Andy Whitener and Charlene Krise Retain Council Positions

Tribal Council members Andy Whitener, Vice Chair, and Charlene Krise, Third Council Member, retained their positions during elections that took place at the annual General Body meeting held May 1st at the Tribal Center.

Will Penn was also nominated for the Vice Chair position taking 63 votes. Andy received 88 votes.

Nominations for the Third Council member position included Tully Kruger (12 votes), Don Whitener (29 votes), Steve Sigo (46 votes), Herb Johns (13 votes) and Connie Whitener (16 votes).

In the run-off, Charlene received 75 votes and Steve received 68 votes.

Department directors presented annual reports while votes were being counted. Tribal members were allowed to ask questions after each presentation. Questions and discussions included assistance for families who are over-crowded in their homes, mold in homes, environmental assessments on new development projects, prioritizing programs and projects, qualifications for home ownership, funding to help tribal members who live off-reservation with housing repairs and financing, cost of homes on the reservation, animal control, legal rights of persons being arrested, aggression by law enforcement officers, drug abuse, plans for a youth recreation center, confidentiality, issuance of IHS purchase orders and availability of appointments at the health center. Some members expressed frustration at being denied appointments.

A quorum of 155 members was needed to conduct business. Sixty percent of a quorum was required to conduct elections. With 141 members signed in at last roll call, elections began immediately.

Two versions of the published annual reports are available at the Tribal Center. If you would like to have them mailed to you, call 360-426-9781. The "glossy version" is also available as a pdf file online at www.squaxinisland.org.
Old Olympic Highway to be Widened  
*Project to start during first week of June*

A project to widen the stretch of Old Olympic Highway running between Bloomfield Road and the Highway 101 intersection at Kamilche will begin during the first week of June.

According to Keith Elefson, Mason County's Construction Engineering Manager, the project will add two feet to each lane (currently 10’ wide). Shoulders will also be constructed on both sides of the road.

"The road is more than ready to re-built," Elefson said.

In addition to road repairs, the Skookum Creek bridge will be removed and a new one installed.

"Actually, a small part of the bridge foundation will stay, but most of it will go," Elefson said.

The road construction project is expected to take up to five months to complete and the bridge construction project is expected to take an equal amount of time. The bridge project will begin in mid-July, so completion of the entire project will likely be in November or December.

"That's assuming we have good weather, all necessary materials and no flooding," Elefson said.

There is, however, a slight possibility the bridge project further delayed until next summer.

"There will be traffic delays," Elefson said. "We will maintain traffic, but delays will be approximately 30 minutes. Alternate routes will be available, and it may be much more convenient for people to head south towards Kennedy Creek rather than waiting through the delays."

The bridge will be completely shut down while construction is taking place, making the alternate routes necessary.

The road construction project is being funded by Mason County and the bridge construction is being funded through the U.S. Highway Administration through the Bureau of Indian Affairs and Mason County.

According to Elefson, funding is limited making it impossible to repair Old Olympic Highway all the way to the Highway 101 intersection at Kennedy Creek.

"This is a fairly big project just doing this much," he said.

Squaxin Island Tribal staff have been working with Mason County on plans for the road construction project for more than three years.

"This project is a good example of what happens when the Tribe works in partnership with federal, state and local governments," Planning Director Brian Thompson said. "Most Departments at the Tribe played major roles in the project, and it could not have happened without a high level of teamwork."

"We will appreciate everyone's patience during construction," Brian said. "It will be well worth it in the end."
Community Open House

Squaxin Island Child Development Center

You and your family are invited to spend an afternoon celebrating a special Open House for the community, and enjoying the following:
- Building Tours,
- Blessing Ceremony,
- Hot Dogs & Hamburgers,
- Inflatable Jumper,
- Raffle Prizes,
- Early Enrollment,
- Question/Answers,
- and much more!!

For more information call Jim Kindle
Phone #: 360.426.1390
E-Mail: jkindle@iainc.org

Date: Saturday, June 26, 2004
Time: 11:00am—3:00pm

LEARNING FOR LIFE!

Third Annual Bike/Walk-A-Thon to Benefit Squaxin Elders

The Third Annual Long Beach Bike/Walk-A-Thon to benefit Squaxin Island Elders will be on Saturday, June 26, at Long Beach. Pledge sheets and more information are available from Penni Giles (Housing), Pam Hillstrom (DCD), or Patti Puhn (Human Resources). Last year we had over 2 dozen participants.

All walkers and riders will start out at the Long Beach Corral Drive-In. The Bike/Walk-A-Thon will consist of two walking routes of 3 or 5 miles or bike routes of 11, 22, or 33 miles. Finish up the bike ride/walk at Long Beach Corral Drive-In for a Grand Tsunami Burger.

You may want to bring a kite, because Long Beach will be holding their annual Kite Festival that weekend and there will be plenty of things going on afterwards.

If you would like to participate, but don’t want to walk or ride, you could help out a great deal by checking on riders. We hope to see you there in support of our elders.

A Call for Salish Art

Lummi Nation K-12 Replacement School Project. An art budget has yet to materialize, but we are welcoming visionary philanthropists wanting to contribute.

Contact our Project Team Art Coordinator Eileen Turowski at 253-630-4050 or email at paradigmconsult@earthlink.net. Thanks!

Names Removed from the Housing Priority List

As of April 1, 2004

Virginia Berumen  James Brownfield
Shannon Cooper   Alexandria Cooper
Rachel Johns     Violet Garcia
Erika Poste     Lincoln Villanueva
Bryan Johnson   Rebecca Ferreira
David Lewis     Donna Peratrovick
William Penn    Kristin Penn
Nancy Rose     Leroy Yocash
Viewpoint
Dear fellow Tribal members,

It is with the greatest respect that I am writing this letter to express my feelings. I feel I have to speak honestly because I care so much for all of you. It would be easy for me to say nothing, but true friends tell each other the truth, right?

My concern is that many friends and family members have come to me after the General Body meeting complaining about various things. Some were not happy about procedures. Some were not happy that things didn’t turn out the way they wanted them to. Some were not happy with elections. Some were not happy that their issues were not addressed or solved.

The trouble is, many of these people were not even at the meeting. If you want to make a difference, you have to be there. You can’t stay in bed all morning and then be upset that other people didn’t solve all your problems for you.

Everybody needs to be responsible. We all can make a difference, but we have to try. We have to make at least a minimal amount of effort. This is our tribe. Our programs. Our money. Our goals. Our ideas. Our vision.

But our leaders and employees aren’t mind readers. They can’t (and shouldn’t be expected to) just know what we think and what we want. And we shouldn’t think it’s someone else’s responsibility to take care of things for us. We have to do it. We have to make the effort. It’s about you and me, not them.

I hope when it comes time for the annual General Body meeting next year people come to the meeting. Be at the public budget hearing! Go to Council meetings. No excuses!

Sincerely.

Ed Cooper

Tribal Council Resolutions
04-20: Enrolls Lametta LaClair
04-21: Enrolls Francis Bloomfield
04-22: Enrolls Jocelyn Campbell
04-23: Enrolls Jordan Lopeman-Johns
04-24: Enrolls Thelma Shea, Dena Cool and Justina Cool
04-25: Enrolls Kyleigh Peterson
04-26: Agrees to purchase the HUB property
04-27: Declares that when a Tribal Council member engages in conduct unbecoming a Tribal Council member, as determined by the Tribal Council, sanctions shall apply until they have obtained an assessment and complied with all treatment recommendations
04-28: Enrolls Brandon Greenwood and Dustin Greenwood
04-29: Enrolls Jeremiah Johns
04-30: Enrolls Anthony Johns
04-31: Enrolls Rene Vigil
04-32: Enrolls Nicholas Armas
04-33: Enrolls James Cooper
04-34: Enrolls Donald Smith, Jr.
04-35: Finds it in the best interest of the Tribe to enter into an agreement with the Internal Revenue Service regarding tip income for employees of the gaming enterprise
04-36: Authorizes submission of a $210,539 funding application to the Washington State Heritage Capitol Project Fund Program to fund the design and construction of a canoe shed and infrastructure and commits funds and in-kind support for the completion of the boardwalk and site preparation in the amount of $160,500 as a tribal match
04-37: Approves the Fireworks and Safety Ordinance

A Special Thank You
Thanks to Jeff Howard, Harstine Oyster Company Maintenance, for helping to transport Squaxin Island youth to the island for clam digging for the potlatch. Also, thanks for always being willing to assist with netpen projects!

- Will Henderson

Check out all the fun Potlatch pictures on Pages 20 - 22
Preparations Begin For Child Development Center Opening

Jim Kindle - The long anticipated wait is almost over! Your new Squaxin Island Child Development Center is well on its way to being finished. Hopefully staff will be moving in during the first part of June, and then we hope to be fully licensed by the end of summer.

Many thanks go to all who have planned, dreamed and worked for this “state-of-the-art” facility. The Childcare Board of Directors and staff are very excited about opening the center in August of 2004.

The staff, facility and curriculum will be something this area has not seen or experienced. Here are just a few highlights you and your family will enjoy:

• A quality of service with incomparable standards
• Opportunities to build lifelong learning through play in a safe, secure, and challenging atmosphere
• Promotion of a learning environment that meets the needs of a child’s emotional, intellectual and physical development
• An environment that builds lifelong, positive relationships with our staff, children and families
• A commitment to our staff for the ability to grow professionally through on-going training that provides and encourages unparalleled high standards, teamwork and retention
• Leadership that supports the family through active listening and parental/community participation

The curriculum will be designed and planned realizing that the future is in our hands. All programs and activities will be designed and planned by professionally trained staff. Your children will spend their time with us participating in high yield learning activities that promote hands-on, interactive learning in a stimulating environment. The curriculum is based on the following beliefs:

• Process is more important than the product
• Children learn by doing
• The creativity of each child is to be promoted at all times
• Each child and family has individual needs

Our classrooms are designed to help stimulate activities that build self-esteem, provide opportunities for individual and group success and encourage positive interaction with other children and adults.

Our staff will incorporate individual and group programs and activities that will include language experience, creative play, math, science, discovery, arts & crafts, physical development, self-help skills and social development. All programs and activities will allow children to experience other’s interests, hobbies, cultural diversity, history and languages.

If you have questions, would like more information mailed to you, or want to place your child on our waiting list, please feel free to call (360) 426-1390.

Don’t Forget - JUNE 26th - Open House Just For the Community!

Canoe Family Meetings
Every Other Wednesday
June 2nd, 16th and 30th
Watch for flyers to come out regarding canoe paddling practice.

Tentative Canoe Journey Schedule
July 18 Arrive @ Squaxin Island
July 19 Depart Squaxin Island
July 19 Arrive @ Nisqually (Luhr Beach)
July 20 Depart Nisqually
July 20 Arrive @ Puyallup (Owen Beach)
July 21 Depart Puyallup (Owen Beach)
July 21 Arrive @ Muckleshoot
July 22 Depart Muckleshoot
July 22 Arrive @ Suquamish
July 23 Lay Over Rest
July 24 Depart Suquamish
July 24 Arrive @ Port Gamble
July 25 Depart Port Gamble
July 25 Arrive @ Port Townsend
July 26 Depart Port Townsend
July 26 Arrive @ Old Jamestown
July 27 Depart Old Jamestown
July 27 Arrive @ Elwah Hollywood Beach
July 28 Depart Elwah
July 28 Arrive @ Esquimalt/Sonhees
July 29 Depart Esquimalt/Sonhees
July 29 Arrive Tsawout
July 30 Depart Tsawout
July 30 Arrive Pat Bay
July 31 Depart Pat Bay
July 31 Arrive Tsartlip/Pauquachin
August 1 Depart Tsartlip/Pauquachin
August 1 Arrive Malahat
August 2 Depart Malahat
August 2 Arrive Cowichian Bay
August 3 Depart Cowichian Bay
August 3 Arrive Kuper Island
August 4 Depart Kuper Island
August 4 Arrive Chemainus First Nations
August 4 - 8 Chemainus First Nations
Scholarship Corner
Scholarship packets and information are available at the Tu Ha’ Buts Learning Center, contact Lisa Evans at 432-3882.

National Native American Youth Initiative
Native American high school students planning to enter the health professions between the ages of 16 through 18 years old are eligible to apply. Students must have a minimum cumulative 2.0 GPA (A=4.0). 1) One page essay expressing plans to enter the health professions (double spaced). 2) Current academic transcript. 3) Letter of Recommendation from school counselor/teacher. 4) Primary Data Sheet. 5) Photograph.

Nursing Scholarships
Deadline for these scholarships is Friday June 25, 2004
J. Edwin Leggett Memorial
Margaret Borquist Nursing
Howard Truant Memorial
Olympic Peninsula Kidney Foundation, Wanda Mosbarger

International Air Academy
3@ $1,000 – Deadline 06/11/04

Presidential Freedom Scholarship
100 @ $1,000 – Deadline 07/16/04

Harstine Island Theatre Club
1 @ $500 – Deadline 08/10/04

Education Communication Scholarship
Deadline 05/15/04

Learning Center Update
The Homework Center is open Monday through Thursday, 3:00 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main goal of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests.

Private Tutoring Sessions are now being offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic area, please call to schedule an individual tutoring session. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Reading program sessions ended on May 25, 2004. The reading program will be incorporated with the Summer Recreation program beginning in July.

The Annual “2004 Sgwi’ Gwi” Celebration is scheduled for Friday, June 4, 2004, at 5:00 pm in the Little Creek Casino Bingo Hall. We look forward to seeing you there

Staff Hours
The Tu Ha’ Buts Learning Center staff is available during the following hours:
Kim Cooper, Director
8:30 – 5:00 432-3904

Mark Snyder, Youth Coordinator
9:30 – 6:00 432-3872

Walt Archer, Education Liaison
7:30 – 4:00 432-3826

Lisa Evans, Administrative Assistant
8:30 – 5:00 432-3882

Jeremiah George, Cultural Coordinator
10:00 – 7:00 432-3968

Tuesday through Saturday

Patricia Green, Volunteer Tutor
4:00 – 6:00

Kurt Poste, Volunteer Tutor
4:00 – 6:00

Mandy Valley, Volunteer Reading Tutor
4:00 – 6:00

Tuesday and Thursday

TESC Longhouse Offers Artistic Learning Opportunities
The Longhouse will be hosting two artistic opportunities during the summer. For the week of July 26 through August 1, artists can work in either clay of digital art design. These week-long residencies provide artists with a great opportunity to work with Native artists who are both well-known and kind, excellent teachers.

In the Digital Imaging workshop, students will be creating digital images using Adobe Photoshop. Students will learn how to refine what they have to say visually using their own art and the language of digital imaging. Emphasis will be placed on encouraging people to develop ideas in a creative manner and thinking of ways to incorporate digital imaging in the artistic styles they already use.

In the Clay Work workshop students will have the opportunity to work with two clay artists, Lillian Pitt (Warm Springs) and Jim Jackson (Klamath). The artists will share slides of their work and have students create projects such as masks while incorporating their own sense of place into their work. Students will have access to modern kilns as well as support in firing.

If you are interested in participating, call 867-6614 for an application. Classes will be filled by the end of June, so get your application turned in asap. A stipend of $75 per day will be offered to help with travel expenses.

Wa He Lut Indian School Graduation
Friday, June 11th at 10:00 a.m.

GREAT JOB Leila & Wes With Your Grades
Love Mom & Dad!
Bordeaux Elementary School Awards

Austin Solano  Citizenship
Kenah hagman  Academic Effort
Justin Saenz-Garcia  Creativity/Helpful
Malena Boome  Citizenship
Tara Brownfield  Helpful/Citizenship/95% Attendance
Antone Hawks  Academic Effort/Helpful/Friendly
Jeremie Walls  Helpful/Friendly
Taylor Owens  Citizenship/97% Attendance
Dontae Hartwell  Friendly/Helpful/97% Attendance
Russel Cooper  Enthusiasm
Brittany McFarlane  Problem Solving Specialist
Nathan Shelton  Friendly
Jessica Cruz  Friendly/Helpful
Alex Rivera  Improvement in Reading
Mario Rivera  Improvement and Creativity in Writing
Kayla Boome  Academic Effort
Josh Coble  Improved Social Skills/97% Attendance
Jennifer Shelton  Helpful
Winter Perez  Friendly/Helpful
Miguel Saenz-Garcia  Academic Effort/Citizenship
Bianca Saenz-Garcia  Friendly/Helpful/Enthusiasm
Lorenzo Solano  Friendly/Helpful/96% Attendance
Marissa Morken  Outstanding Student/Citizenship
Eric Castro  Friendly / 95% Attendance
Donovan Henry  Creative Writing Improvement / Helpful 99% Attendance
Michael Mosier  Reading Improvement / 96% Attendance
Lorrain Algea  Hard Worker
Julito Krise  Good Athlete / Accepting of Others
Jamie Cruz  Outstanding Student
Casey Fletcher  Creativity

Shelton Middle School Awards

Tiffany Henderson  Best Effort / 100% Attendance / Top 5% / GPA 3.8
Aleta Poste  Best Effort / Top 10% / GPA 3.0
Latoya Johns  Citizenship
Kailee Hagmann  Best Effort / 97% Attendance
Tasha Hillstrom  Best Effort / 99% Attendance
Michaela Riker  Best Effort / 100% Attendance / Culture Participation
Wes Whitener  Best Effort / 97% Attendance / Culture Participation
Tyler Burrow  Citizenship
Deanna Hawks  Enthusiasm
Leila Whitener  Best Effort / 97% Attendance / Culture Participation / Top 5% / GPA 3.7
Lizzy Henry  Enthusiasm / Culture Participation
CJ Phipps  Enthusiasm / Culture Participation / Honor Society GPA 4.0 / 97% Attendance
Zachary Clark  Citizenship / Culture Participation
Holly Henry  Best Effort / 100% Attendance / Culture Participation
Kyla Ford  Best Effort / 99% Attendance / Top 5% / GPA 3.8
Claudia McFarlane  Best Effort / Culture Participation
Lachell Johns  Citizenship / Culture Participation
Markie Smith  Citizenship / 97% Attendance / Top 5% / GPA 3.7
Justin West  Best Effort / Top 10% / GPA 3.1

Oh Great Spirit
Submitted by Debbie Obi

Oh Great Spirit whose voice I hear in the winds and whose breath gives life to all the world, hear me!
I am small and weak.
I need your strength and wisdom.
Let me walk in beauty,
and make my eyes behold the red and purple sunset.
Make my hands respect the things you have made and my ears sharp to hear your voice.
Make me wise so that I may understand the things you have taught my people.
Let me learn the lessons you have hidden in every leaf and rock.
I seek strength, not to be greater than my brother, but to fight my greatest enemy - myself.
Make me always ready to come to you with clean hands and straight eyes so when life fades, as the fading sunset, my spirit may come to you without shame.

Koreena Capoeman
Just Want You to Know How Proud I Am of You and How Well You Are Doing On Track Team
Love Mom

Something to Look Forward to
Graduates Will Be Featured in the July Klah-Che-Min
Using Sensors
To Track Salmon

Special Video Report by KOMO 4 News’ Tracy Vedder, May 20 - Some tiny fish equipped with sensors are about to help biologists solve the mystery of where salmon go and what do they do before they reach the ocean. The answers may help save our Northwest symbol.

“This is a full-on surgery that we’re doing here,” describes fish biologist Scott Steltzner. A biologist with the Squaxin Island Indian Tribe, Steltzner is in charge of the project.

His team of biologists has the surgery down to a five-minute drill.

A yearling Coho salmon goes in a bucket with anesthetic. In less than two minutes the fish seems to fall nearly asleep. It’s measured, placed in a small foam form and then a quick slice with the scalpel along the fish’s abdomen.

Next, they insert a tiny transmitter. It’s just under an inch long and they sew it up quickly.

“Good to go,” says Steltzner as he drops the fish into the recovery bucket. And with that, the Coho becomes part of a ground-breaking experiment by the Squaxin Island Tribe.

“For the first time we’re gonna get a look at the first six months of a salmon’s life in saltwater,” says Steltzner. “This has never been done before.”

The Tribe has raised Coho in net pens at Peale Passage in the south end of Puget Sound for more than 30 years. But once they released the fish, they had no idea what happened to them.

Now, for the first time, they’ll be able to track them all the way out to the open ocean.

It starts with the bite-sized transmitters. Each sends out a unique signal. The Tribe’s fish biologists will put them in 140 coho.

Last week, volunteer divers working with Underwater Admiralty Services placed the last of 16 acoustic sensors around the south Sound. They are spread at depths ranging from 125 feet to depths of 75 feet. The last five are cemented to old Tacoma bridge anchor blocks.

The Tribe’s sensors join more than six dozen placed throughout Puget Sound and strung across the Strait of Juan de Fuca.

When these Coho are released next week they’ll be tracked all the way through the Sound, through the Strait, and out to the Continental Shelf.

Finding out where they go is important, because fewer of these hatchery Coho return every year.

“We’re trying to figure out what is happening to these fish and where is our problem happening,” says Steltzner. “Is it in South Sound, is it in the Ocean or is it in North Sound?”

The story these fish will tell could help generations of coho survive.

View online at http://www.komotv.com/stories/31357.htm

* Requires a QuickTime Player and a bit of patience
Hello everyone. I am back and most of you already know me, but for those of you who don’t know me, my name is Theresa Henderson. I was hired on April 19th as the Financial Specialist I.

I am looking forward to serving the Tribe in this capacity again. I will be handling the cash receivables, i.e. utility, and house payments etc., So, if you have any billing questions or payments to make, just stop by or give me a call and I’ll do what I can to help you.

Financial Specialist I

Welcome Back to a New Position
Theresa Henderson

Hi, my name is Joanne F. Decicio, and most everyone knows me (been around for 100 years or so)!

My mom is Barbara A. Henry and my dad is Steve Henderson. I have two brothers who both work for the Tribe; John Harrell works here at Island Enterprises and Vincent (Vinny) Henry, Sr. works in maintenance for the Tribe. My husband, Dino, and I have a 21-year-old daughter, Chasity F. Decicio, a 13-year-old son, Dillon D. Decicio, and a 2-year-old grand-daughter, Nokomis Butterfly Faye.

I have been in finance for 10 + years, but my experience also includes managing low income houses, being a social/case worker, soft-skills/motivational training teacher, selling Princess House Crystal, fishing and clam digging. I quit fishing and selling crystal though.

This job is great. I get to work with lots of diverse and intelligent people and learn a whole new area of finance. I love to be around people (customers). In the picture above, Theresa Marie cornered me Saturday, May 29, 2004. I was making hot dogs outside of KTP, greeting customers, and really enjoying the music 97.7 Eagle was playing outside the store. We at KTP drew a grand prize winner for the $500 promotional raffle for the tribally owned COMPLETE brand cigarettes. This promotion has been in progress for the last few weeks. Anyway, I’m happy to have this opportunity to learn all I can about KTP as well as the other businesses Island Enterprises is managing. I mostly work with KTP and have a lot to learn yet, but I also help out a little bit here and a little bit there.

Anyway, I look forward to seeing everyone, and am happy to be employed with the Tribe again!

I have to give SPIPA a big compliment. My experience at SPIPA was great. I was around some of the best people I’ve ever met while working there. They are a great agency and they do great things on very little! Go SPIPA!!! I miss you all yet - and probably always will!

Welcome Back to a New Position
Joanne F. Decicio

Great Take-Out, Great Prices at Little Creek Casino Bingo

Pizza, fry bread, Indian tacos and family style salads
go
to
4:00 - 10:00 p.m.
Call 427-3006 to place an order!

Lost Wheelbarrow

Randy Capoeman’s wheelbarrow disappeared from the museum. He would really like to have it back.

Join Mud Bay

We need at least 15 students to have Mud Bay village site excavations happen again this year, and we currently have 10 applications. If you would like to be a student this summer, please contact Dale Croes, SPSCC Field School Instructor at 360-596-5336, Rhonda Foster, co-Director, and/or check out our web site at: http://www.library.spcc.ctc.edu/crm/crm3.htm (Click on Field School). For tribal members this course will provide you with an unforgettable experience. Formally, this course will teach you excavation, screening, note and mapping taking, and preservation technique.

Tuition cost for 12 credits is approximately $800.00
Or
5 credits (2 wk) contracts
For those who cannot spend the full 8 weeks
Monday through Thursday
9:00 a.m. to 4:00 p.m.
June 28th through August 20th at Mud Bay.
Thank you for your help.
Tribal Events Are Family Affairs
Congratulations Charlene Krise

Recipient of Washington Museum Association’s Award of Individual Excellence

Squaxin Island Museum Library and Research Director Charlene Krise was notified May 5th that she was the recipient of the Washington Museum Association’s Award of Individual Excellence. The WMA recognizes outstanding achievement in the field of museum work by awarding up to eight Awards of Excellence annually. To be eligible, the nominee must have exhibited the ability to set standards of leadership through outstanding service, established precedence, fulfilled mission and purpose, showed marked improvement, and provided an extended level of service to the community served. The WMA Awards and Scholarship Committee members unanimously chose Charlene to receive the award after she was nominated by Michael Warner of Warner Consulting, who provides technical assistance to museums throughout Washington State, and Michael Croman, former Executive Director of the Washington State Arts Commission.

Charlene will be acknowledged at the special Opening Ceremonies & WMA Awards program to be held at the WMA Annual Conference on Thursday, June 10th starting at 9:00 a.m. in the auditorium of the Nordic Heritage Museum located in Seattle’s Ballard neighborhood.

“We are very impressed with Charlene’s knowledge of her tribe’s heritage and her quest and desire to teach others, not only members of her own tribe, but the public as well,” said Lisa Hill-Festa, WMA Awards and Scholarship Committee Chair and Curator of Collections/Collection Manager for the Nordic Heritage Museum.

“Charlene and her staff have always listened to professional advice and implemented suggestions,” Michael Warner said. "Charlene has tremendous skill in working and building relationships with educators, museum directors and directors of Chambers of Commerce. She recognizes the need for the museum to be an education center for both members of the Tribe and non tribal members. She has recognized that the Museum needs to become an educational center for both tribal members and non-tribal members. Under her direction, plans are being developed, or are already in place, that will more fully establish the Museum as a major educational facility within the South Sound area. Recognizing that to accomplish this requires many skills, she has established good working relationships with regional school administrators (Shelton and Olympia school districts), regional chambers of commerce, and museum consultants to help move the Center in that direction.”

Michael Croman stated, “I had the pleasure of attending a tour in which Charlene served as guide. I believe that her presentation was one of the finest I have ever experienced. As a Director, she exemplifies the goal of her institution, to provide cultural education and training to both her internal community and the general public.” She provides a rich and diverse program that makes people appreciate the role of the Squaxin Island Tribe in the past, present and future of Western Washington. (Actual quote) “Charlene and the museum/library offer a rich and diverse program that gives tribal members and the general public the greatest opportunity to appreciate the role of the Squaxin people and their closely related tribal communities in the past, present and future of Western Washington.”

Russell Harper was also selected by the Awards and Scholarship Committee as the recipient of the WMA Working Professional Scholarship to help him attend the WMA conference at the Nordic Heritage Museum in June. Russell will receive a $300.00 stipend, gratis registration to the conference, and a one-year membership in the Washington Museum Association. The scholarship stipend will be presented to him during the Opening Ceremonies & WMA Awards program.

Swisalo is Blessed and Ready for Journey 2004!

At first light on May 6th, at approximately 4:30 a.m., a small group of canoe carvers, including George Krise (also the Skipper) and Randy and Guy Capoeman (canoe carvers from Quinault) gathered to put the final, delicate touches on Swisalo, the Squaxin Island Tribe’s first cedar dugout canoe in more than a century.

The work took place in the wee hours of the morning while everything was still so that nothing would break the workers’ quiet concentration. The task of steaming the sides is touchy business - immense, yet extremely fragile.

“You can’t have any distractions,” George said. "Not too much on your mind. We heard a Blue Jay and thought ‘Uh, Oh. He’s coming with bad news.’ Then pretty soon we realized there was a crack.”

Not to worry, however, the skilled artisans quickly set about the task of making repairs, and Swisalo is now ready to head out to sea and take part in Canoe Journey 2004!

“There are still some minor finishing touches to be made,” George said. "I need to paint the inside and touch up the bow a little bit.”

A Blessing and Naming Ceremony took place on May 15th. Another, more public, ceremony will be scheduled when she goes in the water. Watch for upcoming details.

See photos of the final work and subsequent ceremony on pages 24 & 25.
**Walk to the Olympic Peninsula Tribes**

It's not too late to start walking and earn one of these great sweatshirts. For more information, contact Patty Suskin at 432-3929.

**Ceramics**

Come join us and create your own masterpiece. Every Thursday at the Elder Center starting at 5:30 p.m. Free for Elders, but others must buy the pieces they want to paint. *Raffles too!*

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**Meal Program Menu**

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and $3 for all others.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Meat</td>
<td>Sandwich Bar Day</td>
<td>Vegetable Quiche</td>
<td>Chicken Cobb Salad</td>
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<tr>
<td>Vegetable</td>
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<td>Fresh Veggie Tray</td>
<td>Fresh Veggies w/ Dip</td>
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<tr>
<td>Grains/Bread</td>
<td>Meat</td>
<td>Wheat Rolls</td>
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<td>Vegetable</td>
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<td>Grains/Bread</td>
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<tr>
<td>Meat</td>
<td>Elk Meatloaf</td>
<td>BBQ Chicken</td>
<td>Salmon <em>(Father’s Day)</em></td>
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<tr>
<td>Vegetable</td>
<td>Zucchini</td>
<td>Potato Salad, Cooked Carrots</td>
<td>Steamed Veggies</td>
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<tr>
<td>Grains/Bread</td>
<td>Mashed Potatoes</td>
<td>Baked Beans</td>
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<tr>
<td>Meat</td>
<td>Crab Cakes</td>
<td>Chicken &amp; Broccoli Stirfry</td>
<td>Sandwich Bar Day</td>
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<tr>
<td>Vegetable</td>
<td>Petite Green Beans</td>
<td>Veggies</td>
<td>Cole Slaw</td>
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<tr>
<td>Grains/Bread</td>
<td>Orzo Pilaf</td>
<td>Brown Rice</td>
<td>Variety of Breads</td>
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<tr>
<td>Meat</td>
<td>Chalupa</td>
<td>Baked Ham</td>
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<tr>
<td>Vegetable</td>
<td>Spinach &amp; Pear Salad</td>
<td>Peas, Yams</td>
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<tr>
<td>Grains/Bread</td>
<td>Pinto Beans</td>
<td>Baked Beans</td>
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Health & Human Services

Upcoming Health Events

Brief Walk
Every Thursday at 12:40
June 3, 10, 17 & 24
Meet at the Elder’s Building

Mammogram Days
July 29th & August 26th
Call Rose Algea for your appointment
(360)432-3930

Diabetes Support Group
Monday, June 7 & Monday, June 21
(Every 1st and 3rd Monday)
Diabetes Walk & Talk Support Group
12:45 to 2:00 p.m.
Walk at 12:45 p.m.
Talk 1:00 – 2:00 p.m.
Meet at Elder’s Building right after lunch

Diabetes Support Group
Walk from 12-1:30 pm. Talk from 1 pm to 2 pm
People with Diabetes, their friends and family welcome
1st and 3rd Mondays
Elder’s Building after lunch
12:45 pm-2 pm
• Encouragement to live a long, healthy life
• You can take charge of your diabetes
• Share what you would like to learn about diabetes

Contact Patty Suskin, Registered Dietitian
and Certified Diabetes Educator
To RSVP or for more information at 432-3929

Community Walks to be Scheduled in June & July
Call Patty if you are interested in these field trips & help determine the dates that work for you.

Women & Girls Gathering
July 30, 31 & August 1st
Contact Midge Porter at SPIPA
427-3990

Questions or to RSVP for these activities, contact Patty Suskin, Diabetes Coordinator at (360)432-3929

Outdoor Activity
of the Month
Rainbow Falls
(One of JeNene Miller’s favorite spots)

Rainbow Falls State Park is a 139-acre camping park with 3,400 feet of freshwater shoreline on the Chehalis River. Constructed in 1935 in the heart of old-growth forest, this wooded park is known for its rainbow-crowned waterfall, which gives the park its name. A garden displaying 40 varieties of fuschia is a favorite with visitors.

Hours
Summer: 6:30 a.m. to dusk.
Winter: 8 a.m. to dusk.

Year-round Camping
Check-in time, 2:30 p.m.
Check-out time, 1 p.m.
Quiet hours: 10 p.m. to 6:30 a.m.

Location
17 miles west of Chehalis.
From I-5:
Take exit 77 onto Hwy. 6. Head west in the direction of Raymond for 16 miles.
From Hwy101:
Turn east at Raymond onto Hwy. 6 heading toward Pe Ell. It is 35 miles from Raymond to the park.

The park provides one reservable kitchen shelter with water, electricity and 15 picnic tables, and another (first-come, first-served) without water and electricity. There are 21 additional day-use picnic tables, first-come, first-served. For reservations, call the park office at (360) 291-3767.

• Hiking, bike and horse trails
• Fishing
• Swimming
• Birdwatching
• Horseshoe Pits
• Softball Field
• Interpretive Activities
• Wildlife Viewing
• Self-guided nature walk through old-growth forest.

Fees
An additional $1 per night is added to the basic camping fees listed below at this high-use park between April 1 and Sept. 30. Basic camping fees are: Standard campsite, $15 and Utility campsite, $21. Primitive campsite (accessible by motorized/non-motorized vehicles) and for water trail camping, $10. Maximum eight people per campsite. Second vehicle: $10 per night is charged for a second vehicle unless it is towed by a recreational vehicle. Extra vehicles must be parked in designated campsite or extra vehicle parking spaces. Dump stations: Year-round dump station fees are $5 per use. If you are camping, this fee is included in your campsite fee.

Campsite Information
The park has 43 tent spaces, one dump station, one restroom and two showers. Sites have no hook-ups. Maximum site length is 32 feet (may have limited availability). Three of the sites are for hikers and cyclists (no vehicles), and three are for horse campers. All campsites are first-come, first-served. Quiet hours are from 10 p.m. to 6:30 a.m. Length of stay: you may stay up to ten consecutive days in any one park during the summer; the stay limit is extended to 20 days between Oct. 1 and March 31.
Now that June is here, summer travel begins. Here are some tips submitted by Patty Suskin that you may want to clip out for future use.

Three Tasty Ways to Eat Well on Road Trips

1. **Bring food with you.** The best way to have control over food is always to bring your own. Whether it’s a simple bag of healthy snacks or a fully stocked cooler, bringing your own food saves money and time – and improves your nutrition. Here are some of the tastiest ways to eat well while driving down the highway:
   - **Feast on nature's fast food** – fruits and veggies. Fresh fruits, like apples, bananas and pears, are an obvious choice; so are bite-size veggies like baby carrots, celery sticks and grape tomatoes. Dried fruits, like cranberries, plums and mangoes, are another deliciously sweet option.
   - **Put some protein power into your "tank."** Minimize use of car snacks such as (candy, chips and pop), as they are mostly fat and sugar with little nutritional value. Adding protein to your fuel mixture will help you feel more satisfied, so you can go longer before the munchies strike again. Slices of meat and cheese, in sandwiches or solo, are a great way to get protein. Nuts & hard-boiled eggs are also a good source of protein.

2. **Stock up at a supermarket.** For the best value and variety, make pit stops at a local grocery instead of a fast food restaurant or convenience store. Many supermarkets are only a few blocks from the highway, so shopping can be quick and efficient. Produce stands and farmer’s markets can also be nutrition bonanzas!
   - **Dine at the deli counter.** Today’s deli options are usually extensive and delicious. With careful selection, they can also be nutritious. Choose mixed veggie salads, like coleslaw, broccoli or three-bean, and ask the server to drain off some of the liquid dressing.

3. **Choose wisely at the gas station.** Believe it or not, you can even find some decent food and beverage choices at a truck stop or convenience store. Skip the candy bars and snacks at the counter (designed for impulse buying) and check out the possibilities in the snack aisle and beverage cases.
   - **Cool off with water, juice or milk.** Soft drinks are not your only alternative these days. Choose bottled water (plain, sparkling or flavored), juice (100% fruit juices like ruby red grapefruit, orange or grape), or milk (reduced fat in plain, chocolate, vanilla, strawberry or banana).
   - **Go nuts in the snack aisle.** Nuts and seeds are probably your best bet in most snack aisles. Remember to downsize your portions. Super-sized bags may tempt you to eat more when the drive gets boring. Buy a small bag or take out a reasonable amount and put the rest out of sight (and out of mind). Pretzels and flavored rice cakes are a healthier choice than chips.

4. **Pack items in order of use.** Place items that you will need last at the bottom of the cooler; first things to be eaten at the top. The less that you move things around, the colder everything will stay.

5. **Pack in portion-size, leak-proof containers.** Use containers that hold the amount of food that you will need at one time. Make sure that lids fit tightly or put containers into zip-lock plastic bags.

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**HOT Tips on Keeping Your Cooler COOL**

1. **Start with a clean cooler.** Before you head out for an extended camping trip (or an afternoon picnic), wash your cooler well with hot soap and water. If it’s really dirty, clean it out with bleach (1 teaspoon of bleach to 1 gallon of cool or cold water)

2. **Start with some solid ice.** Ice cubes tend to melt quickly and make a mess. Make your own ice blocks by freezing water in plastic milk jugs. Use commercial gel packs or “blue ice” packs.

3. **Start with frozen or very cold foods.** Pack foods and drinks directly from fridge and freezer to cooler. Freeze as many items (like fresh meat and juice boxes) as possible. They’ll help keep other stuff cold.

4. **Pack items in order of use.** Place items that you will need last at the bottom of the cooler; first things to be eaten at the top. The less that you move things around, the colder everything will stay.

5. **Pack in portion-size, leak-proof containers.** Use containers that hold the amount of food that you will need at one time. Make sure that lids fit tightly or put containers into zip-lock plastic bags.
Four Fun Ways to Stay Fit on Road Trips

1. **Walk around a rest stop.** Many rest stops are in scenic locations. Even when the scenery is boring, there are plenty of people to watch. Instead of jumping back into the car after your bathroom break, take ten minutes to stretch your legs. If you have a dog, that’s a great reason for both of you to walk around the perimeter a couple of times. No dog? No problem! Take a couple of laps by yourself or with your travel companions. Remember, every step counts!

2. **Explore a roadside attraction.** America’s highways are lined with interesting and bizarre places to explore from historical markers to giant sculptures of bison, fly rods and lumberjacks. On your next trip, plan to take a couple of 30-minute breaks to discover something new along your route. Physical activity helps drivers feel more alert – and makes kids less restless. And, who knows, you might create a wonderful family memory along the way!

3. **Play in a park.** City parks, county parks, state parks, national parks, slides, swings, climbing structures, swimming pools, sandy beaches, nature trails, guided walks - there are unlimited opportunities for active fun in parks and recreation areas across the country. Many are free. Most of the others have reasonable admission fees. All you have to do is get out of the car and walk, run, stretch, swing, roll, climb or paddle your way to fitness.

4. **Carry fitness “equipment” in your car.** Bikes, canoes and rafts are great ways to fit your fitness in as you travel. However, sports equipment doesn’t need to be big, heavy or expensive in order to be fun and healthy. A bat and baseball, a Frisbee or a boomerang are all small, portable and cheap ways to have fun anywhere. A quick game of catch or Frisbee can be played by everyone anywhere from a rest stop to an empty schoolyard.

6. **Pack foods separately.** Cross-contamination between foods increases the risk of food-borne illnesses. Keep cooked and uncooked foods separate. Pack all meat products away from other foods.

7. **Keep coolers in the trunk.** The goal is to keep all food and beverages away from heat and direct sun as much as possible. In vans or trucks, keep your cooler covered or under other luggage.

8. **Keep coolers in the shade.** Once you arrive at your picnic spot or camping site, place the cooler away from the sun. Cover with a blanket or tarp if there is no natural shade available.

9. **Keep coolers closed as much as possible.** Every time you open a cooler, the inside temperature warms up slightly. Close the lip completely after each use and place a heavy object on top if necessary.

10. **Clean your cooler thoroughly.** When you get home (or when refilling on long trips), scrub the cooler thoroughly with hot soap water and a dilute bleach solution (1/4 cup bleach to 1 gallon water).

For more specific food ideas for Eating on the Run, see also Eating on The Run article in the April Klah-Che-Min on Page 14.
Native America

Supreme Court Decision Hailed as a Victory for Tribal, State and Federal Law Enforcement

La Conner, Washington - In U.S. v. Lara, the U.S. Supreme Court on April 19th upheld tribal criminal jurisdiction over nonmember Indians, and ruled that a subsequent prosecution by the federal government does not violate the double jeopardy clause of the U.S. Constitution. The Supreme Court held that the Spirit Lake Tribe of North Dakota acted “in its capacity of a separate sovereign” when prosecuting Billy Jo Lara, a member of another tribe visiting the Spirit Lake reservation.

“This victory underscores the tremendous job that tribal law enforcement is doing throughout Indian country and the strong relations that are being built among tribal, states and federal governments when it comes law enforcement on reservations,” said Swinomish Tribal Chairman, Brian Cladoosby. “It is critically important for law enforcement to have the necessary tools to ensure that all criminals are prosecuted no matter who they are and where they are from,” Cladoosby continued.

The majority of the Court held that the Federal government could still bring its own case against Lara for committing a federal crime.

Eight state Attorneys General filed briefing supporting tribal jurisdiction, including Washington Attorney General, Christine O. Gregoire.

“We are deeply grateful for the support tribal law enforcement received from our State partners in this case,” commented Cladoosby. “The Attorneys General of the States with the majority of the tribal population in the Continental United States were with us and the Supreme Court took note. Attorney General Gregoire continued her leadership role in supporting effective law enforcement, both tribal and non-tribal. We commend her and thank her for her commitment to effective, collaborative public safety.”

The majority opinion upheld Congressional authority to reaffirm the inherent sovereignty of Indian tribes - even when that authority has been undermined by a previous Supreme Court opinion. In 1990, the Supreme Court held in Duro v. Reina that Indian tribes do not have criminal jurisdiction over members of other tribes. Congress acted that same year to essentially reverse the Duro decision by passing amendments to the Indian Civil Rights Act (known as the “Duro Fix”) that affirmed tribes’ inherent power to exercise criminal jurisdiction over all Indians. In Lara, the Supreme Court held that “the Constitution authorizes Congress to permit tribes, as an exercise of their inherent tribal authority, to prosecute nonmember Indians.”

Ways to Say No to Weed and Still Be Cool

1) No, I already eat too much junk food. 2) No, what do I look like? A hippie? 3) No thanks, I’m into reality. 4) Right now’s not good. How’s never? 5) Hey Stupid, haven’t you seen the commercials? 6) Hey, gotta go. 7) Nah, I have a life. 8) See ya, wouldn’t want to be ya! 9) No, I don’t know where that stuff’s been. 10) No, I don’t have any money for potato chips. 11) No, that’s cruelty towards plants. 12) No, I like my brain cells. 13) You must be mistaking me for an idiot. 14) I don’t want your life. 15) No, my imagination is good enough already. 16) No, I don’t want to forget my locker combination. 17) No, I might be tempted to eat school food. 18) No, I’m paranoid enough already. 19) No, my parents did it and look at them!
Tobin Must Pay $1 Million in Shellfish Poaching Case

Sean Hanlon, The Journal - The clock is ticking and the payback is piling up for tribal member Doug Tobin who was convicted as the ringleader of a massive shellfish-poaching operation.

Last month, Tobin was ordered by a judge to pay more than a million dollars in restitution to Indian tribes and the State of Washington for damages suffered when he poached 196,412 pounds of geoduck and 72,905 pounds of crab in Puget Sound.

Next month, the Port of Olympia plans to sell a Salish welcome pole carved by Tobin in better days. The port commission voted to surplus the pole after the artist was charged with unlawful possession of a firearm and numerous felony and misdemeanor counts of stealing fish.

"We are hoping to get a bidder who will come and take it from the port," said Patti Grant, the port’s communications manager.

Grant said the port has set a minimum bid price of $20,000 for a totem appraised at $70,000. Tobin has rights of first refusal on any sale of his artwork, but Grant said the port hasn’t heard any word from the artist who currently resides in a cell at the Washington Corrections Center in Shelton. After being charged with 160 crimes, he pled guilty to 36 in April of last year. He was sentenced in December to 14 years in prison for crimes that may have generated $1.5 million in illicit revenue.

Any hope Tobin may have had of reclaiming the welcome pole was dealt a heavy blow on April 9 when Judge John McCarthy ordered Tobin to pay $879,408.40 in restitution for the geoduck and $247,803.20 in restitution for the crab. That adds up to $1,127,606.60 in payments for crimes committed in 2000-2002.

The 51-year-old Tobin was living in Fife when he was arrested after an investigation by the Washington State Department of Fish and Game with assists from the Washington State Department of Natural Resources, the Pierce County Sherriff’s Office and the Squaxin Island Tribal Police.

After Tobin’s arrest, fish and wildlife detectives recovered records from Washington, Oregon and California, identifying close to 100,000 pounds of crab they believe he and his associates harvested and distributed illegally. That amount is equal to a third of the annual allocation to the Squaxin Island Tribe.

Although beaches in Mason County were not targeted by the alleged thieves, tracts near McNeil Island and other tidelands that the Tribe co-manages with the state were involved, according to Jim Peters, Director of Natural Resources for the Tribe.

Working over a period of several months, officers downloaded computerized navigational records from Typhoon, as Tobin’s 42-foot commercial fishing vessel was named. Officials also contracted a commercial trawler and side-scan sonar operator to assist in the recovery of 110 crab pots which the skipper allegedly placed in Puget Sound water near the Nisqually Delta.

Most of the crab harvested by Tobin was reportedly distributed through his Fife warehouse to locations in Washington and Oregon.

Tobin’s welcome pole was commissioned by the Port of Olympia in 1997 and completed in 1999 with the assistance of a team of carvers that included Ed Charles of the Lummi Tribe. Since then the pole has been sitting in a warehouse while work continues on the Port Plaza, a waterfront park where the artwork was to be raised.

After Tobin was charged with the shellfish crimes, the Olympia Port Commission began consultations with the Squaxin Island Tribe and decided it would be better to sell the totem and use the proceeds from the sale to pay for the carving of another pole. Port officials noted that Tobin’s arrest brought to light his previous involvement in a murder-for-hire scheme that resulted in his serving five years in prison.

"As a result of these events, a strong sentiment surfaced suggesting that raising the pole in this community would be divisive," reads an official statement of the port published over the name of its executive director, John Wolfe.

The totem is carved out of an old-growth cedar felled in Alaska that was 32 years old when Christopher Columbus first set sail for America in 1492. It is painted in traditional Salish earthtone colors and has carvings of a seagull and a New England schooner because such a vessel once delivered products to the Salish people; a chief holding copper, this being a metal which represents the wealth of the Salish; Mother Earth holding a man and a woman; a Coast Salish canoe; and a killer whale.

Grant said the port has talked to the Squaxin Island Tribe about the possibility that the Tribe might purchase the totem. Such discussions have been inconclusive, but the Tribe is apparently open to the possibility. The port commission is taking bids on the totem through June 1.

"We have offered the pole to the Tribe," Grant said. "They didn’t show early interest, but they have contacted the port again."

A New Cashiers Office

Theresa Henderson staffs the new Tribal Cashiers Office. As of July 1, all payments due the Tribe, including Natural Resources tax, permit fees and house and utility payments may be made at the Cashiers Office located in the middle of the new Tribal Center.
Managing Mold
There are many things we can do to minimize the occurrences of mold growth in our homes. It may be easy to ignore, but mold growth will not go away on its own. The following article was developed by the Washington State University Energy Program and brought to you by Northwest Air Pollution Authority.

Indoor Air Quality Fact Sheet
Keeping Homes Dry
Keeping homes and apartments dry to reduce the chance for mold problems in the Pacific Northwest can be a challenge. We cannot control the weather, but we can build and operate our buildings in harmony with the environment and keep them dry inside even in rain forest climates.

1.) The first line of defense is to keep moisture out of the homes.
   • Make sure your roof does not leak and that it sheds water away from the foundation and crawlspace.
   • Gutters, downspouts and landscaping should direct water away from the home.
   • Check toilet, sink and washer plumbing for leaky fittings or hoses. Replace before it may leak.
   • Make sure your windows, doors and other penetrations do not leak.

2.) The second step is to limit the amount of moisture generated inside.
   • Our homes get moist from the inside day to day activities of the occupants.
   • Our breath contains water vapor and we perspire. The more people – and the longer they spend in the home – the more moisture builds up.
   • We cook and do laundry.
   • We wash dishes.
   • We bathe and shower.
   • We add water to our houseplants and aquariums.
   • We mop the floors and shampoo carpets.
   • We track water in with our shoes and hang raincoats and towels to dry.

We cannot stop living in our houses…so follow these easy tips to keep your house from getting wet from the inside out.

1.) Do not generate any more moisture than necessary.
   • Reduce the number of house plants.
   • Cook with lids.
   • Put cover on aquariums.
   • Do not hang damp laundry indoors.
   • Take shorter showers.

2.) Capture and remove moisture at the source.
   • Use exhaust fans in the kitchen and bathroom.
   • Make sure exhaust fans are pulling enough air and are vented to the outside
   • Keep bathroom door closed until all bath moisture is exhausted.
   • Make sure the clothes dryer vent is unobstructed and has tight connections.

3.) Like people, houses need to breathe.
   • Exchange the moist air inside for the fresh air outside.
   • Consider that 40 degree outside air with 100 percent relative humidity will turn into 30 percent relative humidity air as you warm it to 75 degrees inside your home. (So, you can dry out your home by “flushing” outside air even if it is 40 degree fog.)

4.) Use exhaust fans
   • Exhaust fans rid the home of excess moisture which is replaced with outside air.

5.) The colder it is outdoors, the less outside air you will need to keep moisture levels under control.
   • The warmer it is outside, the more outside air it will take to dry a home.

6.) Keep your house and rooms warm.
   • Cold surfaces will allow moist air to condense and can quickly lead to moisture, mold and mildew problems.
   • “Closing off” rooms to conserve heat may well lead to molding growth in those rooms.

House Ventilation Strategies
Older Homes can suffer from moisture problems when the occupants produce lots of moisture but do not actively remove it.

Running exhaust fans more frequently is often the easiest solution. Make sure your home has exhaust fans that actually work and use them as needed to directly pull in outside air. NOTE: A ceiling fan or room fan does not pull in outside air.

While our newer and tighter homes save energy, they still need to breathe in order to avoid becoming damp. Newer homes can be less forgiving when we do not control moisture indoors or actively ventilate.

Homes built since 1991 in Washington are required to have a “whole house” ventilation system installed. These systems should have a clock timer that allows the home to be ventilated automatically.

The amount of time these fans should be set to run depends on three things.

1.) The season
2.) The climate
3.) The amount of moisture being generated indoors.

The less moisture being generated or allowed to migrate around inside the home, means less exhaust fan run-time required.

The colder or dryer the climate or the dryer the season, the less run time required, because the outside air will have more drying effect.

On the other hand, the warmer or wetter it is outside, the more the exhaust fan will need to run.

FACTS ABOUT MOLD
Mold needs moisture to live and flourish. The four things needed to grow mold are Mold spores + Food source + Proper temperature +
Moisture

1.) Mold spores are everywhere in our environment, so they are in our homes all the time.
2.) Mold needs food. Our homes are made out of mold food such as drywall, wallpaper and paste, wood products and normal everyday debris that we track in from outside.
3.) Many molds like the same temperatures we like. It is unrealistic to keep our homes too hot or too cold.
4.) Most molds like it wet. Most molds will not flourish without water or high relative humidity. Moisture is the one factor we can realistically control.

THE SOLUTIONS

A well ventilated house with occupants that pay some attention to controlling internal moisture will discourage mold from moving in. We see houses in the “rain forest” with no signs of mold, so we know these basics techniques can work for the rest of us.

COST OF NEGLECT IS HIGH

More and more insurance companies are excluding mold from their coverage, especially if the mold is a result of a maintenance deficiency or improper operation of the home. Therefore, if window or roof leaks are not fixed right away, your insurance company may refuse to help with the mold problem. If you allow moisture to build up in your home and do not use exhaust or ventilate with fresh air, the insurance company may refuse to cover mold damage. A quick and thorough response after a water leak, spill or other event is needed to prevent a mold bloom. Experts say to thoroughly dry wet materials within a few days to be safe. Wet wall cavities often need to be opened up for rapid drying.

RELATIVE HUMIDITY

To avoid mold and moisture problems, homes should be maintained in the 30 to 50 percent relative humidity range. Low cost (<$30) digital relative humidity gauges are available and generally accurate enough to help you control the relative humidity in your home. The cost of these devices is small compared to health care costs and renovations costs.

DEHUMIDIFIERS

The typical dehumidifier used for homes will work for most applications as long as the room is maintained at fairly normal temperatures. These units require maintenance, use energy and produce some heat. The best approach is to avoid using humidifiers if possible by identifying and solving the source of the moisture, not relying on moisture removal only. Dehumidifiers are especially useful in basements, homes with concrete forms and homes in mild damp locations.

Quick tip: To check if your exhaust fan is working properly, hold a tissue up to it, if the tissue stays there, the fan is venting properly, if it doesn’t, have your fan checked.

More Information:
http://www.homeenergy.org
http://www.epa.gov
http://www.alaw.org
http://www.nwair.org
http://www.energy.wsu.edu
http://www.fsec.ucf.edu/bldg/

If you have any further questions about mold, please call the Office of Housing at 432-3937.

Little Angels at Drumming Practice

Join us for drumming practice Wednesday evenings at 6:00 p.m.

Mark Your Calendars

Water Sounds Native Art Auction to Benefit the MLRC
Saturday, September 11th

Potlatch 2004

Vicki Kruger - This year’s potlatch was a great success. It started on Friday, May 14, with 9 persons receiving names. Saturday morning began with a canoe family meeting and the blessing of the cedar canoe.

I would like to thank everyone who attended, especially the youth. Thanks to Paula LaFlame who made 32 Pendleton blankets. Carolyn Hoosier and Julie Goodwin (with assistance from her daughter, Whitney) made about 40 purses and Pendleton bags. Robbin Rhodes donated a bucket of razor clams (we traded for a bucket of steamers). John Sailto’s son, Bruce, donated 3 buckets of Razor clams (we also traded for steamers). Rhonda Foster cleaned and packaged one of those buckets (you saved me Rhonda).

Thanks to Lila Jacobs, Lizzy Perez, Terri Capoeman and kids, Sedar, Joyce Johns, the Youth Council (David Dorland, Kurt Poste, Patricia Green and TamiKa Green), Jeremiah George and all the youth who attended Tuesday crafts.

Pam Peters’ mom made 75 potholders. Lynn Foster donated frog necklaces. Myrtle Richards donated a couple basket necklaces and a pair of basket necklaces. Barb Whitener made several necklaces and a beautiful beaded vest. Lynn Scroggins donated eye glasses necklaces. Bear & Mary donated so many things I can’t write them all down. Ray Peters donated a very beautiful peace of art. Andrea Wilbur donated prints. Kim Cooper knitted like a hundred hats & scarfs. Lisa Evens sewed at least a thousand hours making gifts.

Tully, Will, Will, Jeremy, and Steve, thanks for cleaning the fish and Walt & Tullly for cooking it.

Lori Hoskins donated some cards. Mike Hill donated 14 quarts of frozen little wild blackberries (yum). The summer youth picked and made little wild blackberry jam (we gave away the last of the 8 cases we made). Thanks to all of the parents and kids who went clam digging on Squaxin Island (we gave away at lest 23 quarts of frozen butter clams and traded all the steamers for razor clams to feed to our guests).

All of us worked together to show what great hosts the Squaxin people are. It was a fine potlatch and one that all those present will remember for many, many years to come.
Potlatch 2004
Potlatch 2004
The Shelton School District Indian Education Awards Banquet was held Friday, May 21 at the Shelton High School Sub. Awards included certificates for good attendance, grade point averages, citizenship and special talents. The highlight of the event was the presentation of button robes to all graduating seniors by members of the Shelton Indian Education Button Robe Project. Each graduate’s family members were given the opportunity to design the robes and sew buttons on them. All robes and supplies were given to the families at no cost.

The only requirement was inclusion of the sun design gifted to the Button Robe Project by Skokomish tribal member Bruce Miller. Since the sun shines on all people, it symbolizes the universal connection of all. Including the sun design on each robe ensures that they will be recognized throughout all time as having come from the Shelton Indian Education Button Robe Project in much the same way that letterman jackets are associated with certain schools by the colors and shape of the letters attached.

Special thanks go out to Pam Hillstrom and her mother, Nancy Bloomfield, who voluntarily made most of the 300,000 blankets at home, working on them almost every weekend throughout the school year. Special thanks also go out to Edith St. Paul and Tami St. Paul for the extra support they gave to the workshop and to Melanie Willig, Skokomish tribal member and Indian Education paraprofessional for Bordeaux, who spent numerous hours at the workshops.

“We really appreciate all the hard work that families put on the robes,” Project President Vicky York said. Vicky also attends every workshop along with her mother, Nancy Bloomfield.

“Each individual family has a culture unique to themselves,” Vicky said. “The Button Robe Project tries to respect each family culture by allowing families to play a major role in the meaning behind each button robe.”
Completion and Blessing

Get Your Paddles Out . . .
She's Ready For Journey 2004!!!

Steaming the sides and preparing to mend a crack (below also)

Sanding the sides of Swisalo

Working on the bow

Quinault Skipper Guy Capoeman working on the bow

Matt Bell

Preparing the ceremonial wreath

Canoe Carving Helper Randy Capoeman
Swisalo, Our Cedar Canoe

Preparing the bow
Putting the bow in place (below)

Donna Penn

George Krise is honored

Canoe Carvering Helpers Randy and Guy Capoeman of Quinault

Blessing Ceremony

Finishing touches

Donna Penn
Ceramics
Every Thursday at the Elders Center
Create your own masterpiece
Starting at 5:30 p.m.
Raffles
* Free for Elders, others need to pay for the pieces they want to paint and fire

Hands Up
My "hands are up" to the Education Department (Kim, Walt, Mark, Lisa and Jeremiah) and to Our Cooks (the Food Was Great!). A Big Thank You to Vicki Kruger for all You Have Done. The Potlatch Was a Big Success. Also, I just want to say thank you to everyone else that helped out during the weekend.
- Terri Capoeman

Happy Belated Mother’s Day
To mothers who love their children. Here is a little poem that I (Kristen Davis) wrote:

Mother
You are there for me when I need you,
I know you will always be there for me when I need you.
You will help me go through life.
You will even help me go through some of the obstacles in my life.
When I make a speech about the people I thank, you will be on the top.
Even if I get old enough and move out,
I will always know you will be there for me.
And when I have kids, I know I can raise my kids the way you did me and teach them the same things you taught me.
So what I’m trying to say is....
Thank-You Mom!
- Kristen-

How to Impress an Indian Woman
Wine her, dine her, call her by her Indian Name, hug her, support her, hold her in the moonlight, surprise her, compliment her, smile at her, listen to her, laugh with her, cry with her, cuddle with her, romance her, believe in her, shop with her, give her many Pendleton blankets, don’t go by Indian time, keep a job through powwow season, carry her chair at the powwow, give her beautiful Indian jewelry, buy her flowers, hold her hand, always tell her that her fry bread is better, keep the run down cars out of the yard, bead for her, play Native music for her, compose a song for her, set up camp for her, hunt for her (clean it for her), give her lots of attention and sing beautiful Native music to her.

How to Impress an Indian Man
Show up naked with an Indian taco and a extra piece of fry bread . . .
- from Mitzie Whitener

Happy Birthday
Jessica and Jack
From Your Big Sister

Happy Birthday Gramma Joyce
Love Your Granddaughters

Paula Henry Shares a Conference Experience
I would like to share an experience I had with someone I met at the conference I went to. I've shared this with some people and they suggested I share it with everyone.

This woman I met was an elder from Canada. We shared a breakfast together and talked of spirituality and our roots. We had a class on roots and healing, so she shared with me her experience.

She found that there was no word for "why" in her language, so she went to her elders to find out "why." The answer was that it was considered a negative word, and that if you used it, you would be doubting the Creator.

Their language has three “nows”. What do they mean? The first "now," is the ancestry, who they were and the gifts they left us. The second "now" is today, what we do and what gifts we give today. The third "now" is what we leave for the next generations.

I believe the spirituality that each of us has can be touched and can grow from the roots of who we are.

Happy Belated Birthday
Kass Bear
Love,
Auntie Dee and the Rest of the Family

Join hands, walk in harmony, keep the peace

Inter-Tribal Warrior Society
Indian veterans and active-duty military, your families and friends

We would be honored for you to join our group.

For more information, contact
Sonny Bargala (Secretary) toll-free at (866) 685-4400
Bob Sison (Chaplain) at (360) 456-8961 or at Squaxin, contact
Will Penn or Lynn Scroggins at (360) 426-9781
### Happy Birthday

Alexandria Cooper-Lewis 6/1
JeNene Miller 6/1
Julia Austin 6/3
Rocky Bloomfield 6/3
Tyrone Krise 6/3
Wendy Whitener 6/4
Julie Goodwin 6/5
Debra Pickernell 6/5
Trisha Blueback 6/7
David Elam 6/7
Georgena James 6/7
George Krise 6/7
Raeann LaFlame 6/7
Paula Henry 6/8
Lori Hoskins 6/8
Elizabeth Seymour 6/8
Pamela Hillstrom 6/9
George Sumner 6/9
Alex Ehler 6/11
Ryan Fox 6/13
Stephanie Ikerd 6/14
Janette Bunce 6/14
Casey Brown 6/15
Yvonne Bell 6/16
Andrew Sigo 6/16
Ronald Whitener 6/17
Kevin Bloomfield 6/17
Jackson Cruz 6/18
Tasha Campbell 6/18
Daniel Napoleon 6/19
Thomas Farron 6/19
Vicki Kruger 6/19
Andrea Sigo 6/20
Shelby Todd 6/20
Donald Whitener 6/20
Verna B. Henry II 6/24
Laurinsa Bethea 6/24
Wynn Clementson 6/24
Beau Henry 6/24
Jamie McFarlane 6/24
Rodney Schuffenhauer 6/24
Rose Blueback 6/24
Monica Nerney 6/24
Alexander Smith 6/24
Tamika Green 6/24
Christopher Cain 6/24
Katherine Smith 6/25
Joanne Decicio 6/25
Arthur Pleines 6/26
Candance Wrolson 6/26
Geraldine Coble 6/27
Robert Cooper 6/27
Charles Bloomfield, Jr. 6/28
Jeremiah George 6/28
Kaitlyn Burrow 6/29
Jessica Cruz 6/29
Dakota Lorentz 6/30
Neekie Perez 6/30
Joshua Mason 6/30

### What’s Happening in June

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/6</td>
<td>Church 7:30</td>
</tr>
<tr>
<td>6/7</td>
<td>Diabetes Support Group 12:45 - 2:00 p.m.</td>
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<tr>
<td>6/8</td>
<td>Court</td>
</tr>
<tr>
<td>6/9</td>
<td>Drum practice 6:00 p.m., MLRC</td>
</tr>
<tr>
<td>6/10</td>
<td>Brief Walk After Lunch</td>
</tr>
<tr>
<td>6/11</td>
<td>Tribal Council</td>
</tr>
<tr>
<td>6/12</td>
<td>Wa He Lut Graduation 10:00</td>
</tr>
<tr>
<td>6/13</td>
<td>Diabetes Support Group 12:45 - 2:00 p.m.</td>
</tr>
<tr>
<td>6/14</td>
<td>Church 7:30</td>
</tr>
<tr>
<td>6/15</td>
<td>Drum practice 6:00 p.m., MLRC</td>
</tr>
<tr>
<td>6/16</td>
<td>Brief Walk After Lunch</td>
</tr>
<tr>
<td>6/17</td>
<td>Tribal Council</td>
</tr>
<tr>
<td>6/18</td>
<td>AA Meeting 7:30</td>
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<tr>
<td>6/19</td>
<td>Bike-A-Thon Long Beach</td>
</tr>
<tr>
<td>6/20</td>
<td>Open House Child Care Center 11 - 3</td>
</tr>
<tr>
<td>6/21</td>
<td>Church 7:30</td>
</tr>
<tr>
<td>6/22</td>
<td>Drum practice 6:00 p.m., MLRC</td>
</tr>
</tbody>
</table>

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SQUAXIN ISLAND TRIBE - KLAB-CHE-MIN NEWSLETTER - JUNE, 2004 - PAGE 27
## June Youth Activities Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Activity 4</th>
<th>Activity 5</th>
</tr>
</thead>
</table>
| 1    | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Baton 3:00 - 7:00 | CLOSED |
| 2    | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Baton 3:00 - 7:00 | Baton 3:00 - 7:00 | CLOSED | CLOSED |
| 3    | Baton 3:00 - 7:00 | CLOSED | CLOSED | CLOSED | CLOSED |
| 4    | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 5    | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 6    | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 7    | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Burke Museum Mariners Game  
Leave at 8:00 a.m. Return @ Midnight  
12-18 yr-olds only | Baton 3:00 - 7:00 | CLOSED |
| 8    | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 9    | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 10   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 11   | Baton 3:00- 7:00 | CLOSED | CLOSED | CLOSED | CLOSED |
| 12   | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 13   | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 14   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Baton 3:00 - 7:00 | CLOSED |
| 15   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 16   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 17   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 18   | Baton 3:00 - 7:00 | CLOSED | CLOSED | CLOSED | CLOSED |
| 19   | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 20   | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 21   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Baton 3:00 - 7:00 | CLOSED |
| 22   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 23   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 24   | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | Homework Help 3:00 - 5:00  
Open Gym 3:00 - 6:00 | CLOSED | CLOSED |
| 25   | Baton 3:00 - 7:00 | CLOSED | CLOSED | CLOSED | CLOSED |
| 26   | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 27   | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 28   | Building Closed Training for Summer Rec Staff | Building Closed Training for Summer Rec Staff | Building Closed Training for Summer Rec Staff | CLOSED | CLOSED |
| 29   | Building Closed Training for Summer Rec Staff | Building Closed Training for Summer Rec Staff | Building Closed Training for Summer Rec Staff | CLOSED | CLOSED |
| 30   | Building Closed Training for Summer Rec Staff | Building Closed Training for Summer Rec Staff | Building Closed Training for Summer Rec Staff | CLOSED | CLOSED |