included Peter Goldmark, Commissioner of Public Lands; Kaleen Cottingham, Recreation and Conservation Office Director; and Squaxin Island Tribal Council, Canoe Family singers and dancers, Tribal Elders, Natural Resources staff, MLRC Director Charlene Krise; and Shaker Ministers Rose and Mike Davis.

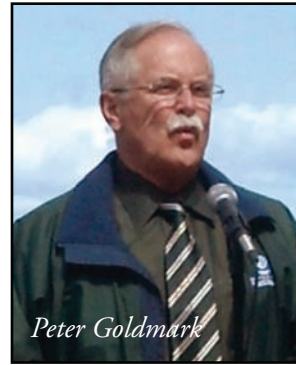
The Cultural Resources Department managed and coordinated this project with legal and the MLRC behind the scenes on behalf of Tribal Council. Tribal Council made generous donations to the WA DNR for the project.

The event served as an invitation for the local community to celebrate Earth Day while observing the site's new environmental education facilities, hear about recent site restoration activities, and learn about Woodard Bay's historical and cultural heritage.

Woodard Bay Natural Resources Conservation Area is a natural reserve protected under the Washington Natural Areas Program. Once an important processing facility for the logging industry, it has been designated as the Weyerhaeuser South Bay Log Dump Rural Historic Landscape. Today the area is a renowned sanctuary for a variety of birds, harbor seals, river otters, bald eagles, and a colony of bats, as well as serving as an important great blue heron rookery. This recent conservation program, a cooperative between the State of Washington and the Nature Conservancy is the first of its kind in the country.



**Photographers:** Leslie Johnson, Sharon Haensly, John Barker, Jim Peters



Peter Goldmark







## WAVES OF PERFECTION

### CHOCOLATE AND WINE TASTING

*Must be 21 or over*

Benefit for the Squaxin Island Museum Library and Research Center

### An unforgettable wine pairing experience!

Over 100 wines and cheese  
from all around the world!

Each wine is expertly selected to  
complement and enhance the nuance of  
gourmet chocolates.

Pastries, cakes, and other desserts plus  
small gourmet dishes too!

**May 23<sup>rd</sup>**  
**3pm-6pm**

On Site at the  
Home of Sacred Belongings

#### TICKETS:

**\$25 Advance | \$30 Door**

**360-432-3841**

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

Mention "Waves" or show your ticket when making hotel  
reservations at Little Creek Casino Resort  
and receive a special room rate for the night of May 24th!



**LITTLE CREEK**  
CASINO • RESORT

150 SE Kwuh-Deegs-Altxw, Shelton, WA 98584



## 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



CALL OR VISIT SALISH CLIFFS GOLF SHOP  
FOR MORE DETAILS OR TO SIGN UP

**360.462.3673**

[WWW.SALISH-CLIFFS.COM](http://WWW.SALISH-CLIFFS.COM)  
91 WEST STATE, ROUTE 108, SHELTON, WA 98584



## 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](http://WWW.SALISH-CLIFFS.COM)





# NATURAL RESOURCES



## Woods Cleanup



## SUMMIT OF PRAYER

Ask for your FREE Prayer Book



Overlake Christian Church (OCC) at 9900 Willows Rd NE, Redmond, WA 98053, invites Summit of Prayer to their facility on June 6th, 2015 from 9 a.m.-5 p.m. This tribal prayer gathering pivots on a Biblical example in 2 Chronicles 20:21 where a tribal leader consults his people and appoints a singing praise and worship tribe to go before the LORD and lead his army into victory. Summit of Prayer prayerfully invites our tribal land elders, leaders, ministers, kinsmen, businesses and friends of Indian Country to do likewise. Thank you. Contact: Dennis Katzeek, Lands Dream, Inc., owner, an OCC and ATNI member; phone: (206) 434-5716 or email: [LANDSDREAM@icloud.com](mailto:LANDSDREAM@icloud.com)

Pray for Indian Country from your homes  
One day One hour in One accord

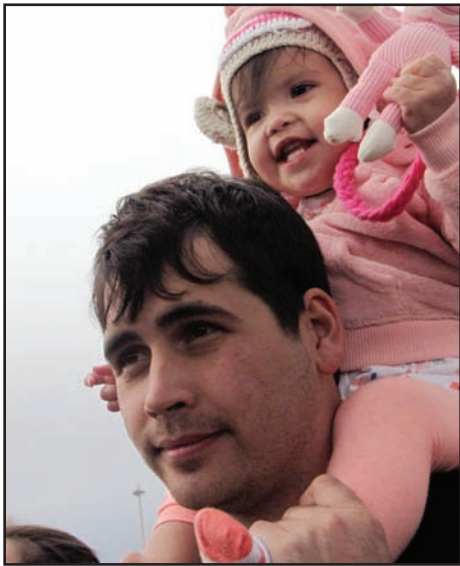




# CANOE FAMILY



*One generation to another*



Josh and Kalysi Whitener



Charlene and Sam Abe



Jayda Hawks and Kalysi Whitener



Lenny Hawks and Kassidy Whitener



Antone and Jayda Hawks

## Dragon Boat Races

Bev Hawks - Squaxin Island Canoe Family participated in the annual Dragon Boat Races in Olympia on April 25th. Once more they placed in the finals, taking 3rd place! They have placed every year since they began participating! And there were more boats than ever this year!

Its a wonderful family activity as well as spending time with tribal people.

These photos show one generation to the other for our future pullers.



### *Winning team members are:*

Back, L-R: Jeremiah George, Fern, Sam Abe, Drew Nations, Tyler Johns, Antone Hawks and Rory.

Front, L-R: Tamika Krise, Charlene Abe, Jamie Cruz, Sammy Ackerman, Kris Miller, Kassidy Whitener and Skipper Lenny Hawks.







## We would like to welcome these new employees



**Jennifer Johns**  
**Fish Tech 1**

Hello my name I Jennifer Johns, I am the daughter of Del and Judy Johns. I started my employment with the tribe beginning with stepping stones. I have worked for Kamilche Trading Post, Little Creek Casino Resort and Island Enterprises. Recently I ended my employment with Island Enterprises as the marketing and creative specialist. I am now employed with natural resources working as a Fish Technician 1. Outside of work I enjoy fishing, clam digging, hunting, and artwork. I share a deep passion for our natural resources and am excited for my new endeavor that lies ahead!



**Doyle Foster**  
**Shellfish Tech 3**

Hi, I have recently been hired back in fisheries after working for the tobacco factory for the past six years. I would like to thank Bryan Johnson, Rocky Bloomfield and Cameron Goodwin for the opportunity to work there and to increase my knowledge of mechanics. It was a wonderful experience working with all the tribal members there.

It was a difficult decision to leave, but shellfish was calling me back. I look forward to helping the department provide opportunities for tribal members and I look forward to visiting with everyone on clam digs.



**Danielle Madrone**  
**Planner**

Hi, I have been hired as a Planner for the Department of Planning and Community Development where I will focus mainly on housing and transportation. I live in Olympia with my seven year-old daughter, and for the last few years have been working as an independent contractor for nonprofit organizations. I worked for several groups that focused on environmental and sustainability issues, providing services in project management, strategic planning, fundraising, event coordination, and outreach.

I have a Bachelor of Arts and Science from the Evergreen State College, and am currently pursuing a Master of Public Administration. I am passionate about developing strong and sustainable communities, and am excited to put my years of experience into service for the Squaxin Island Tribe.

I look forward to getting to know this community as I settle into my new career!



**Markie Smith**  
**TGA Office Assistant 3**

Hi, I recently finished my Bachelor's degree and I'm excited to gain new skills, learn about tribal gaming laws and add new experiences to my resume.



**Margaret Johns**  
**Purchased Referral Care (PRC)**  
**Coordinator Trainee**

Hi, my name is Margaret "Tootsie" Johns. I am the new Purchased Referred Care Coordinator, formally known as Contract Health Services at the Squaxin Health Clinic. I am an enrolled Squaxin tribal member. My mother is Emma Jean Pickernell Valle and my grandmother was Hazel Charlotte Bagley. I really enjoy the work I am doing; it gives me the opportunity to meet more of our tribal membership. The staff here at the clinic are awesome and great to work with.



**Kasia Seymour**  
**Youth Activities**  
**Manager Assistant**

Hello, my name is Kasia Seymour. I'm married to Tyrone Seymour and have two wonderful sons, TJ and Johnny Seymour. I've been hired as the Youth Activities Manager Assistant and I'm honored to be working with our youth. Thank you.





## 2015 Summer Employment!

### SEEKING SQUAXIN YOUTH AGE 16-21 ... WHO DESIRE SUMMER EMPLOYMENT

It's that time of year again to begin recruitment of Squaxin Island Tribal Youth who desire summer employment with Squaxin Island Tribe. If you are a Squaxin Island 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.***

The six weeks of employment will begin on July 6, 2015 and will run through August 14, 2015.

**If you would like assistance with completing your application, writing a cover letter or doing a resume, please attend one of the application workshops scheduled to take place on Tuesday May 19, 2015 and Thursday May 28, 2015 from 3:00 – 5:00 p.m. at the Squaxin Island museum.**

**Please note all applicants for Little Creek Casino Resort will be asked to attend an additional orientation workshop to complete the licensing process.**

**Your application must be submitted by Monday June 1st 2015** so that we have time to find positions for all who complete the application process. Applications received after June 1, 2015 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, please contact Astrid Poste at (360) 432-3865.

### *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 to later employment for Squaxin Island Tribe or elsewhere.

If you are a Squaxin tribal youth who is going to be 13 to 15 years old by July 1, 2015 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.



#### **Needed for the Stepping Stones Program:**

Cultural Teachers to mentor 13-15 year old youth in:

- ⇒ Weaving
- ⇒ Beadwork
- ⇒ Sewing
- ⇒ Cooking
- ⇒ Drumming, dancing, singing, language, etc.

You may teach one class or a series of classes.

#### **Also Needed for Stepping Stones Program:**

Outdoor Project Leader with landscaping and basic construction experience.

The program will run **July 6th through August 14th.**

If you have a desire to teach and lead youth for the summer season, please submit photos and/or a description of your craft/project ideas with a letter of interest for consideration to

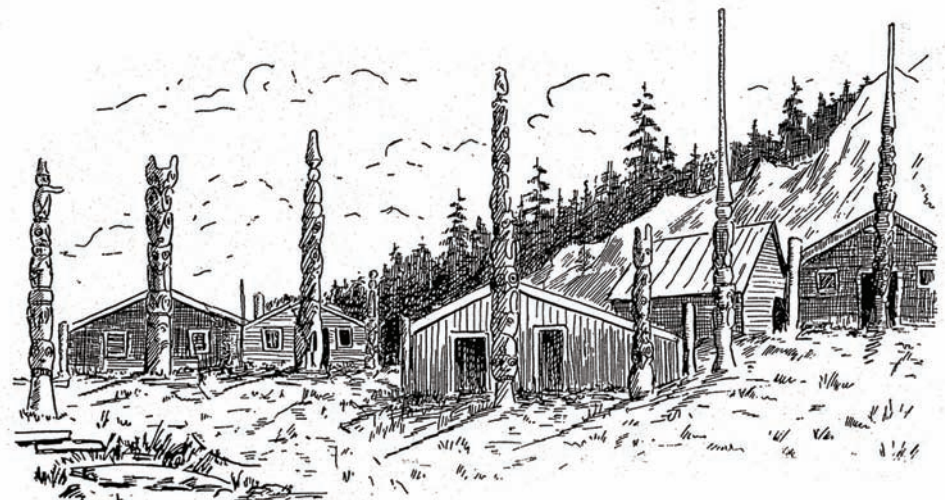
Niki Ho in HR or at [nho@squaxin.us](mailto:nho@squaxin.us) • 432-3845 or Astrid Poste in HR or at [aposte@squaxin.us](mailto:aposte@squaxin.us) • 432-3865

#### ***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 t-shirt, **please stop by or call by June 1, 2015** **Employment Applications are not required for Stepping Stones. Contact after June 1, 2015 may result in being put on a waiting list with consideration only if there is still available space.**

*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.*







Logo by Samantha Ackerman

## Safe Streets

Squaxin Safe Streets is excited to announce the unveiling and dedication of our youth prevention mural project, which over 20 youth created with Taylor Krise, John Ackerman, Casey Brown and other community volunteers in February and March. Taylor has incredible talent, not only as a gifted artist, but also incorporating young people's ideas into the project design every step of the way. As we install the mural onto the outside of the gym, let us be inspired to live in balance as young people, families and elders with culture and healthy choices.

We thank the Squaxin Island Tribal Council and Youth Council, the Departments of Planning and Community Development, Education, Family Services and the Squaxin Island Tribe Museum Library and Research Center for their support. Please join us in celebration of our youth!

Drug and alcohol related calls for service for the month of March 2015, from the Squaxin Island police department:

16 Calls (13 drug 3 alcohol)

- 5 Arrests
- 2 Citations
- 2 Infractions
- 5 Referred to other agencies
- 4 Referred Tribal Court



## Journey Through the Healing Circle

By Carolyn Hartness, FASD Educator/Consultant, [www.Seventh-Generation.com](http://www.Seventh-Generation.com)

In the early 90's, I was a drug and alcohol prevention specialist at I Wa Sil, a Native Youth Program in Seattle. I went into elementary schools and taught coping skills to 3rd and 4th graders living in alcohol and drug abusing homes, taught parenting classes for Huchoosedah Indian Education program in the public school system and spent half a day a week at Echo Glen in the Cascade Mountains, to educate incarcerated Native youth about the dangers of drugs and alcohol.



I came to this job incredibly naive but confident that education could change everything. Now, I still believe in education but I know that, though important, it is not always enough. If it was, we would all be thin, healthy and not stressed. We all know what it takes to accomplish a healthy life style but...well, obviously, there is more

to it than just information gathering. Needless to say, walking into the lives of people who have been immersed in the reality of drugs and alcohol for years, if not generations, armed with flyers and good intentions did not change behavior. Not once did I open my briefcase, stuffed with valuable information, in the classrooms, the parenting classes or the children's prison. Instead, I learned to open my ears and my heart and I became the student.

My F.A.S.D. education began with the large number of children and youth I worked with who were truly my first teachers on the subject. They were in and out of my life, even after I left the job. Seven years after leaving the youth program position, I received a call at 2 am from one of the youth, who was then 20. She was crying that she hated her life and pleading that I save her. She had written a note and pinned it to herself before she passed out from drugs and alcohol. When she woke, she saw the note which said, "Call Carolyn, she will save your life". Well, she moved into my home, into my life and into my heart. All she wants is love and as she often says, "I just want to be normal".

She is many faceted; a daughter, sister, mom, partner, and adolescent in an adult body, all striving to be "normal". She has been diagnosed with Bi-polar Disorder, P.T.S.D., Alcohol Related Neurologic Disorder and Schizoaffective Disorder. She was placed in abusive foster homes, had a failed adoption, many broken relationships, suffers from abandonment, sexual abuse, domestic violence, trouble with the law, suicide attempts, battles drug and alcohol addiction, and lives with an F.A.S.D. She had 3 of her 6 children before she was 19 and lost custody of them for neglect. When she said she was pregnant again in her mid 20's and that she was having twins, I cried, "Creator, what are you thinking?" A question that she too asked later.



### Mural Dedication

Join Squaxin Safe Streets, the Squaxin Island Tribal Council and the Squaxin Canoe Family as we unveil and bless the youth prevention project mural.

May 12th at 5pm at the Tu Ha' Buts Learning Center (Gym)



This event is free and open to all.

Refreshments provided by Little Creek Casino Resort.

For more information, call Evan Welkin at (360) 470-3527





Her psychiatrist, an F.A.S.D. expert, said she was the most difficult patient he had and one of the most traumatized. He also said that she is “compelling”, which was what he uttered after emerging from their first session. He is right, her story is compelling, but so are many others. I know each of you have been effected by someone’s story, someone on the spectrum of F.A.S.D...raising children, mostly alone, struggling economically, in unhealthy relationships, and lacking basic life skills.

Even though motherhood is a powerful motivator, parenting remains challenging and demanding on a daily basis. The affected mother becomes overwhelmed easily and yearns for personal freedom from her responsibility for her children at times, even though she loves them deeply. Respite is sometimes provided by friends and family, but after a few days she misses them and wants them home.

Children of affected mothers are often on Individual Education Plans (I.E.P.) at school. Mom’s behavior in meetings might have to be explained to the school staff, as they could interpret it as not being interested in her children’s progress. She says after meetings that she was getting every third word and becomes frustrated and embarrassed by everyone’s knowledge and her inability to follow the discussion. When she puts on her sunglasses and hood, it is time for her to take a walk or for the meet-

ing to end. Her embarrassment and frustration can easily turn into what looks like anger and an uncooperative attitude. When the I.E.P. is explained to her in a quiet, unstimulating environment, she comprehends what was said and follows through on suggestions, interventions, etc. regarding her children. Teachers may say that she is one of the best parents they know once they understand her.

We must look at reality for affected parents and children. This starts with a good developmental evaluation and diagnosis. F.A.S.D. diagnosis is available at the University of Washington, or through a neuropsychological evaluation done by someone knowledgeable about F.A.S.D. We are fortunate in the state of Washington to have that expertise. Beyond the diagnosis, we must provide predictability, consistency and structure in their environments and lives. Repeat verbal cues and arrange the environment to guide their movements and possibly their emotions. Early Intervention is key. We have to change our perspective of their behavior and thinking...see it through their eyes. Most affected people are very concrete thinkers and see the world as black or white, while it is pretty gray for most of us. Create “Circles of Collaborative Care” by establishing support systems with family, friends, teachers and providers to help guide positive behavior.

We must recognize the gifts at the core of the behavior. People with an F.A.S.D. are funny, generous, kind, unconditionally loving, want everyone to be happy, are spiritual, talented, generous, creative, forgiving, honest, loving, and have many other desirable attributes. When not guided, these attributes can become liabilities. The loving person without boundaries may become a predator or a victim. The generous may give away money and possessions when, in fact, they are left needing assistance.

Don’t lose heart, you can create success for people with an F.A.S.D. They are always striving to do the best they can, but it is an uphill battle, riding the ups and downs of life, occasionally being thrown for a loop and even tanking. However, as they tend to live in the moment, they are incredibly resilient and can find hope in a new day. Many affected people who have support are finding success. The woman in my story is ever emerging from her cocoon, she loves butterflies, and over the years is beginning to find her wings with the help of her “Circle of Collaborative Care”, made up of “aunties”, “uncles”, friends and professionals who understand, help and love her. Life is becoming more predictable and when everyone is on the same page, even fun. Of course, no one’s life is easy all of the time, so fasten your seat belt. Experience has taught me to go with the flow and enjoy the ride.

Carolyn is available for training and consultation through the Northwest Portland Area Indian Health Board Fetal Alcohol Spectrum Disorders Tribal Project.

*Questions or comments can be brought to Squaxin Safe Streets.*



## NORTHWEST INDIAN COLLEGE

X w l e m i E l h > T a l > N e x w S q u l

### 5th Annual Summer Science Camp



**Who:** Native American High School Youth (9th-12th Grade)  
**What:** Scientific Discovery & College Experience  
**When:** July 6 - 18th, 2015  
**Where:** Northwest Indian College (Lummi Reservation)  
2522 Kwina Rd. Bellingham, WA 98226

**Cost: Free!!** Housing, meals and classroom materials will be paid for by a National Science Foundation TCUP Grant

**Purpose:**

1. To promote interest in **Science, Technology, Engineering & Math (STEM)**
2. To provide opportunities for Native American High School students to experience STEM programs, research and professions at NWIC
3. To familiarize students with the college enrollment process and on-campus student life

**Workshops** - Students will be participating in lessons on subjects like:

Marine Science	Botany
Geology	Computer Science
Rocketry	Forestry

**Experience:**

- Financial Aid and Admission Process
- College Dormitory Living
- Off- Campus Field Trips

Visit the *Northwest Indian College* online at <http://www.nwic.edu>



This event is sponsored by a National Science Foundation TCUP Grant

To sign up just contact Nathanael Davis ([ndavis@nwic.edu](mailto:ndavis@nwic.edu) or 360.392.4271). Students who complete the two weeks of camp will earn \$200 for attending. There is only space enough for 20 students, so... **Sign up soon!**







The Tu Ha' Buts Learning Center (TLC) moves head-long into May with a wide range of programs and services for students of all ages. If you have questions about any of our programs and services, or any other education-related questions, please call TLC at (360) 432-3958 and we can connect you to the right person to help you find your answers.

In the meantime, *here are some important dates on the upcoming TLC calendar:*

- The TLC is closed for two holidays in May, the 11th and 25th.
- **BILLY MILLS IS COMING TO SQUAXIN.** We will have more to announce soon, but Olympic gold medal winner, Billy Mills, is coming to the Tu Ha' Buts Learning Center on Wednesday, May 27th. Many of you probably remember that he won a gold medal in the 10,000 meter race in the 1964 Tokyo Olympics. A gathering is being planned from 4:00 - 6:00 when Mr. Mills will talk to young people about the importance of education, having goals, and more.
- Shelton High School graduation is Saturday, June 6th.
- The last day of school for Shelton School District is June 16th.

We want to acknowledge Isaiah Coley and Jeremiah Roberts for the many volunteer hours they have been putting in as coaches for our youth basketball teams. Between practices during the week, home and away games for the Intertribal League, and tournament play on some weekends, they have given much of their own time and energy to allow this year's basketball program to happen. Please let them know their volunteerism is appreciated.

The afterschool program is looking for parents, guardians and community members who would participate as "Parent Advisors" to the program. This could include helping to brainstorm new ideas for activities, offering feedback on our program services, chaperoning at various program activities, or any number of other ways to help the program continue to grow and evolve for the benefit of the youth we are serving. If you are interested in being an advisor to our afterschool program, please call Jerilynn Vail at (360) 432-3992.

## Youth Afterschool Program

Jerilynn Vail - We were fortunate to have nice weather as almost 90 youth joined in the annual Easter Egg Hunt! Thank you to those who volunteered their time to make this event such a success for the youth. We have posted pictures from the Easter Egg Hunt on our

Tu Ha Buts Learning Center Facebook page. If you haven't already checked them out, make sure to take look.

One of our weekly elements in our after-school program is "Crafty Kitchen Concoction Day." Our goal is to introduce cooking to the youth. We ask the youth to read the recipe aloud and take turns adding the ingredients. We make a variety of things – for example, treats for our movie night or snack time. By including these kinds of fun cooking activities, we are adding another way to bring reading and math into our after-school program. Encouraging youth to read out loud, we hope to build their comfort level when reading and speaking in front of a group.

We had quite a few kids attending our week of activities during the spring break from school. For us, that means we're already planning activities for the Summer Rec Program. That also means it's time to start thinking about filling out new annual registration forms for the afterschool program. The current forms expire in June. Every youth who will be attending the Summer Rec Program will need to update their records with a completed and signed registration form. Forms should be ready for parents to stop in and get one by Monday, May 11th. It is always important for the afterschool and Summer Rec programs to have updated phone numbers and emergency contact information. In the event of emergency, and if possible, we ask if you can provide up to four people we can contact.

This year, our Summer Rec Program will run from July 6th to August 14th. Summer program hours are planned for 7:30 - 4:00 p.m., to match the regular working day of the Tribe. Look for a lot more detail about the Summer Rec Program in the June Klah Che Min.

## CHUM Project/Teen Center

Laurel Wolff - Sierra Blueback has volunteered to run Native Sisters on Mondays, Tuesdays and Thursdays. This will be a group open to all girls who would like to learn group dances. Native Sisters will meet in the Teen Center from 5:00 - 7:00 p.m. (5:00 - 6:30 on Mondays). Teen Lead activities and crafts will take place on Tuesdays from 3:30 - 5:00 p.m. Outdoor Club will meet on Friday, May 8th. Outdoor Club will go a short hike in the area and be back by 6:00 p.m. Youth Council has moved to Thursdays after suggestions from teens; the meetings will continue to be from 3:30 - 4:30.

The Teen Center will be closed May 11th for American Indian Day and May 22, and 25th for Memorial Day weekend. On May 12th, the mural project is scheduled to be unveiled and on display on the gymnasium wall, facing the street. Come see all the hard work and beautiful art youth and members from the community put into this new mural. Join us at 5:00 p.m. at the gym.

On May 16th the CHUM project will travel up to SeaTac to attend the Alaska Airlines Aviation Day. Chazmin Peters is a pilot for Alaska Airlines and will be participating in the event. Careers ranging from air traffic control to airline flight attendant will be discussed throughout the day. Participants will be able to explore just how flights are planned, scheduled and executed. Training facilities will be open and engineers will guide attend-

### We invite you to join us for:

- **Mother's Day Dessert** on Monday, May 4<sup>th</sup> from 5-6pm in the Rec Room. We will have yummy desserts for our after-school kids mom's, grandmother, aunties and loved ones. Please come join us for a little dessert!



We also invite families and community members to join us to discuss moving forward with a **Parent Advisors** for the afterschool program.

Please join us on either, Monday, May 4<sup>th</sup> from 6:15-7pm downstairs in the Rec. Room or

Tuesday, May 12<sup>th</sup> from 1-2 pm upstairs in the classroom.

If have you have any questions, please contact Jerilynn at 432-3992 or [jvail@squaxin.us](mailto:jvail@squaxin.us)





ees through the construction of aircraft. Several light aircraft and pilots will also be on-site to educate and inspire tomorrow's leaders to take us into the skies of the future.

Wild Waves - The CHUM project will be celebrating the end of the school year with a trip to Wild Waves. To be eligible for the trip teens must earn 100 points in any of the following ways:

- Improves grade by one letter grade = 25 points
- Plan and lead activity at teen center = 25 points
- Perfect school attendance for one month = 25 points
- Attend basketball practice = 5 points
- Attend Youth council = 5 points
- Attend Native Club @ SHS = 5 points
- Attend Culture night or Drum group = 5 points
- Attend Safe Streets meetings = 5 points
- Seek homework help @ TLC = 5 points
- Attend Outdoor Club = 5 points.

## Higher Education

Mandy Valley - The 1% Commission and the Seven Inlets Foundation have made a LIMITED amount of scholarship funds available for enrolled Squaxin Island Tribal Members, to be used towards earning a Master's Degree. While the Tribe is looking to make additional fund available, those funds are not guaranteed to continue beyond this initial funding level. Currently the Education Commission and the Education Department are accepting applications for this program. Applications can be picked up between the hours of 7:30 a.m. - 4:00 p.m. at the Education Department. You could also request an application by email, phone or mail. With any questions about the Tribe's higher education program or funding, please call Mandy Valley at (360)432-3882 or email: mvalley@squaxin.us.

## GED Preparation Classes and Homework Support

Jamie Burris - Give your mother the gift of passing all of your classes for Mother's Day! Help to make your mother proud by coming in to complete missing assignments, homework and study for tests. I am here to help and encourage you, whether you are studying for a GED or studying your homework from school. I am in the TLC classroom on Tuesdays, Wednesdays, and Thursdays from 4:00 - 7:00 p.m. If you have any questions, please feel free to contact me at jburris@mcclary.wednet.edu.



NATIVE AMERICAN ENTREPRENEURIAL  
EMPOWERMENT WORKSHOPS

WORKSHOPS ARE PROVIDED BY THE UNITED STATES SMALL BUSINESS ADMINISTRATION (SBA)  
OFFICE OF NATIVE AMERICAN AFFAIRS (ONAA), WASHINGTON, DC

### Native Leaders & Staff Invited To Attend A Native American Business Incubator Workshop Squaxin Island, WA

**Attend a FREE Native American Business Incubator Workshop!**  
**Training by RedWind In Partnership with  
Island Enterprises, Inc. of the  
Squaxin Island Tribe**

- **FREE 2-Day Native American Business Incubator Workshop**
- **Tuesday, May 26th (9am-4pm) and  
Wednesday, May 27th (9am-Noon)**
- **At the Little Creek Casino Resort  
91 West State Route 108, Shelton, WA 98584**
- **Class materials & refreshments provided**
- **Please register on-line: <http://conta.cc/1JnrWh>**
- **Or contact Brandi Peters: 360-462-1339; [bpeters@ieinc.org](mailto:bpeters@ieinc.org)  
Linda Turnbull Lewis: 918-458-9322; [ltlewis@nativesmallbusiness.org](mailto:ltlewis@nativesmallbusiness.org)**

NATIVE AMERICAN BUSINESS INCUBATOR WORKSHOPS ARE PROVIDED TO NATIVE COMMUNITIES ACROSS THE COUNTRY THROUGH SUPPORT FROM THE UNITED STATES SMALL BUSINESS ADMINISTRATION (SBA) OFFICE OF NATIVE AMERICAN AFFAIRS (ONAA). ONAA CONTRACTED WITH REDWIND TO PROVIDE WORKSHOPS THROUGH CONTRACT NUMBER: SBAHQ-14-F0102. FIND MORE INFORMATION AT [HTTP://WWW.NATIVESMALLBUSINESS.ORG/](http://WWW.NATIVESMALLBUSINESS.ORG/)

## Baseball Coach



TLC is looking for a BASEBALL COACH and VOLUNTEERS.

We are looking for community members to teach youth about:

- The Fundamentals of Baseball
- Teamwork
- Good Sportsmanship

Practice could be three days each week after school, with weekend games against other tribal youth teams. All coaches and volunteers must complete a background check. Those who have a valid drivers license may assist driving youth to games.







# LEARNING CENTER



## CHUM Calendar

Teen Center hours 3:00-6:00pm unless otherwise noted

Laurel Wolff teen advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4  Homework help with Dusty 3:15-4:30  <i>Native Sisters</i> 5 pm -6:30 pm	5  Craft/DIY day 3:30-5 pm  Homework help with Dusty 3:15-4:30  <i>Native Sisters</i> 5 pm -7 pm	6  Homework help with Dusty 3:15-4:30  Culture Night – Community Kitchen 3:00-5:00	7  Youth Council 3:30 pm- 4:30 pm  <i>Native Sisters</i> 5 pm -7 pm	8  <b>Outdoor Club</b> 1:30- 6 pm
11  <b>American Indian Day</b> TLC Closed	12  Mural Dedication 5:00-6 pm	13  Homework help with Dusty 3:15-4:30  Culture Night – Community Kitchen 3:00-5:00	14  Homework help with Dusty 3:15-4:30  <i>Native Sisters</i> 5 pm -7 pm	15  May 16 <sup>th</sup> Alaska Airlines Aviation Day Times TBA
18  Homework help with Dusty 3:15-4:30  <i>Native Sisters</i> 5 pm -6:30 pm	19  Craft/DIY day 3:30-5 pm  Homework help with Dusty 3:15-4:30  <i>Native Sisters</i> 5 pm -7 pm  Safe Streets 5pm-7pm	20  Homework help with Dusty 3:15-4:30  Culture Night – Community Kitchen 3:00-5:00	21  Youth Council 3:30 pm- 4:30 pm  <i>Native Sisters</i> 5 pm -7 pm	22  <b>Teen Center Closed</b>
25  <b>Memorial Day</b> TLC Closed	26  Craft/DIY day 3:30-5 pm  Homework help with Dusty 3:15-4:30  <i>Native Sisters</i> 5 pm -7 pm	27  Billy Mills 4-6 pm  Homework help with Dusty 3:15-4:30	28  Homework help with Dusty 3:15-4:30  <i>Native Sisters</i> 5 pm -7 pm	29  <b>Teen Night / Movie</b> Night 7 pm -10 pm







# LEARNING CENTER



## Youth Education, Recreation and Activities Calendar

*TLA Hours: M-F 7:30am-7:00pm*

*Front Desk: 432-8958*

*Rec Rm: 432-8275 (only 3-6pm)*

*All activities are drug, alcohol and tobacco free.*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 Rec Rm: 3-6pm Fun Day: 5-6pm Open Gym: 2:30-5pm  Open Swim: 5-8pm
4 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm  Open Swim: 3-6pm	5 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3-6pm	6 <i>GSD – ER @ 12:20</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	7 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-6pm	8 <i>SSD-ER 1.5 HRS</i>  <b><u>CLOSED</u></b>  Open Swim: 5-8pm
11 <i>WHL-NO SCHOOL</i>  <b><u>Tribe is Closed</u></b>  Open Swim: 3-6pm	12 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3-6pm	13 <i>GSD – ER @ 12:20</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	14 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-6pm	15 Rec Rm: 3-6pm Fun Day: 5-6pm Movie Night: 5-7pm Open Gym: 3-5pm Open Swim: 5-8pm
18 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm  Open Swim: 3-6pm	19 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3-6pm	20 <i>GSD – ER @ 12:20</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	21 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-6pm	22 <i>SSD-ER 1.5 HRS</i>  <b><u>CLOSED</u></b>
25 <b>NO SCHOOL</b>  <b><u>Tribe is Closed</u></b>  Open Swim: 3-6pm	26 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3-6pm	27 <i>GSD – ER @ 12:20</i> <i>WHL-ER @ Noon</i> Rec Rm: 1-6pm Crafty Kitchen: 5-6pm Open Gym: 1-6pm Open Swim: 3-6pm	28 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-6pm	29 Rec Rm: 3-6pm Fun Day: 5-6pm Open Gym: 2:30-5pm  Open Swim: 5-8pm
TLA: M: 1-4pm & 5-7pm; W: 3-6pm; Th: 1-4pm F 1-4pm After School Snacks: M-F 3:45-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: T-TH 4-7pm		<b><u>ER = Early Release</u></b> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		







## SQUAXIN ISLAND'S COLON HEALTH PROGRAM- MEN'S SCREENING CAMPAIGN

*Is offering these great incentive gifts for men who qualify for this program and complete a colon cancer screening (FIT) test in March, April or May 2015 only*

Fleece vest with Squaxin Logo--6 Function adventure knife—entry into a drawing for a Cabela's gift card.



Cabela's gift cards—one \$100.00 gift card to be drawn each month from men screened in that month and one \$300.00 gift card to be drawn from pool of participants over all 3 months. Supplies limited on some items. This promotion is by the Squaxin Island Tribe's Colon Health Program and is only valid during the months of March, April and May 2015 with a completed colon cancer screening. **A \$25.00 gas voucher will be given also for screenings done before May 15, 2015**

Please contact Lindy Parker LPN at the Squaxin Island Health Clinic-Colon Health Program, if you are a man between 50-64 years of age, **to see if you qualify** for this Colon Cancer Screening Program. The test is easy and there is no prep necessary

*Squaxin Island Tribal Member, Raymond Carson won the \$100.00 gift card for the*

Join us, the Squaxin Island Tribe's, Colon Health Program, with Guest Speaker Dr. OTT.

**MAY 19<sup>th</sup> at NOON**

At Dept. of Fisheries and Natural Resources for an Educational Program, and a delicious lunch, and gift raffle. All are welcome! Call Lindy Parker for more information 360-432-3933

*Month of March. Congratulations Ray!*

### SCREENING SAVES LIVES

Lindy Parker, LPN-Patient Navigator, Colon Health Program

360-432-3933

[lparker@squaxin.us](mailto:lparker@squaxin.us)



## Smoking Cessation Classes

Mondays at 4:00 p.m.

Community Kitchen

Have you ever wondered why smoking is so enjoyable? Are you thinking about quitting but not sure how to begin to do that? Come to the Smoking Cessation Classes and you will find the answers to these questions plus more! The classes are held every Monday at 4:00 p.m. in the Community Kitchen. These classes are educational, fun but more importantly supportive. You are welcome to join in at any time. New participants are always welcome and encouraged to join. If you or someone you know is considering quitting, please come and join us.







## Foot Exam Morning was March 26th

Submitted by Patty Suskin, Diabetes Coordinator - Thank you, Don Brownfield and others for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff or Dr. Ott can check your feet each time you come to the clinic.

### Foot Care Tips for People with Diabetes:

1. Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems.
2. Keep your skin soft & smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.
3. Wear shoes & socks at all times. Never walk barefoot. Wear comfortable shoes that fit well & protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth & there are no objects inside. Wear moisture-wicking socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.
4. Keep your blood sugars in line. General guidelines (check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning):  
80-110

Two hours after a meal:  
80-140

Bedtime:  
100-140

Hemoglobin A1C:  
under 7 %

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes and missed Dr. Kochhar, call the clinic at 360 427-9006 for Tiff or Dr. Ott for your annual foot exam.



Don Brownfield  
Dr. Molina Kochhar, pediatricist

## Introducing Cows Milk After Your Child's First Birthday



### At one year,

you can make the transition from breast milk or formula to cow's milk. **Start with whole milk.** Your baby needs the extra fat for healthy brain growth and development. Don't transition to low-fat milk -- or any other low-fat foods, for that matter -- until after your baby's second birthday.

In most cases, not yet. The AAP recommends whole milk for 1-year-olds. Children this age need the higher fat content of whole milk to maintain normal weight gain and to help the body absorb vitamins A and D. And nonfat milk provides too high a concentration of protein and minerals for children this age. Once your child turns 2, you may switch him to reduced-fat or nonfat milk as long as he's growing well.

### Can I give my one year old fat-free or reduced-fat milk?

### How much milk should my one year old drink?

According to the American Academy of Pediatrics (AAP), most kids will get enough calcium and vitamin D if they drink **16 to 20 ounces (2 to 2 1/2 cups) of cow's milk a day.** Offer 1-year-olds whole milk (unless they're at high risk for obesity).

### Don't

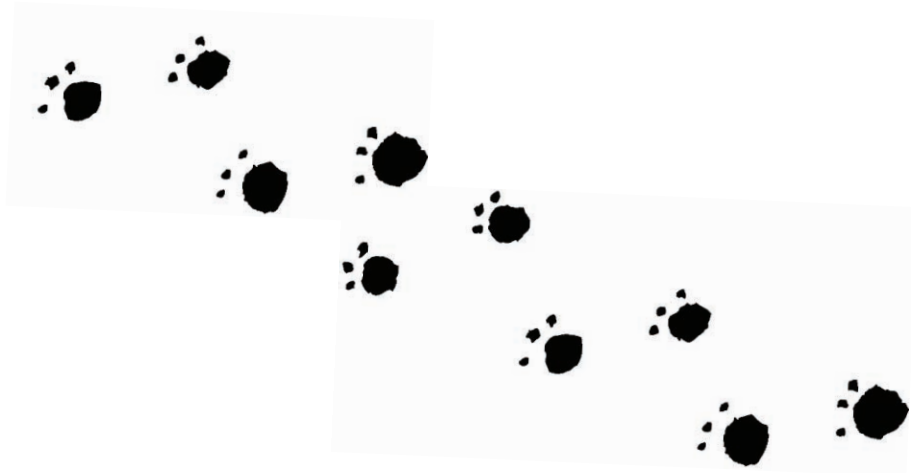
offer more than 3 cups of milk a day or your child may not have room for the other foods she needs to round out his/her diet. If your child is still thirsty, offer water.

### My child doesn't seem to want cow's milk, Any tricks I can try?

Some children greedily gulp cow's milk right off the bat. But because milk has a different texture, taste, and even temperature than breast milk, some kids are hesitant to make the switch. If that's the case for your child, try mixing milk with some breast milk or formula at first (say, one part milk and three parts of the usual stuff). Then slowly shift the ratio until they are drinking 100 percent milk. It may also help to serve the milk at room temperature.







## Steps you can take to keep your kidneys healthy

1. Get checked for kidney disease. The sooner you know you have kidney disease, the sooner it can be treated.
2. Manage your diabetes and keep your blood pressure below 130/80. That means eating healthy and cutting back on salt. It also means being active and taking medicines as prescribed.

## At your next health care visit, make sure you learn:

- Your blood pressure
- Your GFR
- The amount of albumin in your urine
- Your blood glucose

### For more information:

**Indian Health Service Division of Diabetes (IHS DDTP)**  
1-505-248-4182 • [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)

**National Kidney Disease Education Program (NKDEP)**  
1-866-4 KIDNEY (1-866-454-3639) • [www.nkdep.nih.gov](http://www.nkdep.nih.gov)

**National Diabetes Education Program**  
1-888-693-NDEP (6337) • [www.ndep.nih.gov](http://www.ndep.nih.gov)

**National High Blood Pressure Education Program**  
1-301-592-8573 • [www.nhlbi.nih.gov/about/nhbpep](http://www.nhlbi.nih.gov/about/nhbpep)



U.S. Department of Health  
and Human Services

**NIDDK** NATIONAL INSTITUTE OF  
DIABETES AND DIGESTIVE  
AND KIDNEY DISEASES  
National Institutes of Health



The National Kidney Disease Education Program (NKDEP) encourages people to get tested for kidney disease and educates those with kidney disease and their health care providers about treatments that can help delay or prevent kidney failure. NKDEP is a program of the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health (NIH).

July 2010

## Purchased Referred Care Services Information

### (Formally known as Contract Health Services)

We would like to remind everyone of information that is important for your Purchased Referred Care (PRC) formally known as Contract Health Services (CHS).

If you do not have any medical insurance, it is required by PRC rules that you apply for alternate resources, for us that includes ProviderOne (Medicaid), even if you feel that you would not be eligible. PRC must show proof of acceptance or denial. You can make an appointment with Jaclyn Meyer at the front desk at Squaxin Island Health Clinic and she will help you get signed up with ProviderOne (Apple).

Even though you may already have a Primary Insurance such as Group Health Options, Medicare or First Choice, etc., you can still sign up for ProviderOne and you may be eligible, giving you Double Medical Coverage.

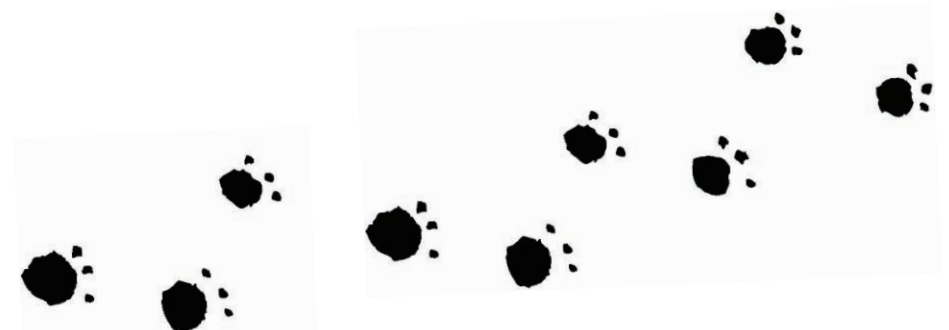
Another issue that has been brought to our attention is co-pays, deductibles, co-insurance and RX payments to Group Health. If you are seen at Group Health for any emergency, pregnancy or for care that cannot be obtained at our clinic, you will need to pay any out of pocket costs. We are unable to coordinate PRC benefits with Group Health, thus requiring you to pay instead of obtaining a purchase order. You may be eligible to have these out of pocket costs reimbursed. Once you have paid, submit the receipt to Tootsie at PRC in a timely manner. Once she has established if you are eligible, she will be able to submit a request to have you reimbursed for these out of pocket costs.

### Remember to call to get your Purchase Orders.

- If you are PRC eligible and you have an appointment, lab work or x-rays outside of our clinic, you must obtain a Purchase Order before your appointment.
- If our clinic makes arrangements for an appointment, it is still YOUR responsibility to obtain a Purchase Order.
- All Purchase Orders are for the date of the appointment only.
- If your appointment is Rescheduled or Cancelled, REMEMBER it is YOUR RESPONSIBILITY to call for a new Purchase Order.
- Also, it is wise to call ahead of time instead of on the day of your appointment.

You can get a Purchase Order from Tootsie by calling 360-432-3922.

You are always welcome to call Tootsie at 360-432-3922 if you have any questions about how PRC or what the rules and regulations are.







## Check out this Easy Hoodsport Trail

Submitted by Patty Suskin, Diabetes Coordinator - Very easy walking trail between Hoodsport and Lake Cushman. Two newly replaced footbridges span sleepy Dow Creek, as the trail loops between them, or ascends slightly for the longer loop. Of note-trails built by local 4-H members


Length: .5 and 1.5 mile loops  
Difficulty: Easy  
Topography: Alder & conifer forest; trail meanders along slopes straddling creek with two footbridges  
Trailhead: From Hoodsport, follow Highway 119 two miles to sign "Trail-head" on right"

Picnic tables and restroom at parking lot.  
Fee or Pass: None

See brochure with more trails at:  
[http://www.co.mason.wa.us/forms/parks/trails\\_map.pdf](http://www.co.mason.wa.us/forms/parks/trails_map.pdf)

<http://explorehoodcanal.com/Trails1.html>  
<http://explorehoodcanal.com/Trails2.html>  
<http://explorehoodcanal.com/Trails3.html>





**Tuesday,  
May 12th is  
WIC DAY at  
SPIPA**

**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

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



## Clinic Events

### Mammogram Clinic

June 30  
Contact Traci Lopeman  
360-432-3930

### Brief Community Walk

Every Thursday at 12:40 p.m.  
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  
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**

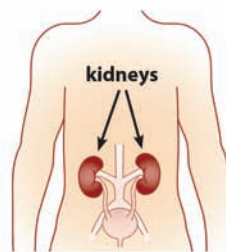
### Why should I be checked for kidney disease?

Diabetes and high blood pressure can damage the kidneys and lead to kidney disease. You need to get checked for kidney disease if you have one of these conditions. Here are some other reasons to get checked:

- Early kidney disease has no signs or symptoms. The only way to know if you have kidney disease is to get checked for it.
- Kidney disease often does not go away. It may get worse over time and can lead to kidney failure. You will need to go on dialysis or have a kidney transplant if your kidneys fail.
- Kidney disease can be treated. The sooner you know you have kidney disease, the sooner you can get treatment to help delay or prevent kidney failure. Treating kidney disease may also help prevent heart disease.

Diabetes and high blood pressure are not the only risk factors for kidney disease. You also should be checked if you have:

- cardiovascular (heart) disease, or
- a mother, father, sister, or brother with kidney failure.



You have two kidneys located near the middle of your back, just under your rib cage. Their main job is to filter wastes and extra water from the blood to make urine. Wastes can build up in the body when the kidneys are damaged.

### How will I be checked for kidney disease?

Two tests are used to check for kidney disease.

- A blood test checks your GFR, which tells how well your kidneys are filtering. GFR stands for glomerular filtration rate.
- A urine test checks for albumin. Albumin is a protein that can pass into the urine when the kidneys are damaged.

### FACT:

Good diabetes care is reducing the risk for kidney failure in Native American people with diabetes.





## 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

The Comprehensive Cancer Control Program is sponsoring 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 “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 June 15th. 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 June 15th for a chance to receive a gift and be entered into the grand prize raffle.

### Who can participate?

The Intertribal “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 four-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 weight. About 50% of all colon cancers could be prevented by following these healthy lifestyles.

Beginning May 3rd, 2015: Turn in completed tracking sheet by June 15th, 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](mailto:szephier@spipa.org)

## Check out Camp Bishop FREE FAMILY EVENT!

Submitted by Patty Suskin, Diabetes Coordinator - Come check out Camp Bishop on Sunday, May 31st 1:00 – 5:00 p.m. with your family & friends. This is a great opportunity to check out the facility, meet with staff and enjoy some fun camp activities.

Camp scholarships available.  
Camp Bishop  
1476 W. Lost Lake Rd.  
Shelton, WA 98584

Questions? Contact:  
April Heikkila  
Phone 360.581.9798  
Email: [aheikkila@ghymca.net](mailto:aheikkila@ghymca.net)  
[www.campbishop.org](http://www.campbishop.org)



## Low-fat game burgers

<http://a.msn.com/56/en-us/rhash2p42VnCKr3LtTJeCZ>

Submitted by Traci Lopeman, Women's Outreach Specialist

### INGREDIENTS

- 1 onion
- 1 small carrot
- 12oz (340g) ground venison
- 1/4 cup bulgar wheat, soaked then drained
- 4 tbsp chopped flat-leaf parsley
- 1 egg white
- sprinkling of black pepper
- sunflower oil

### PREPARATION

- Chop the onion and grate the carrot.
- Mix all ingredients - except oil - in a large bowl.
- Cover and refrigerate for one hour.
- Form mixture into four burgers, each one inch thick.
- Heat broiler.
- Brush each burger with oil
- Broil for 5–8 minutes on each side until brown.





## Spay and Neuter Myths & Facts

**Myth: It's healthier for my female to have a litter before I spay her.**

**FACT:** There is no medical evidence to substantiate any benefits to allowing a dog or cat to have a litter before spaying. In Fact, spaying female dogs and cats before their first heat is much easier on your pet. Smaller pets have less body fat, meaning less tissue trauma and less bleeding. Smaller pets need less anesthesia, meaning they will wake faster and in most cases are able to go home the same day. By spaying as early as possible you are being a responsible pet owner by not adding to the homeless pet population.

**Myth: My pet's behavior will change drastically.**

**FACT:** The only behavior changes you will see will be positive! Spaying and neutering your pet will eliminate hormonally influenced behaviors. Your female will avoid going into heat, meaning you won't have to deal with constant yowling, crying and nervous pacing. Your male pet will have decreased aggression and urges to mount furniture, other pets or people as well as a decreased desire to roam. Since your pet's number one priority will no longer be looking for a mate, they will have increased concentration and a longer attention span, making them a better companion. Your pets will also be cleaner since they will be spending less time looking for a mate and more time grooming.

**Myth: My dog won't protect me if I neuter him.**

**FACT:** A dog's personality is based mainly on his genetics and home life. His willingness to protect comes from being part of the family "pack." If anything, neutering your dog will make him less interested in roaming to look for a mate, thus focusing his energy on pleasing you.

**Myth: My pet will get fat, lazy and less attractive.**

**FACT:** Pets become fat and lazy most often because they are overfed and under-exercised. If your pet puts on weight it has nothing to do with the surgery. Cut calories and add in some playtime to keep your pet fit.

Keep in mind your pet may still be in the process of growing, especially if you take advantage of an early spay neuter procedure.

**Myth: My pet will mourn the loss of his/her ability to reproduce.**

**FACT:** Neither dogs nor cats reproduce to experience motherhood or fatherhood, but purely to protect the survival of their species. Your pet has no understanding or emotional attachment to parenting, sexuality, gender roles or reproduction.

**Myth: My dog/cat is an indoor-only pet so I don't need to spay/neuter.**

**FACT:** This is a common mistake. People only think of the reproductive ramifications of not fixing their pets. In addition to protecting your pet from pregnancy/impregnating should they escape your home, you are offering them a myriad of health and behavioral benefits as well including eliminating the risk of some cancers and decreasing the urge to roam for a mate.

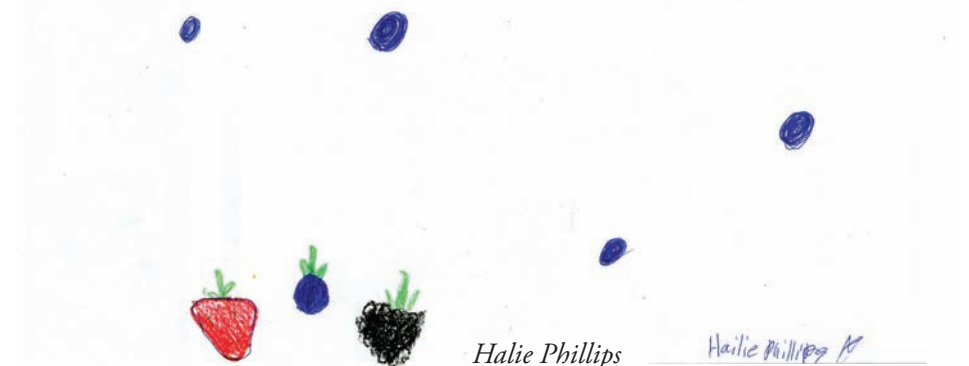
**Myth: Animals cannot be fixed until they are 6 months old.**

**FACT:** Spay/neuter procedures can be performed as early as eight weeks of age. Recovery is prompt especially for smaller pets; less body fat means less anesthesia, bleeding and tissue trauma. In most cases your pet can come home the same day.

If you cannot afford to have your pet spay or neuter and you are a Squaxin Tribal Member call Housing (360)432-3953. If funds are available RARE (Rez Animal Resources & Education) may be able to assist you with the procedure.



## Youth Environmental Art



### REASONS WHY YOU SHOULD HIRE A LEAD-SAFE CERTIFIED RENOVATION CONTRACTOR:

1. To help prevent learning disabilities
2. To help prevent behavior issues
3. To help prevent diminished motor skills
4. To help prevent lower intelligence
5. To help prevent hearing loss
6. To help prevent brain damage
7. To help prevent memory loss
8. To help prevent headaches

Today, there are over one million kids who have been poisoned by lead from old paint. Home repairs that create even a small amount of lead dust are enough to poison your child and put your family at risk. If you live in a home or apartment that was built before 1978, make sure you renovate right with a contractor that is Lead-Safe Certified in accordance with the new EPA guidelines for any renovation or repair project. They'll know how to protect your family.



To find a Lead-Safe Certified contractor in your area, visit [epa.gov/getlead-safe](http://epa.gov/getlead-safe) or call 800-424-LEAD.







## Happy Birthday

1  
Leo Eugene Henry

2  
Veronica May James  
Robert James Jones  
Julio M. Valencia

3  
Krystal Ivy Koenig  
David Larry Lewis  
Vernon C. Kenyon  
Kim Renee Cooper

4  
Brian Stuart Tobin  
Kenai Anthony James

5  
Ahree Kyla Allen  
Todd Loren Hagmann, Jr.  
Lauren M. Todd  
Payton John Lewis

6  
Justin Cruz Saenz-Garcia  
Sally A. Brownfield  
Jacqueline C. Smith  
Taylor Ray White  
Raven Rose Thomas

7  
Josiah Legend Perez  
Eric Bryant Castro  
Jaidon Israel Henderson

9  
Justin D. Johns  
Morningstar T. Green  
Takoda Noelani Tahkeal  
Jacob Donald Spezza  
Colleen Kaye Merriman

10  
Keven Wayde Harper  
Kassidy RP Whitener  
Breanna M. Peters

11  
Richard Jackson Johns, Jr.  
Jeromy Scott Meyer

12  
Janelle Malynn Krise

13  
Julie Merrae Owens

14  
Treyson Francis Spezza  
Marlene Kaye Anderson

16  
Celia Laureen Rosander

17  
Taylen M Powell  
Jaclyn Evasue Meyer  
Donna Mary Wood  
Bryan Alan Johnson  
Christi Jean Aguinaga

18  
Shawnee R. Kruger  
Marlene Kaye Castellane  
Wolf Deschain Slagle James

19  
Gary Lee Brownfield

20  
Jeffery Sherwood Kenyon

21  
Jennie Sasalle Martin  
Richard Collen Harper

22  
Richard Lee Monger, Jr.  
Carly Rose Yes-Chid Peters  
Tamatha Dionne Ford  
Melissa Rae Grant

23  
Theresa Lee Sanchez  
Levi Lee Sanchez III  
Tiffany Ann York  
Brandon Lee Kenyon  
Michael S. Ogden

24  
Alexandra Isabelle Thais Mirka  
Donald F. Hartwell

25  
Raymond Anthony Peters  
Spirit Rose Jones

26  
Mildred Irene Wagner  
Tyler Douglas Johns  
Craig Woodburn Parker

27  
Elsie Ada Quinn Thale  
Jeremyha Steven James

28  
Molly Troxler  
Donna Peratrovich  
Kurt Ellsworth Poste

29  
Jack Richard Selvidge

30  
Iladee King  
Mataya GE Stroud

31  
Melissa Ann Day  
Milah May Hawks  
Daniel Nmi Sigo  
Candace Lee Ehrhard  
Carol Marie Phipps

### What's Happening

AA & ALANON Every Thursday 7:30 p.m. in the Elders Building					1	2 <i>General Body Meeting</i>
3	4	5	6 Family Court	7 <i>Council Mtg.</i>	8	9
10 <i>Mothers Day</i>	11 <i>NA Day TC Closed</i>	12 <i>Mural Dedication</i> Criminal/Civil Court	13	14	15	16
17	18	19	20	21	22	23 <i>Waves of Perfection</i>
24/31	25 <i>Memorial Day TC Closed</i>	26 <i>Business Incubator Workshop</i> Criminal/Civil Court	27	28	29	30







## Who Is It? Answer from Page 3



**Marge Witcraft**



## Free Legal Services for Low Income Native Americans and Alaska Natives

### Do you have a non-criminal legal problem?

The **Native American Unit at Northwest Justice Project** provides free civil (non-criminal) legal services to eligible Native Americans and Alaska Natives who cannot afford a lawyer in Washington.

#### Legal issues include (among other things):

- Protecting Indian monies;
- Education – suspensions, special education;
- Child custody matters involving the Indian Child Welfare Act;
- Tribal housing;
- Trust land rights- leasing, rights of way, homeownership;
- Driver's license reinstatement;
- Estate Planning (wills) for Indian trust property owners;
- Indian Health Care and other tribal benefits;
- Tribal employment issues;

To find out if the Native American Unit can help you, please call.

- **In King County:** Call 2-1-1
- **For all other counties:** Call the CLEAR hotline at 1-888-201-1014. CLEAR phone lines are open from 9:15 a.m. – 12:15 p.m., Monday thru Friday.

#### What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.



## Welcome To Our World!



## Welcome Tseeka Myrtle Lee Ackerman!

Born to:  
John Ackerman and Morningstar Green

April 11 at 3:42 p.m.  
St Peter's Hospital  
8 lbs, 6oz  
20½ inches long

## With Love from Squaxin Island Elders Inc.



Thank you, former Vice Chair Herb Johns, blanketed in appreciation for your term of service!



Thank you, Lorna Gouin, outgoing Member at Large of Squaxin Island Elders Inc., blanketed in appreciation for your term of service!






**SAVE YOUR MONEY!**

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**ALL**

**"TRADITIONS"**

**\$32.49**

**Per Carton**

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**MUST SHOW TRIBAL MEMBERSHIP CARD**

(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)  
NOT INCLUDED IN MONTHLY SPECIALS



### 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 3 to 5 pm.* We're also available at the TANF office from 1:00 p.m. to 3:00 p.m. on the third Wednesday of the month.

Come see us and we'll walk you through all the confusion!



**Friday • May 22nd • 6:30pm**  
**Saturday • May 23rd • 11:45am & 4:30pm**  
**Sunday • May 24th • 4:30pm**  
**Early Bird specials at all sessions**

*Keep Daubing Games on 4:30pm & 6:30pm sessions*

**Wear red in honor of Mother's Day and receive a free Level 1 (3-on) with initial buy-in**

**Bring a friend and you'll both receive a free Level 1 (3-on) with initial buy-in**

**\$79 Special Room Rate for Bingo Participants**  
 See Keno for more details 1-800-667-7711  
 Must show Bingo Room Rate Coupon at time of check-in to receive special room rate  
 Customers can call in advance to book rooms  
 Must be 21 or older for Bingo Specials




LET US **ENTERTAIN** YOU!

**2015 COMING SOON**



**PAUL RODGERS**  
**THURS-MAY 28-8PM**  
**\$75-\$60-\$45**



**TRACE ADKINS**  
**IN CONCERT**  
**THURSDAY | JUNE 4 8PM**  
**TICKETS \$75 | \$60 | \$45**  
**TRACEADKINS.COM**



**DWIGHT YOAKAM**  
**SUNDAY, AUGUST 23RD**  
**\$75 | \$60 | \$45**

Doors open one hour prior to show time. Acts subject to change. See Players Club for more details.

FOR TICKETS VISIT THE BOX OFFICE, ONLINE, OR CALL 800-667-7711



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