



## Fitness Center Grand Opening

Margaret Foley - The Grand Opening of the new Squaxin Island Community Fitness Center was held March 22, 2019. The roughly 2,800 square-foot facility has new exercise equipment, free weights and a classroom for group fitness activities. It was designed by Native-owned architectural and engineering firm, AKANA of Portland, and built by Squaxin-owned Skookum Construction, LLC.

From the outset, the Tribe's goal for the project has been to create a centrally located, accessible, cost-effective facility. Funded in part with a HUD Indian Community Development Block Grant, the Fitness Center is the result of several years of collaboration and coordination between Tribal departments and programs, design professionals and input from community members.

The Fitness Center is a conveniently located adjacent to the aquatic center and evidence that the Tribe is committed to viability of the community by promoting health, longevity and resiliency through physical fitness.

For information about registering for access to the Fitness Center and scheduled activities, contact Janita Raham, Operations and Events Manager, at 360-432-3869.



## Annual General Body Meeting May 4, 2019

### 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 Vice Chair  
Tribal Council Member 3

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

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

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





## Walking On



## Alan Krise

**May 11, 1960 - February 13, 2019**

Alan Krise, a Puyallup Tribal member who has also been a Squaxin Island tribal member and has many family members here, passed away on February 13th at St. Peters Hospital in Olympia surrounded by his family.

He lived in Kamilche his whole life and loved being close to his family and friends.

Alan was born to John E. Krise and Eleanor Thomas Krise in Shelton, Washington.

He graduated from Shelton High School and began working for the railroad laying rails from Olympia to the Portland area. In the 1980s, Alan began working at the Squaxin Natural Resources Department working in fisheries where he stayed for many years while raising his children.

When Little Creek Casino Resort opened in 1995, Alan began working in the Security department and eventually moved into the Facilities department where he worked until his last days.

Alan loved the outdoors, clam digging, fishing, and geoduck diving were his favorites. He enjoyed spending his free time with his children and grandchildren. Classic car shows and building his classic truck were his passions.

Alan is survived by his children Kasia Seymour, Kristy Krise, Kenna Krise Acosta and Alan (AJ) Krise and his loving grandchildren, TJ Seymour, Johnathan Seymour, Larissa Krise, Camilo Krise, Natalia Krise and Eviana Krise.

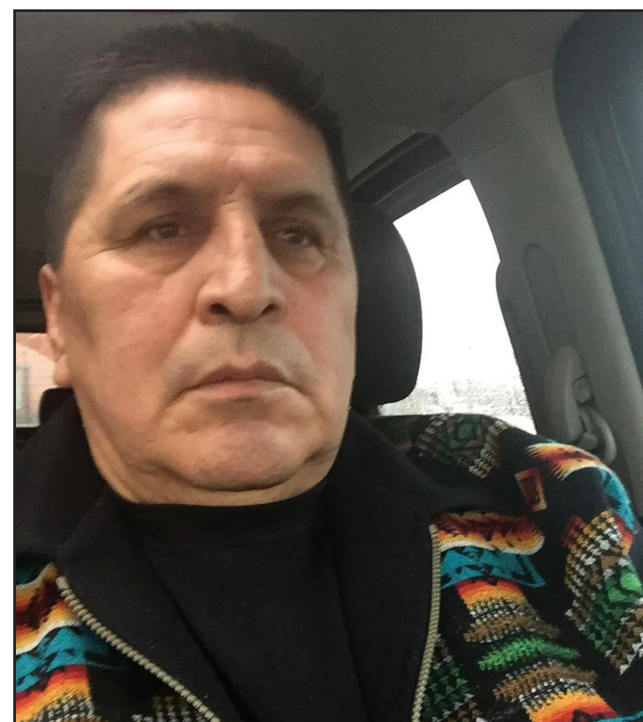
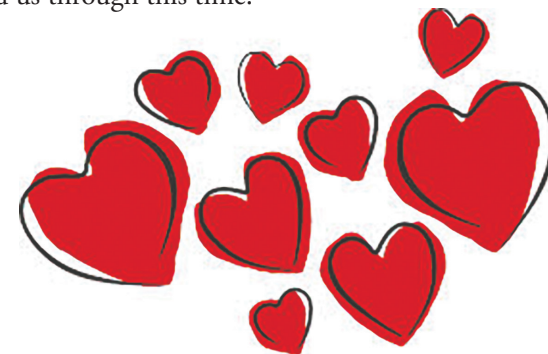
He is also survived by his sister Darlene (Krise) Shrum and brother Spencer Martin and numerous nieces, nephews, and countless cousins and friends.

He was preceded in death by his parents, John and Eleanor Krise; sister Edda Dines; brother Charlie Krise; and sister Viola Krise.

A service was held on Thursday, February 28th, 2019 at the Squaxin Tribal Gymnasium. Burial is at Shelton Memorial Park.

## Thank Yous

The family would like to thank the Squaxin Island Tribal Council, Patti Puhn, Puyallup Tribe, Elsie Thomas and Daniel McCloud, and all the cooks and volunteers who supported us through this time.



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

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

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

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

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

Submissions Deadline:  
15th of each month

## SQUAXIN ISLAND TRIBAL COUNCIL:

ARNOLD COOPER: Chairman  
CHARLENE KRISE: Vice Chairman  
JEREMIE WALLS: 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](mailto:thenderson@squaxin.us)





## **Thank You Super Heros!** ***Our Cremation Garden Construction is Complete!***

**A Gigantic "Thank You" to Little Creek Casino Resort's Bob Pearsall and Staff!!! You are our Super Heros!!!**

Bob Pearsall and his crew have been supportive of our cemetery and cremation garden since day one.

### **Thank you so much for:**

- Fertilizing and weed control
- Ordering materials and supplies at wholesale prices
- Coordinating contractors for the cement path
- Supplying tons of mulch
- Tree and brush thinning
- Providing heavy equipment and supplies at no cost
- Always being willing to help - no matter what!

## **The Cultural Resources Department wholeheartedly lifts our hands up to you!!!**

Thank you so very much!!!

*\* LOOK for more information in next month's paper about our new cremation garden.*



Cremation Garden Completed



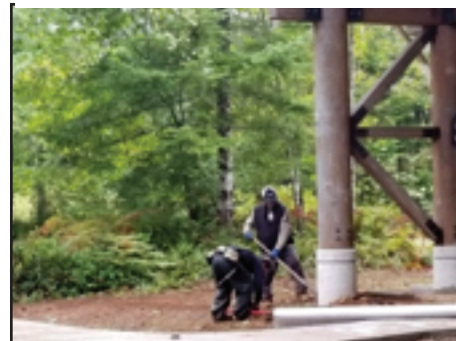
**Bob Pearsall**



**Lori Rains**

THANK  
YOU!

M A



**Lori Rains and Rene Vigil**



**Lori Rains and Rhonda Foster**



**Bob Pearsall**





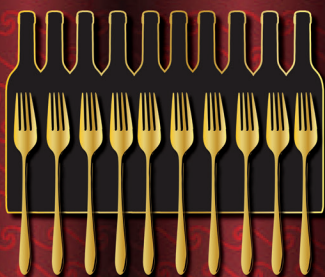


## Mark Your Calendars for First Salmon Ceremony

August 2nd at Noon - Collier House at Arcadia



## WAVES OF PERFECTION



### A Culinary Journey of Food and Wine

Saturday, May 18th, 2019 at 4:30pm  
Little Creek Casino Resort - Skookum Creek Event Center



**\$100 in advance**  
grand tasting only

**\$125 at the door**  
grand tasting only

**\$120 in advance**  
grand tasting & seminar  
(Best Value)

Tasting seminars available at the event two for \$25. Early registration only.

**Business Casual Attire**

See [wavesofperfection.org](http://wavesofperfection.org) for details

**Sponsorship Opportunities Available**

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

### Fireworks stand sign up is now!

The drawing will be held  
**Thursday, April 11, 2019**  
**at 11:45 a.m.**  
in the Administration Building.  
19 spots available.

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

**Permit fees, License fees, fines, penalties and  
taxes must be paid by Tuesday, April 9th; and  
current by the time of the drawing**

For more information contact the  
administration building at 426-9781







## High School and Beyond Graduates

On March 11th, Tribes Assisting Native Families (TANF) hosted the 3rd annual High School and Beyond dinner (formerly High School 21) to honor our graduates. We are now allowed to assist young adults, ages 19+, in earning their high school diplomas.

### List of Graduates:

Jim Braese  
Taylor Krise  
Josiah Simpson  
Redwolf Krise  
Elijah Garcia  
Joseph Anderson  
Tasheena Anderson  
Alan Depo  
Kimberly Depo



CONGRATULATIONS from the Family Services TANF Program!!!

Here is a little more information on our High School and Beyond Program:

Our High School and Beyond Program is a partnership between South Puget Sound Community College and the Squaxin Island TANF Program. This program was started 3 years ago, and, to date, we have had 30 students complete and receive their high school diplomas!

### Open to all in the community

We have classes weekly on Tuesdays and Thursdays from 8:30 a.m. - 11:30 a.m.

It is open to adults, ages 19+, who want to earn credit for knowledge gained from work and life experiences while tailoring an educational plan to fill in the gaps.

This is a work-at-your-own-pace type of program. Our Instructor, Shannon Millman, is on hand to help any way she can.

Contact us if you are interested in earning a competency-based high school diploma geared toward transitioning into college & career programs. To get started, contact Shannon Bruff at (360) 432-3961. She will provide assistance with the sign-up process and obtaining your transcripts.



*Grads L-R: Elijah Garcia, Alan Depo, Jim Braese*







## Strengthening Families Seminar

This Event Sponsored by:



[www.mason.co.wa.us](http://www.mason.co.wa.us)



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



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

**Where:** Squaxin Island Family Services Building  
2750 SE Old Olympic Hwy Shelton, WA 98584

**When:** Thursday Evenings: April 4th, 11th, 18th, 25th,  
May 2nd & 9th, & 16th

**Time:** 5:45 pm - 7:45 pm **Cost:** Free - Child Care and Light Meal included!  
(Child Care available for 3 years/up & class for 9 through 14 years only)

The Strengthening Families Program: For Parents and Youth is an empirically supported program developed by Virginia Molgaard Ph.D. and others at Iowa State University.

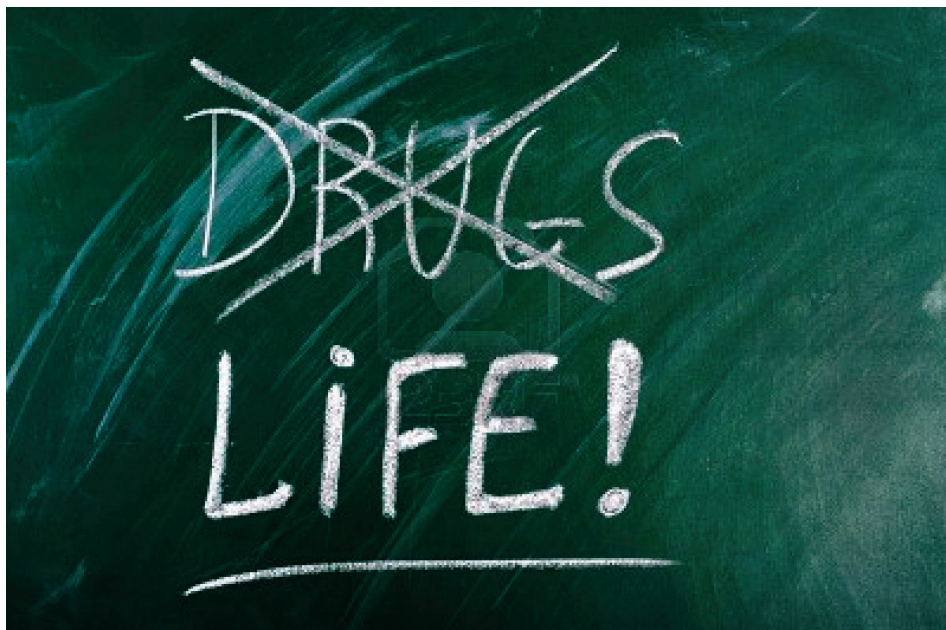
This prevention program targets adolescents ages 10 to 14 and their caregivers. The parent, youth, and family skills-building curriculum is delivered in seven weekly sessions and is offered as independent, concurrent learning sessions for parents and youth, followed by joint family sessions. The program uses realistic videos, role-playing, discussions, learning games, and family projects to enhance parenting skills, build life skills in youth, and strengthen family bonds and communication.

The program has demonstrated effectiveness in increasing caregivers' ability to set appropriate limits and show affection and support to their youth and in promoting skills in youth, such as coping and peer pressure resistance. Research has also demonstrated long-term impacts on adolescent substance use, aggression, and academic performance.

For more information, directions and registration,

Contact: Marc at 360-754-7629 or register online at [www.familyess.org](http://www.familyess.org)

Week	Parents	Children	Family
4/4/19	Love & Limits	Having Goals & Dreams	Supporting Goals & Dreams
4/11/19	Making House Rules	Appreciating Parents	Appreciating Family Members
4/18/19	Encouraging Good Behavior	Dealing with Stress	Using Family Meetings
4/25/19	Using Consequences	Following Rules	Understanding Family Values
5/2/19	Building Bridges	Dealing with Peer Pressure	Building Family Communication
5/9/19	Substance Abuse Protection	Peer Pressure & Good Friends	Family & Peer Pressure
5/16/19	Help for Special Family Needs	Reaching out to Others	Putting it all Together



## 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**



## Squaxin Island Tribe Legal Community Education

**April 2019:**  
**Cops on the Reservation  
& Public Law 280**

**Tuesday, April 9<sup>th</sup> - 4:00 pm**  
**Building Strong Families Through Culture,  
Community Kitchen**

**Tuesday, April 16<sup>th</sup> - 12:00 pm**  
**Brown Bag Lunch,  
Legal Department Conference Room**  
All those attending, bring your lunch with you!





## 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



## Overdose Prevention

**APRIL 29, 2019**

**3:00 PM – 4:00 PM**

### TOPICS OF DISCUSSION:

- What are opioids
- Tips to reduce overdose
- What happens during a opioid overdose
- How to identify and respond to an opioid overdose
- Receive FREE intra-nasal Naloxone
- Discuss resources for local treatment

This event is hosted by: Mason County  
Community Services  
in collaboration with The Squaxin Island  
Family Justice Program

Any questions regarding this event please call  
Marcella Cooper, Family Justice Program Coordinator 360-432-3908  
or Santana Krise, Family Justice Program Assistant 360-432-3887



**GEORGE LOPEZ**

**APRIL 18**  
**2 SHOWS**  
**6PM & 9PM**

Tickets starting at  
**\$30**

FOR TICKETS GO TO  
LITTLECREEK.COM  
OR CALL 1.800.667.7711

MUST BE AT LEAST 21 YEARS OF AGE  
TO ATTEND THE SHOW

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

**LITTLE CREEK**  
CASINO • RESORT.  
*LIVE a little*





## Squaxin Island Tribe Assistance Based on Need or ABON

If your benefits have been reduced or 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 at (360) 432-1771 ext. 0, to see if you qualify for the Tribe's Assistance Based on Need program.

### **Q: What is the Squaxin Island Tribe, Assistance Based on Need Program?**

A: The Squaxin Island Tribe operates an Assistance Based on Need (ABON) Program. The Tribe's ABON program was designed so that the payments under the program would not count against your eligibility for SSI.

### **Q. How do I apply to participate in the ABON program?**

A. To participate in the Tribe's ABON program, you must self-attest that your income, exclusive of the funds you might receive from ABON, is below the federal poverty level. Thus, income is, as required by regulation, “one factor to determine eligibility.”

To apply, you or your legal guardian must come to the Legal Department and sign a declaration declining per capita and elder's dividend payments, and declaring that your income is below the federal poverty level. A copy of the declaration will be provided to you to deliver to the SSI office.

### **Q. How does the ABON program affect eligibility for state assistance programs?**

A. State assistance programs such as Medicaid and food stamps, have their own eligibility requirements, and may need to be assessed on a case by case basis. Most state programs require eligibility for SSI as one of several eligibility requirements. However, even participating in ABON may not guarantee the availability of all state assistance programs.

### **Q. What should I do if I get a letter from the Social Security Administration or DSHS?**

A. If you get a letter from one of these agencies, it is very possible that they believe there is an issue with your benefits. **DO NOT IGNORE THE LETTER.** Most of the letters will have a short time to respond with the information they request. Many times, if you do not respond you will lose your benefits and possibly the right to appeal that loss as well. If you get a letter from one of these agencies and are unsure how to respond, please bring the letter to the Legal Department for guidance.

### **Q. What if the Social Security Administration or DSHS wants to interview me?**

A. One part of determining eligibility from assistance programs can be an interview. If you are asked to be interviewed, you must respond in the time frame given, or you will likely be denied benefits. If you have set up your interview, you may call the Legal Department to schedule a time to discuss. Please note the Tribe's Legal Department does not represent individuals but can discuss what to expect during the interview and how to best prepare for it.

## 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

## WA bill would allow resentencing hearing for convicted drug offenders

By: Kaitlin Knapp, YakTriNews.com - OLYMPIA, WA., submitted by Christine Semanko - Two Washington state politicians are looking to pass Senate Bill 5848, which would allow some convicts to have a resentencing hearing.

If passed, the bill would allow people convicted of a drug offense before July 1, 2004 and are currently serving their time to have a resentencing hearing. The prosecuting attorney of the county where the crime was committed will make a motion for relief due to a change in the law.

The sentencing court will grant the motion if all the requirements are met, which will then turn into an expedited date for the resentencing of the offender. However, the resentencing cannot give the offender more time behind bars.

Additionally, whenever a person is about to be sentenced for two or more current offenses, the sentencing will be determined by using current and prior convictions. If the court finds the current offense is the same crime as the prior ones, the current offenses will be counted as one crime.

According to the bill, this means the sentencing will be served all at the same time, rather than separately.

The crime has to have the same criminal intent, committed at the same time, place and involve the same victim. This applies to cases such as vehicular assault, vehicular homicide, even if the victims were in the same car.

If someone is convicted on or after July 1, 2019, those convicted will be able to earn a maximum 50 percent reduction off their sentence for good behavior rather than it being capped off at 33 percent. However, this would not apply to those convicted of a violent, sex, or crime against an offense.

The Department of Corrections has said at 103 percent capacity. Those for the bill are hoping to address capacity issues.

Those against the bill say it would negatively impact public safety. The Othello Police Department spoke out about Senate Bill 5848 and said, “This is designed to save our state money at the cost of increasing our crime rate.”





## Higher Ed News

Mandy Valley - This month we continue sharing about various area college programs with some details about Clover Park Technical College, with campuses in Lakewood and just south of Puyallup. Clover Park Technical College offers more than forty programs in aerospace, advanced manufacturing, health sciences, human services, business, hospitality, science, technology, engineering, transportation, and trades.

Clover Park Technical College offers courses online and on campus for students getting ready for their first career, their next step within their career, or their new careers. The college's history of professional and technical education dates to the 1940s, when the Clover Park School District established a War Production program training civilians as auto mechanics, aircraft-service mechanics, ship-fitters, welders and blueprint readers.

### *Facts about the college today:*

- Accredited by the Northwest Commission on Colleges and Universities
- Enrollment: 6,523 students; 4,159 FTES (full-time equivalent)
- Student body: female: 63%, male 37%
- Students of color: 45%
- Median age: 30
- Family and finances
- Students receiving need based financial aid (2016-17): 47%
- Students who work: 56%
- Students with children: 42%
- Employment rate (2016-2017): 85%
- Student-to-faculty ratio: 22:1
- Average class size: 13

Please go online and check out the college and what it has to offer. Squaxin Island tribal members interested in applying for tribal higher education assistance can reach me at 360-432-3882, or at [mvalley@squaxin.us](mailto:mvalley@squaxin.us).

## GED Prep and Homework Support Updates

Jamie Burris - I will be here to help you with homework support or in preparation for GED testing most Tuesdays and Wednesdays from 4- 7pm. Please note that there will be no homework support or GED prep instruction during school breaks.

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](http://www.test-guide.com). For more information, please reach out to me at [jbarris@mcclary.wednet.edu](mailto:jbarris@mcclary.wednet.edu) or go online at [www.ged.com](http://www.ged.com).





## CEDAR BELTS WITH JOHN SMITH

JOIN US! WANT TO LEARN HOW TO WEAVE WITH CEDAR?

THIS IS GREAT CHANCE TO TRY  
SOMETHING NEW!

APRIL 1ST AND 2ND  
12-4  
SQUAXIN TEEN ROOM



Sponsored by Squaxin TANF  
Questions please contact Jaimie Cruz  
360-432-3842

## Youth Activity Update

Jerilynn Vail-Powell - Spring Break is here! April 1st - 5th we will be open from 7:30 a.m. - 4:00 p.m. Please look at our flyer for our field trips and pool party dates. If any families have an updated phone number, please stop by and any of the after-school staff can help you.

### *Other dates to keep in mind:*

- We are closed for the Tribal Holiday on Friday, April 19th.
- Also, the summer program is coming up quickly! We will have our summer calendar and registration forms ready for families on Thursday, May 9th! We hope you can all stop by for Mother's Day Dessert and complete your registration forms while you eat!

If you need to reach any of the after-school staff, the number to the Rec Room is 360-432-3955, or feel free to call Redwolf at 360-432-3958. He can give us any messages.

SQUAXIN TEEN PROGRAM PRESENTS

## REGALIA MAKING VESTS & SKIRTS

6 WEEK CLASS  
STARTS APRIL 11TH  
ENDS MAY 16TH

3:00-5:00  
MARY JOHNS ROOM

Gain sewing skills and  
learn about coast salish  
traditions

Sponsored by Squaxin TANF

# Save the Date

SUMMER  
REGISTRATION  
BEGINS  
05.09.19

Summer Rec Dates:  
June 23 to August 23

If you have any questions contact  
Jerilynn @ 360-432-3992





## Spring Break 2019

April 1st-5th

**Monday: Activities w/Elders & Play Bingo 9-11am**  
**Gym Games Galore from 2:15-3:15pm**

**Tuesday: Field Trip to Priest Point**  
**Leave @ 9:30am & Return @ 12:30pm**

**Wednesday: Make Oyster Chowder @ 9-10am**  
**Pool Party @ 10:30am-12:00pm**

**Thursday: Field Trip to Charlie Safari**  
**Leave @ 9:30am & Return @ 12:30pm**  
**Join us for MOVIE NIGHT & Homemade Treats**  
**from 4-6pm**

**Friday: Balloon Rockets & Balloon Games @ 9am**  
**Gym Games Galore from 2:15-3:15pm**

Contact Jerilynn @ 350-432-3992 with  
any questions.

SQUAXIN TEEN PROGRAM  
presents

## Teen Days

INVITING ALL SQUAXIN YOUTH TO COME TO THE  
COLLIER HOUSE FOR FUN FILLED DAYS!  
ACTIVISM, MEDICINE MAKING, PREVENTION  
PROGRAMS, AND MUCH MORE!

50 SE ARKADA CT  
AKA COLLIER HOUSE  
APRIL 3RD AND 4TH  
10am-4pm

sponsored by SQUAXIN TANF





# LEARNING CENTER



## APRIL

## Squaxin Teens

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cedar Weaving 12pm-4pm	2 Cedar Weaving 12pm-4pm	3 Squaxin Teen Days Collier house 10am-5pm	4 Squaxin Teen Days Collier house 10am-5pm	5 Explore downtown Oly 12pm-4pm
Spring Break SSD April 1 <sup>st</sup> - 5 <sup>th</sup>				
8 Homework Help 3:00 – 5:00	9 Basketball Practice 4:30-5:30 Craft Class/ Drum Group 3:00-5:00	10 Lushootseed Class 5-6:30pm Family Services	11 Basketball Practice 3:30-4:30 Youth Council 5:00- 6:00	12 Early Release 1 ½ hour <b>Hike</b>
15 Homework Help 3:00 – 5:00	16 Basketball Practice 4:30-5:30 Craft Class/ Drum Group 3:00-5:00	17 Lushootseed Class 5-6:30pm Family Services	18 Basketball Practice 3:30-4:30 Youth Council 5:00- 6:00	19 <b>CLOSED</b>
22 Homework Help 3:00 – 5:00	23 Basketball Practice 4:30-5:30 Craft Class/ Drum Group 3:00-5:00	24 Lushootseed Class 5-6:30pm Family Services	25 Basketball Practice 3:30-4:30 Youth Council 5:00- 6:00	26 Early Release 1 ½ hour
29 Homework Help 3:00 – 5:00				





# LEARNING CENTER



## Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm

Front Desk: 432-3958

Rec Rm: 432-3955 (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 <i>Spring Break</i>  Rec Rm: 7:30-4pm Activities w/ Elders Open Gym: 7:30-4pm  Open Swim: 3-6pm	2 <i>Spring Break</i>  Rec Rm: 7:30-4pm Field Trip: Priest Point Open Gym: 7:30-4pm	3 <i>Spring Break</i>  Rec Rm: 7:30-4pm Pool Party 10:30-12pm Open Gym: 7:30-4pm  Open Swim: 3-6pm	4 <i>Spring Break</i>  Rec Rm: 7:30-4pm Field Trip: Charlie Safari Open Gym: 7:30-4pm	5 <i>Spring Break</i>  Rec Rm: 7:30-4pm Pool Party 10:30-12pm Open Gym: 7:30-4pm  Open Swim: 5-8pm
8 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm  Open Swim: 3-6pm	9 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm	10 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL: TBA Open Swim: 3-6pm	11 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm	12 <i>SSD-1.5 HR ER</i> Rec Rm: 1:30-6pm Pool Party 3-4:30pm Open Gym: 1:30-4:30pm  Open Swim: 5-8pm
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29 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm  Open Swim: 3-6pm	30 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm			
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:		M-F 3-4:45pm M-Th 3-6:30pm M-Th 4:30-6:30pm T/W 4-6:30pm & Th 3-5pm	<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	<i>I.T.L. - Inter-Tribal League B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade





## Gallons Used Per Person Per Day

The average person uses **101.5 gallons** of water Per day. Here's How:



A full tub is about **36 gallons**



3 gallons per flush x 6-8 flushes per day = **18-24 gallons<sup>2</sup>**



10 minute showers x 2 gallons a minute = **20 gallons**



A washing machine utilizes **15 gallons** a load



Depending on efficiency of dishwasher: **4 to 10 gallons**



Hygiene (washing face, brushing teeth, etc.) **2.5 gallons**



8 glasses of 8<sup>oz</sup> cups of water is recommended **1 gallon**

### TOILETS:

If your toilet is leaking, the cause is often an old, faulty toilet flapper. Over time, this inexpensive rubber part decays, or minerals build up on it. It's usually best to replace the whole rubber flapper - a relatively easy, inexpensive do-it-yourself project that pays for itself over time.

If you do need to replace the entire toilet, look for a WaterSense labeled model. If the average family replaces its older, inefficient toilets; with new WaterSense labeled ones, it could save 13,000 gallons per year. Retrofitting the house could save the family nearly \$2,400 in water and wastewater bills over the lifetime of the toilets.

### LEAK DETECTION:

A good method to check for leaks is to examine your winter water usage. It's likely that a family of four has a, serious leak: problem if its winter water use exceeds 12,000 gallons per month.

Check your water meter before and after a two-hour period when no water is being used. If the meter does not read exactly the same, you probably have a leak. One way to find out if you have a toilet leak is to place a drop of food coloring in the toilet tank. If the color shows up in the bowl within 10 minutes without flushing, you have a leak. Make sure to flush immediately after this experiment to avoid staining the tank.

### FAUCETS AND SHOWERHEADS:

A leaky faucet that drips at the rate of one drip per second can waste more than 3,000 gallons per year. That's the amount of water needed to take more than 180 showers!

Leaky faucets can be fixed by checking faucet washers and gaskets for wear and replacing them if necessary. If you are replacing a faucet, look for the WaterSense label.

A showerhead leaking at 10 drips per minute wastes more than 500 gallons per year. That's the amount of water it takes to wash 60 loads of dishes in your dishwasher.

Most leaky showerheads can be fixed by ensuring a tight connection using pipe tape and a wrench. If you are replacing a showerhead, look for one that has earned the WaterSense label.





## Drat Those Mats!

Wendy Newell - I used to babysit a brother-sister Blue Picardy Spaniel team. These regal dogs have luscious, wavy feathering on their legs, underside and tail. This breed is also a ball of energy! Add that glorious feathered coat after a long hike with running and romping through streams, and you have yourself some serious matting.

The kicker — the siblings' folks were adamant that their fur could not be cut. I'd try to help by brushing them after our outdoor adventures, but I felt bad for the groomer when I'd drop them off and have to remind the staff, "No cutting!" Like magic, those two pups would come back with silky, mat-free feathers. How did those groomers do it? Patience, the right tools, skill and help from vigilant dog parents.

### Matting must-knows

Here are some grooming and matting 101 basic tips.

- First, train your dog to enjoy grooming so he'll stand still long enough to get the mats out! Start brushing your pup when he is young, even if he doesn't need it. Hand out praise and high-value treats so he can associate grooming with happy things.
- Pay close attention to areas that mat easily: behind the ears and legs, in the armpits, on the undercarriage and where his collar or halter rubs.
- Keep mats from forming. A detangler cream or spray helps prevent fur from getting clumped up and can be used before your pup jumps into a river or lake to make the post-swim brushout easier. Use only products specifically made for dogs.
- If your pup's coat has gotten severely matted or hasn't been cared for in a while, take a trip to the veterinarian. An uncared-for coat can cause skin irritation or infection that needs to be treated by a medical professional.
- To learn the best way to brush out your pup and what kind of brush to use, talk to your groomer. The better you are at daily grooming the easier her job is.
- Don't ignore the paws. Hair that grows in between the pads can get matted. Keep it short. Touch-up between professional grooming with some dog clippers at home. They're easier than scissors on your dog's sensitive paw pads.
- Clippers are also useful to keep a pup's rear end neat and clean. Between sitting and pooping, that area can get messy fast. A clean area around the anus is worth a little embarrassment between you and your dog.
- A good diet helps your dog have a healthy coat that's less likely to get tangled. Look for omega-3 or fish oil in your pup's food and supplements. Of course, consult your veterinarian to learn the best amount to be giving your dog.

Wendy Newell is a former VP of Sales turned dog sitter, which keeps her busy being a dog chauffeur, picking up poop and sacrificing her bed. Wendy and her dog, Riggins, take their always-changing pack of pups on adventures throughout the Los Angeles area. Learn more about them on Facebook at The Active Pack and on Instagram @wnnewell.

### Tangle Tips From Professional Groomers

Never bathe your dog if he has mats or tangled hair. Water acts as a sponge and only makes mats tighter. Use cornstarch to help loosen mats. Rub some into the mat to help loosen, then brush out. Don't assume that conditioner will remove or loosen

mats. They must be brushed and combed out thoroughly before the bath. NEVER try to cut out mats. They may be tighter than you think or have the skin caught up in them, and you can easily cut your pet.

Dogs like Poodles and Goldendoodles that are considered non-shedding don't shed the dead hair on their own; they need help by brushing a minimum of twice a week with a good slicker brush.

Regular visits to a professional groomer is a must every six to eight weeks. Mats begin at the base, not at the top of the hair. While your dog might look to be mat-free, get your fingers down into the nape of the hair to feel for any tangles and snarls. Catching a potential mat before it happens makes removing it much easier. Do research on your breed's specific needs for proper grooming. Depending on your breed, the coat or hair will require different practices to keep it healthy and vibrant.

Always work on small sections, from the ends of the hair working your way up to the skin. Always use a good conditioner. Dematting can cause major breakage even if done correctly.

Always use cooler warm water as a quick rinse as the last thing you do in the tub. This will help seal the hair shafts. Warmer water leaves them open, making the hair prone to breakage and damage. Broken and damaged hair tangles quicker. Use a finishing conditioning spray.

Are you considering purchasing a home but don't know where to begin?

Join us to get your questions answered!



## Homebuyer Q & A

Tuesday, April 23, 2019

4:00 pm

Admin Bldg.— 2nd Floor Conf. Rm

Alaska USA Mortgage Co. will be here to talk about the homebuyer/loan process. Section 184, VA and FHA

Attendees names will be added to a drawing for a gift card!

Hope to see you there!

RSVP : Lisa Peters 360-432-3871

Sponsored by: Squaxin Island Tribe— Office of Housing





## Doctor's Corner: Making Sense of the – New Pap Smear Guidelines

Dr. Angela Tobias at the clinic - **Did you know that there are new guidelines for pap smears and cervical cancer screening?** The discovery of the Human Papilloma Virus (HPV) and its connection to many different types of cancer including cervical cancer has led to many changes in the prevention of cervical cancer.

**First of all, let's talk about the HPV vaccine. It is the most effective way to prevent HPV infection** and all the cancers that are associated with HPV infection. Both boys and girls are recommended to get the HPV vaccine series (either 2 or 3 shots depending on the type of vaccine) in their preteen years. It's approved for use as young as 9 and up to age 45. The goal is to be vaccinated before becoming sexually active, because HPV is a sexually transmitted infection - but it is still helpful to receive the vaccine later in life. In addition to cervical cancer, HPV is associated with oral cancer, penile cancer, anal cancer, vaginal and vulvar cancers. The vaccine is safe and effective, but if you have any concerns based on something you might have heard or read, let's have a conversation about that.

In part, because of HPV vaccination, cervical cancer rates are slowly going down, but it is still a very common cancer. And **Native women are TWICE as likely to develop cervical cancer** as Caucasian women. So it's important to get screened. Now, I know no one looks forward to getting their pap smear but we try hard to make it easy, painless, and empowering.


First of all, **you no longer need a pap smear until age 21.** We start routine screening at age 21 because it's extremely rare to get cancer at a young age - but you should always be seen and have an exam if you're having any symptoms. It's also important to have regular testing for all sexually transmitted infections (STIs) beginning when you become sexually active, for both men and women. This is especially important for young people, because the majority of STIs occur in teens and people in their early 20's, and the tests can usually be run on urine and blood now, so there's often no need for an internal exam.

**From age 21-30, you need a pap smear every 3 years, without HPV co-testing.** This is a big adjustment for everyone who's been accustomed to coming in every year. Many physicians will still do an annual internal exam without taking the pap smear sample. This has not been my practice, but if it would set your mind at ease, I'm happy to do it for you. And you certainly should have an exam if you have any symptoms.

**Between age 30-65, you can have a pap with HPV co-testing every FIVE years, if your pap and HPV tests are negative/normal.** You can also have a pap by itself every 3 years, but we do recommend the HPV testing. Again, some physicians still do an annual exam but only do the pap smear testing every 5 years. The research has not yet told us if this exam makes a difference in the long term, but if you are worried or are having symptoms, you certainly should have this exam.

**After you turn 65, if you've had adequate screening in the past, you no longer need pap smears. Similarly, if you've had a hysterectomy for a reason other than cancer, you no longer need pap smears.** The reason for this is that the risk of cervical cancer is very, very low for women in these categories. However, if you have any symptoms, especially bleeding after menopause, this needs to be investigated right away. And there are some rare exceptions to these rules, for instance if you are a DES daughter (a woman who was exposed to the chemical DES while in the womb), but these are rare and you should ask your provider if you think you might be someone who still needs screening.

**In addition to getting regular pap smears and receiving the HPV vaccine for those at an eligible age, practicing safer sex to avoid HPV infection and quitting smoking will decrease your risk of cervical cancers, and many other kinds of cancer.** As always, at the clinic, we're happy to help you with all of these things, and anything else you need to stay healthy! If you think you might be due for a pap smear, please call or come by today!



### WIC at SPIPA

(Women, Infants, and Children)

provides healthy foods & nutrition information for you and your child up to age 5.


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


**Contact at SPIPA for an appointment:**  
**Debbie Gardipee-Reyes 360.462.3227**  
[gardipee@spipa.org](mailto:gardipee@spipa.org)

**or Patty Suskin 360.462.3224,**  
[wicnutrition@spipa.org](mailto:wicnutrition@spipa.org)

**Tuesday, April 9th is WIC day at SPIPA**

**This institution is an equal opportunity provider.**  
Washington State WIC Nutrition Program doesn't discriminate.





### Pacifiers: In or out? Tips from WebMD:

<https://www.webmd.com/parenting/baby/>  
<https://www.webmd.com/parenting/baby/features/baby-pacifier>

**You decide.. Pros & Cons of pacifiers:**


- **If breastfeeding, wait.** If you choose to use a pacifier, **wait until the baby is at least a month old** & the feeding routine is established. A pacifier may interfere with suckling and getting a good latch on the breast.
- **SIDS:** Pacifier use during naps or nighttime **can reduce the risk of sudden infant death syndrome (SIDS)** in the first year of life.
- **Ear problems:** Pacifiers may double the risk of ear infections.


**If you decide to offer a pacifier, here are some tips:**

- Avoid pacifiers with gel or liquid filling and be sure it is dishwasher-safe.
- Don't secure the pacifier to your baby with a cord—it's a strangling hazard.
- Choose one with ventilation holes in the shield to let air in.
- Keep it clean with soap and hot water. Don't share germs.

**When to stop pacifier use?**

1. **Best to wean baby off the pacifier before their first birthday.**
2. A baby's urgent need for sucking usually slows down **after about 3—6 months** and the risk for SIDS decreases-- the perfect time for parents to put it away.
3. **Speech problems :** Children who use pacifiers excessively **past the age of 2** may also increase their risk for speech problems. Your baby's top or bottom front teeth may slant or tilt which can add to problems.
4. **Tooth troubles:** Pacifier use after **age 4** can have major long-lasting effects on adult teeth.
5. **Be consistent:** Make sure all caregivers— parents, grandparents, child care, stick to the same plan when wean off the pacifier so no one gets confused.





**This institution is an equal opportunity provider.**  
**Washington State WIC Nutrition Program doesn't discriminate.**





## April is Stress Awareness Month

### How You Relate to Stress Matters

Submitted by Giita Clark, Squaxin Island Behavioral Health

[https://www.huffpost.com/entry/carrot-coffee-egg-parable\\_n\\_1107628?utm\\_hp\\_ref=mindfulness](https://www.huffpost.com/entry/carrot-coffee-egg-parable_n_1107628?utm_hp_ref=mindfulness)

#### Carrots, Eggs and Coffee - An inspirational story on how respond to stress



A young woman went to her mother and told her about her life and how things were so hard for her.

She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl.

Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled, as she tasted its rich aroma the daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently.

The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its insides became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

#### You Can Choose Who To Be-Which are you?

Are you the carrot that seems strong, but with pain and adversity do you wilt and lose your strength?

Or are you the egg that starts with a malleable heart, but changes with heat? Did you have a fluid spirit, but after a death, breakup, financial hardship or some other trial, have you become rigid and stiff? Does your shell look the same, but on the inside are you bitter and tough, disconnected from spirit with a hardened heart?

Or are you like the coffee bean? The bean actually transforms the hot water, the very circumstance that brings it pain. When the water gets hot, the coffee releases its fragrance and flavor. If you are like the coffee bean, when things are at their worst, you get better and change the situation around you. When the hour is darkest and challenges are their greatest, do you elevate yourself to another level?

How do you handle adversity? Are you a carrot, an egg or a coffee bean? You may have started as a carrot or egg, but the beauty of life is you can consciously choose who to be.

Here's hoping you choose to be coffee.

The happiest of people don't necessarily have the best of everything; they just make the best of everything that comes their way.

*(Somehow, wake up and the smell the coffee takes on a whole new meaning)*

~~Stress~~  
Relax 😊



**CHEHALIS TRIBAL LOAN FUND**  
[WWW.CTLF.WEBBLY.COM](http://WWW.CTLF.WEBBLY.COM)

**NATIVE CARVERS SHOWCASE**

  
♦ **CARVERS SHOWCASE** ♦  
♦ **MARKETPLACE** ♦  
  
Raven and the First Men - By Bill Reid (Haida)  
♦ **TRADITIONAL FEAST** ♦  
♦ **CARVING CLASSES** ♦  
♦ **ARTISTS BUSINESS TRAINING** ♦

**MAY 18, 2019**  
**9:00 AM - 4:00 PM**  
**CHEHALIS TRIBAL COMMUNITY CENTER**  
**OAKVILLE, WA**

CONTACT: DIANA @ 360-709-1631 OR E-MAIL: DPICKERNELL@CHEHALISTRIBE.ORG





## Statins:

### What are they and who needs them?

Submitted by Patty Suskin, Diabetes Coordinator from Dr. Angela Tobia's handout - Dr. Angela Tobias shared her wisdom about statins at the Elder's Building in February. She addressed not only the Diabetes Support group, but anyone interested in finding out more about statins.

#### To summarize:

##### Q. What are statins?

A. Statins are drugs that block the liver from making new cholesterol.

##### Q. Who should be taking them?

A. Anyone who has diabetes or has already had a heart attack or stroke, and certain others who are at increased risk of a heart attack or stroke. Most people who need a statin will probably need one for the rest of their lives.

##### Q. What are the benefits of this medication? Why is this such a big deal?

A. Even in people with normal cholesterol levels, taking a statin cuts their risk of heart disease in half.

##### Q. What about all the side effects people tell me about?

A. Only about 3% of people reported having side effects

##### Q. How can I lower my cholesterol without a statin?

A. Try to decrease the amount of foods from animal sources in your diet. Cholesterol comes only from animal sources, so a plant based diet will be lower in cholesterol. Eat healthy fats, like from avocado and nuts and olives. Avoid trans fats, there is no safe level of trans fats in your diet. (Look at the ingredients – anything that has hydrogenated oils or fats will have trans fats in it!) And increase the fiber in your diet, for colon health as well as low cholesterol. There are also some supplements and herbal medications that have been proven to lower cholesterol. But if you are in one of the highest risk categories, it is not wise to go without a statin.

##### Q. What else can I do to lower my risk of heart disease?

A. STOP SMOKING. This is huge! Get regular exercise, even if it's just a little. Something is better than nothing! Try to manage your stress in a healthy way. Treat your depression, anxiety, or anger struggles. Losing weight can also help, but even if your weight doesn't budge after you make healthy lifestyle changes, it's still helping to reduce your risk! And of course, work to keep your blood sugar under good control.

##### What are "normal" cholesterol levels?

Total cholesterol: under 200.

HDL (good cholesterol): above 40.

LDL (bad cholesterol): below 130.

Below 100 for diabetes/heart disease.

Below 70 if high risk.

Triglycerides: below 150.

##### Questions?

Please come see us at the clinic!

360-427-9006.







## Yoga & Movement

Would you like

Increased flexibility?  
Increased muscle strength and tone?  
Improved respiration, energy and vitality?  
Stress Management?  
Weight reduction?  
Cardio and circulatory health?  
Improved athletic performance?  
Protection from injury?  
Mental clarity & calmness?

Join us!!

These classes are open to Squaxin Members, employees and community members.

Contact Melissa Puhn for questions, or to be included on the e-mailing list for class updates, mpuhn@squaxin.us

March 5 – July 1st  
Squaxin Island Community Kitchen

Yoga Tuesdays  
from 12:00–1:00 p.m.  
With instructor Michelle Pugh

Functional Movement Wednesdays  
from 12:15–12:45 p.m.  
With instructor Elizabeth Egan

Functional Movement Fridays  
from 12:15–12:45 p.m.  
With instructor Elizabeth Egan

All levels! No cost to attend!



## Taco Stuffed Peppers

Submitted by Patty Suskin, Diabetes Coordinator - This recipe was a big hit at our Thursday Diabetes Prevention/Lifestyle Balance sessions.

Makes 6 pepper halves

### Ingredients:

1 pound	Ground turkey
1	Onion-diced
1 clove	Garlic-minced
1 ounce	Taco seasoning
1 cup	Black beans or kidney beans
1-10 ounce can	Rotel tomatoes
2 cups	Fresh spinach, cut up
3	Bell peppers cut in half lengthwise (try orange, yellow, or red for a change)
¾ cup	Salsa (optional)
¾ cup	Sour cream (optional)
2	Green onions, chopped
2 cups	Shredded Mexican cheese blend or cheese of your choice

### Directions:

1. Preheat oven to 350 degrees.
2. Place empty bell peppers (hollow side up) on a greased baking pan and bake for 8-15 minutes.
3. Meanwhile, in a frying pan over medium heat, cook ground turkey, onions, and garlic for 10 minutes.
4. Add taco seasoning and ¾ cup water. Bring to a boil
5. Reduce heat to medium low.
6. Add black beans and tomatoes and simmer 5 minutes.
7. Add in spinach.
8. Scoop taco filling inside each of the baked peppers.
9. Top each with green onions and cheese.
10. Bake until cheese is melted.
11. Serve with salsa and sour cream.

*This recipe can be modified using different vegetables and leftovers for the filling.*

<https://thecozycook.com/taco-stuffed-peppers>



Tribal Families:

Complete Health  
Screening at

Squaxin Island Tribal General Body  
& get a ticket for the photo booth!

When: 8:30 am —10:30 am

Saturday May 4, 2019

Where: Event Center Lobby

**Diabetes screening & more**

Questions?

Contact:

Patty Suskin,

Diabetes Coordinator

360.432.3929 or

psuskin@squaxin.us or

the clinic at 360.427.9006

### Know Your A1c!

The blood test with a memory

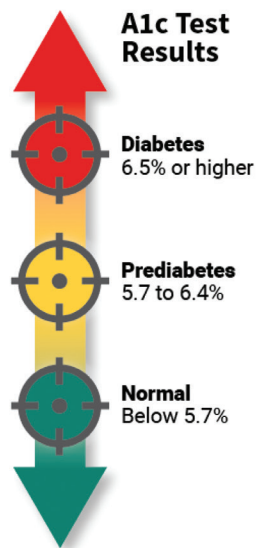


poor control — more than 8

be careful — more than 7

good control — less than 7

### A1c Test Results



Diabetes  
6.5% or higher

Prediabetes  
5.7 to 6.4%

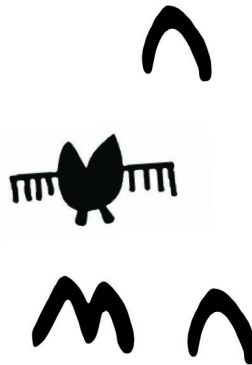
Normal  
Below 5.7%





To contact a  
Squaxin Island  
Police Officer Call:  
**360-426-4441**

If it is an  
**EMERGENCY**  
CALL 911



## Elders Menu . . . Fruit and salad at every meal

### 4/1 - 4/4

MONDAY:  
Tator Tot Casserole,  
Brussel Sprouts

TUESDAY:  
Beef Stew, Biscuits

WEDNESDAY:  
Baked Chicken, Rice Pilaf,  
Spinach

THURSDAY:  
Pork Chops, Stuffing,  
Green Beans

### 4/8 - 4/11

MONDAY:  
Beef Enchiladas, Refried Beans

TUESDAY:  
Navy Bean Soup, Tuna Sand-  
wiches

WEDNESDAY:  
Baked Ham, Scalloped Potatoes,  
Cauliflower

THURSDAY:  
Goulash, Corn, Garlic Toast

### 4/15 - 4/18

MONDAY:  
Teriyaki Chicken, Brown Rice,  
Oriental Veggies

TUESDAY:  
Italian Sausage Potato Soup  
Breadsticks

WEDNESDAY:  
Chicken Strips, Fries

THURSDAY:  
Casino Buffet

### 4/22 - 4/25

MONDAY:  
Stroganoff, Carrots

TUESDAY:  
Baked Potato Soup,  
Chicken Salad Sandwiches

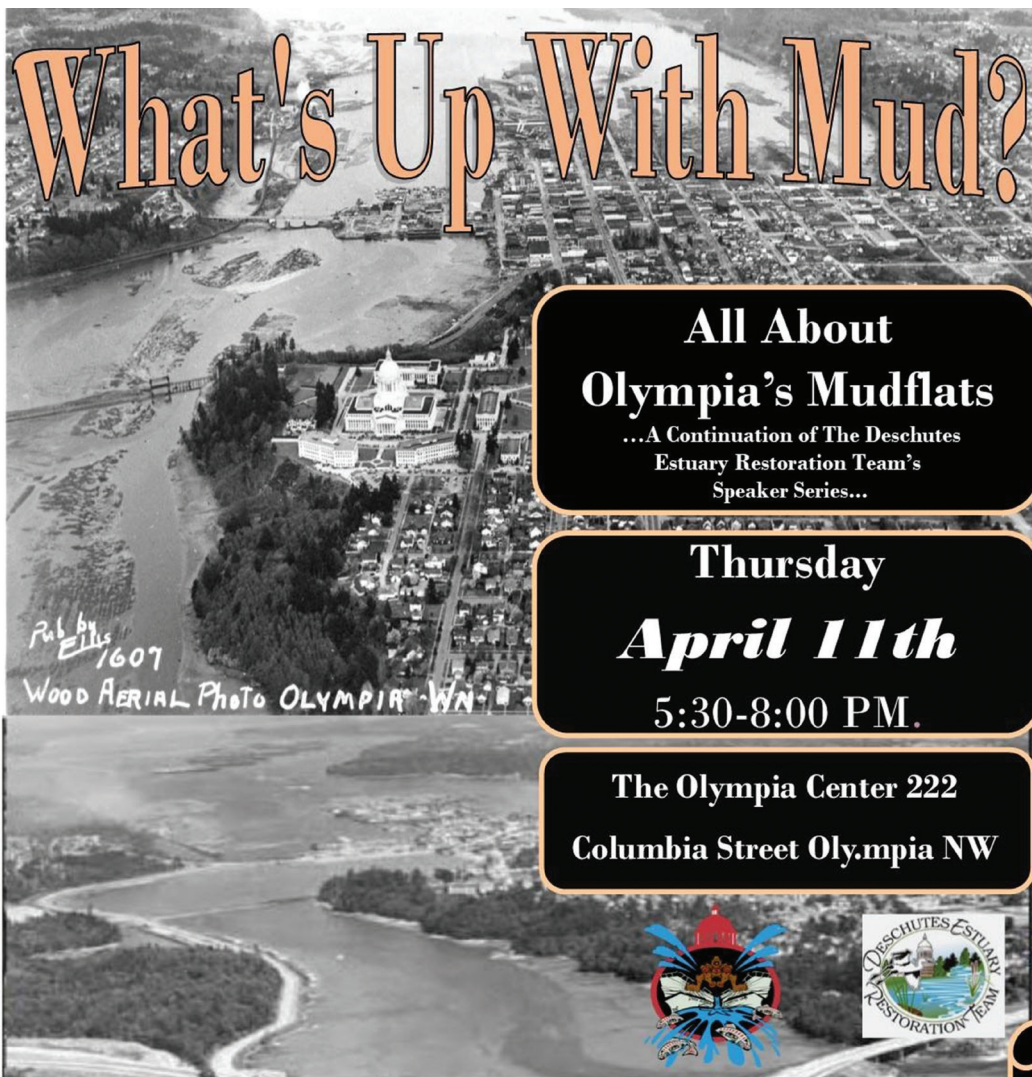
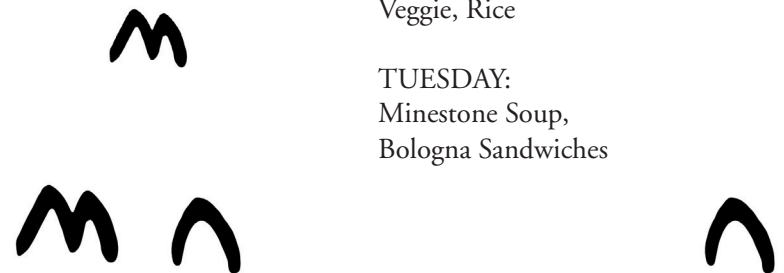
WEDNESDAY:  
Hot Dogs, Potato Chips

THURSDAY:  
Burger Dips, Potato Wedges

### 4/29 - 4/30

MONDAY:  
Garlic Parmesan Chicken Wings,  
Veggie, Rice

TUESDAY:  
Minestone Soup,  
Bologna Sandwiches



## COVERING: Historic Shoreline, Shorebirds, Blue Carbon, Contaminants & Estuary Restoration

How do mudflats influence the ecology of our South Sound environ-  
ment? What vital role do they play and what are the current concerns in Budd  
Inlet - the Steh-Chass?

**Join the conversation! Free Pizza!**

Support provided by Puget Sound Stewardship and Mitigation Fund, a grant making fund created by the Puget Sound keeper Alli-  
ance and administered by the Rose Foundation for Communities and the Environment.







## April Happy Birthdays

- |   |  |  |
|---|--|--|
| 1<br>Colby Robert Smith<br>Duane Arthur Cooper<br>Famie Marie Mason<br>Rene Andre Vigil<br>Seattle Dee Morris                                 | 9<br>Alexander Raymond Charles<br>Henry-Castellane<br>Andie May Cousins<br>Cheryl Lynn Hantel<br>Juan Miguel Araiza<br>Kiana Jean Henry<br>Lila Mae Jacobs<br>William Howard Henderson | 18<br>Brooke Belle Henry<br>Daniel Edward Kuntz<br>Douglas Wayne Johns<br>Josiah Cruz Saenz-Garcia                                 |
| 2<br>Bentley Daniel Gray<br>David Wayne Peters Sr.<br>Kaitlyn Rose Sweitzer   | 10<br>Antonia D. James<br>Joanna Lynn Cowling<br>Kenneth Wayne Selvidge Jr.  | 19<br>Dustin P. Greenwood<br>Elisha R Peters-Guizzetti<br>Sande Lee Smith III<br>Trinity Richelle Byrd<br>Walter Ray Hall          |
| 3<br>Deborah Jean Knott<br>Jacqueline Crenshaw<br>Tamika May Krise  | 11<br>Anisaia Manu-Saenz<br>Talon Jacob Beattie<br>Tseeka Myrtle Lee Ackerman  | 20<br>Jolene R. Grover<br>Louise Agnes Rioux<br>Pamela Ann Peters<br>Vicky Lee Turner  |
| 4<br>Elizabeth Cooper-Campbell<br>Janice Nadine Leach<br>Joseph Nolan Harrell<br>Kathy Ann Brandt<br>Traci Jo Coffey<br>Tyler D. Hartwell     | 12<br>Dorinda Evon Thein<br>Elaine LeeAnn Roberts<br>Russell Dean Harper   | 21<br>Emily Denise Sigo<br>Jon Kenneth Vanderwal<br>Joshua Henry Brady Whitener<br>Tracy Roy West<br>Tyrone Joseph- Stuart Seymour |
| 5<br>Matthew Volker Peters Block  | 13<br>Latiesha Marie Gonzales  | 22<br>Randy William Koshiway<br>Sarah Gloria Koshiway  |
| 6<br>Chauncey Eagle Blueback<br>Robert Jan James  | 14<br>Debra Jean Peters<br>Haelee Hernandez-Smith<br>James Leroy Peters<br>Mary Josephine Mae Lewis  | 23<br>Rebecca Ray Keith<br>Ronald Francis Bell<br>Tristian Isaiah Kaleo Villanueva   |
| 7<br>Carolyn E. Hoosier<br>Keesha R. Vigil-Snook<br>Marie Elaine Snyder<br>Michael W. Kruger<br>Rolando Lewis Rocero<br>Tania Asia Korndorfer | 15<br>Grace Elizabeth Pugel  | 24<br>Cameron Kyle Goodwin<br>Syncere Van Ho   |
| 8<br>Marcella Rease Cooper<br>Mi'chelle Emily Mach<br>Nolah Jean Cousins<br>Rodney James Krise Jr.  | 16<br>Maria Guadalupe Coley<br>Ronald Lawrence Schaefer  | 25<br>Casey Adrian Krise<br>Cynthia T. L. Parrott<br>Dawn Marie Caasi<br>Larain Rose Algea   |
|   | 17<br>April Ann Leonard<br>Dena Mae Cools<br>Jeffery James Peters<br>Skylehr Monroe Henry  | 26<br>Bear Jon Lewis<br>Chauncy Roger Blueback<br>London Rain King<br>Richard Montano III<br>Russel Ramon Algea                    |

- 27  
Becky Lynn Barker  
Standing Raven
- 28  
Anthony Del Johns  
Wesley Kyle Whitener
- 29  
Claudia Jeanette Gui Josa-Meas  
Redwolf S. Krise  
William Charles Lopeman



**SQUAXIN ISLAND T.A.N.F. SPONSORED**

**LUSHOOTSEED**

**CLASSES**

**ALL ARE WELCOME TO ATTEND**

**WEDNESDAY EVENINGS @ FAMILY SERVICES CLASSROOM**

5PM-6:30PM  
DINNER IS PROVIDED

QUESTIONS? Contact Rose Henry 360-432-3950  
We will notify you of any changes in schedule due to holiday or Tribal closures.





# COMMUNITY



## What's Happening This Month

### 1 - Monday

#### Cedar Belts with John Smith

TLC Teen Room

Bible Study, Elders Building 6:00 - 7:00

### 2 - Tuesday

#### Cedar Belts with John Smith

TLC Teen Room

Tobacco Cessation

Noon - 1:00 p.m.

Culture Night 3:00 - 5:00 p.m.

Drum Group 5:00 - 6:00

#### Criminal/Civil Court

### 3 - Wednesday

#### Teen Day at Collier House

3:00 - 4:00

AA & ALANON - 7:30 p.m.

Elders Committee

Lushootseed Language Class

5:00 p.m. - 6:30 p.m.

### 4 - Thursday

#### Strengthening Families Seminar

Family Services Building

5:45 - 7:45

#### Youth Council Leadership

TLC at 5:00

#### Regalia Making

TLC Mary Johns Room

12:00 - 4:00

Utilities Commission

### 5 - Friday

Housing Commission

### 8 - Monday

Childcare Board of Directors

Bible Study, Elders Building 6:00 - 7:00

### 9 - Tuesday

#### Fireworks Apps and Fees Due

#### Legal Community Education

Community Kitchen 4:00

Enrollment Committee

Hunting Committee

Tobacco Cessation Noon - 1:00 p.m.

Culture Night 3:00 - 5:00 p.m.

Drum Group 5:00 - 6:00

#### Criminal/Civil Court

### 10 - Wednesday

AA & ALANON - 7:30 p.m.

Golf Advisory Committee

Lushootseed Class 5:00 p.m. - 6:30 p.m.

### 11 - Thursday

#### Tribal Council

#### Fireworks Drawing for Spots

#### Youth Council Leadership

TLC 5:00

#### Regalia Making

TLC Mary Johns Room 12:00 - 4:00

### 12 - Friday

Education Commission

SPIPA Board

### 13 - Saturday

#### TLC Easter Egg Hunt

### 15 - Monday

Gaming Commission

Bible Study at Elders Building

6:00 - 7:00 p.m.

### 16 - Tuesday

#### Legal Community Education

Noon

Legal Conference Room

Tobacco Cessation

Noon - 1:00 p.m.

Culture Night

3:00 - 5:00 p.m.

Drum Group 5:00 - 6:00

### 17 - Wednesday

AA & ALANON - 7:30 p.m.

CERT Training

2:00 p.m.

Lushootseed Language Class

5:00 p.m. - 6:30 p.m.

### 18 - Thursday

#### Youth Council Leadership

TLC

5:00

#### Regalia Making

TLC Mary Johns Room 12:00 - 4:00

### 22 - Monday

#### Family Court

Bible Study at Elders Building

6:00 - 7:00 p.m.

### 23 - Tuesday

#### Homebuyer Q & A

Tribal Center 2nd Floor Conference Room

4:00

#### Criminal/Civil Court

Tobacco Board of Directors

Tobacco Cessation

Noon - 1:00 p.m.

Culture Night

3:00 - 5:00 p.m.

Drum Group 5:00 - 6:00

### 24 - Wednesday

AA & ALANON - 7:30 p.m.

Culture Night - 7:30 p.m.

Lushootseed Language Class

5:00 p.m. - 6:30 p.m.

### 25 - Thursday

#### Tribal Council

#### Youth Council Leadership

TLC

5:00

#### Regalia Making

TLC Mary Johns Room 12:00 - 4:00







## A Few More Pictures from Sa-Heh-Wa-Mish Days

Kiana Henry (pictured below), and other tribal youth, always do a great job representing Squaxin Island Tribe!!!



## Committees Commissions & Boards With Infrequent Meeting Times

### Committee and Commissions

1% Committee (Bylaws & Appendix X2)  
Elections Committee  
Explorers Program Committee  
Fireworks Committee (TC 6.04.040)  
Gathering Committee  
Law Enforcement Committee, Law and Order  
Veterans' Committee  
Budget Commission  
Business Administration Board (TC 6.24.010)  
Little Creek Oversight Board (TC 2.26.010)  
Museum Library and Research Board  
Tourism Board (TC 2.34.010)  
Island Enterprises Board  
Skookum Creek Tobacco Board

### Council Rep.

Charlene Krise, Vince Henry, Vicki Kruger  
None  
None  
None  
Charlene Krise  
None  
None  
Vicki Kruger  
None  
Arnold Cooper, Vicki Kruger, Charlene Krise  
Bev Hawks  
Vacant  
Arnold Cooper  
Vinny Henry

### Staff Rep.

Kris Peters  
Tammy Ford  
Rene Klusman  
  
Rhonda Foster  
Kevin Lyon  
Glen Parker/Kim Kenyon  
Kris Peters  
  
Charlene Krise  
Leslie Johnson  
Dave Johns  
Mike Araiza

### Months

Feb., May, Aug., Nov.  
March, April, May  
  
May and June  
Not yet determined  
Not currently meeting  
  
June and August  
As needed  
  
Sept., Dec., March, June



## 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  
Vacant  
(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






# happy easter




South Puget Intertribal Planning Agency



## USDA Foods Program April Dates

**NISQUALLY** 4/9/19  
**SQUAXIN ISLAND** 4/12/19  
**SKOKOMISH** 4/16/19  
**CHEHALIS** 4/23/19  
**PT. GAMBLE S'KLALLAM** 4/25/19

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



South Puget Intertribal Planning Agency



## WIC Program April Dates

**SHOALWATER BAY** 4/8/19  
**SQUAXIN ISLAND** 4/9/19  
**NISQUALLY** 4/10/19  
**CHEHALIS** 4/11/19  
**SKOKOMISH** 4/17/19

**This Institution is an equal opportunity provider.**  
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



## APRIL 19 | OPEN @6PM EARLY BIRDS @8PM | SESSION @8:30PM

# 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.

Live DJ Spinning at 7:30pm

**Cocktail SPECIALS**  
Ages 21 and over only.

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

**LITTLE CREEK CASINO • RESORT.**  
LIVE a little

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



## Friday • April 19<sup>th</sup>

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

## Saturday • April 20<sup>th</sup>

Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

## All Level 3 payout \$500 with NO SPLITIES!

\*Multiple winners split the payout.  
See Keno or call (360) 427-3005 for more details  
\*Ages 21 and over only for Friday session  
Must be 21 or older for Bingo Specials



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LIVE a little

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