

Squaxin Island Tribe and Mason County commit to government-to-government partnering in order to ensure sustainable rural growth and fisheries

On March 22, 2018, Mason County and the Squaxin Island Tribe had an important lunch meeting and signed a letter of intent to work together on the longstanding problem of making sure that growth in the County’s rural areas does not come at the expense of salmon. The problem arises when too many homes in an area use wells that pump groundwater. Pumping during the drier late summer months can lower stream flows at a cost to salmon. Salmon need a sufficient amount of water in streams to support their life cycles.

The diminished flows will only get worse with climate change.

This problem has persisted for decades, as homeowners have been allowed to drill wells in basins without the county and state governments asking the hard question: What is the cumulative impact of these wells on fish-bearing streams? And, if there’s an impact, then what can be done to avoid or lessen the harm?

The Tribe voiced its concerns for years and tried to bring about changes. In February of this year, the Tribe challenged the County’s comprehensive plan because it didn’t do enough to ensure fresh water for salmon. Soon afterwards, the Tribe and County agreed to put a hold on the litigation while they addressed the



thorny issue through settlement discussions. The luncheon meeting marked the two governments’ commitment to reset their relationship on water and fish issues. They also agreed to jointly develop work plans and to seek funding from the Washington Department of Ecology – all towards creating solutions for well into the future.

Chairman Cooper said, “We are ready to engage with the County in serious discussions over a topic that is near and dear to the Squaxin Island Tribe’s heart, that is making sure that there is enough water for fish.” Andy Whitener, Director of Squaxin’s Natural Resources Department, looks forward to the collaborative effort “so that our upcoming discussions bear fruit for our families and future generations.”



**Annual
General Body
Meeting
May 5, 2018**

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.

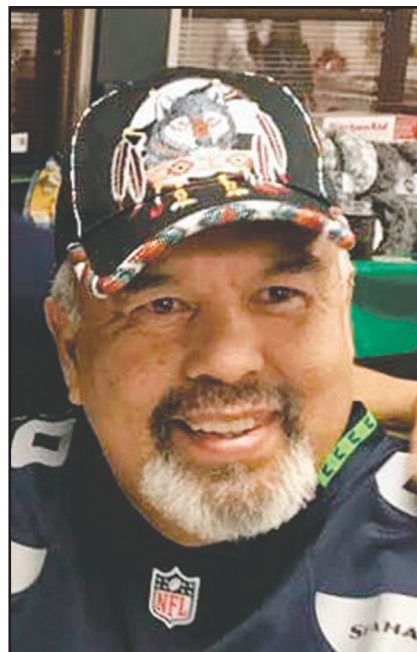
For more information contact the tribal center at 360-426-9781

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From Our Tribal Chairman



Our annual General Body meeting is upon us. I look forward to seeing everyone and hope our people will choose to come share this day together. It is important work of the people to participate in the elections, select well qualified leaders, listen to developments and concerns from the government, gather information and give input. But, besides a day to conduct business, it is also a special time for our tribal family to come together, catching up with each other, and sharing a delicious meal together. This is the largest yearly gathering of our tribe and a day to be positive, grateful, hopeful and enjoy each other's company.

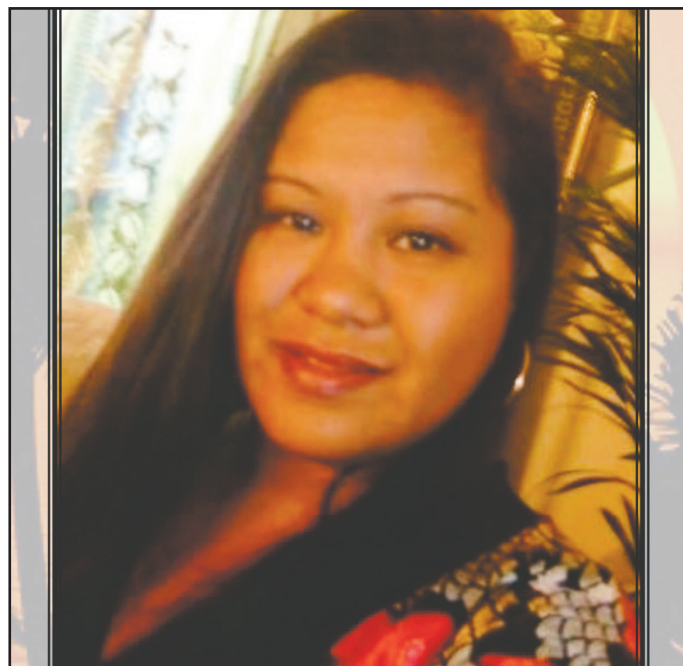
April's Council Talking Circle was well attended, giving a time and place for people to speak directly to the council and to one another on topics they are interested in. I had a planned schedule for regular talking circles this past year, but it was difficult to keep on a good schedule when other things happened. We had talking circles, and even the January General Body meeting, cancelled this past year due to the loss of loved ones. Please keep those who have lost family members and loved ones this past year in your hearts and prayers. I will try harder again this year to see that talking circles are held on a regular basis.

We do have other important times for tribal input, such as the budget process and public hearings. These are advertised and people are encouraged to participate. We seldom have more than a few people come outside of our directors. And don't forget Tribal Council meetings are held twice a month and are open to all tribal members. If you have suggestions or concerns, it is not difficult to get on the agenda, just call Melissa Puhn at 360-426-9781.

Our Elders hosted a great invitational luncheon on the 27th, with Elders coming from tribes throughout the northwest. Thanks to all who pitched in to make this happen. It warms my heart to see the smiles on our Elders' faces and their eyes lighting up when they get to reconnect with friends and relatives they haven't seen in a while. And always new friendships are made.

Good news - with the health of our community in mind, and with encouragement and input from both the tribal people and departments to make sure the community is getting what they want (within reason and budget) our fitness center will be taking shape real soon.

Walking On



Chasity Villanueva
April 21, 1972 - April 19, 2018

Watch for a full write up next month



Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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



Squaxin Youth Age 16-21 Who Are Seeking Employment

It's that time of year again to begin recruitment of Squaxin Island tribal youth who are interested in summer employment. If you are a Squaxin tribal member between the ages of 16 and 21 and would like an opportunity to work for six weeks this summer, stop by the Tribal Center for an application. Applications will also be available at squaxinisoland.org. Please contact Astrid Poste at (360) 432-3913 if you have questions.

The six weeks of employment will begin on July 6th and run through August 10, 2018. Some schedules may vary depending on the position.

If you would like assistance with completing your application, writing a cover letter, or doing a resume, please attend the application workshops scheduled to take place on Wednesday, May 16 and Wednesday May 23 from 3:00 - 5:00 p.m. in the museum classroom.

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 Friday, June 1st by 4:00. Applications received after June 1st will be considered, depending on availability of positions.

Stepping Stones: Youth Pre-Employment Training Program For Squaxin Youth Ages 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 to learn 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 - 15 years old by July 1, 2018 and are interested in participating in this program, please call Larain Algea (360) 432-3865 in Human Resources to leave your contact information. We will provide additional program information as the program date gets closer. Please be ready to provide the following:

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



The sign up deadline for Stepping Stones is June 1, 2018. Employment Applications are not required for Stepping Stones, just call us.

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.

Squaxin Preference will be exercised in both Summer Employment and Stepping Stones Program in accordance with the Tribe's Personnel policies.



Needed for Stepping Stones Program

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

- Drumming and Dancing
- Cultural Crafts (drum making, dream catchers)
- Outdoor projects

You are welcome to teach one class or several.

The program will be held July 6, 2018 to August 10, 2018.

Please submit a proposal or fill out the attached and submit photos and or description of your craft/project ideas with a letter of interest for consideration to Larain Algea in HR, or at LAlgea@Squaxin.us (360) 432-3865.

Please submit proposal by June 1st so we may consider your request.

Cultural Teachers Needed

If you would like to be a cultural teacher, please submit a proposal and fill out a form that has the following questions. The form is available in Larain Algea's office at the Tribal Center.

1. Are you Interested in teaching:
 - Drums
 - Dream Catchers
 - Drumming and Dancing
 - All the above
2. Will you be able to work approximately 2-3 days out of the week, including morning and afternoons?
3. Does your expertise include teaching drums and dream catchers?
4. Are you able to lead the cultural dances and songs?
5. Do you have any other craft ideas you would like to introduce to us and bring them to the program, if so what are they? Please explain.



RUNNING FOR TRIBAL COUNCIL



Steven Dorland

Hello,

My name is Steven Dorland, and I am currently your Tribal Council Secretary. I am running for re-election. Serving in this position this last year has been a huge learning experience, and I have truly enjoyed it.

Many of know that I care deeply for our tribe and our future. It is my goal to ensure that we are able to continue as a strong, respectful, and loving tribe. I know there are many areas that need more attention; whether on Council or not I will continue to be a voice in those conversations.

I believe we have an endless amount of opportunities to improve our current and future programs. It's time that we begin to move in this direction and start to lift each other up. This is our community and our say matters.

I'm asking for your consideration for the chance for a full term. I believe if I had a full term that I could show you that I am a hard worker, compassionate and here for the people.

If you would like to discuss more in depth please feel free to contact me at (360)590-8756 or sdorland@squaxin.us.



Alexandra Mirka

Hi. My name is Alexandra Mirka. I am considering running for Tribal Council at the next General Body meeting. My parents are Dana VanCleave and Gary Mirka. My grand father is Donald E Whitener and BJ and Andy Whitener are my uncles. I have lived in or around Shelton my entire life. For the past four years I have been living here in the community. I have worked in a number of different positions with the Tribe over the past six years. However, for the past two years I have, thanks to the Tribe's Housing Program, been able to live a fairly quiet life as a stay-at-home mother raising my young son.

Many will know me and many will not. I am very appreciative of the opportunities the Tribe and current and past Tribal Councils have made available to my son and I as well as all other tribal members who decide to take advantage of the various tribal programs. I think that it is important that people of my generation get involved with decisions and activities that affect their daily lives. It is also important for us to do this so that we may learn from those who have gone before us.

My thoughts, since becoming a member of local community, have shaped and changed that which I see is significant to forming our future. By large, I see that keeping our land, water and culverts clean are significantly important as we are, People of the Water. Running community programs efficiently, is in its right, as important. Through better communication and collaboration with community and tribal members and the workforce, we can create an open dynamic that all would feel respected and loved by our people (government and individuals, alike). These are points that I am passionate about. I desire to learn more and engage in all facets of these areas and create a positive difference where I am able. I love our tribal nation and will apply myself to know more and do right by our side as a people.



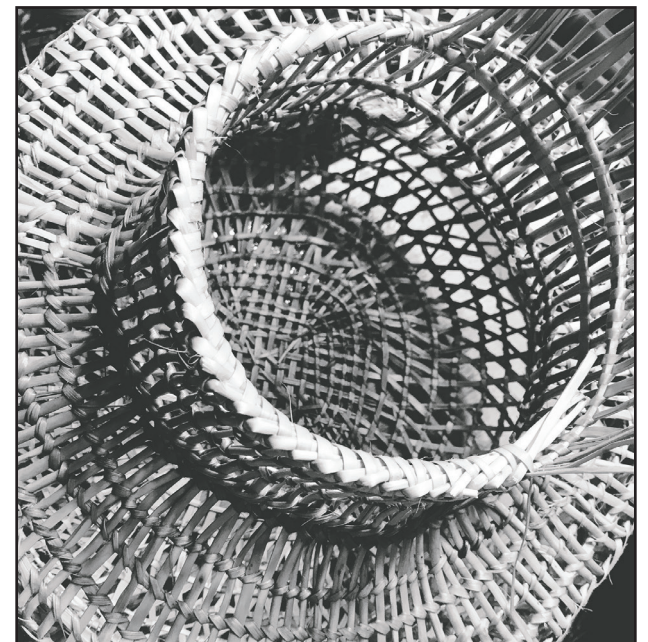
Josh Mason

Hi. My name is Josh Mason, and I am running for the Tribal Council Treasurer position.

Just a little about me . . . I have been actively involved in tribal culture for many years because it is my top priority. I believe the teachings of our ancestors, and our arts, language, songs, canoe ways, and ties to our marine environment should set the foundation for all that we do as a tribe. I realize this personally through my own life as a carver, weaver, and member of the Canoe Family.

I also have business experience, having worked in management at Little Creek Casino Resort for many years.

What I propose to bring to Tribal Council is creation of a true vision statement for the future of our people. We need to evolve for the betterment of our Tribe while staying true to and focused on our true values. We can and must change, but we must do so with our culture and the wisdom of our ancestors leading the way.





RUNNING FOR TRIBAL COUNCIL



Jeremie Walls

To all my friends,
family and fellow Tribal members,

I would like to let you all know I am running for Council Secretary on May 5th at General Body.

In reflecting on how successful we are as a Tribe and how we got to this point, I've decided now might be a good time for me to offer my abilities to help lead us into the next chapter - our future.

I've had a unique opportunity to build a general construction company, Skookum Construction, that specializes in new residential and commercial builds. Our company will be seven years old on April 20th. We have been - and always will be - a strong advocate

for Tribal employment here at home and throughout Indian country.

I am one of the 1st tiered geoduck harvesters and have been involved as a harvester and a boat captain for 24 years. As our Aquatics Committee Chairman for the past few years, I've had the pleasure of working with very passionate committee members who make decisions - together. I found out early in life that there is no "me" just "we." We respect everyone's input and have learned that, although we have different approaches, we all strive for the same goals.

I have been championing our TERO (Tribal Employment Resource Ordinance) for about 3 years now. Without the help of our Tribal Council and the administration, we would not be so close to finally seeing our very own office here at home. I would like to thank them for their continued support of our Tribal people.

I recently had a great opportunity to speak as a panel member at the small business expo hosted by the Juarez Group and the Puyallup TERO Office. While there, I was asked to share the story about how we built Skookum Construction and the efforts took to succeed in Indian Country. I think the most important message I was able to pass on is that if you are comfortable, you are not growing. Push yourself! I want everyone to believe in their abilities and to never take "no" for an answer. I believe our Tribal businesses and entities have an obligation to promote Tribal member hiring. By that I mean giving first right of opportunity to qualified Tribal members.

than schooling, because it provides a faster entry into the work force.

We are the largest employer in the Mason County and, because of that, we also have an obligation to our surrounding communities.

With regard to our natural resources, I am, and always will be, a strong proponent of protecting our resources because I fully understand the importance these resources for our community. I've had the opportunity to work in Natural Resources with the hatchery, net pens, and shellfish enhancement.

I was one of a few who had the unique opportunity to help construct two of our 1st tidal upwellers.

We now produce quite a bit of Manila seed at a very low cost. That was my first learning experience in seeing how important it is to manage and enhance our beaches to their capacity. There is a lot that goes into this process; the first is to assess the gravel required on each of our beaches to be able grow more product. I would like to see an increased enhancement effort with the state to ensure many more years of clam digging for our community. Shellfish are huge part of our social and economic structure as well as a cultural practice shared and passed down to our children.

Having been a geoduck diver for the past 24 years, a partner in owning two dive boats, and having had the pleasure of serving 20 divers under my care, I have seen a lot in this industry.

The State of Washington has declared that the management plan we adopted from them is failing. They want us to take a 100,000 pound decrease in our biomass. Being involved as Chairman and a committee member of the Aquatics Committee, I would like the opportunity to advocate for you and help establish the new management plan to ensure the future of geo-

Continued on Page 6

ELECT SANTANA KRISE 2018 Squaxin Island Tribal Council

Has served or been involved with:

- 2 years on the Housing Commission as Secretary and was recently elected to Chairperson.
- Recently appointed to the Education Commission.
- Canoe Journey.
- Safe Streets.
- Drug Task Force.
- Youth Activities.

Work History:

- 2 years of experience working in the Legal Department interpreting policies.
- Accumulated 2 years of experience working in the Family Services Department.
- Participated in practicing her Treaty Fishing rights her entire lifetime.

Ability to prepare Tribal Correspondence in a manner and within the time frame set forth in the Squaxin Island Constitution and Bylaws.

Proven integrity to correctly document accurate minutes, resolutions and Commission reports.

Indigenous





Jeremie Walls

Continued from Page 5

ducks in our region. I feel this plan will require extensive data collection as well as a solution for bringing our beds back faster. Our committee is looking into deep water cultivation. I believe with cooperation from Salish Seafoods, Clam Fresh, and Natural Resources, we can come up with an industry-leading proposal to take to the state level. The clock is ticking; we have been given two years to comply or have an alternative option in place.

I would also like to talk about our youth. Every year we hear how important our youth are and what we are going to do for them. I want to see the Tu Ha' Buts Learning Center brought back to the level of success it was at when I was the Assistant Youth Coordinator. We had a Youth Director with passion, vision, and a sense of pride in our kids that reflected throughout our community in the smiling faces of our now young adults and parents. When I worked there, long ago, we kept our gym open six days a week until 8:00 p.m. Even though it took until 8:45 to get ALL THE KIDS OUT. Hahaha!

This provided the children a safe environment where they could find a few slices of pizza, something to drink, and most of all, a smiling face if they needed to talk. I would like to think we made a difference and hope we can bring that family atmosphere back again. Youth services should be about prevention while providing a supportive structure for all children, regardless of their success in the classroom. The kids need to know we are here if things get rough at home. With this cooperation, we can use the resources we have to get them into tutoring, counseling, or whatever service that may be appropriate. It's about building trust, one brick at a time.

My son is a Junior at the University of Washington this year. Go Dogs!!! I know firsthand the financial struggles parents face in supporting their children's goals. I would like to see the Learning Center and/or 1% Charitable Fund make sure that our kids' tuitions are paid 100% along with a housing stipend. If our hiring practices require college degrees, we need to support our children and future leaders 100%. If they are maintaining a certain GPA, we should make sure they have every opportunity to achieve their goals. These are not just our kids, but our future. Let's make sure all our children succeed in whatever they want to achieve.

Seniors of our Tribe! Like our children, you are often overlooked. I always hear we need this or that for our seniors. What I see is not enough action. I would like to see the senior program strengthened and staff doubled. We need certified nursing staff making home visits to help take care of your medical needs. We need home care givers to help families with their responsibilities. As we get older, we start to accumulate higher healthcare bills. Maybe it's time for another approach to help our seniors cope with ever-rising medical costs. These real-life struggles need to be addressed. I will be open to hear about your needs and concerns. We would not be here without the sacrifices you made for us.

In regard to our housing shortage, we are in dire need of single family, two-bedroom units.

I believe a couple of these two-bedroom, six-plex units, in addition to some 3- to 5-bedroom units, should already have been in the planning stages. We need to make sure low-cost houses are available to low income tribal members, but we also need to investigate medium-priced housing opportunities for over-income tribal members. A healthy community includes people from all walks of life. We need to remember this is our village/ community and nobody should feel like they are being pushed out. It is nice to have your family and community support close to home.

I would like to see us weigh our options for a transfer station located on reservation with set hours of operation and a recycling station manned by an attendant.

This would be available to Tribal members on the reservation only.

The Tribe is currently working on solutions to our water and sewer needs and have confidence this is being addressed by the best possible people we have on staff.

There are so many issues I could talk about, but I don't want to lose your attention to the ones that I am most passionate about. I look forward to hearing feedback from you all, including criticism and any other ideas you might want to share.

I hope for your support and a chance to work for our tribal community and promote government transparency.



Electing Leaders as Your Future Council Members

Imagine the possibilities if all Tribal Council members were elected based upon their leadership skills and their ability to bring positive growth and balance to the tribe, rather than on popularity.

General Body voters are the deciding factor in electing Tribal Council members. Often, when Tribal Council members are elected, it is based on popularity, family relationships, or promises of per capita income.

It is important to realize that Council Members are elected to carry out specific duties outlined in our by-laws and traditions; they must represent our Tribe and its interests in the best possible way; and they are expected to be LEADERS.

Many tribal members believe that merely by being elected, the Council Member becomes a leader, but that isn't true. It takes much more than a 51% majority of a fraction of voters to be a true leader.

Leaders are people who build and support teams to accomplish the goals of the Tribe. They empower the tribe and its employees to excel as well as encourage tribal members to improve themselves. They understand organizational needs; they know that having the best person in the job is crucial to success; and they rely on that person's knowledge and experience to help make sound decisions. Leaders share their vision for the future and are positive about achieving that vision. They motivate people to work together to accomplish a task, without criticizing or blaming anyone during the process. Leaders are compassionate and understand the inter-relationship and connectedness of all things.

As a tribal member, please take time before the elections to think about where you want our Tribe to go and then choose leaders you believe will take us there. Cast your vote based on the skills and knowledge that those future leaders possess. Remember, you are electing Council Members that must be responsive to the needs of our Tribe, now and for generations to come.





What is the Skokomish Tribe up to?

For several years, the Skokomish Tribe has been trying to expand its Treaty fishing, hunting and gathering area into places where the Squaxin Island Tribe has significant interests and rights. In 2017, the Skokomish Tribe told a federal judge that it had Treaty fishing and shellfishing rights in portions of Hammersley Inlet, Totten Inlet, all of Oakland Bay, Eld Inlet, and their freshwater drainages.

Additionally, Skokomish claims hunting and gathering rights on the lands around these inlets, as well as the Satsop River drainage to the southwest. These are the very same lands that the Nisqually, Puyallup and Squaxin Indians originally relinquished to the United States in the Treaty of Medicine Creek.

To make matters worse, the Skokomish Tribe claims that its rights are “primary”, meaning that it is trying to exclude all other tribes from fishing, hunting and gathering there, including the Squaxin Island Tribe.

At the Council’s directive, the Squaxin Island Tribe’s Legal Department has strenuously objected to Skokomish’s efforts at every opportunity. Skokomish has filed three different court cases in which it claims these rights. Skokomish lost all three cases at the trial court level, and appealed two of its losses to the Ninth Circuit Court of Appeals. Oral argument in Seattle is scheduled in one case, and the other one will be scheduled soon.

Kindergarten Information Meeting

Shelton School District will be enrolling kindergarten students at their neighborhood schools beginning May 1st!

You are invited to an information meeting to learn about enrolling your child in kindergarten.

Tuesday, May 1st

6:00 to 7:00 p.m.

Olympic Middle School

800 E ‘K’ St., Shelton



YOU WILL:

- Meet your neighborhood school principal
- Receive a registration packet from your school
- Learn how to prepare your child for kindergarten
- Learn about helpful resources in the community

Children must be 5 before August 31, 2018

Contact your school for more information:

Bordeaux Elementary: 426-3253

Evergreen Elementary: 426-8281

Mountain View Elementary: 426-8564



Juice and cookies will be served



ATTENTION ALL STUDENTS Graduating in 2018

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 1, 2018.

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 Twenty-first Annual Sgwi-gwi Celebration.

21st Annual Sgwi-gwi Celebration

Friday June 15, 2018

5:00pm Little Creek Events Center

Contact: Mandy Valley
10 SE Squaxin Lane
Shelton, WA 98584

Phone: (360) 432-3882
Fax: (360) 426-7897
email: mvalley@squaxin.us

Save the Date

**Summer Registration
Begins on May 10th**



**Summer Rec Dates
July 2 to August 10**

Contact Jerilynn with any questions
360-432-3992



LEARNING CENTER



Adult water aerobics classes in the Squaxin Pool
Tuesdays and Thursdays from 4:15 – 5:00.
Drop by after work...bring a friend!



Youth Education Recreation and Activities 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rec Rm: 3-6pm Drum Group: 5-6pm Bball: 12 & 14 U: 4-6pm	2 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL-Away Game Open Swim: 3-6pm	3 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Bball: 12 & 14 U: 4-6pm	4 SSD- 1.5 HR ER Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Open Gym: 1:30-6pm Open Swim: 5-8pm
7 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 5-6pm Bball: 8 & 10 U: 4:30-6pm Open Swim: 3-6pm	8 Rec Rm: 3-6pm Drum Group: 5-6pm Bball: 12 & 14 U: 4-6pm	9 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL –Away Game Open Swim: 3-6pm	10 Rec Rm: 3-6pm *Mother's Day Dessert *Family Night *Summer Registration* 4-6pm	11 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 5-6pm Bball: 8 & 10 U: 4:30-6pm Open Swim: 5-8pm
14 Tribal Holiday Closed Open Swim: 3-6pm	15 Rec Rm: 3-6pm Drum Group: 5-6pm Bball: 12 & 14 U: 4-6pm	16 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL-Home Game Open Swim: 3-6pm	17 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Bball: 12 & 14 U: 4-6pm	18 SSD- 3 HR ER WHL-ER @ Noon Rec Rm: 11:45-6pm Pool Party: 3-4:30pm Open Gym: 11:45-6pm Open Swim: 5-8pm
21 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 5-6pm Bball: 8 & 10 U: 4:30-6pm Open Swim: 3-6pm	22 Rec Rm: 3-6pm Drum Group: 5-6pm Bball: 12 & 14 U: 4-6pm	23 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL-Away Game Open Swim: 3-6pm	24 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Bball: 12 & 14 U: 4-6pm	25 WHL-ER @ Noon Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-6pm Open Swim: 5-8pm
28 Tribal Holiday Closed Open Swim: 3-6pm	29 Rec Rm: 3-6pm Drum Group: 5-6pm Bball: 12 & 14 U: 4-6pm	30 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	31 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Bball: 12 & 14 U: 4-6pm	
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-W 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



Youth Afterschool Program

Jerilynn Vail-Powell - April was a fun month, full of activities. During spring break the youth had a tour of Mima Mounds and learned about the surrounding area. We had a beach scavenger hunt at Jarrell Cove. The youth had fun making geoduck fritters, nettle soup, and homemade butter to put on their pancakes. We have plenty more fun planned for May – team sports, swimming, Family Night on May 10th. Please check out our May activity calendar and the flyers in this month's Klah Che Min.

Homework Support and GED Preparation Classes

Jamie Burris - I am here to help guide you along your individualized learning path Tuesdays and Wednesdays 4-7pm. I can help you complete your homework, study or help you find an engaging book to read for 20 minutes.

GED preparation classes are up and running! Come in a take a practice test to see where you are in your journey, what you still need to study or discover that you are ready to take the actual GED test! The GED test has 4 subjects: language arts (reading/writing), math, science and social studies. The test is made up of multiple choice, drag and drop, fill in the blank, short answer and extended response type of questions. Each test has a different amount of time allotted for it – ranging from 70 to 150 minutes. If you are a tribal member, the tribe will pay for your testing (saving you at least \$30 per test)! For study tips, go to: www.test-guide.com. For more information, please go online at www.ged.com, or contact me at jburris@mcclary.wednet.edu.

MAY

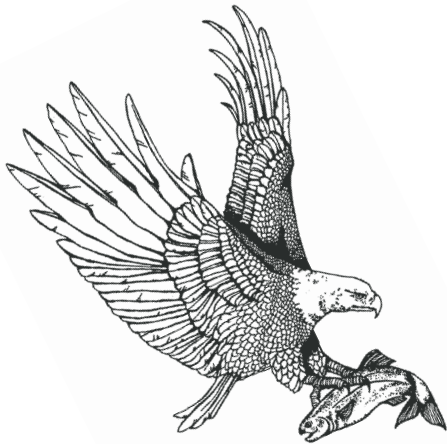


Squaxin Teens

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 Early Release
		ITL- Game @ Nisqually	Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	5 General Body
7 Homework Help 3:00 – 5:00	8 Basketball Practice 4:30-6:00 Craft Class 3:00-5:00 Drum Group 5-7	9 Mother's Day Gift Making 3:00-5:00 ITL- Game @ Nisqually	10 Family Night 4:00-6:00 Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	11 Movie Night 5:00-7:00
14 CLOSED	15 Basketball Practice 4:30-6:00 Craft Class 3:00-5:00 Drum Group 5-7	16 Make your own Face Masks 3:00-5:00 ITL- Game Home Vs. Puyallup	17 Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	18 3hr Early Release Button Robe Ceremony 6:00pm
21 Homework Help 3:00 – 5:00	22 Basketball Practice 4:30-6:00 Craft Class 3:00-5:00 Drum Group 5-7	23 Make your own Gummies 3:00-5:00	24 Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	25 Youth Council Fun Day TBD
28 CLOSED	29	30	31	



Northwest Indian Youth Conference

The 2018 Northwest Indian Youth Conference was fantastic!

The Squaxin Island Youth Council committed themselves to hosting the 2018 Northwest Indian Youth Conference. After many months of preparation and hard work, the 2018 conference was held at Little Creek Casino Resort from April 1-5, 2018. The event brought together over 250 teens from around the region and featured a wide variety of presentations and workshops for teens to enjoy – from cultural learning to leadership development to health and wellness and more.

The event was a resounding success, bringing many thanks and great admiration for the Squaxin Island Tribe, the Squaxin Island Youth Council as conference hosts, and for the many people who helped to support such an incredible opportunity. In the words of Jody Richards, Prevention Coordinator for the Burns Paiute Tribe: “The best conference I have been to ever! Our youth enjoyed every minute and the breakout sessions were great! Speakers were great, the dinner & cultural sharing night was off the charts! And so much talent these youth have! GOOD JOB!!! YOU GALS ROCK!”

hawadubš čələp Thank You

YOUTH COUNCIL WOULD LIKE TO
THANK EVERYONE WHO SUPPORTED
AND HELPED US HAVE SUCH A
SUCCESSFUL NORTHWEST INDIAN
YOUTH CONFERENCE

Alisha Longshore	Kassidy Whitener	Squaxin Island Natural
Andrea and Steve Sigo	Kimberly Miller	Resources
Bill Kallappa	Kris Miller	Squaxin Island Tribal
Bo Tinaza	Levi Horn	Council
Bobbie Bush	Little Creek Hotel and Resort	Tara James
Bubby Bellon	LCCR - Banquet Staff	Theresa Johns
Candace Penn	Liz Egan	Theresa Henderson
Cassy George	Malia Henry	Thomas Longshore
Charlene Krise	Marcus Guinn	Tonia Jo Hall
Elizabeth Campbell	Margaret Henry	Vicki Kruger
Elizabeth Heredia	Mariana Harvey	Vince Henry
Gene Tagaban	Misti Fawn Martinez	WERNATIVE
Gordon James	Patricia Green	Wicket McFarlane
Island Enterprises, Inc.	Patti Puhn	Yolanda Silva
Jackson Cruz	Rickie Ramage	
Jaimie Cruz	Ruth Whitener	
Jerilynn Vail	Samantha Ackerman	
Jessie Grover Stevens	Santana Krise	
Jolene Peters	Sierra Blueback	
Josiah Simpson	SPIPA	
Julie Martinez	Squaxin Island Behavioral Health	
Julie Owens	Squaxin Island Family Services	
Kamilche Trading Post	Squaxin Island Finance Dep.	
Karama Blackhorn	Squaxin Island Drum Group	





Jaimie Cruz Selected as One of Six People Nationwide to Receive NAFOA Gen-I Career Success Fellowship

Native American Finance Officers Association (NAFOA) selected Jaimie Cruz as one of six people nationwide to receive its prestigious Gen-I Career Success Fellowship award!

According to its website, NAFOA is making an investment to expand opportunities for Native American students. "We recognize that business and finance can be promoted as being a way to solve problems and improve society," the organization's website says.

In November 2016, Native American youth ages 18-24 were invited to participate in the on-line Native American Career Success Academy (NACSA) program. The NACSA curriculum included two courses, personal finance and career preparation. Students who completed the online NACSA curriculum were invited to apply to the Gen-I Career Success Fellowship program.

The Gen-I Career Success Fellowship program was developed through a partnership with the Aspen Institute's Center of Native American Youth (CNAV).

CNAV is helping to connect their Gen-I National Native Youth Network - now over 4,000 strong - with NAFOA's network of leaders in finance, business, and tribal economic development.

The goal is to build career opportunities for Native American youth through skill building, leadership development, and direct connections with employers.

NAFOA recently completed the selection process for our 2018 Gen-I Career Success Fellowship program, and said, "We look forward to hosting these accomplished students and young professionals at this year's Annual NAFOA conference in New Orleans."

"I am interested in the future of my people because my ancestors thought of me while making decisions," Jaimie said. "I believe it is important to ensure the next generations are informed and have the tools needed to grow."

Fellows will expand their professional contacts by attending Gen-I and

NAFOA networking events, luncheons, track sessions, and off-site visits. Preceding NAFOA's 36th Annual Conference in New Orleans, fellows from across the country will participate in seminars led by top executives, managers, and tribal leaders who will help them advance their new skill set and prepare them for the job market. They will learn about innovative tribal enterprises and the unique products being created in Indian Country.

Fellows will also attend a national conference that facilitates dialogue between tribes, federal partners, non-profits, and professionals regarding tribal finance and economic issues.

Jaimie is excited to be awarded this fellowship and is grateful to all who have supported her. "Thank you for your continued support!"





GEN-I CAREER SUCCESS FELLOW



“

Whether it is my own tribe or the neighboring tribes it is important to be able to understand the possibilities of growth within our own communities.

Tribal economics is how we are able to provide for our people

JAIMIE CRUZ
SQUAXIN ISLAND TRIBE



**JOIN US
MAY 10TH
4-6PM @ TLC
AN EVENING OF FUN!**

- *FAMILY GAME NIGHT
- *MOTHER'S DAY DESSERT
- *SIGN UP FOR SUMMER REC
- *CHECK OUT OUR SUMMER CALENDARS
+SUMMER REC+ +TEENS+ +SPORTS+

The Swimming Pool will be offering Swim Tests from 6-8pm for Summer Swim Lessons. Swim Lessons will be during Summer Rec.

Contact Jerilynn at 360-432-3992 or jvail@squaxinus



Tickets:

wavesofperfection.org

WAVES OF PERFECTION



A Culinary Journey of Food and Wine



Saturday, May 19 | 4:30 pm
Skookum Creek Event Center
Little Creek Casino Resort
91 West State Route 108, Shelton, WA

Online ticket sales: www.Little-Creek.com
For more details call: 360-432-3839
For sponsorships call: 360.432.3849

Open: 4:30 - 8:00pm | Silent Auction Begins: 5:00 pm

All proceeds benefit Squaxin Island Museum Library & Research Center, a 501 (c)(3) nonprofit



New Employee



Angela Tobias Family Practice Physician

Hi! I'm a Board Certified Family Physician with 12 years of experience, including some in a tribal setting. I enjoy taking care of patients in all the stages of life, cradle to the grave, but I particularly enjoy women's health and taking care of children. I'm also passionate about patient-centered, compassionate end of life care. It's very important to me to empower patients with the health knowledge to take the best possible care of themselves and their families, and to be certain that I use medications only when absolutely necessary. I'm also a big advocate of preventing disease through vaccinations and appropriate cancer screenings. From personal and professional experience, I know the value of culturally appropriate care, so I try to understand and honor the traditions of my patients.

I've lived in Olympia for 10 years, and am mom to twin boys, Alonzo and Rhys, who are in first grade. I enjoy science fiction, cooking, planning new adventures for my boys, and participating in my community through service and advocacy.

I'm very excited to join the Health Services team here at Squaxin, and to begin getting to know you all as I help take care of your health care needs.



COMMUNITY



Pool Hours

Morning Lap Swim

(Must be 18 years or older)

Monday: 6-8 a.m.
Wednesday: 6-8 a.m.
Friday: 6-8 a.m.

Water Aerobics

(Must be 18 years or older)

Tuesday and Thursday 4:15 - 5:00

Open Swim

Monday: 3-6 p.m.
Wednesday: 3-6 p.m.
Friday: 5-8 p.m.
Saturday: 1-4 p.m.

All children under 10 must be accompanied by an adult 16 or older in the water. Youth 11 to 15 years must be accompanied by an adult 16 or older on the deck. Youth 16 years and older may swim unaccompanied. Children 2 and under must wear a non-disposable swim diaper.



Squaxin Island Tribe

Family Justice

The Family Justice Program is here to assist people that have been incarcerated, released from inpatient treatment for substance abuse and/or have obligations with Probation, DOC, BHR and ICW.

The primary focus is to assist clients with finding resources to remove barriers and obtain self-sufficiency and reduce the risk of reoffending.

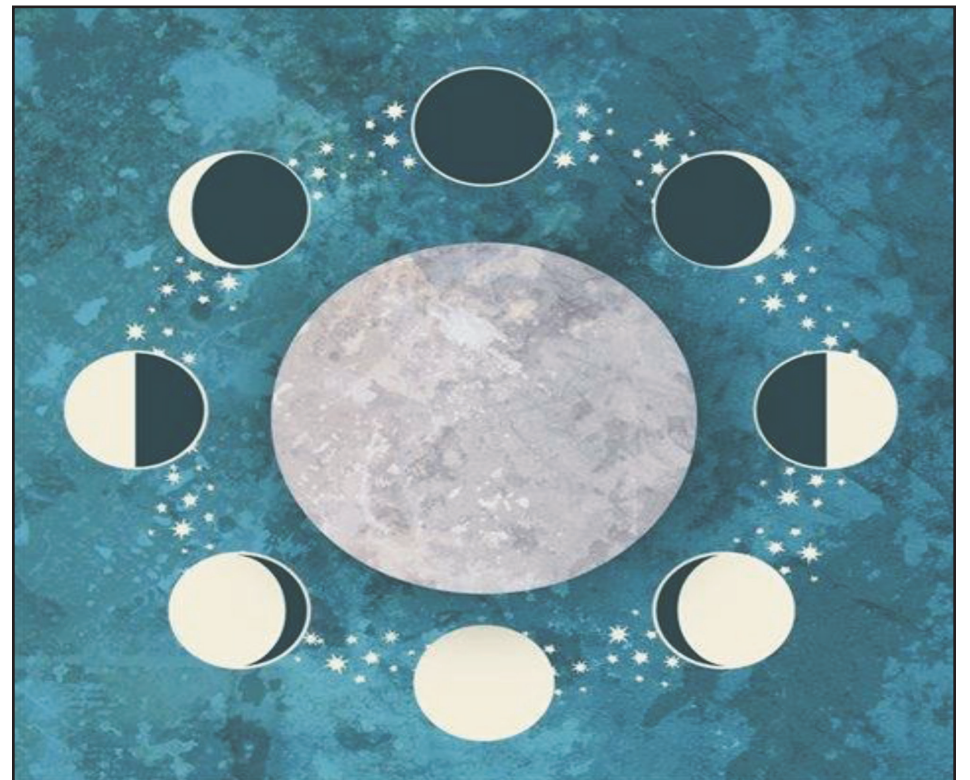
Contact: Family Justice Services Coordinator

Phone: (360) 432-3906

Cell: (360) 485-5150

Address: 2750 SE Old Olympic HWY

Shelton, WA 98584



WOMEN WARRIORS

WE'RE STRONGER TOGETHER

THURSDAY'S AT 4:00 PM

THE SQUAXIN ISLAND COMMUNITY KITCHEN

~ ~ ~ ~ ~

LET'S GATHER FOR COMPANY, FRIENDSHIP, FOOD,
CRAFTING & HEALING

IF YOU HAVE QUESTIONS PLEASE CONTACT

MARISA KANESHIRO @ 360.346.0971 or GLORIA HILL @ 360.463.7051



Happy Spring

A Great Big Superhero Thank You!!!

To the Wonderful employees of Skookum Creek Tobacco Factory:

I would like to thank you for your generous donations of tee shirts for the Superhero capes on Absolutely Incredible Kid Day at the Squaxin Island Child Development Center. The project was a huge success. We were able to make the capes, headbands, and armbands. The children loved them and had a great time being superheroes for the day. I cannot thank you enough!

- Monica Nerney, Solid Waste Administrative Assistant





Canine Parvovirus (Parvo)

Canine Parvovirus (parvo) is a highly contagious viral disease that is one of the most common causes of diarrhea in dogs under 6 months of age. It first appeared in the late 1970s, and is one of the most frequent serious dog disease problems encountered in animal shelters. It is reported in coyotes, foxes and wolves and probably affects most, if not all, members of the canine family. Puppies are the most susceptible, and their clinical signs are worsened by concurrent infections with roundworms, other internal intestinal parasites, protozoa (such as Coccidia), viruses or bacteria. Adult dogs can also be affected.



In general, if aggressive therapy is initiated early in the course of the disease, the prognosis for puppies to recover can be excellent, although fatalities do occur. However, the mortality rate for puppies in shelters can be much higher because many shelters cannot diagnose, isolate or treat the cases. As for adult dogs, many become infected but never actually show clinical signs of disease. Rottweilers, Dobermans, pit bulls, German shepherds and Labrador retrievers seem to be at higher risk for the disease.

What Causes Parvovirus

Canine parvovirus is very stable in the environment and very resistant to most disinfectants. It can persist in organic material in the environment for over one year. Another member of this virus family is responsible for causing panleukopenia, more commonly known as distemper, in cats. (This feline parvovirus was present before the strain that affects dogs appeared. In fact, the first vaccination efforts to control canine parvo were made using feline panleukopenia vaccines.)

Different strains of parvovirus have evolved over the years since it was first discovered in dogs in 1978. The current strains infecting dogs in the United States are CPV-2b and CPV-2c, which also can cause illness and have been isolated from cats. In the shelter it is essential to separate dogs from cats, as cats can not only develop illness but also act as a reservoir causing further disease in dogs.

How Parvovirus Is Transmitted

Parvo disease is spread from dog to dog mainly through exposure to contaminated feces. It is also spread through contact with fomites (contaminated objects). Common fomites include hands, instruments, clothing, food and water dishes, toys and bedding. Insects and rodents can also provide a means for disease spread. The virus can remain on a dog's hair coat and serve as a means of transmission long after recovery from clinical disease. The incubation period, or period between exposure to the virus and the appearance of symptoms, is usually 4-6 days. Because the disease may be difficult for the shelter to detect during the incubation period, apparently healthy animals with parvo may be adopted out only to become ill a few days later in their new home, causing heartache for the shelter staff and the new owners.

It is very important to know the shedding pattern of parvovirus in order to design an effective management, diagnostic and prevention strategy. Parvovirus can be shed in the feces 3-4 days after infection with the virus, which is generally before clinical signs of illness appear. The virus will also be shed in the feces for approximately 10-14 days post-recovery from clinical signs of infection.

Clinical Signs of Parvovirus

Parvovirus affects the digestive system and the heart. The signs can vary widely:

- There can be sub-clinical infection with no signs or mild signs of lethargy and appetite loss lasting for only one or two days
- The most common clinical symptoms shelters see are varying degrees of vomiting, foul-smelling diarrhea that can be very bloody, loss of appetite, fever, weakness, depression and dehydration
- Affected puppies are also very leukopenic, meaning they have too few white blood cells
- The heart symptoms are rarely seen today and usually occur in puppies infected in utero or during the neonatal period, but they can cause sudden death without other signs, sudden death weeks to months after apparent recovery from other parvo signs, or sudden onset of symptoms of congestive heart failure in puppies under 6 months of age

- Lila Miller, DVM, is Vice President of ASPCA Veterinary Outreach

- From Gus the Doggie guy..



Recycling Facts

- If you lined up the plastic bottles tossed away each year, they would circle our planet four times.
- Energy saved from recycling a glass bottle can light a light bulb as long as four hours.
- Recycling saves money for our communities. Did you know that it costs only \$30 per ton to recycle most materials? On the other hand, it costs up to \$50 per ton to take garbage to the landfill. It takes \$60 to \$75 to burn it, which pollutes the air.
- People have been recycling their trash for thousands of years; ancient civilizations would melt down old metal products such as knives and swords and various metal household items to make coins and other new items.
- 75% of garbage is recyclable but we only recycle 30% in the US.
- The average person in the US throws out almost five pounds of garbage daily - that is 251 tons per year - per person!
- The typical American uses 17 trees each year in wood and paper products. Many of those products can be recycled.
- We toss away enough paper and wood annually to heat 50,000 homes for two decades.
- The typical American gets 500 pieces of junk mail annually. Most of this is simply thrown away. It takes millions of trees to produce all that junk mail.
- Recycle plastic bags by reusing them when you are at the grocery store or bring reusable cloth bags with you.
- Glass can be recycled many times.
- A single aluminum can will sit in a landfill for at least 500 years. All aluminum cans may be recycled.
- 17 million barrels of oil are used to produce the plastic water bottles consumed in the United States each year.





1968 the Year that changed history

1968 is considered the year that changed history and remains one of the most turbulent single years in US history, marked by historic social and political achievements, shocking assassinations, the Vietnam War, women's liberation, transistor radios, and a spirit of rebellion against the established social norms which caused movements all over the world.

1968 was the dawn of the television age, the historic events of 1968 also played out on TV screens across the country, bringing unfiltered scenes of riots, war, and music home in a way that had never been possible before.

Where were you, what were you doing, what were you wearing, do you have a photo of you during 1968, what was happening in your life in 1968? The Squaxin Island Museum Library Research Center is working on an exhibit to recognize 1968 and those who have memories to share of the year.

Contact information:

Ruth Whitener 360-432-2841, rwhitener@squaxin.us





17th Annual MLRC Golf Tournament

Monday June 4th, 2018 | 10am

Time: 8:00 AM Registration
10:00 AM Shotgun Start

Location: Salish Cliffs Golf Club

Early Entry Fee: \$1,000 per team (4 people) before April 1, 2018

Entry Fee: \$1,200 per team (4 people) after April 1, 2018

Entry Closes: May 26, 2018

Includes: 18 holes of golf, cart, range balls, tee gift, two drink tickets per player, dinner & award ceremony participation

Format: 4-person scramble

Sponsorship opportunities contact
Salish Cliffs Golf Club
P: 360.462.3673 | E: golfshop@salish-cliffs.com



**Salish Cliffs** **LITTLE CREEK**
GOLF CLUB CASINO • RESORT

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



Making Drums in June!

Please Join Us
Building Strong Families Through Culture

BSFTC

Community Kitchen

Tuesday's
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families

Bible Study

everyone is welcome

Mondays 6:00 - 7:00 p.m.
Elders Building

FREE Wills for Squaxin Tribal Members and Their Spouses

The Tribe is again offering access to end of life planning services. The Tribe has contracted with local attorney Mark Allen. Mark recently retired from the Squaxin Island Legal Department after 12 years. His is available to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Indian Trust Property-Related Documents
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Funeral Arrangements
- Estate Planning

Mark is available at a time and date that is convenient for you. If you are interested in making an appointment, please contact Diane Deyette at (360) 432-1771 x 0. We are scheduling appointments now.

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

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE

K.R.

An Indian Child

Case No.: SQI-CW-2016-1611-0171

NOTICE OF HEARING

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID: Rolando Rocero and
Alexandria Cooper-Lewis.

YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth
code, a Guardianship Hearing for the above named youth have been set in the Squaxin Island Youth
Court. The hearing on this matter shall be held on July 5, 2018 at 11:30 a.m. at 10 SE Squaxin Lane,
Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING
MA 2016-1611-0171Y RESULT IN THE CHILD BEING PLACED IN A GUARDIANSHIP. File
your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828
for more information.

Post: April, 2018

Publish: April, 2018

NOTICE OF FACT FINDING- PAGE 1

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



May Happy Birthdays

1
Leo Eugene Henry

2
Julio M. Valencia
Robert James Jones
Veronica May James

3
Kim Renee Cooper
Krystal Ivy Murray
Vernon Charles Kenyon
Xavien Malosi Manu-Saenz

4
Kenai Anthony James
Lilly Shirley Ann Dorland

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

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

7
Eric Bryant Castro
Jaidon Israel Henderson
Josiah Legend Perez

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

10
Breanna M. Peters
Kassidy RP Whitener

11
Jeromy Scott Meyer
Richard Jackson Johns Jr.

12
Janelle Malynn Krise

13
Dawn Marie Green
Julie Merrae Owens
Syrus Paul Barry Perez

14
Marlene Kaye Anderson
Treyson Francis Spezza

16
Laureen Rosander

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

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

19
Gary Lee Brownfield

20
Jeffery Sherwood Kenyon
Tenisha Lorena McNish

21
Jennie Sasalle Martin
Richard Collen Harper

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

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

24
Alexandra Isabelle Thais Mirka
Donald F. Hartwell

25
Raymond Anthony Peters
Spirit Rose Jones

26
Craig Woodburn Parker
Mildred Irene Wagner
Tyler Douglas Johns

27
Elsie Ada Quinn Thale
Jeremyha Steven James

28
Cahsai Wolf Blueback-Robinson
Donna Peratrovich
Kurt Ellsworth Poste
Molly Troxler

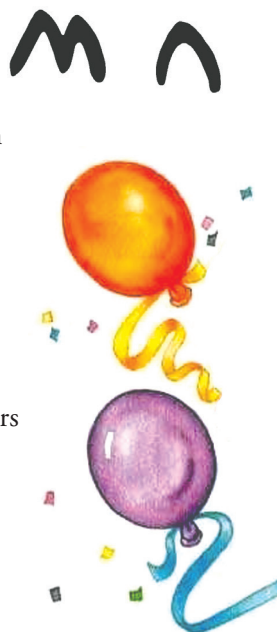
29
Jack Richard Selvidge

30
Iladee King
Mataya Stroud

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



**Happy 24
th Birthday
Kassidy Whitener
We Love you!
Love,
Mom & Gma**



**OVER 400
NALOXONE
KITS
HAVE BEEN
DISTRIBUTED
SINCE
MARCH 2017**

MASON COUNTY COMMUNITY
SERVICES-PUBLIC HEALTH

FOR MORE INFO VISIT: [HTTP://STOPOVERDOSE.ORG/](http://STOPOVERDOSE.ORG/)
CALL: (360) 463-2238 OR (360) 463-7949





Mammogram Day

June 1st

Call Traci Lopeman at 360-432-3930
to make an appointment

Numbers

Health Clinic	427-9006
Purchase Referred Care	432-3922
Pharmacy	432-3990
Dental	432-3881
Behavioral Health	426-1582

Mima Falls

Check out this loop trail. The short falls are a bit underwhelming, but still a great way to enjoy the outdoors.

Submitted by Patty Suskin, Diabetes Coordinator - Mima Falls Trail is a 6.6 mile heavily trafficked loop trail located near Littlerock, Washington and part of Capitol State Forest. It features a small 25-foot rolling waterfall (underwhelming at best). The hike is easy (despite some massive muddy sections) and takes you through both old and new as well as cleared forests. The trail is best used from March until October. Dogs are also able to use this trail but must be kept on leash. Beware of horse poop along the trail. Consider bringing a map and compass to navigate the endless possibilities of equine loops, roads, and hiking trails around the falls. Combine Mima Falls East and West trails for a 15-mile whole day of exploring Capitol State Forest.

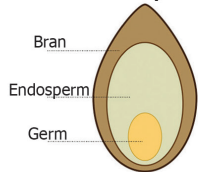
Take I-5 South to Exit 95 the Littlerock/Maytown exit. Follow Maytown Road through Littlerock as it turns into 128th Street for 3.7 miles to a T-intersection. Head left onto Mima Road SW for 1.3 miles to Bordeaux Road. Take a right on Bordeaux Rd SW and in .7 miles turn right onto Marksman Street SW. After 1 mile keep straight at the bend in the road. Follow the gravel loop until you reach the parking lot and Mima Falls trailhead at the end of the road on the left. From the trailhead, you will cross Mima Campground on Mima Falls Trail East. You will also cross a couple of wide overgrown roads. When Mima Falls Trail East converges with the Campground Trail, stay to the left continuing on Mima Falls Trail East. Mima Falls Trail East will become Mima Falls Trail West, just continue on. You will cross a footbridge over Mima Creek and the trail comes to a T. Take the left path at the T and you will come to the picnic table over the sound of Mima Falls. The footpath down to viewpoints of the bottom of the falls is right next to the table. There is also another footbridge that looks over the top of Mima Falls.

The Littlerock Grocery, on the corner of Maytown and Littlerock Roads, sells the DNR trail map of Capitol State Forest (highly suggested).



What is a Whole Grain?

Grain Anatomy



When grains grow in the fields, they have three edible parts: the outer bran layers, rich in fiber and B vitamins; the germ, full of antioxidants; and the starchy endosperm.

If the bran and germ (the healthiest parts) are removed, the grain is said to be refined. Refined grains are missing about two-thirds of many essential nutrients. Some grains are then enriched-but this only returns about five of the missing nutrients.

Your best bet for good health? Look for whole grains. Even if they have been ground into flour, or rolled into flakes, they're still whole grains if all of the three original parts are still present in their original proportion.

These grains are available through WIC



Brown Rice



Whole Grain Pasta



Bulgur



Oatmeal



Whole Wheat and Corn Tortilla



100% Whole Wheat Hamburger Buns

Choose Whole Grains at Every Meal

Breakfast

Switch to whole grain breads and cereals, a bowl of oatmeal or a multigrain waffle or pancakes.

Lunch

Choose 100% whole wheat breads for sandwiches. Make a salad or soup with brown rice or bulgur wheat.

Dinner

Brown rice or 100% whole wheat pasta can promote more fiber and nutrients.

Shopping Tip

You can choose a combination of whole grain choices up to the amount of ounces(oz) printed on the WIC check. Breakfast cereals don't count as a whole grain choices for your WIC checks. See pages eight and nine in your WIC shopping guide for choices of breakfast cereals.



Tuesday,
May 8th 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
or Patty Suskin 360.462.3224



Managing Diabetes: It's not easy, but it is worth it *Socks Awarded-Congratulations!*

Submitted by Patty Suskin, Diabetes Coordinator - Great work & congratulations to the following people for taking stellar care of their Diabetes in 2017: Jack Selvidge, Traci Coffey, Traci Lopeman, Glen Parker, Pattie Caton, Rose Davis, Kim Kenyon, Pete Kruger, Thelma Shea & John Krise. These 10 people were part of the 12 who completed all the 2017 tests & exams recommended by IHS to stay healthy with diabetes. This is a lot of work! It includes an annual dental exam, eye exam, foot exam, diabetes education, blood work, etc. . . . the list goes on. As a reward, they were each provided a pair of comfortable and moisture-wicking merino wool socks. These socks also have a lifetime guarantee. Congratulations!



L-R: Kim Kenyon, Patty Suskin, Glen Parker, Traci Coffey and Pete Kruger



Patty Suskin and Rose Davis



Traci Lopeman



Thelma Shea



John Krise



South Puget Intertribal Planning Agency



USDA Foods Program May Dates

NISQUALLY 5/4/18
SQUAXIN ISLAND 5/8/18
SKOKOMISH 5/11/18
CHEHALIS 5/17/18
PT. GAMBLE S'KLALLAM 5/22/18

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call the Warehouse at Nisqually 360.438.4216





Baby Teeth are Important

Just the Facts

Too many children have tooth decay...it can be prevented.

Severe tooth decay can lead to pain, infection, sleep problems, and learning. Children need their baby teeth to eat, talk, and smile!

What Can You Do?

Clean baby's teeth every day when the first tooth comes in. Use a small smear of fluoride toothpaste.

Limit sweet snacks and drinks.

Take your Baby to the dentist when the first tooth comes in.

Contact the dental clinic for a dental appointment for your baby.

<http://www.ihs.gov/headstart>





Diabetes Bingo

Submitted by Patty Suskin, Diabetes Coordinator - Twenty people participated in Diabetes Bingo in March. The Bingo game was created by and purchased from the White Earth Ojibwe Tribe in Minnesota. Bingo cards are pictures with each bingo space containing an educational message about diabetes. This is a fun way to learn about - and how to care for - diabetes. Thank you all for participating! Topics included: how to treat low blood sugars, how to check blood sugars, storage of diabetes care items, foot care and more. Thank you for your support, Jen Motteler (picture taking) and Traci Coffey (everything else).

More 'Tips for Handling Stress - especially for women

Submitted by Patty Suskin, Diabetes Coordinator

How can I help handle my stress?

Don't let stress make you sick. Women tend to carry a higher burden of stress than they should. Often they aren't even aware of stress levels. Women should listen to their bodies so that they know when stress is affecting their health. Here are ways to help women handle their stress:

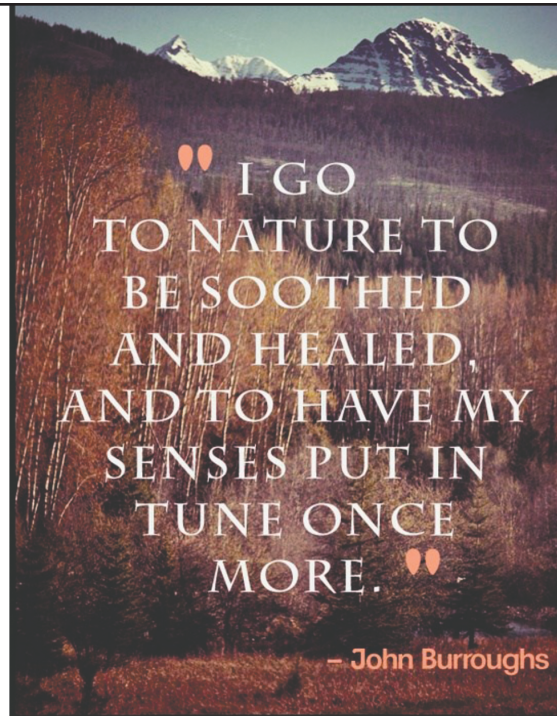
Talk to friends. Talk to your friends to help you work through your stress. Friends can be good listeners. Finding someone who will let you talk freely about your problems and feelings without judging you does a world of good. It also helps to hear a different point of view. Friends will remind you that you're not alone.

Get help from a professional if you need it. Talk to a therapist. We have excellent staff at Behavioral Health. Call 360.426.1582 . A therapist can help you work through stress and find better ways to deal with problems. There also are medications that can help ease symptoms of depression and anxiety and help promote sleep.

Write down your thoughts. Have you ever typed an email to a friend about your lousy day and felt better afterward? Why not grab a pen and paper and write down what's going on in your life. Keeping a journal can be a great way to get things off your chest and work through issues. Later, you can read through your journal and see how you've made progress

Help others. Helping someone else can help you. Offer to help a neighbor or volunteer in your community.

Set limits. When it comes to things like work and family, figure out what you can really do. There are only so many hours in the day. Set limits with yourself and others. Don't be afraid to say "no" to requests for your time and energy.



All Tribal Elders 65 & Older & those who have Medicare

Please Note:
The Social Security Administration

**Began this month (April 2018)
To mail out new Medicare Cards.**

**It is very important,
that we get a copy of
YOUR NEW CARD**

**As soon as you get it ,
please bring it to
THE SQUAXIN ISLAND HEALTH CLINIC**





Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions	Council Rep.	Staff Rep.	Months
1% Committee (Bylaws & Appendix X2)	Charlene Krise, Vince Henry, Vicki Kruger	Kris Peters	Feb., May, Aug., Nov.
Elections Committee	None	Tammy Ford	March, April, May
Explorers Program Committee	None	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		
Museum Library and Research Board	Bev Hawks	Charlene Krise	Sept., Dec., March, June
Tourism Board (TC 2.34.010)	Steven Dorland	Leslie Johnson	
Island Enterprises Board	Arnold Cooper	Dave Johns	
Skookum Creek Tobacco Board	Vinny Henry	Mike Araiza	



What's Happening						
Women Warriors Thursdays at 4:00 p.m. Community Kitchen		1	2	3	4	5
AA & ALANON Tuesdays 3-5			Elders Committee	Family Court Utilities Commission	Housing Commission	General Body Meeting
6	7 <i>Closed American Indian Day</i>	8 Criminal/Civil Court Enrollment Committee	Child Care Board of Directors Aquatics Committee Golf Advisory Committee	10 TLC Family Fun Night <i>Tribal Council</i>	11 SPIPA Board Education Commission	12
13	14	15	16	17	18	19 Waves of Perfection
20	21 Gaming Commission	22 Criminal/Civil Court Tobacco Board	23	24 <i>Tribal Council</i>	25	26
27	28 <i>Closed Memorial Indian Day</i>	29	30	31	Bible Study at Elders Building Mondays 6:00 - 7:00 p.m. Culture Night and Drum Group Wednesdays 7:30	



Elders Menu . . . Fruit and salad at every meal

5/1 – 5/3

TUESDAY:

Chicken Pozole, corn,
flour tortillas

WEDNESDAY:

Beef Stroganoff, cauliflower,
biscuits

THURSDAY:

Chicken fried steak,
mashed potatoes & gravy,
rolls, green beans

5/7 – 5/10

MONDAY:

Hot dogs, macaroni salad,
baked beans

TUESDAY:

Navy bean soup, egg salad
sandwiches

WEDNESDAY:

Beef tacos, Spanish rice

THURSDAY:

Pork chops, baked potatoes,
corn

5/14 – 5/17

MONDAY:

Tater tot casserole, peas

TUESDAY:

Beef stew, rolls

WEDNESDAY:

Meatloaf, veggie rice

THURSDAY:

Casino Buffet

5/21 – 5/24

MONDAY:

Shepard's pie, biscuits

TUESDAY:

Baked potato soup,
ham sandwiches

WEDNESDAY:

Beef enchiladas,
black beans

THURSDAY:

Spaghetti, mixed
veggies, garlic toast

Peter Frampton



Photo by Meloney Hause

**The Squaxin Elders thank Little Creek Casino Resort for our tickets.
We are still rockin!!!**

5/28 – 5/31

MONDAY:

Closed for Memorial Day

TUESDAY:

Broccoli cheddar soup,
turkey sandwiches

WEDNESDAY:

Tuna casserole, broccoli

THURSDAY:

Flank steaks, steak fries,
peas & carrots



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
Charlene Krise
Charlene Krise
Vicki Kruger
Arnold Cooper
Arnold Cooper
Vince Henry
Steven Dorland
(Per Tribal Code) None
Charlene Krise
Vicki Kruger & Charlene Krise
Vacant
None
Vicki Kruger

Staff Rep.

Jeff Dickison
Traci Coffey
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
Dallas Burnett

Bert Miller
Ray Peters
Vacant
Patti Puhn

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 Monday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday



Squaxin Super Hero!!!

Dorinda Thein made 40 scarves for Elders Host Luncheon helpers and 60 tee pees to be given away to guests!!!!

Yay Dorinda!!!!!!

HAPPY
Mother's Day



MAY 25 | OPEN @6PM
EARLY BIRDS @8PM | SESSION @8:30PM

BINGO BINGO
DAUBIN IN THE DARK

Buy-in is \$50

OVER \$7,900 IN PAYOUTS

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

Cocktail SPECIALS
Ages 21 and over only.

Live DJ Spinning at 7:30pm

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

LITTLE CREEK CASINO • RESORT.
LIVE a little

15 MINUTES NORTH OF OLYMPIA ON HWY 101
LITTLECREEK.COM • 1.800.667.7711

BINGO BINGO
HAPPY Mother's Day

Friday • May 25th Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • May 26th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • May 27th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

All Level 3 payout \$1,199
Bring a canned food item for a free level 1 (3-on)
\$100 Hot Seat drawings for Mother's Day

*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

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LIVE a little

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