

Congratulations Newly Elected Tribal Council Members



Arnold Cooper
Chair



Charlene Krise
Vice Chair



Steven Dorland
Secretary



Bev Hawks
Council Member



Dave Whitener Jr.
Council Member

Talking Circle working team

Talking Circle working team: if you are interested in being part of a working team to discuss the current talking circle process and potentially improve it, please let me know. I am looking for tribal member participation. Please contact Kris Peters at kpeters@squaxin.us, and include your name and contact information. A meeting time and place will be coordinated by Kris with the interested participants. Some potential topics of discussion include: location, frequency, seating arrangement, use of talking stick, who runs the meeting etc...

PRSR STD
U.S. POSTAGE
P A I D
SHELTON, WA
PERMIT NO. 96



Return Service Requested
10 SE Squaxin Lane, Shelton, WA 98584

Photo by Jennifer Motteler





Congratulations on Your Retirement David Lopeman!

Watch a video about David Lopeman at:

<https://www.youtube.com/watch?v=wkyLrF1nLZs&feature=youtu.be>

Squaxin Tribal Council member 29 of the last 35 years

18 years as Chairman

1980 - 1986	Council Member
1987 - 1995	Chairman
1999 - 2004	Chairman
2008 - 2016	Chairman



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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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:

ARNOLD COOPER: Chairman
CHARLENE KRISE: Vice Chairman
STEVEN DORLAND: Secretary
VICKI KRUGER: Treasurer
BEV HAWKS: 1st Council Member
DAVE WHITENER: 2nd Council Member
VINCE HENRY: 3rd Council Member

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



Stepping Stones and Youth Employment

Please note the deadline for applications and sign up's is June 5th.

SQUAXIN ISLAND TRIBE FIRST PUBLIC BUDGET HEARING

*June 1, 2017
4:30 p.m.
Council Chambers*

The Squaxin Island Tribe needs to hear from you. The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities. Come share your concerns, visions, and help set priorities for FY18 programs. 6:00 PM Dinner at the Elders Room will follow.

If you are unable to attend, please submit your input in writing.

If you need additional information, please contact a member of the Budget Commission. Those members are as follows:

Vicki Kruger, Council Treasurer
Kris Peters, Tribal Administrator
Deborah Stoehr, Chief Financial Officer
Patti Puhn, Director of Operations
Pam Hillstrom, Tribal Member
Carolyn Hoosier, Tribal Member
Rhonda Foster, Tribal Member, Alternate
Julie Owens, Tribal Member Alternate

Tribal Point of Contact:
Deborah Stoehr, Chief Financial Officer
Finance Department
(360) 432-3903
Posted from 5/25/17 to 6/1/17

SAVE THE DATE
Monday June 5th, 2017 | 10am

16th Annual MLRC Golf Tournament

Salish Cliffs GOLF CLUB | LITTLE CREEK CASINO RESORT

• • • • All proceeds benefit the Squaxin Island Museum Library and Research Center. • • • •

JUNE 23 | OPEN @6PM
EARLY BIRDS @8PM | SESSION @8:30PM

BINGO

DAUBIN IN THE DARK

OVER \$7,900 IN PAYOUTS

\$400 payouts for 4-ons | \$500 payouts for 6-ons
\$1,199 black out
with a \$500 lead up. Buy-in is \$50

Cocktail SPECIALS

LITTLE CREEK CASINO RESORT
LITTLECREEK.com

Live DJ Spinning at 7:30pm

Ages 21 and over only.

See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions!



Our Hearts are Broken ... Walking On ...



Herb Benjamin Johns Sr.

Herb Benjamin Johns, 82, was born on November 21st, 1934 and passed away on April 23rd, 2017. Herb was a member of the Squaxin Island Tribe and was the last tribal member to be born on Squaxin Island. Herb is the grandson of Dick Jackson and Sophia Jim Jackson. His parents are Del Johns Sr. and Eliza Tobin Johns.

He served as a member of the Squaxin Island Tribal Council from 1996 - 2001.

Herb spent the majority of his life in the Kamilche area where he served many professions. He worked for Olympia Oyster Company (where he broadened his knowledge in shellfish farming and processing), worked as a Squaxin Island Police Officer, became the head manager for Hartstene Island Oyster Company, and spent many years as a Security Officer for Island Enterprises, Inc. Herb worked security until his health forced him to retire.

Herb was very instrumental in restoration of the Lushootseed language for the Squaxin Island Tribe.

Herb had many hobbies. It was normal to find him collecting, trading, building, and selling boats or cars. He enjoyed carving, weaving, beading, and making drums as well. Herb was never

afraid to admit that he was a sucker for food and trying new dishes.

As a Squaxin Island Tribal member, Herb Johns exercised his treaty harvesting rights with a passion. He was an avid commercial salmon fisherman, Manila clam harvester, net builder, and, most importantly, loved spending time on the Salish Sea with his family.

Herb Benjamin Johns is survived by his beloved wife; Shari Johns; his children, Sarah Eliza (Babydoll) Johns, Ruthie Whitener, Tiana Henry (granddaughter), and Rachel Mae Naranjo (granddaughter); his stepchildren, Elizabeth Yeahquo, Ila (Dee) King, Sonny (David) Johns, Isaac Johns, Steven Kinzner, William Kinzner, and Corrie Cruz; numerous nieces, nephews, and grandchildren; and all his faithful and best friends.

He was preceded in death by his first wife, Sarah Miller Johns; son, Herbert (Doe) Johns; stepdaughter Charlene Cooper; brothers, Lloyd Johns, Harry Johns, Richard Johns, Del Johns; and sisters Mary Johns and Ida Cooper.



Social Security Disability

If you have been denied Social Security Benefits because you receive a "Per Capita" distribution or other Tribal assistance please contact Diane at the Squaxin Legal Department for assistance.
(360) 432-1771 ext 0



Louis "Mike" Davis

Louis "Mike" Davis, 87, passed away in Olympia on April 29 of natural causes.

He was born October 2, 1929 in Philadelphia, MS.

He served from 1945-1957 in the U.S. Army as a drill sergeant.

He married Rose Cooper on February 10, 2010 at Squaxin. His previous marriage was to Shirley Cultee, who passed away in 2008.

Louis worked for 35 years for Simpson Timber Co., and as a traveling missionary for the 1910 Indian Shaker Church.

He loved reading, playing baseball and other sports, fishing in Humptulips, traveling, yard work, and spending time with his dog, "George."

He helped build the Skokomish Church and dining hall.

He loved the Indian Shaker Church and reading Western books. His favorite saying was, "If you're a minute late to church, you miss the boat." He had a wonderful sense of humor.

He will be greatly missed.



He is survived by his wife, Rose Ann Davis; son, Gene Davis; stepchildren, Marcella Cooper, Angelo Rivera, Veronica James, Carmen Algea, Tony Rivera, Juanita Algea, Lydia Trinidad; son-in-law Marty Trinidad; his dog, "George;" and numerous nieces, nephews, grandchildren and great-grandchildren.



SKOOKUM CREEK
TOBACCO
FACTORY OUTLET STORE

SQUAXIN ISLAND TRIBAL MEMBERS

The FACTORY OUTLET STORE now offers:

**\$10.00
DISCOUNTS
EVERY CARTON
EVERY DAY!**

We will continue to run our "SPECIALS" several times thru out the year
Watch for them in the Klah-Che-Min and DAILY SCOOP

Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD



New Employees



Marcella Cooper **iASAP Assistant**

Hi, I am an enrolled Squaxin Island tribal member and the mother to one beautiful daughter, Madeena. and four sons, Joseph, Mario, Eric and Raymond.

As you can see, I am from the Cooper (Kopul) family. My mother is Rose Davis and my grandparents were Buddy Cooper and Estella Teo Cooper. I have lived here on the Reservation for most of my life.

I have 18 years of experience working with the Family Services programs for the Tribe.

I am very happy to have been chosen to be the iASAP Program Assistant for the Squaxin Island Family Services Department. It sure feels good to be working with the great team again. I enjoy working with people and helping out with whatever is needed if I can. That is what part of my new position is about - helping people strive towards success in every day challenges in life.

I look forward to seeing you if you happen to drop by the Family Services Department to say hi or talk. My door is always open to listen or even call. I will make myself available if I can. Thank you. It's an honor for me to be part of starting up this new iASAP program for the Tribe.



Mayling Anderson **Financial Specialist 1**

Hi, I have been hired as Financial Specialist 1.

My family and I recently relocated from Las Vegas, NV to the Olympia area to offer our daughter an opportunity to grow up in a more family friendly environment and, additionally, to escape the 115 degree weather. I worked for Caesars Entertainment for 10 years holding several positions, mainly in the administrative sector. I obtained by Bachelor of Science in Accounting from the University of Phoenix in 2015.

I am excited about learning about Accounts Receivable since I have not had much experience in it. I am also excited to learn about the Tribe's culture, since I am an "outside" looking in. It is definitely new and fascinating in my point of view.

I look forward to learning more about the Squaxin Island Tribe. Thus far, I have only heard the best about the employees here. I am so happy to have been offered the opportunity to join the



Dakodah Vigil **Fish Tech 1**

Hi, I have been hired as a Fish Tech 1 and I want to say I am very grateful for this opportunity. I am grateful for this job, the great co-workers and I love being outside. So thank you very much!



Lyssa Weir **ICW Case Aide**

My name is Lyssa Wier and I am the new ICW Case Aide.

I recently moved back to Shelton, Washington after living in Texas for almost 15 years. My parents are Jim and Theresa Davis. I am a part of the Cooper family. I have two kids, a son named AJ, who is 9 and a daughter named Gracie, who is 4. I have been married for almost 4 years.

I am currently going to school for my bachelor's degree in Criminal Justice with a concentration in Human Services. I should be graduating in the next year or so.

I am excited to be a part of the ICW team. It's a career path I have always wanted to be in and I am looking forward to learning more as I go.

I am so glad to be back home in Washington! I cannot wait to see everyone and get to know everyone all over again!!

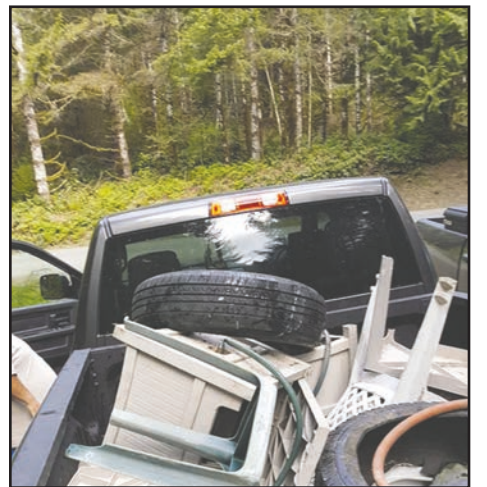


Happy Fathers Day Dads!!!



May 10th, 2017- Another successful woods cleanup

Most of the trash was located at the entrance of the gates. Our hunters are doing a great job keeping the woods clean. Thank you Skookum Creek Tobacco staff, Squaxin Law Enforcement, and Squaxin NR staff for the help today.





Afterschool Activity Program News

Jerilynn Vail-Powell - It's that time of year to start preparing for summer vacation and Summer Rec! We have our calendar and registration forms ready for families. Please bring the completed registration forms over to the TLC. All youth will need an updated registration form prior to starting on their first day. If we have any parents or community members interested in volunteering this summer, we have a quick volunteer background check to be completed prior to helping out. We could use help on occasional field trips, if you have a special talent to share with the youth or just want to spend a few hours playing with youth.

For the 2017 Summer Rec Program:

- Summer Rec dates add an extra week this year, running July 5 – August 18.
- Summer Rec hours match the tribal office hours this year, going 7:30-4:00.
- Please watch out for youth - many are walking to and from the gym this summer.

Higher Education Update

Mandy Valley - Don't forget to turn your final grades and any receipts from spring quarter/semester in by June 16th. If you are planning to apply to the Squaxin Island Education Commission for Higher Education Financial Aid, completed packets are due August 4th. New and returning students will need to complete the packet for the 2017 fall quarter/semester. Packets are available now and can be picked up at the Education Department, Monday thru Friday, between 7:30-4:30. If you have any questions or need assistance please don't hesitate to ask.

GED and Homework Help

Jamie Burris - GED instruction is on summer hours beginning in July. I will be here Monday, Tuesday and Wednesday mornings from 9 – noon for any GED support. Please note that I will also be helping with high school students at that time. For more information about the GED, check online at www.ged.com or please contact me at jburris@mcclary.wednet.edu.

Education Liaison News

Peggy Peters - "Build a Better World" is a new Timberland Regional Library Summer 2017 Reading Program. Join this summer online reading program on June 1st. This fun reading program is open to all ages: pre-K, elementary through high school, and adults. For youth who sign up and log 400 minutes of reading or literacy activities,

they can earn a free book or coupons from Papa Murphy's, Northwest Trek, the Point Defiance Zoo, and the Hands On Children's Museum.

You can do any of these activities to count towards your 400 minutes: read books, listen to an audiobook, play a board game, tell a story, take a nature walk, draw a picture, go to a library event, dance or write a story. You can track all your activities on-line. For more information call 1-800-562-6022 or go to www.TRL.org.

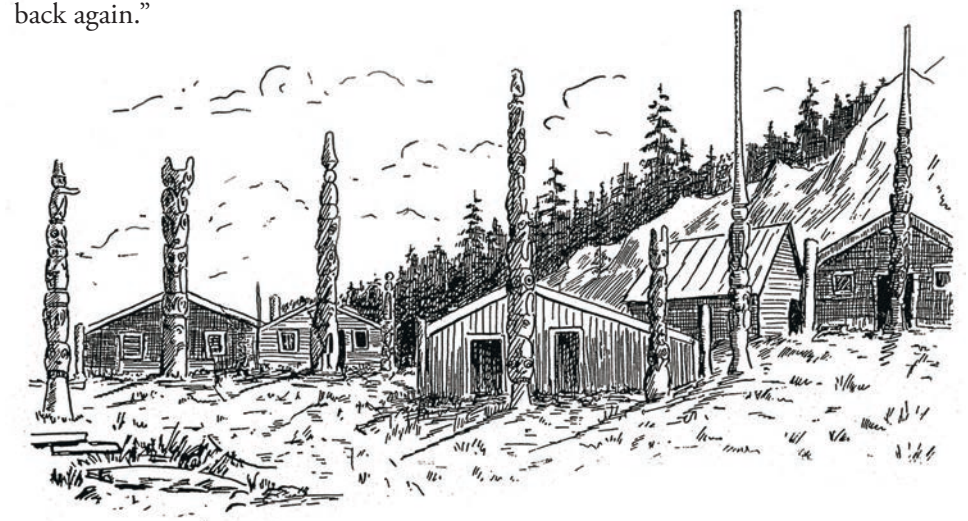
Tutor News

Lynice May- On April 24, 25, and 26, Squaxin Island Tribe hosted our second annual Field Trip Experience for all the first graders in the Shelton School District, at our beautiful Arcadia Point beach location. Though we didn't get the warm sunny days we did last year, the children from Evergreen, Bordeaux, and Mountain View Elementary had an exciting educational experience.

Peggy Peters of the Squaxin Island Education Department and climate scientist Candace Penn from our Natural Resource Department planned this event, which included three exploration stations and a traditional story-telling station.

Squaxin Island elders, Paula Henry and Peggy Peters, captured the children's attention with traditional Native American tales. Candace Penn instructed and guided students visiting our Touch Tank Station as they learned, touched, and some brave souls even held, indigenous sea creatures like moon snails, starfish, and sea anemones. Squaxin Island tutor Lynice May led the Beach Discovery Station on the shore, where the children searched for everything from barnacles to beach rocks, boat ramps to birds, and shells to seals. This year, we were pleased to be joined by South Sound Estuarium who hosted a learning station. At the Estuary Station Taisha McFall, Brett Larson, Paula Croft, and Bob Wharton used a 3-D estuary model to teach water flow and the importance of maintaining the health of our estuaries. We'd like to give a special shout out to Squaxin Island Tutor Lynn White who joined us this year and kept our groups of children moving smoothly among learning stations.

A good time was had by all. One student, Aleigha, said, "My favorite thing was holding the big orange starfish at the touch pools, and my other favorite part was finding the baby crabs on the beach." Another student, Trinity, said, "I liked the beach discovery because I like to find things." Teachers gave positive feedback too - a teacher from Bordeaux Elementary said, "I thought the field experience went phenomenally. The kids were engaged, and the presenters were all well prepared. I hope that our students next year can have the same experience because I want to go back again."





Touch tank station



Exploring the beach



Wise ways for water ways



Squaxin Youth Education, Recreation and Activities June 2017 Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3957 (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 Crafty Kitchen: 5-6pm	2 SSD- 1.5 HR ER Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Open Gym: 1:30-6pm Open Swim: 5-8pm
5 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	6 Rec Rm: 3-6pm Culture Night: 5-6pm Open Gym: 3-6pm	7 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Father's Day Doughnuts 6-7pm Open Gym: 2:30-6pm Open Swim: 3-6pm	8 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm	9 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-6pm Open Swim: 5-8pm
12 WHL-ER @ Noon Rec Rm: 1-6pm Bully Prevention: 5-6pm Open Gym: 1-6pm Open Swim: 3-6pm	13 WHL-ER @ Noon Rec Rm: 1-6pm Culture Night: 5-6pm Open Gym: 1-6pm	14 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	15 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm	16 GSD- Last Day Sgwi-gwi No After-School Activities

June 19-23, 2017

Afterschool Program is closed while we prepare for the Summer Rec Program to begin July 5th.

June 26-30, 2017

Orientation Week for the new 2017 Summer Rec staff.

After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	I.T.L. – Inter-Tribal League B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade
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Learning about estuary health



Everyone is a star in the touch tank



Paula Henry hold their attention with traditional stories



JUNE



Teen Program

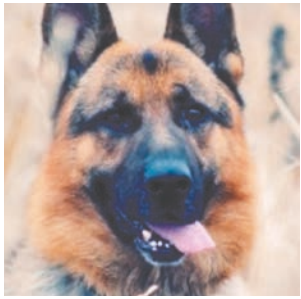
Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Youth Council 5:00-6:00	2 Teen night Tbd 7pm
5 Native Skills 3:00-6:00	6 Craft Class 3:00-5:00 Drum Group 5-7	7 DIY project DAY 3-6pm	8 Youth Council 5:00-6:00	9 Game day
12 Native Skills 3:00-6:00	13 Craft Class 3:00-5:00 Drum Group 5-7	14 DIY project DAY 3-6pm	15 REAL TALK 4:00-5:00 Youth Council 5:00-6:00	16 Sgwi-gwi 17 Zip line Camping trip
18 Zip line Camping Trip 19 Native Skills 3:00-6:00	20 Last day of school !!!	21 Trip to squaxin island Times to be announced	22 Wild Waves 11am-6pm	23 Teen center closed
26	27	28	29	30 Teen center closed
Native Youth Wellness Warrior Camp- Grand Ronde OR				



Brushing Your Dog



By dogtime - Although dogs do a lot to keep their coats neat and clean, they need your help with tasks that require opposable thumbs, such as brushing.

Regular brushing removes excess hair from your dog's coat, and cuts down significantly on the amount of hair you have to deal with on your furniture, car, and your favorite black pants. It also helps distribute the natural oils in your dog's fur and skin, keeping her coat healthy and looking its best.

Brushing is also a great way to check your dog's health. While you brush, look at the condition of her coat. Is it matted or tangled? Dry or oily? Also look for lumps, ticks, fleas, hair mats, cuts, and anything that looks unusual.

As she ages, she'll get a few more bumps and lumps all over. On the off chance one of those lumps isn't harmless, it's better to discover it sooner rather than later.

Brushing basics

Brushing really is pretty basic. You just need to understand the type of coat your dog has and that determines how often you need to brush and what type of brush to use.

- Long-haired breeds, such as Collies and Tibetan Terriers, need to be brushed weekly, sometimes more often if the coat seems particularly tangled. A pin brush is a good choice for these breeds, because its bent-wire bristles grip the undercoat and remove loose hairs without causing pain. It can also get down to the skin. Start close to the skin and brush away from it. Use a comb to tease out any mats.
- Short-coated dogs, such as Labrador Retrievers and Greyhounds, don't need frequent brushing because their hair doesn't mat and tangle easily. Still, you may want to brush them every couple of weeks to remove loose hair. Use a rubber brush or hound glove, which will help bring dirt and loose hair to the surface. (The gloves fit over your hand—your dog will think you're petting her and won't suspect you're actually brushing.) If you prefer a conventional brush, short coats can take a stiff natural-bristle brush or a soft slicker brush, which has little bent-metal pins in it. Follow up with a soft-bristle brush, which helps distribute the hair's natural oils. It will feel so good she'll go right out and roll in the dirt.
- Short, wiry breeds, such as Dachshunds and most Terriers, need a slicker brush, followed by a once-over with a metal comb. A stripping knife will remove the dead hair in the undercoat. Have someone knowledgeable show you how to use one first. If the coat has mats, work those out first.

How to brush your dog

- Brush down and out, away from the dog's skin. Always brush in the direction the coat grows; dogs don't like to be brushed backwards.
- Be gentle or you may damage your dog's coat by pulling and stretching hairs until they tangle and break. Take the time to untangle any snarls just as you would if your comb got stuck in your child's hair.
- If you encounter mats, apply a coat conditioner or mat spray and leave it on for several minutes. Then use a wide-toothed comb or a mat-splitting tool to get through the tangle. Mats can get close to a dog's skin and removing them can be painful, so proceed carefully. You can cut out mats with scissors, but be careful you don't end up at the vet's for stitches; it happens more often than you'd think. If you just can't get a mat out, take your dog to a groomer, who will probably shave the area.

When to go with the pros

While it's true you don't need a pro to brush your dog, there's no shame in taking your dog to a groomer; they're in the business for good reason.

You know how you can never get your hair to look as good as your stylist does? Well, the same is true for your dog. Besides some level of skill is called for if your dog's coat tends to get matted. And if your dog really doesn't enjoy her beauty routine, you'll find that experienced groomers are good at sweet-talking even the most scaredy-cat dog into relaxing, at least a little. Bottom line: Brushing is an essential part of a good grooming routine and will help keep your dog's coat healthy and looking good. It's easy to do yourself, but you'll need a few tools and techniques to do the job right.

From Gus, the doggie guy.



The joy of learning



Moon snails and other sea life

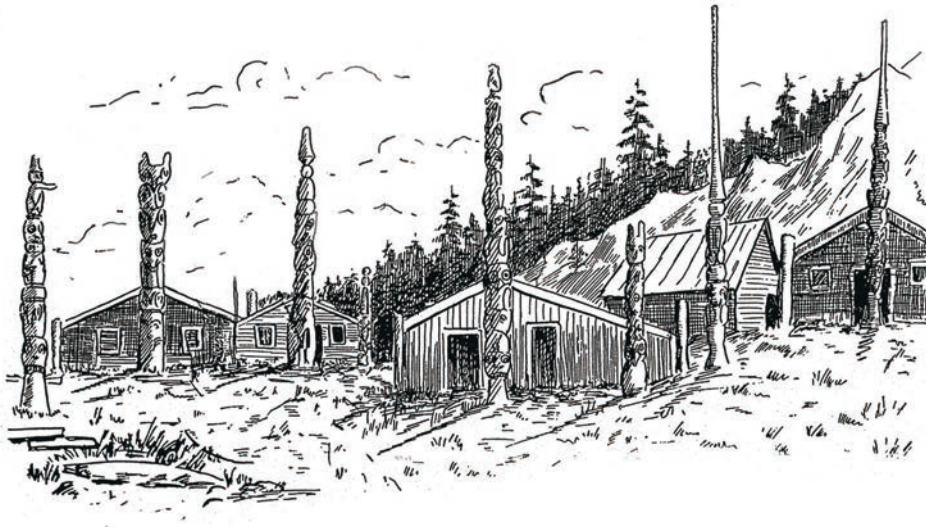


A brief, beautiful sunbreak at Arcadia beach





FAMILY SERVICES



A Squaxin Island TANF Sponsored Event at Family Services.

HIGH SCHOOL 21 + PROGRAM

When: Weekly Tuesday & Thursday 8:30 am to 11:30 am

Who Should Attend: Community Adults ages 21 years and older that want to earn credit for knowledge gained from work and life experiences while tailoring an educational plan to fill gaps. Adults that want their high school diploma and are interested in a competency-based high school diploma with education geared toward transitioning into college & career programs.

Experiences might include GED tests after 2014, internships, certifications/special licenses, being a parent, fishing, participation in drug/alcohol treatment, sports, cultural events, the list is endless.

To Begin contact Shannon Bruff to obtain your High School transcripts. Shannon Bruff, (360) 432-3961, sbruff@squaxin.us



Thanks to SPSCC, Shanon Millman, and the students hard work, We already have three students graduated!
Squaxin Island TANF

SHANON MILLMAN
Come in and meet our teacher.

Please Join Us
Building Strong Families Through Culture
BSFTC
Community Kitchen
Tuesday's
3:00 to 5:00 pm

For the Formation and Maintenance of Two-Parent Families and the Prevention of Out-Of-Wedlock Pregnancies.

- Can you teach a craft?
- Are you a weaver?
- Can you do beadwork?
- Can you make drums?
- Do you know how to sew?
- Do you have experience cooking for a large group of people?

TANF NEEDS:
YOU

Contact: Shannon Bruff
Phone: (360) 432-3961
Email: sbruff@squaxin.us

If you are interested in teaching a craft class for Building Strong Families through Culture submit an outline of your experience and areas of interest.

* Please note classes take place every Tuesday from 3:00-5:00 pm



Exercise is key for people with diabetes

Submitted by Patty Suskin, Diabetes Coordinator

Source: Providence Vital Signs Spring 2017

If you live with diabetes, you know the importance of managing the disease with proper diet and taking any medications that your doctor prescribed. But, did you know that regular exercise also helps?

For Type 2 diabetes, exercise is invisible insulin; exercise acts like insulin to help keep your blood sugars down.

According to a joint statement from the American Diabetes Association and the American College of Sports Medicine, regular physical activity can improve blood glucose control and delay or prevent Type 2 diabetes. Both aerobic exercise and resistance training help improve insulin function.

Start small

The goal is to become more active. Aim to get 30 minutes of moderate physical activity each day. You don't have to do it all at once; work on getting exercise throughout the day, such as in two 15-minute increments.

If you are new to regular exercise, start by making small changes like taking the stairs, walking during lunch or a coffee break, parking farther away, and increasing the tempo while you do housework or gardening.

Consider setting yourself some small, incremental goals.

Social Support

Social support can also help get you moving, especially after the first few weeks when motivation can dip. Having a workout partner, attending group classes or having a personal trainer can make exercising more fun and help you achieve your goals.

Be Prepared

Before you exercise, check your blood sugar and be sure to pack a snack with you. Know the symptoms of low blood sugar and have your snack if you start having any of the warning signs. As a precaution, wear your medical ID and stay hydrated.

If you need help with ideas, contact Patty Suskin, Diabetes Coordinator 360.432.3929 or psuskin@squaxin.us



June is Cataract Awareness Month

Submitted by Patty Suskin, Diabetes Coordinator

Questions and answers about cataracts

Did you know anyone can get cataracts? Cataracts can affect anyone! Although most people do not show symptoms of cataracts until at least the age of 40, cataracts can also affect young adults or even children. Heredity, disease, eye injury and smoking could cause cataracts to develop at an earlier age.

Can you can prevent cataracts?

There is no proven way to prevent age-related cataracts. However, choosing a healthy lifestyle can slow the progression of cataracts.

Some ways to delay the progression of cataracts include:

- Avoiding smoking
(your risk can be reduced if you quit smoking)
- Reducing exposure to UV rays by wearing UV blocking sunglasses
- Eating healthy foods
- Wearing proper eye protection to avoid injury

Eating meals rich in fruits, vegetables and whole grains can benefit not only your heart but also your eyes. Your eyes and heart both rely on arteries throughout the body for oxygen and nutrition, keeping your arteries healthy will help your eyes in the long run.

Keep your eyes in good condition by incorporating these foods into your diet, your heart and your eyes will thank you.

- Vitamin C
Red berries, kiwi, red and green bell peppers, tomatoes, broccoli, spinach, citrus fruits and guava.
- Vitamin E
Green leafy vegetables, sweet potatoes, avocados
- Vitamin A and Beta Carotene
Carrots, sweet potatoes, squash, cantaloupe and leafy green vegetables.
- Lutein and Zeaxanthin
Kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, peas and Brussels sprouts
(Source: New York Department of Health)

<http://yoursightmatters.com/june-cataract-awareness-month>



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:
Patty Suskin 360 462-3224
or
Debbie Gardipee-Reyes 360 462-3227, gardipee@spipa.org

Tuesday, June 13
is
WIC DAY at SPIPA





How Do I Raise My Toddler to Eat Healthy?

Part 3 of 3

Kids can be fussy about what they eat. Here are things you can do to teach your child to behave well at the table:

1. Do your jobs with feeding and let your child do theirs :

- You decide *what*, *when* and *where* your child gets to eat.
- He decides *how much* and *whether* he eats— of what you make.

2. Be child-friendly, eg provide small amounts of finger foods, but don't fix something different for them.

3. Have the time at the table be pleasant. Include him in the conversation.

4. Teach him to turn down food politely— to say “ yes, please” and “no, thank you”.

5. Give him encouragement: “ You can find something to eat from what we're serving. You don't have to eat if you don't want to .There'll be more food at the next meal or snack.”

6. Avoid labeling your child as a “picky eater”; instead, say they are l“earning to like” certain foods.

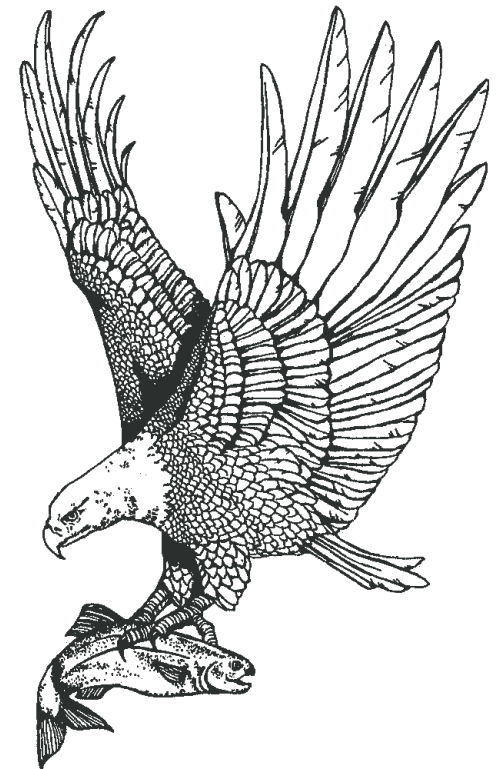
7. Be a good role model. Try new foods yourself. Describe their taste, texture, and smell to your child. Your child is most hungry at the start of the meal, so offer new foods first.

8. Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It often takes a dozen tries for a child to accept a new food.



Sources for this page: www.ellynsatter.com, <http://www.mayoclinic.org> & choosemyplate.gov

To schedule an appt for SPIPA WIC,
call & leave a message at 360.462.3224



New Contact Person for Purchase Orders for Medical Care

Hi, I'm Jaclyn Meyer. Many of you may know me as the Receptionist at the clinic.

I have moved to the PRC (Purchased Referral Care) position, which involves providing purchase orders for medical care. So far, I'm really enjoying it.

Please contact me for purchase orders or if you have any questions on how PRC works.

I am here to help you get the medical care you need and look forward to hearing from you.

360.432.3922



**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**

Shift to Healthier Food & Beverage Choices



Here's some good news: Eating healthier doesn't mean you have to give up all the foods you love. It doesn't have to be confusing or complicated either. **The 2015–2020 Dietary Guidelines has a better approach—make small shifts in the foods you eat. Here's how to do it.**

What Are Healthy *Shifts*?

It's simple. When you can, **swap out a food or ingredient for a healthier option.** For example, you could:



Shift from whole milk to low-fat milk in your breakfast cereal



Shift from soda with added sugars to water during lunch



Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner

How Will Making *Shifts* Help?

- Healthy eating patterns can help prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
- Shifting to healthier choices doesn't mean you have to change your whole eating pattern. Shifts can be easier to stick with over time—you're just making small changes to the way you're already eating.

About half of all American adults have one or more chronic diseases—and they're often related to eating a poor quality diet.

Make *Shifts* Throughout the Day

You have a chance to make a healthier choice whenever you:

- Open your fridge for a snack
- Shop in the grocery store
- Stand at a vending machine
- Pack a lunch
- Look at a menu in a restaurant
- Cook a favorite recipe

Take advantage of these everyday opportunities to make a shift. Everything you eat and drink matters. Over time, little changes in the foods and drinks you choose can have big health benefits.

New Season = Fresh Start Tobacco Cessation Support Groups and Classes

Noon in Health Promotion or Food Bank Building

Wednesdays — 12 Noon to 1:00 PM

Thursdays — 12 Noon to 1 PM

Teens — Drop In Center
Health Promotions Building

Mondays — 3:30 PM

Tuesdays — 3:30 PM

Wednesdays — 3:30 PM

For more information, please contact Bobbie Bush, 360-432-3933, or email bbush@squaxin.us. If you plan on attending any of these meetings, please call me so I can plan the meals accordingly. One on one appointments are also available. Thank you.

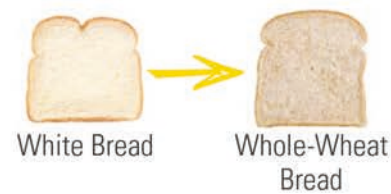


HEALTH CLINIC



Try Out These *Shifts*

The *Dietary Guidelines* has key recommendations for how we can all improve our eating patterns. The shifts below will help you stay on track.



How to Eat More Whole Grains:

- Choose whole-wheat bread instead of white
- Have popcorn for a snack instead of potato chips (just leave out the butter)



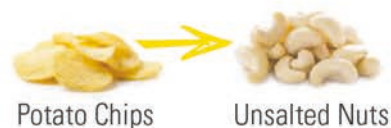
How to Cut Down on Saturated Fats:

- Twice a week, have seafood instead of fatty cuts of meat for dinner
- When you're making chili or stew, reduce the amount of meat and add more beans and vegetables



How to Cut Down on Added Sugars:

- Give your kids 100% juice or water instead of fruit punch
- Have a homemade fruit smoothie instead of ice cream



How to Cut Down on Sodium (Salt):

- Switch to unsalted nuts
- Shift from regular canned soups to low-sodium



How to Use Oils Instead of Solid Fats:

- Dip your whole-wheat bread in olive oil instead of spreading on butter
- Choose an oil-based salad dressing instead of cream-based

What *Shift* Will You Make Today?

Want to learn more about shifts and how to find a healthy eating pattern that works for your family? Check out ChooseMyPlate.gov, which has more information from the *Dietary Guidelines*, online tools, recipes, and more.



2015-2020 Dietary Guidelines for Americans — *Shift* to Healthier Food & Beverage Choices — Page 2
March, 2016

SQUAXIN TRIBE'S 2017 MAMMOGRAM CLINIC DATES



Tuesday, March 28th
Wednesday, May 31st
Thursday, June 29th
Tuesday, August 29th
Wednesday, September 27th
Tuesday, October 24th
Tuesday, December 19th



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

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

To schedule an appointment or if you have any questions regarding your eligibility please contact Traci Lopeman at (360) 432-3930.



National Breast and Cervical
Cancer Early Detection Program



susan g.
komen.
PUGET SOUND



Squaxin Island



Health Promotions

Spring Into Summer Wellness

At The
Community Kitchen

Dinner Served

Wednesday

June 14, 2017

4:30 PM to 7:00 PM

5 PM—Cancer Prevention Pre-Assessment
6:45 PM—Cancer Prevention Post-Assessment
A. Diabetes Screening — 4:30 to 5:30 PM
B. Blood Pressure Checks — On Going
C. Tobacco Cessation-BINGO — 6:30 PM
D. Family Wellness —
5210 for Diabetes Prevention Sign Up

Health & Wellness
Education



RETHINK YOUR DRINK CHOOSE WATER OVER SUGARY DRINKS

Did you know? Soft drinks and sugary beverages increase the risk of type 2 diabetes, heart disease, and other chronic conditions such as unwanted weight gain. (<https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/soft-drinks-and-disease/>)



<http://www.recipesnubs.com/hydrating-fruit-infused-water/35451>

Infused water can generally be any type of fruit, vegetable or herb immersed in cold water. Infusing water with the essence of fruits, herbs, and other botanicals helps you drink plenty of liquids without the downside of excess calories, sugars, and artificial flavorings. Choose alternatives to start making healthier choices.

The 5210 Get Up and Go Challenge has been a great tool to help people become more aware of their daily habits. Tracker sheets are used to keep track of fruit and vegetable consumption, exercise, screen time, and no sugary drinks. Part of this challenge is to increase water intake while eliminating soda pop and other unhealthy drinks from your diet.



Every Day!

- 5** or more fruits and vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/computer out of the bedroom. No screen time under the age of two.

Need to Know Hepatitis

B



HEPATITIS PREVENTION IN NATIVE COMMUNITIES

What is Hepatitis B?

Hepatitis B is a serious infection that affects the liver. It is caused by the hepatitis B virus (HBV). Hepatitis B can lead to liver damage (cirrhosis), liver cancer and death.

How does it spread?

Hepatitis B virus is easily spread through contact with blood or other body fluids of an infected person.

Why get vaccinated?

Hepatitis B vaccine gives long term protection from hepatitis B, and the serious consequences of a hepatitis B infection, including liver cancer and cirrhosis.

The Hep B virus can live up to 7 days on a contaminated object.

Who should get vaccinated?

Since 1991, it has been recommended that all children get vaccinated for hepatitis B at birth. All unvaccinated adults at risk for hepatitis B infection should be vaccinated. ***This includes people under 60 years of age with diabetes.***

All unvaccinated adults who should be vaccinated include:

- ☒ **People under 60 years of age with diabetes**
- ☒ Partners of people with hepatitis B infection
- ☒ People with chronic liver or kidney disease
- ☒ People with jobs that expose them to human blood or other body fluids

**Talk to your doctor
about whether you should be
vaccinated for hepatitis B**



©2016 Hepatitis Prevention Project
Developed in partnership with
Squaxin Island Tribal Health
South Puget Intertribal Planning Agency's
Comprehensive Cancer Control Program &
Native JourneyWoman





June Happy Birthdays

1
Alexandrea Julia Cooper-Lewis
Alonzo Johnny Grant
Jenene Joy Miller
Kenai Alexander Blueback

2
Zachary Stuhqayo Johns

3
Francis Peterson
Jayde Christina Jewell Smith
Rocky Lane Bloomfield
Tyrone Jade Krise

4
James Patrick Sen
Malachi Richard Jean Johns
Victoria Skye Rodriguez
Wendy Michelle Harding

5
Debra Kay Tennis
Emily L. D. Whitener
Julie Goodwin

6
Alyana Rose Van Horn
Dominique Rosalee McFarlane

7
David Brian Elam
David Merle Krise
Kim Lindy Olson
Randall Gavin Aldrich
Trisha Rae Blueback

8
Elizabeth Marie Seymour
John Daniel Snyder
Lori M. Hoskins
Paula Swan Krise

9
George William Sumner
Julie Rose Van Horn
Kimberly R Peterson
Laken Nicole Gray
Pamela Sue Hillstrom

10
Brandy Nicollette D'Angelo
Tamie Jo Rioux

11
Alex C. Ehler

12
Brandon Michael Greenwood

13
Teresa Lynn Ford

14
Ana Marie Pinon
Janette Melody Sigo
Stephanie Lynne Tompkins

15
Casey E. Brown
Kylind M. Powell

16
Andre Maxwell Roberts
Andrew Ernest Sigo
Dorothy May Nelson
Kristin Robin Penn
Trent Anthony Brown
Yvonne Joy Bell

17
Heather Marie Perez
Jackson Louis Cruz
Kevin M. Bloomfield
Ronald John Whitener

18
Armonie Rose McFarlane
Daniel F. Napoleon
Kamela Lee Smith
Tasha Racquelle Rodriguez

19
Aiyana Grace Whitener
Andrea Marie Sigo
Jacob D. Johns
Nicholas S. Armas
Thomas L Farron
Vicki Lee Kruger

20
Donald Edwin Whitener
Eugene Edward Galos
Jason Two Feather Longshore
Shelby N. Todd
Verna Beverly Henry, II

21
Beau Michael Henry
Jaime Charles McFarlane
Kyleigh May Peterson
Laurinda P. Thomas
Rodney Louis Schuffenhauer
Wynn Dale Clementson

22
Alexander James Smith
Monica Eileen Nerney
Rose Marie Henry

23
Tamika Sharon Green

24
Abigail Harleem Reinhart
Christopher David Cain

25
Beau Michael Henry, Jr.
Joanne Faye Decicio
Katherine Elizabeth Smith

26
Andrew St. John Barker
Arthur Richard Pleines
Candace Dani Sumner

27
Geraldine Elizabeth Bell
Robert Lee Cooper

28
Charles Eugene Bloomfield, Jr.
Hurricane Lucinda James
Jeremiah Jack George

29
Fleet Thunder Sky Johns
Jessica Leona Cruz
Judah Krise Thale
Kaitlyn Makenzie Burrow
Zachary Hetzler, II

30
Dakota Riley Lorentz
Joshua Dylan Mason
Neekie Perez



Happy Birthday Jayde Smith



Freshman Year of High School
JV Basketball and Fast Pitch
Honor Level Classes
4.0 GPA!



We Love You! And Are Very Proud of You!
Love,
Mom, Dad, Markie, Micaela, Zane and Colby



Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions	Council Rep.	Staff Rep.	Months
1% Committee (Bylaws & Appendix X2)	Arnold Cooper, Vince Henry, Vicki Kruger	Kris Peters	Feb., May, Aug., Nov.
Elections Committee	Whitney Jones	Tammy Ford	March, April, May
Explorers Program Committee	Jim Peters	Rene Klusman	
Fireworks Committee (TC 6.04.040)	None		May and June
Gathering Committee	Charlene Krise	Rhonda Foster	Not yet determined
Law Enforcement Committee, Law and Order	None	Kevin Lyon	Not currently meeting
Veterans' Committee	None	Glen Parker	
Budget Commission	Vicki Kruger	Kris Peters	June and August
Business Administration Board (TC 6.24.010)	None		As needed
Little Creek Oversight Board (TC 2.26.010)	Arnold Cooper, Vicki Kruger, Charlene Krise	David Lopeman	
Museum Library and Research Board	David Lopeman	Charlene Krise	Sept., Dec., March, June
Tourism Board (TC 2.34.010)	Arnold Cooper	Leslie Johnson	
Island Enterprises Board	David Lopeman	Dave Johns (Acting)	



What's Happening						
Smoking Cessation Classes Tuesdays (Adult 5-7) and Wednesdays (Adult (noon)) and Teen (3:15-4:15) Building Strong Families Through Culture/Drum Group Tuesdays 3-5 AA & ALANON - Wednesdays 7:30				<i>Budget Hearing</i>	2	3
				Family Court	Housing Commission	
				Utilities Commission		
4	5	6	<i>Daddy's Doughnuts</i>	8	9	10
<i>MLRC Golf Tourney</i>	Criminal/Civil Court		Shellfish Committee	<i>Tribal Council</i>	Education Commission	
			Elders Committee		SPIPA Board of Directors	
11	12	13	14	15	16	17
Child Care Board of Directors	Enrollment Committee		Fish Committee			
			Golf Advisory Committee			
18	19	20	21	22	23	24
		Criminal/Civil Court	Gaming Commission	<i>Tribal Council</i>		
25	26	27	28	29	30	
		Tobacco Board of Directors				



Elders Menu . . . Fruit and salad at every meal

1st
THURSDAY:
BBQ chicken, baked beans

5th - 8th
MONDAY:
Tuna casserole w/ peas, biscuits

TUESDAY:
Minestrone soup,
ham & cheese sandwiches

WEDNESDAY:
Chicken & broccoli Alfredo

THURSDAY:
Stuffed bell peppers

12th - 15th
MONDAY:
Chicken & spinach
enchilada casserole, refried beans

TUESDAY:
Baked potato soup,
chicken salad sandwiches

WEDNESDAY:
Bratwurst, macaroni salad

THURSDAY:
Casino

19th - 22nd
MONDAY:
Indian tacos

TUESDAY:
Chicken noodle soup,
egg salad sandwiches

WEDNESDAY:
Beef tacos, Spanish rice

THURSDAY:
Chicken fried steak, mashed potatoes
w/ country gravy, corn, rolls

26th - 29th
MONDAY:
Chicken burgers, tater tots

TUESDAY:
Tomato basil w/ raviolini soup,
grilled cheese sandwiches

WEDNESDAY:
Chalupas

THURSDAY:
Meatloaf, veggie, rice



1

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25

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE
L.H.
An Indian Child

Case No.: CW-2017-1702-0027
NOTICE OF HEARING

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID: Kenneth Green and
Jessica Harris.
YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth
code, Fact Finding and Dispositional Hearings for the above named youth have been set in the Squaxin
Island Youth Court. The hearing on this matter shall be held on the 28th Day of June, 2017 at 10:00 a.m.
at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO
RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME
OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the
above listed address or call 360-432-3828 for more information.
Post: May, 2017
Publish: May, 2017

NOTICE OF FACT FINDING- PAGE 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WA 98584
360.432.1771

Committees and Commissions Listed on Calendar

Committee and Commissions
Aquatics Committee
Elders Committee
Enrollment Committee
Fish Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Child Care Board of Directors
Tobacco Board of Directors
Utilities Commission (TC 11.08.010)
SPIPA Board of Directors

Council Rep.
Arnold Cooper
Whitney Jones
Charlene Krise
Vicki Kruger
Jim Peters
Arnold Cooper
Vince Henry
Jim Peters
Per Tribal Code None
Arnold Cooper
Vicki Kruger & Charlene Krise
Jim Peters
None
Arnold Cooper

Staff Rep.
Jeff Dickison
Elizabeth Heredia
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
Dallas Burnett
Richard Wells
Bert Miller
Ray Peters
Teresa Wright
Kathy Block

Meetings
2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
2nd Tuesday
2nd Wednesday in March, June
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
2nd Friday
3rd Wednesday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday



A Giant Thank You!



Kezia Wentworth donated and planted 5 fruit trees in the Child Care Center garden over the weekend. Emanuel Wentworth helped plant the trees. Kezia donated 3 apple trees, 1 cherry and 1 pear tree. Thank you, Kezia and Emanuel. Thank you!
- Bert



Happy Fathers Day

**Help Protect
Our Kids, Families
and the Environment**



**Clean Out Your
Medicine Cabinet**

**Prescription Drug
Take Back Boxes**

Located At:
Mason County Sheriff's Office
322 North 3rd Street in Shelton
&

Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair

For More Information Call Mason County
Public Health & Human Services
360-427-9670 ext. 400



SEPTEMBER 9th & 10th 2017

\$165,000

DAUBIN' FOR \$\$\$

Largest Bingo Tournament in the Northwest!

HOTEL & BINGO PACKAGE • \$355
2-Night Stay

Each Player Receives:
2 Sessions of Daubin' for \$\$\$
Bingo Dauber
Lunch provided Each Day
Free Gift

BOOK YOUR SEAT TODAY
Register online at
bit.ly/DaubinForDollars
or at the Player Club

LITTLE CREEK CASINO • RESORT.
LITTLECREEK.com

See Keno or call (360) 427-3005 for more details

BINGO!

BINGO

Thursday • June 22nd
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • June 23rd Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • June 24th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • June 25th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Bring a canned food item to receive a
FREE Level 1 (3-on) themed pack**

**All Level 3's Payout
\$1,199
In Honor Of Father's Day**

LITTLE CREEK CASINO • RESORT.
LITTLECREEK.com

*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions! *Ages 21 and over only for 8:30pm session
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