

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 with Squaxin Island Tribe. If you are a Squaxin tribal member between the ages of 16 and 21 and would like an opportunity to work this summer, stop by the Tribal Center for an application. Applications will also be available at squaxinland.org. Please contact Astrid Poste at (360) 432-3913 or aposte@squaxin.us if you have questions.

The nine weeks of employment will begin on June 24, 2019 and will run through August 23, 2019. 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 contact HR to schedule an appointment. Please note all applicants for Little Creek Casino Resort will be asked to attend an additional orientation workshop to complete the licensing process. **Your application must be submitted by Monday, June 3rd 2019 by 4:00.** Applications received after this deadline will only be considered depending on availability of positions.

See page 16 for the job list. Applications are available at squaxinland.org.

Stepping Stones: Youth Pre-Employment Training Program For Squaxin Youth AGE 13-15



Youth will participate in group projects which promote the development of accountability, work ethics, and pride in the community. This hands-on model will encourage tribal youth in learning 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 3, 2019 and are interested in participating in this program, please call Jessica Cruz at (360) 432-3865 or email jlacruz@squaxin.us 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 3, 2019. 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 Tribal Preference will be followed in the hiring of these positions. All other applications will be considered in accordance with the Squaxin Island Tribe's Indian Preference policies depending on availability of positions.



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
Some employees are allowed to staff informational booths

PRSRT STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96

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



Walking On
Adam Krise passed away on Saturday, April 6th.



T 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

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



Thelma "Pokie" Shea
November 7, 1953 – April 1, 2019

Thelma "Pokie" Shea, a Squaxin Island Tribal Elder, passed away on April 1st.

She was born to Lavina Martin Reeves on November 7, 1953. Her grandmother was Clara Bagley Seymour.

Pokie lived in California and Oregon, and came back to Washington where she lived on the Quinalt, Chehalis, and Squaxin Island Reservations.

Pokie loved her native culture; she loved her family, the beach, and camping. She loved doing crafts and taught many people to make drums, including Cuzin' Joe Seymour Jr. She gifted her first drum to Cuzin' Gloria Hill.

She is survived by her daughters, Dena Mae Cools and Diana Van Hoy; grandchildren, Justina, Isabel, Jerome, James, Nathaniel, Jonathan, Jessika, Christina, and Beau; great-grandchildren, Alea, Beau Jr., Addison, and Cadence; sister, Josie "Peggy" Reeves; aunts, Lizzie Seymour Perez and Lila Seymour Jacobs; and numerous nieces, nephews, and cousins.

She was preceded in death by her mother, Lavina Martin Reeves; brother, Dean Reeves Jr.; aunts Thelma Napoleon Capoeman, Lucille Martin Hause and Marge Seymour Hill, Mabel Seymour; uncles, Lewis Napoleon, Francis "JR" Napoleon, Ed Claplanhoe, Arthur Martin, Phillip Martin Sr., Roy Harold Seymour, Joe Seymour Sr., and David T Seymour.

The two photos on the right were taken during a fashion show with Cuzin' Gloria through David's Bridal in Olympia and Turning Point in Shelton.

On behalf of her daughters, Dena Mae and Diana, I thank the Squaxin Island Tribe for the support shown to Pokie. I thank you all for being with the family and showing love and respect for our Pokie. She will be missed. Love you, Pokie!

- Gloria



Election Questions and Answers

Frequently asked questions regarding elections, removal, and referendum.

The key numbers for the 2019 Elections are, as of April 16, 2019, including those who will be 18 as of Saturday, May 4, election date are:

Eligible voters:	797
Quorum:	239
60% Rule	143

Q.: What are we voting on election-day Saturday, May 4, 2019?

A.: Open position:

Charlene Krise,	Vice Chair
Vince Henry Sr.,	Position No. 3

Q.: What time is the election?

A.: Sign in starts at 8:30 am. First roll call is at 9:00 am.

Q.: How do I nominate someone for a Council position?

A.: Article V, Section 3, of the Tribal Constitution says that “nominations for council positions shall be made from the floor.” During the elections portion of the annual meeting, tribal members with voting rights may nominate another by stating simply, “I nominate ____.”

The Chair might respond, “_____ is nominated. Are there any further nominations for _____?”

Q.: Can I nominate myself?

A.: Nothing in the Electoral Code prohibits it; however, general practice is to be nominated by another.

Q.: Who can vote?

A.: An enrolled tribal member 18 years or older.

Q.: If I am a tribal member but not yet 18 years old, can I nominate someone for Tribal Council?

A.: No. The general practice in election law is that only those that can vote are entitled to nominate.

Q.: What qualifications does someone have to have to run for a Council position?

A.: Two. First, he or she must be 18 years or older; second, he or she must have been domiciled within a fifty-mile radius from any point on Squaxin Island for at least a year prior to the election.

Article V, Section 5, of the Tribal Constitution states:

Any enrolled member of the tribe eighteen (18) years or older, shall have the right to vote; and provided he has been domiciled within a fifty-mile radius from any point on Squaxin Island for one year immediately preceding the election, he shall be eligible to serve on the Tribal Council.

Q.: What does “domiciled” mean?

A.: Domicile means the place where a person has his or her true, fixed and permanent home and principal establishment, and to which, whenever he or she is absent, he or she has the intention of returning.

Q.: Who can attend General Council?

A.: As directed at the April 2012 Tribal Council Work Session, members and non-member spouses and invited key staff may attend; provided non-member spouses may attend but are not to speak publicly, for example, by participating in the open microphone opportunities.

Q.: What are the election procedures?

A.: Article V, Section 3, states that the “Procedures to be followed in this election will be in accordance with an electoral code adopted by the general council.” The Electoral Code was adopted by the General Council in 2000, amended February 24, 2014 and April 27, 2017. The Code can be found on the web at: https://library.municode.com/wa/squaxin_island_tribe/codes/code_of_ordinances. The Code is also attached at the end of this memo.

Q.: What is the election process?

A.: The Squaxin Island Tribal Code 2.50.010.A provides that a quorum call will begin at the starting time advertised for the annual General Council meeting and, as necessary to determine the number of eligible voters, at 30 and 60 minutes following the starting time. When a quorum has been established, elections are held following the completion of old business and the presentation of the annual reports. If, by the third quorum call (60 minutes after the start of the meeting) a quorum has not been established, and at least 60 percent of the quorum is present, the elections will be held immediately. If there is no quorum and 60 percent of the quorum is present, the election but no other business will take place.

Q.: What is a quorum?

A.: A quorum is the number of voting members who must be present in order that business can be legally transacted. The quorum refers to the number of such members present, not to the number actually voting on a particular question. The Constitution requires that “30 percent of the eligible tribal voters must be present to constitute a quorum.” (Article VIII Section 2) For 2019, the number of eligible tribal voters is 797 and a quorum is 239 (797 x .30 =239.1) voters.

Q.: What actions can be taken if a quorum is not established?

A.: Generally, the only actions that can be taken in the absence of a quorum are to set a new meeting time, adjourn, recess, or take measures to obtain a quorum. However, Squaxin adopted a provision in its Electoral Code that allows for the election to occur if, “by the third quorum call (60 minutes after the start of the meeting), a quorum has not been established, election will be held immediately, except that a minimum of 60% of the quorum must be present to begin elections.” See 2.50.010.A of the Electoral Code. That number is 143 (239 x .6 = 143.4).

Q.: What is the number of eligible voters needed for a quorum?

A.: For 2019, the Tribe has 797 eligible voters, 239 eligible voters are needed for a quorum 239 (797 x .30 =239.1).

Q.: Is there any way to know the candidates before Election Day?

A.: Candidates are not required to announce. The first you may know of a candidate is if the candidate announces, is present at a candidate forum or when the candidate is nominated from the floor.



Q.: Can we require earlier nominations?

A.: To require early nominations would require a Constitutional change. The Constitution reads, part:

Article V-Elections, Sec. 3. Nominations for council positions shall be made from the floor and votes are to be cast for their election by secret ballot at the annual meeting in the spring of each year. Procedures to be followed in this election will be in accordance with an electoral code adopted by the general council. There must be at least two candidates for each position and the candidate receiving the highest number of votes shall be elected. (Amended 2/10/00; amended 11/20/98)

Q.: Can the Elections Committee require candidates to announce their candidacy by a certain time prior to the elections?

A.: Not at present. The Electoral Code does not require early announcements. The Committee might recommend or encourage early announcements or seek a Code change. The Electoral Code does not speak to early announcements or require that candidates register. The Election Committee usually holds one or two candidate forums prior to the elections. This year, forums have not been scheduled.

Q.: Can an acceptance speech go for more than three minutes?

A.: An acceptance speech should not be any longer than three minutes. The Electoral Code limits the time to three minutes. A Code change would be necessary to increase the time. The presiding officer is responsible for enforcing the time standards.

Q.: Can we require other qualifications?

A.: No, not without a Constitutional change. Some have suggested for example, that a candidate has a high school diploma or no criminal record. Presently, it is left to the voters to evaluate the qualifications of the candidates.

Q.: When does the election take place?

A.: An election takes place at the Annual Meeting in the spring of each year. (Article V, Section 3 of the Tribal Constitution). In 2019, the meeting is scheduled for Saturday, May 4, 2019.

Q.: What is "old business"?

A.: Article V, Section 4 of the Constitution states:

The election takes place after all annual reports and old business have been presented.

Old business or better yet, "unfinished business," is official business that remains from the last General Council special or regular meeting. There are generally three basic types of unfinished business: (a) a question that was pending when the previous meeting adjourned; (b) any question that was unfinished business from the previous meeting that was not taken up when the previous meeting adjourned; and (c) any question that was part of a general order, that is, it was deferred to a specific date and time.

For 2019, there is no "old business" from 2018.

Q.: What is a simple majority?

A.: A simple majority is one-half plus one. The Electoral Code provides that a candidate with a simple majority in the first round wins and no run-off is necessary. For

example, in 2016 Vince Henry received 149 votes and the remaining two candidates received 148 votes. Vince Henry won in the first round. Of course, if there are only two candidates the decision is made in the first round unless there is a tie.

Q.: To calculate a simple majority do we calculate using blank ballots or votes cast?

A.: The question came up in 2016 because several ballots were left blank for one of the positions. The Electoral Code says, the nominee with the greatest number of votes representing a simple majority of the votes cast will be elected. Blank ballots are not "votes cast" and do not count.

Q.: What is the Tribe's election voting history?

		Quorum 30%	60%		
	Eligible Voters	of eligible	of quorum	Voting (1st)	Run-Off (2nd)
2007	595	179	108	176	181
2008	632	190	114	228	229
2009	661	199	119	177	177
2010	680	204	123	222	215
2011	697	210	126	262	253
2012	712	214	129	230	219
2013	723	217	131	252	237
2014	739	222	134	267	281
2015	753	226	136	271	264
2016	762	229	138	299	272
2017	766	230	138	288	282
2018	782	235	141	255 (258)*	235 (238)*

*(Received a ballot)

Q: What has voter turnout been?

	Eligible Voters	% of eligible voters
2003	484	32.82
2004	515	29.32
2005	570	34.38
2006	585	27.69
2007	595	29.57
2008	632	36.07
2009	661	26.77
2010	680	32.64
2011	697	39.28
2012	712	34.13
2013	723	35.82
2014	739	38.89
2015	753	37.45
2016	762	40.55
2017	766	40.99
2018	782	33.63

Q.: Who sets the agenda for the General Council meeting?

A.: The Constitution sets out the basic agenda: Article V (nominations). Section 4 sets out the (sequence: all annual reports and old business, then elections). The Tribal Council develops the agenda.





Q.: What authority does the General Council have?

A.: The authority of the General Council relates to five topics:

- To elect Council members: Elections, Article V; Electoral Code (30% quorum, majority wins).
- To resolve election disputes: Elections Section 6.
- To remove Council members: Removal, Article VII, Sec. 2: to remove (50% eligible voters petition, 50% or more eligible voters vote in favor).
- To amend the Constitution: Constitutional Amendment, Article X (50% eligible voters petition, 50% registered “entitled to vote”, majority wins) (Secretarial election)
- To pass laws: Referendum, Article IX (50% of eligible voters petition, 50% eligible voters vote, majority wins)

The Tribal Council holds all other authorities.

Q.: When was the last time the 60% rule was used?

A.: The 60% rule was used last used in 2009 and before that in 2007, 2006 and 2004. The rule was put in place in 2000.

Q.: Who is the presiding officer?

A.: The presiding officer is the Chairman or his designee. Constitution, Duties, Section 1. However, if the Chair is absent or calls upon the Vice Chair to do so, the Vice Chair presides. Section 2. If the Vice Chair is also running for office, the responsibility falls to the Secretary, then Treasurer, and then 1st, 2nd or 3rd position until a Tribal Council member not running can assume the responsibility. The practice has been for the Chair to preside with the Administrator or Executive Director acting as master of ceremony.

Q.: Who decides if there is a quorum?

A.: Before the presiding officer calls a meeting to order, it is his duty to determine, although he need not announce it, that a quorum is present. If a quorum is not present, the presiding officer waits until there is a quorum, or until, after a reasonable time, there appears to be no prospect that a quorum will assemble. If there is no quorum after inquiry, on the third quorum call (9:00, 9:30 and 10:00), the presiding officer may invoke the 60% rule and proceed to election.

With electronic registration it is easier to know the number of eligible voters that signed in. However, it is not so easy to know the number of people that have left the voting hall.

Q.: What if a quorum is present and then later is not present?

A.: The continued presence of a quorum is presumed, unless the presiding officer or a member notices that a quorum is no longer present. If a quorum is not present no further action can be taken; however, if 60% is available, the election alone can proceed (and only the election).

The practice of conducting a roll call to determine if there is a quorum is not necessary, but has become a familiar and accepted practice. It is not necessary because the presiding officer has the authority and discretion to determine if a quorum is or is not present without a roll call.

Q.: We listen to annual reports during the elections, but the Constitution says that elections take place after the annual reports are presented. Are we holding the elections out of turn?

A.: No. Article V, Section 4, provides: “The election will take place after all annual reports and old business have been presented.”

The annual reports are presented in written form. Thereafter, the election begins. That is the correct sequence. During the election, the Tribal Administrator and the Directors may explain and highlight their respective reports and answer questions from the General Council. However, the election does not need to wait for those oral reports or questions and answers to be completed.

Q.: If there is an election dispute, during or after the election, how is it resolved?

A.: Article V, Section 6, states that: “All election disputes, including the determination of the qualifications of any voter, if questioned, will be resolved by the General Council.” The presiding officer would preside over a dispute.

Q.: What is “new business”?

A.: Once the election is complete, a member 18 years and older can introduce new items of business or can move to take from the table any matter that is on the table, in the order in which the member is able to obtain the floor when no question is pending.

It is not uncommon for someone to make a “point of order,” seeking a determination that a quorum continues to exist to consider new business. It has been used to ensure that the correct numbers are present for removal, constitutional amendment or referendum. It has also been used to ensure that a quorum is present to consider new business; some complain, to frustrate considering new business. A quorum must be maintained at 30% to consider new business. However, a roll call is not necessary to determine if a quorum is present. The presiding officer can decide without a roll call.

Q.: What does “on the table mean”?

A.: A matter is put “on the table” when a question was set aside temporarily because something else of greater urgency arose. A motion to set aside a question is called a “motion to lie on the table.” It is commonly mistaken for a motion to postpone indefinitely or a motion to postpone to a certain time. By adopting a motion to lie on the table, the majority has the power to halt consideration of a matter immediately without debate. It is out of order if the motion’s only purpose is to kill or delay the matter. It is only appropriate if there is no set time for bringing the matter up again and the matter can come up again at the will of the majority.

Q.: What is a “Point of Order”?

A.: It is the right of every member who notices a breach of the rules to insist on their enforcement. If the Chair notices a breach, he corrects the matter immediately. If he fails to do so through oversight or otherwise any member can make the appropriate point of order. The time to raise a point of order is when the breach occurs.

Small inconsequential irregularities should not be raised as points of order.

It has been common at the Annual Meeting for someone, generally after the election, to make a point of order regarding whether a quorum has been lost. That is an appropriate use of a point of order.



LEGAL | ELECTIONS



Q.: Do we vote on a point of order?

A.: No. The Chairman rules on the question or submits it to the judgment of the assembly. The ruling is final and binding unless two members appeal it, and then the entire body rules on the question. There is no right to criticize the Chair's ruling, unless it is appealed, and if it is appealed, there is no right to criticize the decision of the General Council.

Q.: Can a person run for more than one office on first ballot?

A.: The Code does not authorize it. I am not aware of anyone seeking to do so; when it has come up, the candidate has declined one or the other position.

Q.: What is a subsequent ballot?

A.: A subsequent ballot refers to circumstances where a vacancy occurs as a result of the election, for example, a sitting Council member is elected to an open seat and vacates his or her seat. A subsequent ballot begins after the previous ballot is completed. Sometimes we refer to them as rounds to avoid confusion with the second ballot used for run off, purposes. Thus, for example, in 2006 the No. 3 incumbent ran for Treasurer. If No. 3 won, No. 3's position would have been open, and a second round or subsequent ballot would be necessary.

Q.: What happens if there is a tie on the first ballot?

A.: If there is a tie between the top two, then the top two advance.

In 2010, there was a tie between the 2nd and 3rd place candidates. The 2nd and 3rd place candidates tied at 37 votes for position No. 3 (Charlene Krise at 66 and Sue Henry and Joe Peters at 37). The options were to take all three into the second ballot, or for the two candidates that tied for second, face off, and then the top two face off. The 2010 election adopted taking all three into the second ballot. Since then, following Council discussion, the second approach – a run-off between the tied candidates and then a top-two run off was agreed as the correct approach. Thus, if there is a tie between the second and third candidates, there is a tie-breaker and then a top-two run-off.

Q.: Who can run for a vacant position on the subsequent ballot?

A.: Anyone eligible to run for office can run for a vacant position. 2.50.010.G of the Electoral Code states that a person may run for another position on subsequent ballots.

Q.: Can the members propose legislation?

A.: The Constitution envisions two distinct ways to advance legislation: first, by action of the Tribal Council; alternately, by action of the members through a referendum.

The Squaxin Island Tribe's Constitution allocates the authority to enact legislation generally to the Tribal Council. Tribal Council can consider any matter so long as there has been prior notice of the matter to be discussed, there is a quorum, and a majority votes in favor of approving the measure.

The Constitution also recognizes that the members can advance legislation. Two paths are available: first, 4 of 7 Council members can request a special or regular General Council meeting to consider legislation; second, 50% of the eligible voters may petition for a General Council meeting to consider legislation. Both paths are referred to as a referendum. A referendum is a general vote by the members on a single political question referred to them for a direct decision - "any enacted or proposed ordinance or resolution".

The Chairman is obligated to call a meeting to consider the legislation within 30 days, if presented a petition by the members or by 4 of 7 Council members.

For a referendum to be successful, a quorum of 50% of the eligible voters must be present. If a quorum is present, then a majority of those voting must approve the measure.

It may help to better understand the allocation of authority in the Tribe's Constitution. The authority of the General Council relates to five topics:

- To elect Council members: Elections, Article V; Electoral Code (30% quorum, majority wins).
- To resolve election disputes: Elections Section 6.
- To remove Council members: Removal, Article VII, Sec. 2: to remove (50% eligible voters petition, 50% or more eligible voters vote in favor).
- To amend the Constitution: Constitutional Amendment, Article X (50% eligible voters petition, 50% registered "entitled to vote", majority wins) (Secretarial election)
- To pass laws: Referendum, Article IX (50% of eligible voters petition, 50% eligible voters vote, majority wins)

The Tribal Council holds all other authorities.

Any proposal for new business, after completion of the elections and old business (none in 2018), must have a quorum present. If the new business is related to elections, removal, referendum or constitutional amendment, the quorum rules set out above must be considered.

If the new business is not to "consider any enacted or proposed ordinance or resolution" then, a quorum of 30% is necessary, and a majority vote wins. The category of "not a referendum" might include advisory positions, policy directives, or study items. An example is the January 4, 1996, General Council meeting where Dave Johns made a motion "to direct the Tribal Council to create a task force to look at Tribal Preference Policy to determine whether it is being used correctly." The Council thereafter adopted an Interim Indian Preference Policy, June 19, 1997.

The current estimate of 50% of eligible voters, as of April 16, 2019 is 402 voters (797 x .5 = 402). The current estimate of 30% of eligible voters, as of April 16, 2019 is 239 (797 x .3 = 239.1).

Alternately, the Tribal Council can convene and, with a quorum of 4 of 7 members, a majority vote of those Council members voting will approve the legislation.

Thus, to advance a legislative proposal, for example, to eliminate the current ordinance providing for a limited entry geoduck fishery, there are several available paths:





LEGAL | ELECTIONS



- Tribal Council can consider any enacted or proposed ordinance or resolution at regular or special Tribal Council session that requires quorum and majority vote to pass.
- General Council can consider any enacted or proposed ordinance or resolution at regular (annual) or special sessions that requires (a) petition of 50% of eligible voters (402 in 2019) OR 4 of 7 Tribal Council members to place on the ballot and (b) a majority vote of a 50% quorum.

Q.: How can the Squaxin Island Constitution and Bylaws be amended?

A.: An election must be called by the Secretary of Interior and the amendment approved by the Secretary of the Interior. The Constitution requires Interior to call the election after a petition is delivered signed by 50% of qualified voters OR a majority of Tribal Council. Elections called by Interior must occur within 90 days of the request (for amendments), and Secretarial approval or disapproval of the amendments must occur within 45 days of the election. An amendment to the Constitution must be approved by majority vote of at least 50% of those entitled to vote. Based on BIA regulations, this means a quorum of at least fifty percent of those Tribal members over the age of eighteen who have registered to vote on the constitutional amendment. The BIA has mandatory formatting requirements for any petition and a procedure for verifying, challenging signatures, etc. The BIA has regulations that govern the way it calls and supervises an election that include in part:

- Informal (on request) and formal review of the proposed changes
- Formation of an election commission to include one member from Interior and two or more from the Tribe
- Creation of a list of eligible voters
- Distribution of registration forms to eligible voters
- Registration of voters specifically for the Interior supervised election
- Publication of registered voters list
- Opportunity for challenges to list
- Vote by mail unless otherwise required by Tribal law
- Certification of results
- Opportunity for challenges to results

Q.: How do you remove a member of the Tribal Council?

A.: Article 7, Section 2, of the Constitution states that, each of the following must be satisfied to remove a member of the Tribal Council:

- 50% of the eligible voters of the General Council;
- Must file a removal petition;
- With the Secretary of the Tribal Council;
- Asking for the removal of the member(s) of the Tribal Council;
- A special meeting of the General Council must be convened within 30 days of the filing of the petition;
- A quorum of the General Council must be met (30%);
- The affected member(s) have an opportunity for a hearing;
- After the hearing, a vote;
- Where 50% or more of those voting at the special meeting to vote must vote in favor of removal.

Q.: Can someone with a felony hold office?

A.: Yes and no. A candidate that has a prior felony can be elected to and hold office. An elected official, however, that is convicted of a felony while in office is automatically removed.

Q.: If a person employed full-time by the Tribe is elected as Chair, must he or she give up their current full time position?

A.: Maybe. The Tribal Chair is a salaried full-time employee of the Tribe. If a full-time employee with the Tribe is elected to be Chair, he or she would have to: (a) resign his or her current position; (b) transfer from his or her current position; or (c) take administrative or other leave from his or her current position. Each option would require a degree of administrative approval.

Q.: If a person running for an open position is currently on the Tribal Council, must he or she resign their current position?

A.: No. Electoral Code 2.50.010.E provides that a sitting Council member need not resign from the Tribal Council in order to run for another position. If, however, the sitting Council member is elected to another Council position, he or she must immediately resign the current position to take the new position. An election will be held on the same day after the regularly scheduled election to fill the vacant position on a subsequent ballot.

Q.: If a person running for an open position is currently on the Tribal Council and is elected, when does the seat that he or she vacates get filled?

A.: Immediately after the regularly scheduled election is completed, an election is held on the same day to fill the vacated position. See 2.50.010.E of the Electoral Code.

Q.: Does a change in the Electoral Code change the Constitution?

A.: No. The Electoral Code must be consistent with the Constitution. The Constitution controls the Electoral Code; the Code does not control the Constitution.

Q.: Can a person who holds a Tribal Council position nominate a person for the Tribal Council?

A.: Yes. There is nothing in the Constitution or Code prohibiting a sitting Council member from nominating or endorsing a candidate.

Q.: Can you start elections prior to the third quorum call?

A.: Yes. Once a quorum has been met, elections may be held following the completion of old business and the presentation of the annual reports.

Q.: Can we have an open microphone?

A.: The presiding officer may open the floor for comments or questions and may set time limits on speakers. If a quorum is not met and maintained, no actions can be taken. Nonetheless, if invited by the presiding officer, people may speak. The Council adopted a rule allowing non-member spouse's to attend, but not speak at the open microphone.

Q.: Are the General Elections recorded?

A.: The General Elections are not video or digitally taped. The Tribal Administrator's assistant keeps written minutes of the meeting and submits them to the Tribal Administrator and the Council Secretary for review. The Council Secretary presents the draft minutes to the Tribal Council for approval, generally at its next regularly scheduled meeting.

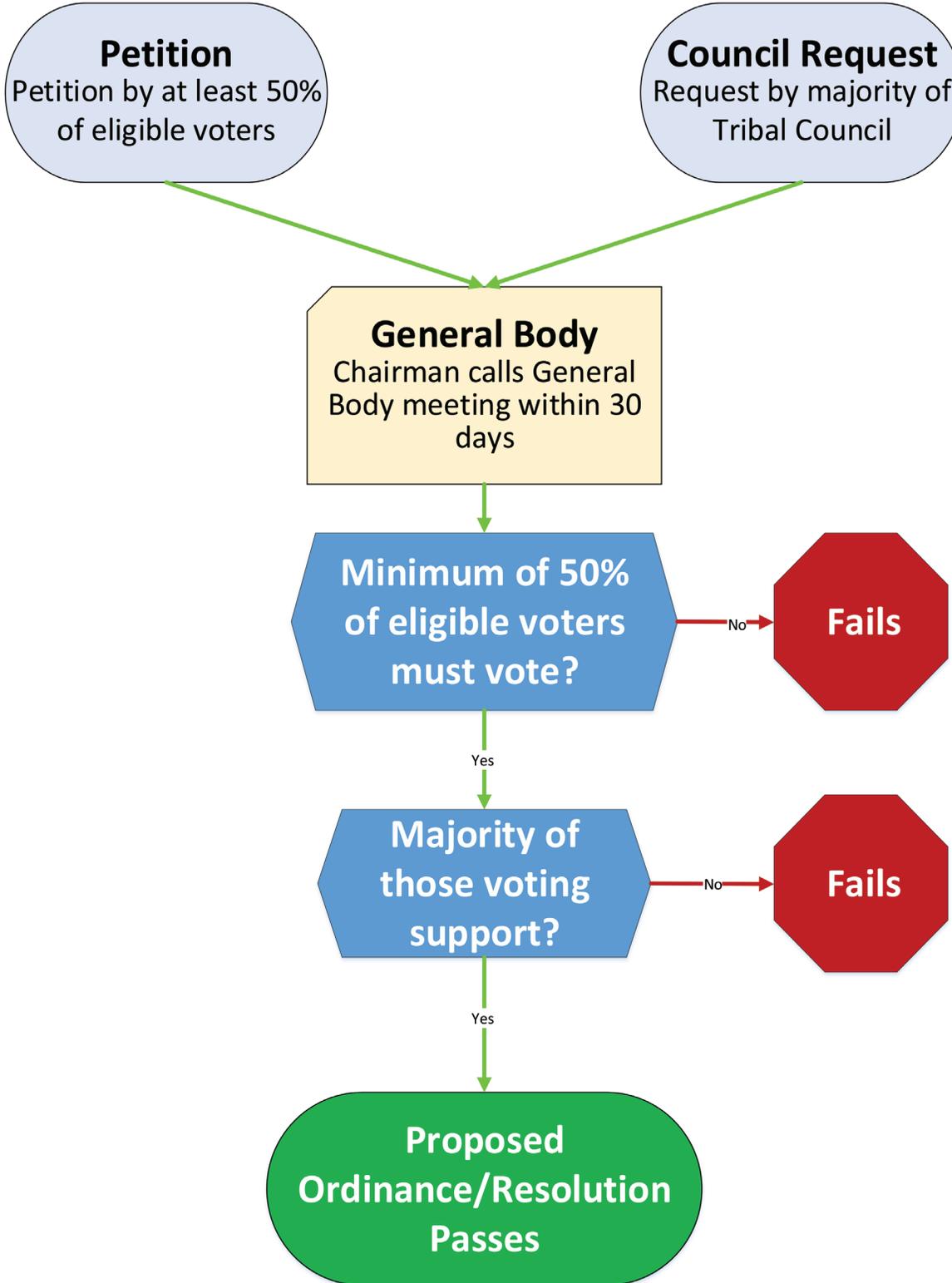
Q.: What is a run-off vote?

A.: Electoral Code 2.50.010.J provides:

If, when votes are counted, any candidates for a specific position fail to receive a simple majority, the vote for that position will be taken again (a run-off). The two



Referendum



candidates receiving the greatest number of votes will be the nominees for a second vote. The nominee with the greatest number of votes representing a simple majority of the votes cast will be elected.

If when votes are counted, no candidate receives a simple majority, the vote for that position will be taken again. The two candidates receiving the greatest number of votes will be the nominees for a second vote. The nominee with the greatest number of votes representing a simple majority of the votes cast will be elected.

Q: *What happens if a sitting Council member walks on? Or resigns before the term is over?*

A: The Tribal Council appoints someone to fill the office until the next annual meeting. At the next annual meeting an election is held to fill the remainder of the unexpired term.

Article VII, Vacancies and Removal - Section 1, of the Tribal Constitution states:

If any member of the council shall die, resign, move from the area designated under Article V, Section 4 of this constitution, or shall be found guilty of a felony or misdemeanor involving dishonesty, in any Indian, Federal or State court, a vacancy in his office shall automatically be created and at its next regular or special meeting the tribal council shall appoint someone to fill the office until the next annual meeting, at which time a successor shall be elected pursuant to Article V to fill the office for the balance of the unexpired term.

Q: *How do I bring up ideas or concerns?*

A: A portion of the meeting is set aside for “The good of the order” or “Open forum”. At that time you can present your ideas or concerns. Your ideas and concerns are welcomed by all. The expectation is that all respect the opportunity to speak and all speakers respect the listeners.

Q: *How do I bring a motion?*

A: Without interrupting another speaker, and when offered the floor, a member may bring a motion. A motion is brought simply by saying, “I move ...” and then stating what you would like done. Be as specific as possible.



Excerpts from the Constitution

The Squaxin Island Tribe's Constitution reads, in part:

Article VII

Sec. 2. The members of the general council shall have the power to remove any member of the tribal council by filing a petition with the Secretary of the tribal council, signed by at least 50 percent of the eligible voters, asking for the removal of said member of the tribal council; provided, that no such person may be removed except at a special general council meeting at which he shall have an opportunity for a hearing.

The vote of the qualified voters at such meeting will decide whether such person is to be removed; provided, that 50 percent or more of the eligible voters vote in favor of removal at such meeting which shall be held within 30 days after the filing of the petition.

Article VIII

Sec. 2. There shall be an annual meeting of the general council held during the spring of each year. Special meetings of the general council may be called at the discretion of the Chairman, and shall be called by him at the request in writing of the majority of the tribal council, or by a written request of 30 percent of the members of the general council. At either the annual meeting or at special meetings of the general council, 30 percent of the eligible tribal voters must be present to constitute a quorum. (Res. 00-07 (part))

Sec. 3. The general council shall be composed of all tribal members who are at least eighteen (18) years of age. (Amended 11/20/98)

Chapter 2.50

ELECTORAL CODE

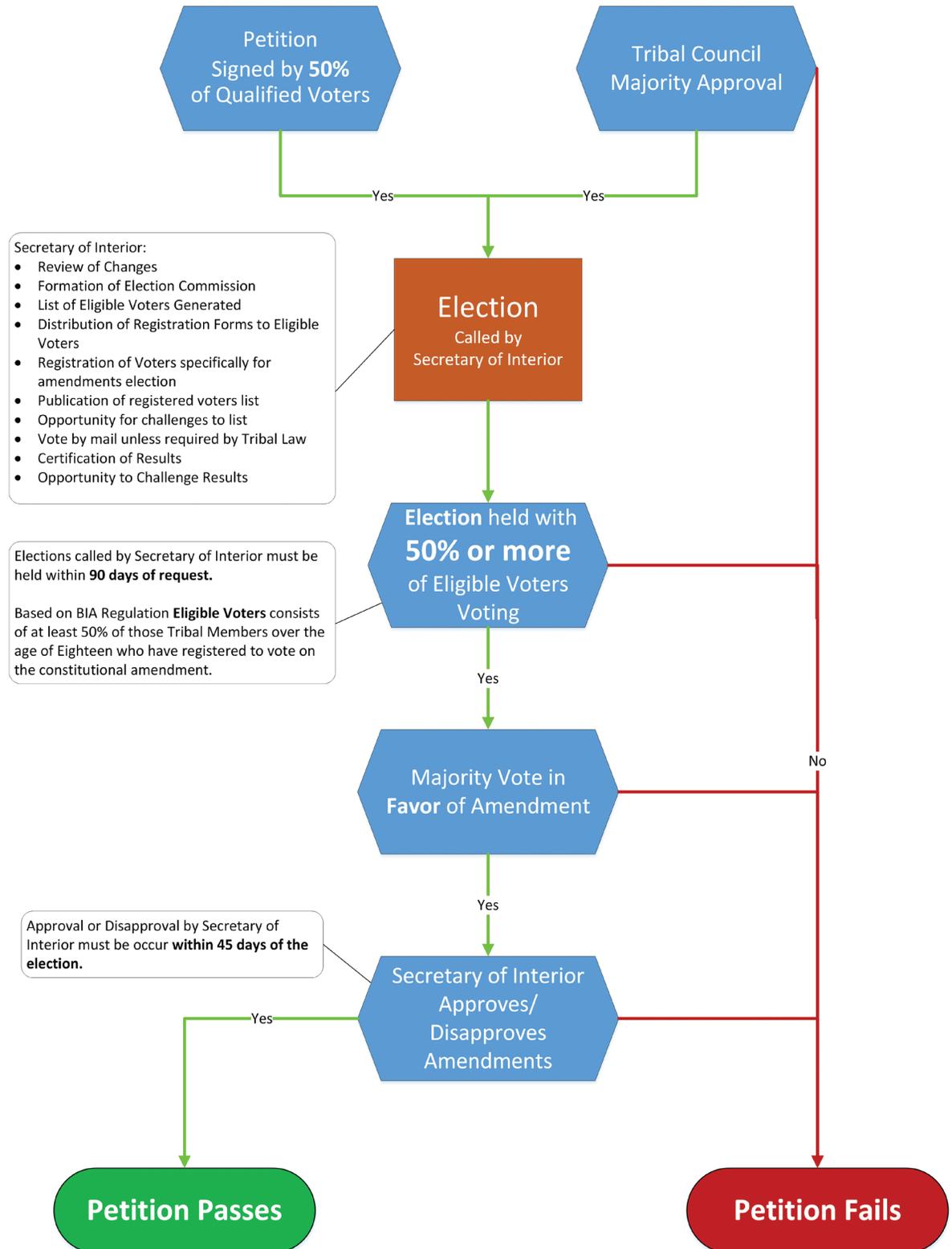
2.50.010 Meetings.

This chapter is adopted in accordance with Squaxin Island Tribe's Constitution and Bylaws, particularly Article V, Sections 1--6.

A. Quorum calls will begin at the starting time advertised for the annual General Council meeting and, as necessary to determine the number of eligible voters, at thirty (30) and sixty (60) minutes following the starting time. When a quorum has been established, elections will be held following the completion of old business and the



Constitutional Amendment



Last Revised: 04/14/2016

Source:
Article X, Constitution
25 U.S.C. § 476; 25 CFR Part 81



Election Process



Quorum Calls at:
 9:00 AM
 9:30 AM
 10:00 AM
 At any point quorum is reached, proceed.
 If quorum is not reached after three calls, proceed with elections only.
2.50.010 A

Order of Positions
 From highest to lowest by Election Year

TERM 1
 Chairman
 1st Seat
 2nd Seat

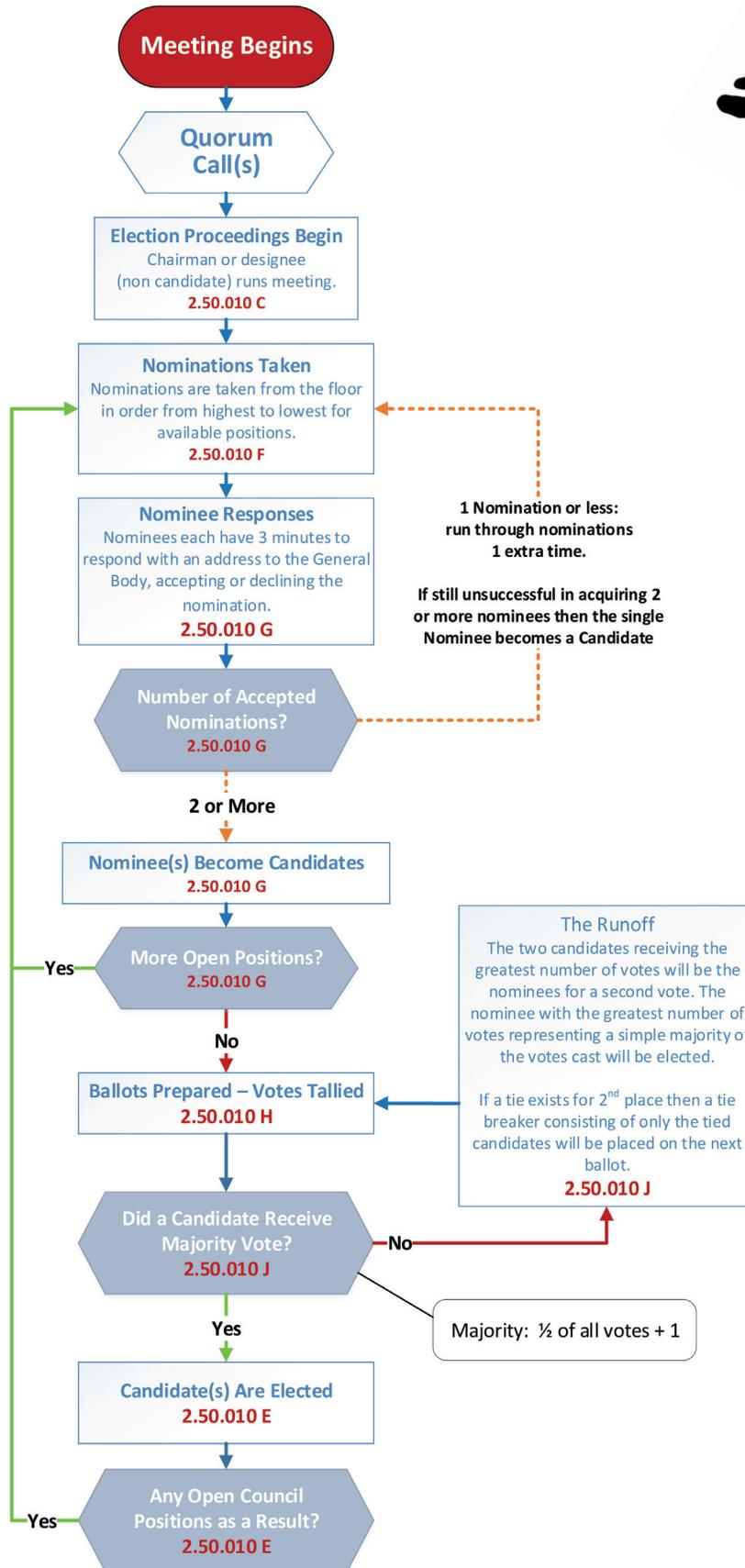
TERM 2
 Vice Chairman
 3rd Seat

TERM 3
 Secretary
 Treasurer
2.50.010 D

When members are voting, the Meeting Facilitator will give a 5 minute and a 1 minute warning prior to closing the ballot box.
2.50.010 B & I

Ballots are prepared for all positions and candidates. Time is allotted from those in attendance to vote. Votes are then tallied

If a voter has not signed in and voted by the time ballot box is closed, voter can not vote.
2.50.010 B



presentation of the annual reports. If, by the third quorum call (sixty (60) minutes after the start of the meeting) a quorum has not been established and at least sixty (60) percent of the quorum is present, the elections will be held immediately. Because of the lack of a quorum, no other business other than the election shall take place. Those members present that are eligible to vote may vote consistent with this election code, approved by the General Council on June 10, 2000.

B. Each eligible voter shall sign in. Proof of identification may be required. Upon signing in, each eligible tribal member will be assigned a ballot retrieval card which has his or her voting number. The ballot retrieval card shall be used to obtain his or her ballot. There will be one sign-in list divided between the Committee members as determined by the Elections' Committee. All eligible voters may vote until the ballot box is closed. A five-minute and one-minute warning will be given prior to closing the ballot box.

C. The Tribal Chairman or designee will chair the election portion of the General Council meeting, provided that he or she does not run for any Council position. If the Chairperson plans on running for another Council position, the Vice-Chair or designee will chair the election. Similarly, if the Vice-Chairman plans on running for another Council position, the Secretary will chair the election. The Chairman, Vice Chairman and Secretary cannot delegate the responsibility to another if he or she plans on running for another Council position.

D. The Tribal Constitution divides the officers and members of the Tribal Council into three classes, as follows:

- Class I: Secretary
Treasurer
- Class II: Vice-Chairman
Council Member 3
- Class III: Chairman
Council Member 1
Council Member 2

Source:
 SITC Chapter 2.50.010 et seq.
 Adopted June 10, 2000
 Amended February 24, 2014 and April 27, 2017

Last Revised: 04/18/2018



Beginning with the 1999 election, the officers and members of the Tribal Council will be divided into three classes: Class I, Class II and Class III. Class I will consist of the Secretary and Treasurer; Class II will consist of the Vice-Chair and Council Member 3; and Class III will consist of the Chairman, Council Member 1 and Council Member 2. The term of the Initial Class I members will be one year. The term of the initial Class II members will be two years. The term of the initial Class III Members will be three years. Following the initial terms, the officers and members of each class will be elected for three-year terms.

E. A sitting Tribal Council member need not resign from the Tribal Council in order to run for another position. If a sitting Tribal Council Member runs and is elected to another Tribal Council position, he or she must immediately resign from his or her position. Thereafter, the General Council will conduct a vote immediately following the regularly scheduled election to fill any vacant position for the remainder of its term. The election to fill a vacated position will be conducted in accordance with the process outlined below.

F. Nominations for the first position will be made one at a time at a centrally located microphone. Each Tribal Member nominating will be given one minute to complete his or her nomination for a candidate. Tribal Members must be present in order to be nominated. One predetermined Election Committee Member shall write the name of each name nominee in a place visible to all. After the last nomination, there will be one-minute warning given before the Election Committee Chairman announces the nominations to be closed. The time will be documented when nominations are open and closed.

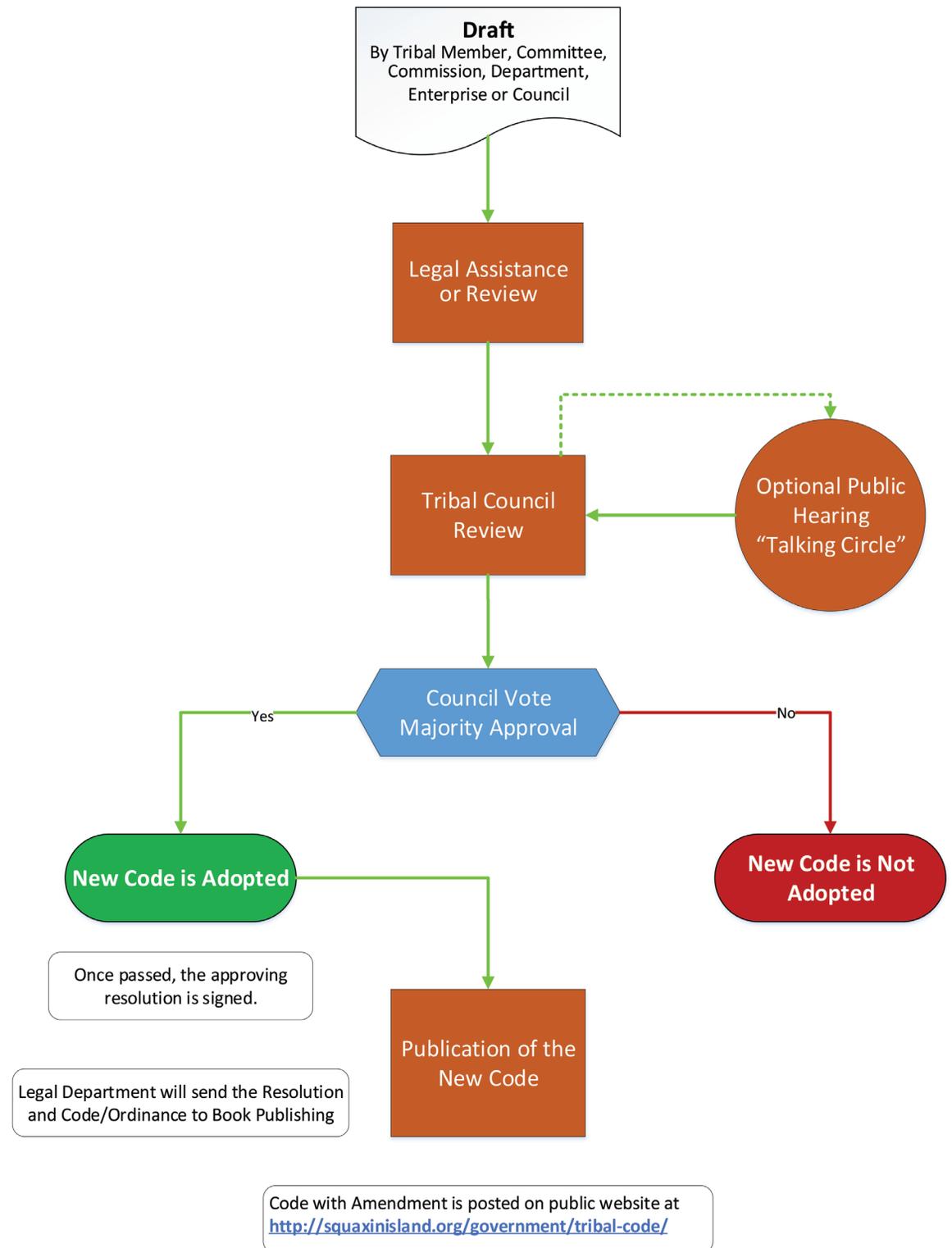
G. After nominations for the first position are closed, each nominee, in the order nominated, will be given three minutes to accept or decline the nomination. If only one candidate accepts the nomination, the nominations will be re-opened. If, after re-opening the nominations, there are no additional nominees or nominees that accept the nomination, the nominations for additional positions or, if there are no additional positions, the election shall proceed. The process shall begin anew for the second position and then the third position. The process shall continue until each position has been completed. Upon completion of the nominations for all positions on the ballot, the election process will proceed.

Elections for Vacant Council Positions if Needed. If there are open seats on Council after the election for the first ballot is complete, nominations for the vacant positions will occur in the same manner as listed above. A person may run for another position on subsequent ballots. Upon completion of the nominations for the position on the second ballot, the election process will proceed. After the election for the second ballot is complete, nominations for remaining vacant positions, if there are any, will take place one at a time-in the same manner as the first and second ballots.

H. After the nominations are complete, voting will take place.



Adoption of a New Code or Amendment



Last Revised: 05/02/2018



Tribal members will submit their ballot retrieval card at the election board table to obtain their ballot. After marking the ballot, the voter shall place the ballot in the Ballot Box. The Ballot Box shall be under the observation and security of Tribal Law Enforcement at all times.

I. After the ballot box has been closed, the Ballot Box will be taken by Law Enforcement to a secure room chosen by the Elections Committee to be counted. Two members of the Elections Committee, along with one tribal member selected by each candidate, will observe the counting of the ballots. The number of ballots will be verified by the Election Committee.

J. If, when votes are counted, any candidates for a specific position fail to receive a simple majority, the vote for that position will be taken again (a run-off). The two candidates receiving the greatest number of votes will be the nominees for a second vote. The nominee with the greatest number of votes representing a simple majority of the votes cast will be elected.

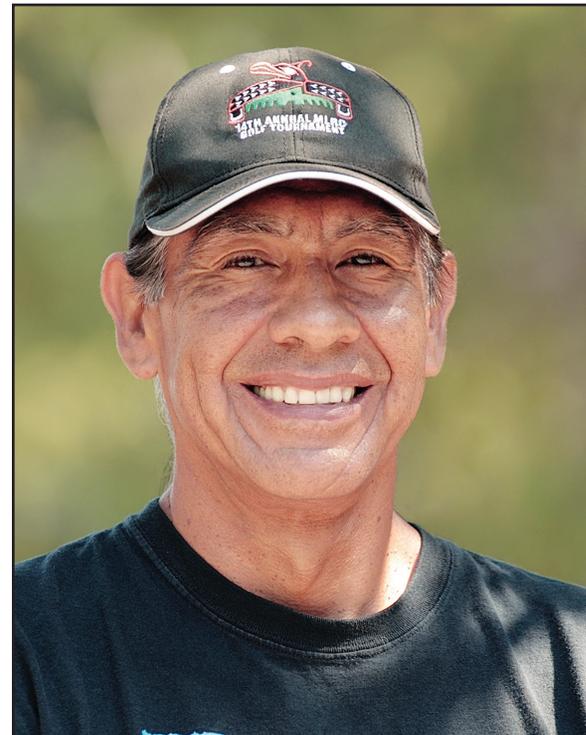
K. After the Election Committee members and candidate representatives verify the votes, the Election Committee members will sign an Election Certificate verifying the accuracy and completeness of the election.

L. All ballots and the Election Certificate will be kept in a sealed container with the Chief of Police, as long as the elected official is in term.

(Added during codification of Supp. No. 9, 3-11)

Code History:

Adopted June 10, 2000, by General Council; Resolution No. 09-42 (relaxing need for sign in list based on strict alphabet groups); amended by Tribal Council February 24, 2014 and April 27, 2017 (removing limit on successful candidate on first round running in the second round).



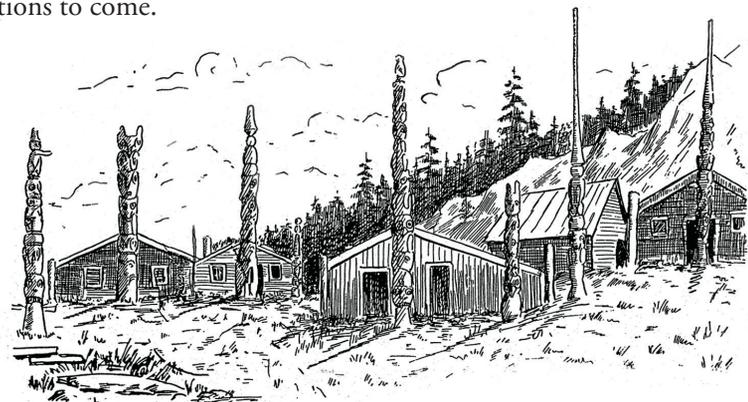
Running for Reelection Vince Henry for Position #3

Hi everyone,

I'm sure you all know who I am, but if you don't . . . I am the son of the late, great Barbara Henry, and I am running for reelection on Tribal Council.

I take my role on Council very seriously. It is very important to me that I can help out as we face many, many tough decisions. There are so many issues that affect us today and into the future. Thoughtful decisions will better our Tribe in all aspects of tribal government sovereignty.

I hope to get your vote, so I can continue to address these issues in a positive way, making us a better, more prosperous Tribe that we can all be proud of for seven generations to come.



Attention Hunters & Gatherers

Due to the impending sale of Green Diamond property within the Kennedy Creek watershed to Washington State Department of Natural Resources, our lease agreement to enter the Kennedy Creek and Summit Lake gates, as well as use of land for hunting and gathering, has been terminated. Squaxin locks will no longer be on these gates. Currently we still have access to the Maxwell Hill gates. Green Diamond, Squaxin NR and Squaxin Legal are working on finding new access areas for the 2019/2020 hunting season.



<p>Help Protect Our Kids, Families and the Environment</p>  <p>Clean Out Your Medicine Cabinet</p>	<p>Prescription Drug Take Back Boxes</p> <p>Located At: Mason County Sheriff's Office 322 North 3rd Street in Shelton</p> <p>& Mason Regional Fire Authority 460 Northeast Old Belfair Highway in Belfair</p> <p>For More Information Call Mason County Public Health & Human Services 360-427-9670 ext. 400</p> 
---	--



The TLC has lots of things going on as we approach summer:

- This year, Shelton School District is planning a longer summer break due to construction of new facilities. Currently, the last day of the school year is Tuesday, June 11th and the first day for returning in the fall is Monday, September 16th.
- We are planning to extend the Summer Rec program to help fill the longer summer break from school. Current plans would extend the program later in August. We'll have a lot more details to share in the June Klah-Che-Min.
- The Intertribal League is underway through May 15th. Youth basketball games are on Wednesdays, but our May games are on the road – May 1st at Nisqually and May 15th at Chehalis.
- The youth basketball teams have been traveling to intertribal tournaments as well, with a couple more happening in May. Call Larry McFarlane 360-432-3986 for more details, and watch the TLC Facebook page for updates.
- The Tribe currently provides tutors at Bordeaux Elementary, Olympic Middle School, Oakland Bay Junior High, and Shelton High School to assist Squaxin students. Please let us know if you would like them to assist your child with schoolwork. Assistance is also available afterschool at the TLC.

Youth Activity Updates

Jerilynn Vail-Powell - As we get closer to the end of the school year, there are a few things to keep in mind. Our lost-and-found pile is quite huge. If your youth is missing anything, please stop by and take a look. We will be donating all the items on June 7th. Please remind your youth to clean out their cubbies.

As we gear up and start preparing for the nine-week Summer Rec program, please help us out by completing the new registration forms early. Summer Rec will start on Monday, June 24th. It will be here before you know it. If any parents, grandparents, or community member are interested in volunteering during the summer program, please stop by and complete a background check. Make sure to bring a Washington State form of identification; we make a copy of it to accompany the background check.

We have a few important dates this month. Our annual Mother's Day Dessert and Summer Registration is on May 9th from 4:00 - 6:00 pm. We have two tribal holidays this month.

MAY



Squaxin Teens

Jaimie Cruz teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to



Monday	Tuesday	Wednesday	Thursday	Friday
	TEENS ON MACHINES EVERY TUESDAY 4:30pm - 6pm	1	2	3 Mother's day Gift making
6 Homework Help 3:00 – 5:00	7 Basketball Practice 4:30-5:30 Craft Class/ Drum Group 3:00-5:00	8 Lushootseed Class 5-6:30pm Family Services	9 Regalia Making 3pm-5pm Youth Council 5:00-6:00	10
13 American Indian Day CLOSED	14 Basketball Practice 4:30-5:30 Craft Class/ Drum Group 3:00-5:00	15 Lushootseed Class 5-6:30pm Family Services	16 Regalia Making 3pm-5pm Youth Council 5:00-6:00	17 Movie Night
20 Homework Help 3:00 – 5:00	21 Basketball Practice 4:30-5:30 Craft Class/ Drum Group 3:00-5:00	22 Lushootseed Class 5-6:30pm Family Services	23 Regalia Making 3pm-5pm Youth Council 5:00-6:00	24
27 CLOSED	28 Basketball Practice 4:30-5:30 Craft Class/ Drum Group 3:00-5:00	29 Lushootseed Class 5-6:30pm Family Services	30 Youth Council 5:00-6:00	31 5 dollar FROYO Menchie's Westside Oly 8:30-9:30



LEARNING CENTER



Words from College Student Twana Machado

My name is Twana Machado. I am the daughter of Lettie Machado and granddaughter of the late Twana Longshore and Standing Raven. I am finishing up my 4th year as a student at the University of Washington, Seattle campus, with plans to graduate next spring. With my bachelor's degree completed, I look forward to pursuing Tribal Law or Tribal Business, possibly both. After graduation, I plan on continuing to law school, but I still am deciding which track I will take.

Being a University of Washington student has been quite a learning experience for me. The thing I have least enjoyed about going to school is being away from my community. The thing I've enjoyed the most is meeting people from all over the world who attend the UW. I have loved being able to share cultures, ideas, and stories with people from different backgrounds.

School has been very humbling for me these past four years. I was super successful in high school, but, at the UW, it turns out I am pretty average - almost everybody who attends UW did well in high school! This realization has been empowering and motivating in itself. I have to stay organized and put effort into everything I do for school, no more slacking off or expecting a due date extension. I have had to push myself to be successful and I have found it very satisfying to know that my success has been the result of my own hard work.

One thing I have found especially challenging in college is figuring out how to balance my time. There are no bells or people hounding you to get to class when you are at college. It has taken some getting used to the independence and caused me to do some perfecting of my time management. The city life of Seattle has also been a

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 360-432-3958 Rec Rm: 360-432-3957 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL -TBA Open Swim: 3-6pm	2 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	3 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm Open Swim: 5-8pm
6 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm Open Swim: 3-6pm	7 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm	8 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL -TBA Open Swim: 3-6pm	9 Rec Rm: 3-6pm *Mother's Day Dessert* *Summer Registration* 4-6pm	10 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm Open Swim: 5-8pm
13 Tribal Holiday Closed Open Swim: 3-6pm	14 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm	15 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL -TBA Open Swim: 3-6pm	16 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	17 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm Open Swim: 5-8pm
20 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm Open Swim: 3-6pm	21 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm	22 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL -TBA Open Swim: 3-6pm	23 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	24 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm Open Swim: 5-8pm
27 Tribal Holiday Closed Open Swim: 3-6pm	28 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm	29 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL -TBA Open Swim: 3-6pm	30 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	31 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm Open Swim: 5-8pm
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-6:30 M-Th 4:30-6:30pm T/W 4-6:30pm & Thurs 3-5pm	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	



huge adjustment. It is very much the opposite of being on the Rez, but I appreciate getting out of my comfort zone and have learned about many things I would love to bring back to the Rez.

My words of wisdom:

College is like a roller coaster. At first you're terrified and unsure, but, once you're finishing up the ride, you want to go again and again. Don't be scared to meet people. There is something to learn from everyone, whether it be good or bad. Your learning never stops! And college is a great place to expand your thoughts and ideas and explore things that excite and drive you!

New Zealand Bound!!

I have been given an amazing opportunity to study abroad in New Zealand this coming August. During the semester we will be focusing on the language, identity, and environment of the Maori People and how their sovereign nation interacts with New Zealand's national government. I am extremely excited for this experience because, as a sovereign nation, we also face struggles in these areas. I think building relations

with other nations facing similar problems is key to moving forward as indigenous peoples. I am responsible for the travel cost, and other program fees, so I am going to be raising money to help make this dream a reality! I will be selling raffle tickets for \$10 a piece starting in May; the winner will receive a carved Husky Hat. I am beginning the process - ready to sand, paint, and carve. This has been made possible with a donation from John Smith. My mom has started a fundraiser on Facebook as well, and we will be doing other things throughout the summer - selling tacos, raffling off other donated items, and more. Please help me get the word out!

GED Prep and Homework Support

Jamie Burriss - I will be here to help you with homework support or in preparation for GED testing most Tuesdays and Wednesdays from 4:00 - 7:00 p.m. Please note there will be no homework support or GED prep instruction during school breaks. The last day for homework help this school year will be May 29th. The GED test has four 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 types 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 reach out to me at jburriss@mcclary.wednet.edu or go online at www.ged.com.



ATTENTION ALL STUDENTS *Graduating in 2019*

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 7, 2019.
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.

22nd Annual Sgwi-gwi Celebration
Friday June 21, 2019
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

JOIN US ON
May 9th from
4-6 pm
Downstairs in the Rec Rm

We will have dessert to
celebrate Mother's Day.
&
Our Summer Rec Calendar and
New Registration Forms will be
ready for families to complete.

.....

Have any questions contact Jerilynn at
360-432-3992



Summer Youth Employment

Little Creek Casino Resort Trainee Positions:

Hours for these positions may vary.

- Food and Beverage Buffet Hostess | food handlers permit required two positions
- Hotel Guest Services/Reservations | one position
- Hotel House Person/ Laundry Attendant | two positions
- Golf Course Club House | driver's license required | one position
- Banquets | food handlers permit required | one position

All LCCR youth trainees working in the hotel or Food and Beverage may be rotated through various positions.

Tribal Government Trainee Positions:

- Activities Assistant for Summer Rec program | six positions
- Summer Rec Kitchen Assistant | one position
- Fisheries Tech | four positions
- Housing Maintenance | one position
- Grounds Maintenance | one position
- Recycling Assistant | one position
- Wastewater Trainee | one position
- Family Services Office Assistant | one position
- Cultural Preservation Apprentice MLRC | two positions
- Stepping Stones Mentors | two positions
- Prevention Youth Intern | three positions
- Information Services Assistant | one position

Island Enterprise Positions:

- Teachers Assistant for Child Development Center | multiple positions
- KTP Stocker | two positions

New Employee



Jessica Cruz

Human Resources Assistant

Hi!

I come from the Krise family, My mother is Leanora Krise and my grandparents are Walter and Evelyn Mesplie.

I am excited about being able to work with Stepping Stones and very happy to be working in HR!

I look forward to seeing you around the community.



Farewell, for now, Kris Peters



On April 25th, Tribal Council Chambers were packed by fellow employees who came to say a fond "farewell" to Kris Peters who left his position as Tribal Administrator to work for WA State as the Tribal Liaison for the Department of Education. Tribal Council gifted him with a hand-carved map of South Sound.

CHEHALIS TRIBAL LOAN FUND
WWW.CTLF.WEEBLY.COM

**NATIVE CARVERS
SHOWCASE**

CTLF
CHEHALIS TRIBAL LOAN FUND

◇ 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@CHEHALISTRIBAL.ORG



Potty Pan Pointers

Submitted by Gus, the Doggy Guy - Indoor cats and litter pans go hand-in-paw. Many felines are very particular in the location of their bathroom and will let their family quickly know if they are not satisfied with its placement, possibly by using the floor or carpet in the preferred area. In addition to where the litter box is situated, there are other factors that affect your cat's willingness to use his potty pan:

Type of Litter:

Sand, clay, and shredded newspaper are three of the popular materials.

Amount of Litter:

Some cats like a light covering in their pan, others like to dig and cover.

Pan Size:

"Bigger is better." Big does not necessarily mean deep. Some cats prefer that at least one side be cut down so they do not have to jump over its high sides.

Number of Pans:

Provide a separate litter box for each cat in your home. Sometimes cats refuse to share.

Cleaning Pans:

Use different detergents when washing out the box. Never use an ammonia-based cleaner. Ammonia is a component of urine and may encourage your cat to find another "location".



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

TANF NEEDS: BY YOU

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

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

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

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 for details

Sponsorship Opportunities Available

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



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

Calling All Squaxin Honor Guards

Squaxin Island Veterans Committee is calling on all Honor Guards to participate in full Honor Guard dress at a Veterans celebration on Memorial Day. The event will take place at the Memorial Cemetery near St. Edwards Church at 9:30 a.m. on Memorial Day, May 27th. This event is being coordinated by the VFW and DAV. If you have any questions, please call Squaxin Island Veterans Committee Chairman Kimble Kenyon at 360-451-8714.



Veterans Memorial Boardwalk

Mason County Historical Society is planning a veterans memorial boardwalk near downtown Shelton at the Pear Orchard Park-n-Ride on Highway 3. This boardwalk will be part of a new trail system enhancing downtown Shelton. You can honor a family member veteran by having their name engraved on a 10 x 5" commemorative plaque for \$100. You can do this at the Mason County Historical Society Museum on Railroad Avenue. There will be more details in the next issue of the Klah-Che-Min.

1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5 SQUAXIN ISLAND TRIBAL COURT
6 YOUTH COURT
7 SQUAXIN ISLAND RESERVATION
8
9 IN RE: Case No.: SQI-2018-1806-0129
10 D.H. NOTICE OF GUARDIANSHIP HEARING
11
12 An Indian Child.
13
14 THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Evelyn "Angel" Hall.
15 YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.12 of the Squaxin Island Youth code, a
16 Guardianship Hearing for the above named youth has been filed in the Squaxin Island Youth Court. The
17 hearing on this matter shall be held on the 6th day of June, 2019 at 11:30 am at 10 SE Squaxin Lane,
18 Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY
19 RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME, RELATIVE PLACEMENT, OR GUARDIANSHIP.
20 File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-
21 3828 for more information.
22
23 Dated: April 22, 2019.
24
25 NOTICE – PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771

1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5 SQUAXIN ISLAND TRIBAL COURT
6 YOUTH COURT
7 SQUAXIN ISLAND RESERVATION
8
9 IN RE: Case No.: SQI-2018-1803-0066
10 A. M. SQI-2018-1803-0067
11 M. M. SQI-2018-1803-0068
12 C. K.-M. NOTICE OF HEARING
13
14 Indian Children.
15
16 THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Theresa Kenyon and Jamie
17 McFarlane.
18 YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.12 of the Squaxin Island Youth code, a
19 Hearing for the above named youth has been filed in the Squaxin Island Youth Court. The hearing on
20 this matter shall be held on the 6th day of June, 2019 at 11:00 am at 10 SE Squaxin Lane, Shelton,
21 Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE
22 CHILD BEING PLACED IN A FOSTER HOME, RELATIVE PLACEMENT, OR GUARDIANSHIP. File your written
23 response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more
24 information.
25
26 Dated: April 22, 2019.
27
28 NOTICE – PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771




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

Health Services Screenings including diabetes screening

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%

Questions? Contact: Patty Suskin, Diabetes Coordinator
360.432.3929 or psuskin@squaxin.us
or the clinic at 360.427.9006

Foot Exam Day with Dr. Kochhar (Foot Doctor)

Friday, May 31st, 2019
1—4 pm
At the Clinic

Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin, Diabetes Coordinator for an appt.
360.432.3929
psuskin@squaxin.us

Doctor's Corner: Is Yoga For Me?

Submitted by Dr. Angela Tobias at the clinic - If you read this headline and said, "Hah! That's just crazy!," then this article is for you. Yep, I'm talking to you!

I was with you at one point in time. I did yoga once at a gym and felt like I stuck out like a sore thumb. I fell over every single time I tried to do a posture. My body just flat out does not go into some of those postures. Others were very uncomfortable, and because no one told me that yoga is adaptable, I thought I was the problem and I never went back to that gym.

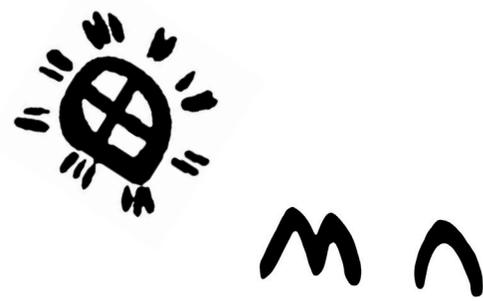
But yoga is actually for every body and any type of person. I know it doesn't look like exercise but I guarantee you it will challenge even the fittest and the strongest, but it can be adapted even to the squishiest couch potato. You start where you're at, and your goal is just to improve on your own baseline. Most poses can be adapted to be done in a chair, or adapted around nearly any injury or health condition.

And in return for the effort, you get improved flexibility, improved balance, less of the muscle spasm and soreness from carrying stress in your shoulders and neck or sitting at a desk all day, and often better sleep at night due to being better able to intentionally relax at the end of the day. Relaxation is a skill that needs to be practiced like any other! Balance is also a skill that needs practice. Yoga and related forms of exercise have also been used to improve balance and decrease the risk of falls, especially in older people.

MEN! Yoga is not only for women. Even the bulkiest muscles need to be stretched and any boxer will tell you that having good balance and flexibility is just as important as working on your strength. Many professional athletes do yoga as part of their workout routine for these reasons. They also find that it helps to center them mentally and the increased flexibility decreases their risk of injury. Yoga works on the breath also, which can increase a diver's breath control.

Many years after that first, unfortunate encounter with yoga, I chose to try a different type of yoga class, one that was focused on being welcoming to all comers. And it was absolutely life-altering. I learned to do head stands. I learned to appreciate the abilities my body DID have instead of focusing on the things I could not do. I enjoyed exercise for the first time in my life. And I'm still practicing yoga, more than 10 years later. My body still doesn't fold into some of those poses, and it probably never will. But I can challenge my body and my mind in unique ways through yoga, and yoga has taught me to appreciate my body for all it CAN do. I encourage you to give it a shot and see what it can do for you!

Yoga is free for tribal members and employees in the fitness center classroom every Tuesday at noon.



What is Dementia?

Guest Speaker: Dr. Carl Ott, MD

Monday, May 6th, 2019
During Elder's lunch at the Elder's Building
12:15– 12:45 pm

Dr. Ott will discuss:
How can we prevent dementia?
Can medications cause dementia?
What are the stages of dementia?
What is the treatment for dementia?
Bring your questions, too.

Collaboration with Elders and Diabetes Programs
Everyone is welcome—those with Diabetes or not.

Questions? Contact:
Traci Coffey, Elder's Coordinator at 360.432.3868 or
Patty Suskin, Diabetes Coordinator at 360.432.3929



JOIN THE CELEBRATION!!!

RELAY FOR LIFE OF SHELTON INVITES YOU TO ATTEND



"THE CANCER SURVIVORS AND CAREGIVERS CELEBRATION"
Thursday, May 16th, 2019
At the Squaxin Island Community Kitchen @ 5:30-7:30 pm
RSVP by May 10th, 2019
Call Vickie at 360.229.1442 or 360.427.6770

TOGETHER WE ARE SAVING MORE LIVES.....CELEBRATING MORE BIRTHDAYS!!!!



Fitness Center Update

During the first week the fitness center was open we enrolled 65 people: 48 adults, 18-54; 13 Elders, 55 and older; and four youth, 13-17. These include tribal members, spouses and descendants.

Fitness Center Comments/Suggestions

- **Need mats - for knees, planks, sit ups/crunches, etc.**
There are plastic ones that hang on the wall and can be wiped down. The fitness center will not be providing mats at this time. You are more than welcome to bring your own mats in and take them when you leave.
- **Cubic machine for fly's/triceps/pull downs, bigger dumbbells, leg press**
These items will be added to a list of requested items to be considered in the future.
- **Curtains/shades for privacy from pool, remote placement, kettle bell classes**
We will not be adding curtains and shades for security reasons. We need to be able to see into the building. Remotes are located on top of the ab machine. We hope to add group classes in the future.
- **Cubbies or place for coats and outdoor shoes**
Cubbies are ordered and will be put in when they arrive.
- **Heavy weight dumbbells, maybe up to 85 lb**
These items will be added to a list of requested items to be considered in the future.



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

Elders Menu . . . Fruit and salad at every meal

5/1 – 5/2

WEDNESDAY:
Orange Chicken, White Rice

THURSDAY:

Chicken Fried Steak,
Mashed Potatoes & Gravy
Corn, Rolls

5/6 – 5/9

MONDAY:
Tuna Casserole, Peas

TUESDAY:

Tomato Basil Ravioli Soup,
Grilled Ham and Cheese
Sandwiches

WEDNESDAY:

Chalupas

THURSDAY:

Flank Steak, Roasted Red
Potatoes, Cauliflower

5/13 – 5/16

MONDAY:
Closed - American Indian Day

TUESDAY:

Chicken Noodle Soup, Egg Salad
Sandwiches

WEDNESDAY:

Meatloaf, Veggies, Rice

5/20 – 5/23

MONDAY:
Meatball Subs, Chips

TUESDAY:

Clam Chowder, Fry Bread

WEDNESDAY:

Goulash, Broccoli, Biscuits

THURSDAY:

Fish-N-Chips, Cole Slaw

5/27 – 5/30

MONDAY:
Closed - Memorial Day

TUESDAY:

Taco Soup, Turkey Wraps

WEDNESDAY:

Corn Beef Brisket,
Cabbage & Carrots

THURSDAY:

Chicken Broccoli Fettuccine,
Breadsticks



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



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
Daniel Blaze Snyder
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
Jeremy 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
Lauren 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
Kyllanai Elizabeth Hodgson
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
Nicholas Scott Meyer
- 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 Blueback-Robinson
Donna Peratrovich
Kurt Ellsworth Poste
Molly Troxler
- 29
Jack Richard Selvidge
- 30
Iladee King
Mataya GE Stroud
- 31
Candace Lee Ehrhard
Carol Marie Phipps
Daniel Sigo
Melissa Ann Day
Milah May Hawks

Happy 25th Birthday Kass!



Love Mom & Gma

**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 - Wednesday

AA & ALANON
7:30 p.m.

Elders Committee

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

2 - Thursday Family Court

Utilities Commission

3 - Friday

Housing Commission

4 - Saturday General Council Meeting

8:30 a.m.

6 - Monday

Bible Study, Elders Building
6:00 - 7:00 p.m.

7 - Tuesday

Tobacco Cessation
Noon - 1:00 p.m.

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

Drum Group
5:00 - 6:00 p.m.

8 - Wednesday

Aquatics Committee

Golf Advisory Committee

AA & ALANON
7:30 p.m.

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

8 - Thurssday Mothers Day Dessert and Summer Rec Sign- Up

4:00 - 6:00 p.m.
TLC

10 - Friday

Education Commission

SPIPA Board

13 - Monday

Bible Study at Elders Building
6:00 - 7:00 p.m.

Childcare Board of Directors

14 - Tuesday Criminal/Civil Court

Enrollment Committee

Tobacco Cessation
Noon - 1:00 p.m.

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

Drum Group
5:00 - 6:00 p.m.

15 - Wednesday

AA & ALANON
7:30 p.m.

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

16 - Thursday Tribal Council

18 - Saturday Waves of Perfection Culinary Journey of Food and Wine

Fundraiser for MLRC
LCCR Event Center

4:30 p.m.

20 - Monday

Gaming Commission

Bible Study at Elders Building
6:00 - 7:00 p.m.

21 - Tuesday

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 p.m.

22 - Wednesday

AA & ALANON
7:30 p.m.

Culture Night
7:30 p.m.

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

23 - Thursday

27 - Monday Family Court

Bible Study at Elders Building
6:00 - 7:00 p.m.

28 - Tuesday 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 p.m.

29 - Wednesday

AA & ALANON
7:30 p.m.

Culture Night
7:30 p.m.

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

23 - Thursday Tribal Council



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

If it is an
EMERGENCY
CALL 911



Bible Study
everyone is welcome

Mondays 6:00 - 7:00 p.m. - Elders Building
For more information, call Aaron Lake at 360-426-0276



Yoga & Movement

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!

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

Mark Your Calendars for First Salmon Ceremony

August 2nd at Noon - Collier House at Arcadia



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
Vince 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



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,
 wicnutrition@spipa.org

Tuesday, May 14th is WIC day at SPIPA

wic WOMEN, INFANTS & CHILDREN

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



South Puget Intertribal Planning Agency

USDA Foods Program May Dates

SQUAXIN ISLAND 5/3/19
PT. GAMBLE S'KLALLAM 5/7/19
NISQUALLY 5/10/19
CHEHALIS 5/15/19
SKOKOMISH 5/21/19

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



Happy
 Mother's Day

"There's no way to be a perfect mother, and a million ways to be a good one."
 - Jill Churchill

Problem:

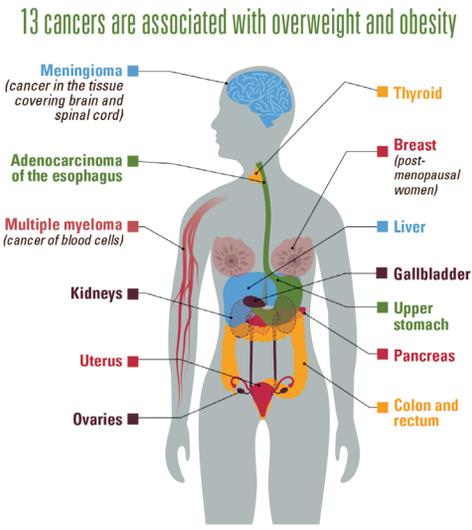
Obesity is a leading cancer risk factor.



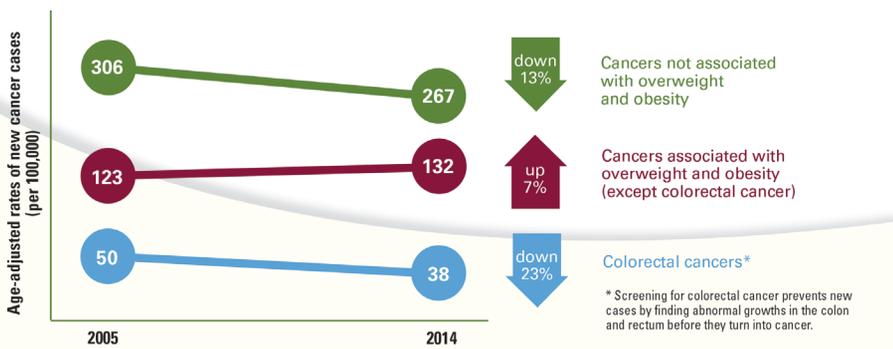
What's happening?

- A higher proportion of Americans are overweight or have obesity than several decades ago. <http://bit.ly/2wV1N5E>
- Overweight and obesity can cause changes in the body that lead to cancer, such as increases in levels of certain hormones and inflammation.
- People who weigh more than recommended may increase their risk of some cancers.
- There are 13 types of cancer associated with overweight and obesity.
 - About 55% of all cancers diagnosed in women and 24% of those diagnosed in men.
 - About 2 in 3 of all cancers occur in adults ages 50 to 74.
 - New cancer cases are higher among blacks and whites compared to other race and ethnic groups.

13 cancers are associated with overweight and obesity



Most cancers associated with overweight and obesity increased while other cancers decreased from 2005-2014



Age-adjusted rates of new cancer cases (per 100,000)

Year	Cancers not associated with overweight and obesity	Cancers associated with overweight and obesity (except colorectal cancer)	Colorectal cancers*
2005	306	123	50
2014	267	132	38
	down 13%	up 7%	down 23%

* Screening for colorectal cancer prevents new cases by finding abnormal growths in the colon and rectum before they turn into cancer.

Source: US Cancer Statistics, 2017

Screen time: What is it?

How much is too much screen time for your children?



What is screen time?
 Sitting in front of a screen such as: watching television, working on computer, playing video games, using a smartphone or tablet.

Warning signs of too much screen time:

- Angry outbursts when it's time for screen to go off.
- Acts irritable or discontent when not using digital items



How much is too much screen time?
 The American Academy of Pediatrics (AAP) recommends:

- Children **younger than 18 months**, avoid use of screen media other than video-chatting.
- When introducing your toddler to screen time, choose **high-quality programming and watch it with your child to help him understand what he's seeing.**
- Typically screen time at 2 years and under slows language development, but **co-viewing it** with your child can decrease this negative effect. Treat it like you would a book with a young child using dialogue like, "What do you see? What do you think is going to happen next? What do you think he is feeling? Why?"
- For children ages **2 to 5 years**, **limit screen use to 1 hour per day of high-quality programs.** Parents again should co-view media with their child.

Increased risk of obesity and delays in developmental milestones have been correlated with excessive screen time.

Suggested Family Rules :

- Create tech-free zones.** Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free.
- Turn off televisions** that you aren't watching, because background TV can get in the way of face-to-face time with kids.
- No screens 1 hour before bedtime.** Reading together is a great alternative.
- Recharge devices overnight**—outside your child's bedroom to help avoid the temptation to use them when they should be sleeping.



These changes encourage more family time, healthier eating habits, and better sleep.

Sources: <https://www.aap.org> search "media tips" & "family media plan"
<https://www.cnn.com/2019/01/28/health/screen-time-child-development-study/index.html>
 Make your family screen time plan at HealthyChildren.org/MediaUsePlan.

wic

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