



Running for Tribal Council



Lorna Gouin

I have been asked to run for Council many times, however, for years I have responded, "No, maybe when I retire." As you all know, I am now retired.

I'd like to introduce myself to the many new tribal members. I come from Squaxin lineage: my great-grandfather was John Skalapin; grandfather was John Bagley and my mother was Marian Carpenter.

I've served as a Tribal Council member for 2 terms in the 80's, back in the days when our Tribal Council meetings were held in the old Kamilche school building and funds were limited.

I recently retired after working for the Tribe for 27 years. I was first hired in 1979, and was privileged to be involved in writing the first personnel policies and procedures and ICW codes. I was instrumental in the hiring of our first Alcohol Counselors, and encouraged the movement toward the development of our current Northwest Indian Treatment Center and

Outpatient. I also traveled with others back to meet with the Mashantucket Pequot Tribe to obtain financing to build our casino in the early 90's.

In those 27 years, I've watched many 14 year-olds come into the summer youth program. Now they're adults with children of their own; many of them have found success through further schooling and/or training to become directors and managers working for the tribe.

For more than 30 years I have had interactions with programs and developing policy, and working with the Tribal Council. Even though I have retired, I still remain active in the community, I am still watching the tribe; it is really growing, it hasn't stopped.

That's why I'd like you to consider voting for me as Tribal Council Member; I come to you with history, time and talent. My primary focus if elected to the Tribal Council will be alcohol and drug treatment, education, and employment.

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577

www.squaxinland.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:

JIM PETERS: Chairman
ANDY WHITENER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
WILL PENN: First Council Member
PETE KRUGER: Second Council Member
CHARLENE KRISE: Third Council Member

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

Sock Hop
Hosted by the Squaxin Island Elders

Friday, June 15th, 2007
6:00 pm - 9:00 pm
Lots of Fun Dress 50's Style
Squaxin Island Tribal Gym

Hamburgers \$ 1.00
Hot Dogs \$.50
&
Soda Pop

This event is Drug and Alcohol Free and open to the Community, so please invite your family, friends, and guest(s).

If you have questions or concerns please contact Colleen @ (360) 432-3936

Methamphetamine Home Testing

The Office of Housing staff has recently received training for on site meth testing. Morse Environmental, who specializes in sampling and processing, trained our staff to recognize and sample for the presence of Methamphetamines. The staff is now able to recognize the characteristics of clandestine drug labs.

The Office of Housing has already started testing empty units for Methamphetamines. After a tenant leaves for any reason, either voluntarily or involuntarily, homes will be tested. A positive test may result in significant damage charges for the former tenant. An average clean-up cost for homes contaminated with meth is about \$4,500. This testing process is intended to ensure the safety of our children, community members and homes.



Walking On Darla Whitener

Darla Whitener, a beloved Squaxin Island tribal member, died April 2, 2007 in a car accident near Reedsport, OR.

Darla was born August 1, 1981 to Donna J. and Wilson W. Whitener in Olympia, WA. She was a Tenino High School graduate. She worked at Costco and at Little Creek Casino as an Electronic Games Supervisor. Darla easily made friends wherever she went and was loyal and true to all who had the privilege of being her friend. Darla had a generous heart and enjoyed doing volunteer work. She loved her Native American heritage and culture.

Darla radiated beauty and was a warm and loving person. Her spirit would light up any room; others felt joyous just being in her presence. She will be missed dearly.

Darla is survived by her mother Donna J. Duback, step-father Bill Duback, brother Patrick Whitener, half-sister Nickelle Duback, niece Emily Whitener, sister-in-law Jacqueline Whitener, nephew Kade Whitener, grandparents Ralph and Mildred Vogel, half-sister Michelle Schlottmann, half-brother Jerry Schlottmann, and many extended family members. She is preceded in death by her father Wilson Wesley Whitener and her grandparents Wes and Madge Whitener. Darla had met and fallen in love with Andy Oien, who was as beautiful a person as she was.

Their services were held at 11:00 am Tuesday, April 10, 2007 at the Little Creek Casino Event Center. Graveside services followed at Shelton Memorial Park Cemetery.

A trust has been set up for Emily Whitener, the only survivor of the accident, at both the Shelton and Olympia branches Bank of America.

Please sign Darla's online tribute at www.whitesidefamilymortuaries.com.

Arrangements were handled through Whiteside Family Mortuary of Elma.



Thank you Darla

Thank you for the sunshine you brought to my life
 Thank you for your beautiful smile
 Thank you for your tears of compassion and love
 Thank you for your laugh
 Thank you for your "I Love You"
 Thank you for your warm empathetic hugs
 Thank you for your kindness to all
 Thank you for coming to me when you needed someone to talk to
 Thank you for touching my life....you were the best, you are loved and you are deeply missed
 Thank you, it was an honor to be your friend

- peg -

DARLA

A Beautiful Girl
 Her Smile so Bright
 Vivacious & Sweet
 Her Spirit so Light

When Darla was small
 Her Charm was there
 She Smiled a lot
 Babes' like Her...so Rare

I always admired her
 As a Toddler you see
 Darla lived down the road
 Just two houses from me

I knew she would grow
 Into a Lovely Girl
 Delightful & Caring
 She lit up the World

Darla was Special
 She was Caring & Kind
 A Remarkable Young Lady
 An Amazing Find

Little Ones Loved Darla
 They knew that she Cared
 Darla gave them Her Love
 Her Affection she Shared

Those that knew Darla
 Can hold close to their Hearts
 The Wonderful Memories
 From the very Start

Darla we Miss You
 Your Bright Smile so Dear
 Your Sparkling Soul
 Deserves our Tears

By
 Joanne F. Decicio



Freedom Isn't Free



Calling All Tribal Veterans

The Squaxin Island Tribe Veterans Memorial Committee is planning to publish a book listing all tribal veterans and their military history. The book will be used as a fund raiser for the upcoming veterans memorial and will be constructed in the 'Tu Ha' Buts (Future World) complex. The committee is requesting all veterans to submit a few paragraphs about their military history as soon as possible so they can begin compiling the information. The committee hopes to have the veterans memorial constructed in time for Veterans Day in November. Thank you VERY much!

Tribal Council Resolutions

07-22: Authorizes submission of a grant application to the U.S. Department of Homeland Security (DHS) under the Emergency Management Performance Grant Program (EMPG), to enhance emergency management programs based on identified need and priorities to strengthen state, local and tribal abilities to support emergency management mission areas while simultaneously addressing issues of national concern

07-23: Appoints Lorna Gouin and Ray Peters to negotiate Tribal TANF program agreements on behalf of the Tribe with Patti Puhn and Whitney Jones serving as alternates

07-24: Authorizes the Intertribal TANF negotiating team to re-negotiate the renewal of the current Intergovernmental Agreement with the State of Washington, Department of Social and Health Services, on behalf of the Tribe for the implementation of the SPIPA Intertribal TANF program



Who Are These Handsome Protectors of Freedom?



James Lister



Dennis Martin

Allen is Still Missing



Despite rumors that have circulated over the past few months, Allen Mosier is still missing. Anyone with questions or information about Allen's whereabouts are encouraged to contact Squaxin Island Public Safety Department immediately. Allen was last seen September 28th after parting company with friends in the woods behind the new tribal housing development, Slocum Ridge.



Event Center Confirmed Shows

John Michael Montgomery

May 11, 2007

8:00 p.m. show

Tickets: \$34/\$28 ON SALE NOW

REO Speedwagon

May 12, 2007

8:00 p.m. show

Tickets: \$36/\$45 ON SALE NOW

Bill Cosby

September 1, 2007

Two shows: 6:30 and 9:00 p.m.

Tickets: \$60/\$50

ON SALE JUNE 7, 2007

BB King and Etta James

September 15, 2007

7:30 pm Show

Tickets: \$90/\$80

ON SALE JUNE 21, 2007

Carlos Mencia

November 2, 2007

Two shows: 7:00 & 9:30 p.m.

Tickets: \$ 45 / \$35

ON SALE: AUGUST 2, 2007

Ask the Experts

From Parents, the Anti-Drug - I am worried about my 8-year-old daughter. She seems depressed, and distant. I have to work during the evenings so she is home with her dad and 1-year-old brother. When I get home from work, she's already in bed. I feel guilty that I have to work, however we cannot afford a babysitter for me to be home in the evening. Her father works in the morning and as soon as he walks in the door, it's time for me to leave. How can I keep a safe mind to pray that she will never touch drugs in her lifetime, when I only see her in the morning before I take her to school?

Dear Parents

Your instincts are right: there is a correlation between childhood depression, being "distant," and future drug involvement. Your relationship with your daughter is

your strongest safeguard against her drug use. This is precisely the time in a child's life when you can most easily work on your connection with her.

FIRST STEP: Re-connect to your daughter. Here are some questions for you to ask yourself: What can I do each day to connect to my daughter in a meaningful way? I know some working mothers who wake their children up early so that they can have relaxed one-on-one time. Weekends are an especially good time to schedule mutually fun activities. Another way of connecting during your workday is to schedule a daily check-in by phone.

SECOND STEP: Make sure the "parenting team" is on the same page. Like many dual career families, you and your husband are co-parenting, and at this point, it sounds like he is spending more waking hours with her. The two of you need to work together to figure out your daughter's needs and feelings while she is with her father and brother. Is the baby somehow becoming the "star?" Your daughter had some time of being the only child, and she may be mourning the loss of her special status. You and your husband may be saying all the right words to her about how much you love her, but children look for actions, and the two of you need to figure out some little active ways to restore her position. Extended family members can be helpful. When my 5-year-old "only child" got a sister, my own sister and brother-in-law who did not yet have children, stepped in to help.

THIRD STEP: Include your daughter in the team. What does your daughter say about her sadness and her distance? Sometimes questioning a child while you are playing a game or drawing a picture together is better than asking her directly. However, even more important than finding out what she feels about it, is finding out what she thinks you and your family can do to fix it. What is her vision of the solution?

FOURTH STEP: If steps 1, 2 and 3 don't work, find a good child and family counselor. Childhood is challenging enough without depression and parenting is challenging enough without a sad child!

Alison Birnbaum is a Licensed Certified Social Worker who is a parenting expert in the National Youth Anti-Drug Media Campaign. She has a private practice in New Canaan, CT.

Parenting is tough. You want to do what's right for your child but you don't always know what that is.

Set and Enforce Family Rules

From Parents, the Anti-Drug - My teenage son thinks I'm so unfair because I try to set and enforce rules like a reasonable curfew or no going out on school nights. He always argues that none of his friends' parents set rules. Am I being too strict?

At some point in our youth, most of us tried to extend our curfew or get out of a chore by saying, "Well, so-and-so's parents don't have those same rules," or "Everyone else gets to stay out later." And I think we've all heard the dreaded response, "Well I'm not so-and-so's parent."

Times are different now, and with the prevalence of homes with two working parents, parents often don't want to spend the little time they have together with their kids enforcing rules. Many parents are reluctant to set rules because they don't want to seem "mean" or "uncool."

But the fact remains that you know better than your son what potential dangers and risks lurk in the outside world. Your son is not an adult yet, and not ready to set his own rules. Therefore, you, not your son, must take responsibility for setting limits. And the next time your son tells you he's the only kid in school that can't stay out all night, simply respond by saying, "Well in our family, this is the rule we follow."

Dr. Amelie G. Ramirez has a Dr.P.H. in Public Health. She currently serves as an associate professor of Medicine at Baylor College of Medicine.

Trailer For Sale

1991 galvanized EZ load trailer
3,100 lb capacity, fits 19-21' boat
\$400

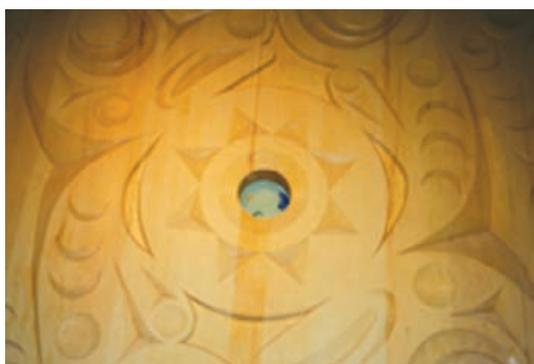
Call Will @ 432-3810 or 280-2072.





Join the History Museum for the Second Annual **In The Spirit: Contemporary Northwest Native Arts Exhibit** *Discover Amazing Works of Contemporary Northwest Native American Art!*

The second annual In the Spirit: Contemporary Northwest Native Arts Exhibit will feature premier American Indian artists, many living and working in the Northwest. Last year, the exhibit showcased Andrea Wilbur-



Sigo, a Squaxin Island Tribal member and one of the finest women carvers in the nation. Her eight-foot spindle whorl, "Salmon People," won "Best in Show" and the "People's Choice" awards. The work of other talented and prestigious artists such as George Hill's carved slate, David Boxley's "Octopus Woman" mask, and George Flett's colorful paintings made last year's "In the Spirit" one of the best contemporary Native American art exhibits in Washington.

This year's exhibit will be even larger than last year's and will feature many more artists, such as Pat Courtney Gold, Lorene Boxley, Susan Pavel, and Lillian Pitt. Andrea Wilbur-Sigo, last year's "Best in Show" and "People's Choice" award winner will also be participating in this year's exhibit.

The exhibit will run from May 12 through July 22, 2007.

The Washington State History Museum, flagship of the Washington State Historical Society, is located at 1911 Pacific Avenue in downtown Tacoma, just off I-5. The museum presents exhibits, programs, and events

that bring to life the stories of Washington's history. For more information, please call 1-888-BE-THERE (1-888-238-4373) or visit our web site, www.washingtonhistory.org.

Hours: Tuesday - Friday, 10 AM - 5 PM, with extended hours and free admission every Thursday night, 5 - 8 PM

Saturday, 10 AM - 5 PM

Sunday NOON - 5 PM

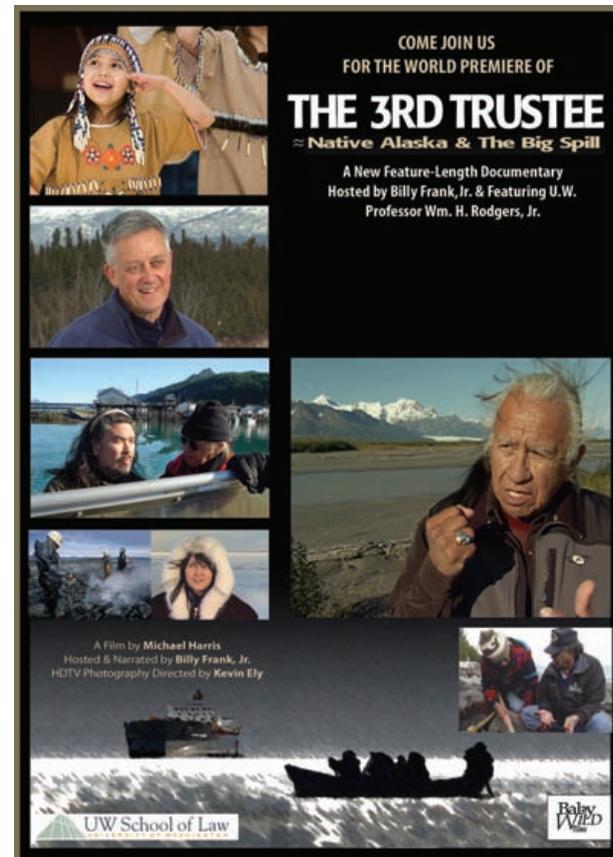
Admission: \$25 for families (two adults and up to four children); \$8 for adults; \$7 for seniors, age 60 and above; \$6 for students and military with valid ID; children, age 5 and below, and members are always FREE.

Congratulations Kristy Krise



**Congratulations on your success
in completing the
High School Equivalency Program
and receiving your GED
at Washington State University,
Pullman, Washington!
Good luck always!
From, Yolanda Silva (your cuz)
and the HEP Staff.**

The Third Trustee



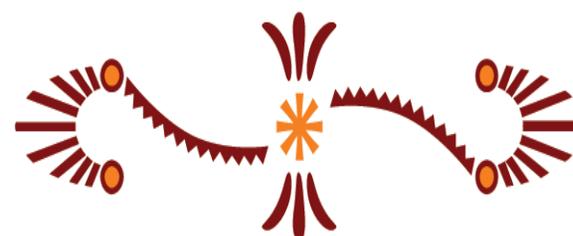
You might be interested in viewing the work print of a film on the Exxon Valdez (and its lingering impacts today).

The title of the film is The Third Trustee, and it features Chairman Billy Frank, Jr.

It's being fine-tuned for national production, and will take some time for you to view it in its entirety, but it is a good insight into what we should expect to happen here if there is a major catastrophic spill (there have been many smaller spills and many "very close call" incidents).

Billy is currently working on another hour long film which goes to the heart of the tribal perspective on oil spills and other environmental challenges--Shadow of the Salmon will be completed in September, and be accompanied by a new Middle School curriculum on the same topic.

To view the trailer:
<http://blogs.nwifc.org/dl/oilspillvid/>





Summer Youth Employment Program

It's that time of year again. We are recruiting Squaxin Island Tribal Youth who desire summer employment with the Squaxin Island Tribe. If you are between the ages of 14 and 21 and are interested in working for six weeks this summer, please contact Bonnie Sanchez in Human Resources to get an application. Applications will be available starting May 1. *You must submit an application even if you participated in last year's program or the after-school program.*

The six weeks of employment will begin on Monday, July 9th and will run through Friday, August 17th. Youth ages 16 to 21 who are placed in positions will be working eight hours a day on Monday, Tuesday, Thursday, and Friday and have a half-day training session each Wednesday. Ages 14 and 15 may work part-time, depending on the availability of positions. Preference will be given to enrolled Squaxin Island Tribal Youth in accordance with the Tribe's hiring policies.

Please submit your application by May 25th, so we have time to interview and match youth applicants with available positions. Applications received after that date will be considered only if positions are still available. Due to time constraints, no applications will be received after June 8th. We look forward to another successful year of youth employment training!

Vanessa Algea

Hello, my name is Vanessa Algea. I participated in the Summer Youth Employment program. This usually takes two years to complete, however, I completed the program in one year. I learned a great deal from this program, for example: punctuality, professionalism, responsibility and having a positive attitude. All of these skills led me to become a great employee; I now work for the Tu Ha' Buts Learning Center as a receptionist.

I enjoy working with the youth, building new relationships and feel that I am a good role model for them. I know the Summer Youth Employment program allowed me to become the good employee that I am today.

I recently graduated from high school at Chema-wa in December of '06. My plans are to attend SPSCC starting next fall and apply for the nursing program to become a registered nurse. I thank everyone who has helped me achieve my goals and become the person I am today.

- Thank you,
Vanessa Algea

The Program Made a Difference . . .

Daniel Kuntz

In the summer of 2000, I started working at the Squaxin Island Tribe's Natural Resources Department as a summer youth worker. When I first started, I was nervous - mostly because of this being my first job and worrying about the stories I had heard about previous summer youth workers and the dirty jobs they had to do. But after getting settled in, I began to understand that everything we did contributed to the tribal community in some way; knowing that made the job that much more rewarding.

For the next four years of high school, I continued working as a summer youth worker and in the spring of my senior year, I was hired as a full time employee. I've enjoyed what we do for the community and the environment so much I decided to get my degree in marine biology from The Evergreen State College and have been working for the Tribe the entire time I have been going to school.

- Daniel Kuntz

Astrid Poste

Years ago, when I worked for the Summer Youth Program, I had no idea what it would lead to. In the seven years since I first worked as a receptionist, many things have changed. I've been attending college for the past three years and I am completing my Bachelor's in Psychology and Native Studies through The Evergreen State College.

In 2003 I went to work for Northwest Indian Treatment Center as a Chemical Dependency Intern. Not only were specific areas of learning required to become a counselor, but I also had to finish 2,500 hours of training. I am now in the process of preparing to take my state exams and look forward to the day that I have my full certification. It has taken a lot of work to get there.

I never expected to be giving back to my community in this way, becoming an Addictions Counselor was probably the furthest thing from my mind when I was younger. However, life has a way of changing people, sometimes for the better. My experience with the Summer Youth Program helped to prepare me for moving forward and being willing to look at all of the opportunities the Tribe has for employment.

My work brings me a lot of satisfaction, even on the hardest of days when my heart wants to break. I keep trying and hope that those who work with me now and those who will work with me in the future, will gain from the knowledge I have been given. I value this community and my people. It is always my goal to strengthen this community through supporting people

in recognizing what they can accomplish. The Summer Youth program is a great starting point. I would encourage Squaxin youth to take part in the program.

- Astrid Poste

New Employee



Rodger Stockholm
Budget Coordinator

I was born and raised in Shoreline, WA. I graduated from Western Washington University with a Bachelor's degree in Economics & Finance, and a Master of Accounting and Financial Management degree from Keller Graduate School of Management. I am currently studying for the CPA exam. I have been hired as a Budget Coordinator, and started April 3.

I currently live in Olympia with my wife and daughter. We will stay in our neighborhood until our daughter graduates high school and moves on. Traveling to parts of the world very different from my own is my favorite thing to do. I spent four months touring Central Europe, and almost a year in Central America teaching English and (trying) to learn Spanish. My next travel goal is Quito, Ecuador.



TANF Workshops

Vicky York - Squaxin Island TANF hosted a series of Strengthening Families Workshops conducted by the WSU Mason County Extension Office. The workshops were family-focused interactive lessons in which TANF families learned a variety of skills to help minimize the common challenges encountered during the teen years. Parents learned better communication skills, effective discipline and behavior management techniques. Youth gained an increased appreciation for their parents or caregivers, along with skills for dealing with stress and peer pressure. A variety of individual and group activities were used to nurture the relationship of the parents and teens during the seven-week program.

The workshops were held weekly, beginning on March 13, 2007. The evening opened with a meal followed by a two-hour workshop. Parents and children participated in separate programs focused on skills to reduce daily challenges. Families received a weekly attendance incentive for their participation in the workshop. Each weekly incentive encouraged family activities. Incentives that families received included a DVD and popcorn bucket for home, bowling tickets, ball game tickets, zoo tickets, and tickets for the movie theater. The Strengthening Families Program completion celebration was held on April 24, 2007. Families graduating from the program received certificates, viewed a PowerPoint presentation taken from the previous weeks program and ended the celebration with cake.

The Strengthening Families Program for Parents and Youth 10-14 Years is a nationally recognized curriculum that provides parent, youth and family education. The model is designed to be delivered in local communities for groups of 7-12 families. Educational programs that bring parents and their children together in learning environments strengthen entire families. Healthy parent-child communication reduces the risks of both substance abuse and teen pregnancy among teenagers, factors that are related to youth violence and cycles of poverty. WSU Extension is offering Strengthening Families Program as a model-learning program for families. For additional information on the Strengthening Families Program go to <http://www.sfp.wsu.edu/about.htm> or contact the WSU Mason County Extension Office at (360) 427-9670 Ext. 691.

-The cooperating agencies include WSU Mason County Extension, SPIPA Squaxin Island TANF and Mason County Drug Abuse Prevention. The facilitators included Lisa DeWall and Jeanne Rehwaldt from WSU Extension, Eric Rehwaldt and Seran Pearson WSU Extension Volunteers, and Walter Lorentz from Squaxin TANF.



Mentoring Program

"Why did you do all this for me?" [Wilbur] asked. "I don't deserve it. I've never done anything for you."

"You have been my friend," replied Charlotte. "By helping you, perhaps I was trying to lift my life a trifle. Heaven knows, anyone's life can stand a little of that."

--E. B. White, *Charlotte's Web*

The rewards to mentors are not often talked about in youth mentoring. Instead relationships are often explained in terms of the mentor giving to the mentee in a one-sided relationship. It would be a mistake, however, to believe that mentors gain nothing. As the saying goes, "If you help someone up the hill, you get closer to the top yourself."

A number of recent studies have focused on the benefits of youth mentoring, particularly in the workplace and in the lives of older adults. Mentors perceived the experience of being identified as a mentor and the process of mentoring in very positive terms.

Personal Benefits

Mentors' experiences provided them with ability to:

- Gain insight into the day-to-day lives of youth
- Develop positive relationships with youth, including their own children;
- Improve their health and self-esteem by making sense of their own past (sometimes difficult) experiences and current challenges;
- Take a break from their busy professional lives and have the chance to give something back;
- Learn to be patient, to provide a friendship, to be more effective, and to acquire new skills;
- See themselves as competent, helpful, visionary, loved and fulfilling their spiritual values;
- Create networks with other volunteers and receive recognition for their efforts;

Benefits to the Workplace

Volunteering helps to create healthier communities within the workplace. Benefits to employees include building teamwork skills, exposing employees to new situations in which to apply their skills, improving morale, promoting self-worth and improving employee retention. Benefits to the organization include increased productivity, improved community relations and public image, and recruitment and retention of employees.

Societal Benefits:

Mentoring can create a common fabric in communities. Mentoring can also provide a lens through which adults can see the difficult circumstances confronting many of today's youth. In this sense, successful mentoring plays a role as a gateway toward the public's commitment to youth.



LEARNING CENTER



Computer Lab

The Computer Lab is open and will be available Monday through Thursday, 3:30 to 6:00 p.m. and Friday 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students will be allowed to use the computers. The computer lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes - homework, research and reports, etc.

Private Tutoring Sessions

Private tutoring sessions will be 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. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Higher Education

The deadline to apply for funding for summer quarter, 06/07, is Friday June 19, 2007 by 5:00 p.m. If you need assistance with higher education paperwork, please give me a call, Lisa Evans, @ 432-3882. Please see the Higher Education Calendar for important dates and deadlines.

May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 3pm Board Games 3pm Snack B-Ball 3:30-6pm	2 5:00 Youth Council 5:30 Language Group 6pm Drum Group	3 3pm Board Games 3pm Snack B-Ball 3:30-6pm	4 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	5 CLOSED GENERAL BODY MEETING
6 	7 4pm Cultural Arts & Crafts B-Ball 3:30-6pm Youth Baseball Mtg In Gym at 4:30pm	8 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	9 5:00 Youth Council 5:30 Language Group 6pm Drum Group Youth Baseball Practice 4:30-6pm	10 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	11 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	12 Gym open from noon to 4pm Staff will be on site!
13	14 CLOSED  INDIAN DAY	15 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	16 5:00 Youth Council 5:30 Language Group 6pm Drum Group Youth Baseball Practice 4:30-6pm	17 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	18 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	19 Gym open from noon to 4pm Staff will be on site!
20	21 4pm Cultural Arts & Crafts B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	22 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	23 5:00 Youth Council 5:30 Language Group 6pm Drum Group Youth Baseball Practice 4:30-6pm	24 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	25 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	26 CLOSED MEMORIAL DAY WEEKEND
27	28 CLOSED MEMORIAL DAY	29 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	30 5:00 Youth Council 5:30 Language Group 6pm Drum Group Youth Baseball Practice 4:30-6pm	31 3pm Board Games 3pm Snack B-Ball 3:30-6pm Youth Baseball Practice 4:30-6pm	Any Questions Call: Mark Snyder 701-1561 Jeremiah George 432-3968 or Bill Kallappa 463-6361	



Reservation Based Online Bridge Program Offers Chance for College Degrees

The Reservation Based Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in The Evergreen State College (TESC) Reservation Based Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with TESC and Grays Harbor Community College, in cooperation with Washington Online, Washington Tribes and Washington community and technical colleges.

"This program is designed for people who live and work in tribal communities," explained program participant Kim Heller, a Squaxin Island descendent employed as the Tribe's Court Clerk.

Through the program, students are equipped with everything they need to succeed in earning an Associates or Bachelors degree.

Most classes are taken through Washington Online, a "virtual campus of community and technical colleges." Through this site, students are able to study, complete class assignments, take tests, register, view current GPA status, access libraries, order books, talk with fellow students and advisors, apply for and access financial aid and more.

In addition to the online coursework, the approximately 70 students enrolled in the program are required to attend one class per month held on Saturdays at TESC from 9:00 a.m. - 4:30 p.m. Students are also required to meet once a week with a study group. Tribal member Meloney Hause is employed by TESC to serve as the Squaxin Island and Nisqually Tribes Study Leader. The Program Coordinator is Barbara Smith.

According to Kim, the cost is the same as normal tuition, and financial assistance may be available through the Tu Ha' Buts Learning Center.

"What makes this different is that you don't have to spend time away from work and home," Kim said. "Everybody works together, no matter how far along you are, and its a great opportunity to meet people from other tribes. Culture is a major component of the program. Everything starts with song and prayer, mostly in our native language. Meals are blessed before we begin to eat and elders are served first. The Saturday classes are entitled 'Intergovernmental Battlegrounds.' The issues we discuss are all relevant to our daily lives, such as child care for casino employees, the dissolved oxygen problem in Hood Canal and things like that. Its not boring text book stuff."

The online classes students include people from all over Washington State, and instructors may be from anywhere . . . the University of Washington in Seattle, or Washington State University in Pullman, etc.

"To me, online classes are far better than those held on campus," Kim said. "They are more accessible, instructors and advisors respond quickly and you always know exactly where you are grade-wise," she said.

There are some required classes, however, such as Speech, that just can't be taken on-line and students are generally required to



attend a class or two on campus.

"I got off on the wrong track, like so many young people do," Kim said. "I've been thinking about going back to school for a long time. This program made it possible for me to do that. I'm not so much interested in career development (I like what I'm doing) as much as I am in my own personal growth and knowledge."

In addition to Kim, Malynn Foster is also enrolled in the program. She is employed at the Skokomish Tribe.

"We all would like to see more people from Squaxin take advantage of this great opportunity," Kim said. "Everything you need for your success is made available to you. Every person involved with the program does everything they can to help you. This program is about more than just being a student; its about being part of a much larger tribal family. They are watching out for you at all times. If you start to fall behind, you begin to receive email. Program Director Mark Ramon drove all the way out here to help me get set up and register for classes. He keeps track of my studies almost as regularly as I do."

According to Kim, child care is provided during the Saturday classes at TESC. The kids share meals with the class and they perform

songs and stories they have learned through the program.

"Books are mailed to your house, so you don't have to wait in line at the bookstore. Or, you can just call Mark and tell him what you need and he'll bring it to the Saturday class. Mark will even figure out your schedule for you."

The Tu Ha' Buts Learning Center (TLC) is committed to the success of this program and has promised the TLC will be open for use as much as possible.

"Kim and Malynn are 4.0 students," Melonie bragged. "I am very fortunate because, as a Study Leader, these gals do not need much help. Malynn was little bit illusive in the winter semester, and because our families were fishing, we caught up with each other at the boat ramp. She reassured me not to worry; she was holding two jobs, busy with family life and completed her classes with flying colors."

"These courses are for disciplined pupils like Kim and Malynn who can fit their schedule around an online program. These students amaze me! Biology, algebra and health taught on-line!!! Its pretty exciting to see what technology can do . . . developing and playing with new pathways to learning."





People with Diabetes Need to Look at their Feet EVERY DAY



Thelma Shea & Dr. Kochhar

Tribal member Thelma Shea had her feet examined by Dr. Molina Kochhar, Podiatrist (foot doctor) during our Foot Exam Morning March, 2007.

If you have diabetes, you should check your feet EVERY DAY for any red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems. By catching any problems early, you can avoid amputations. Most amputations can be prevented by looking at your feet every day and reporting problems quickly.

In addition, if you have diabetes, have your feet checked at least once a year by a foot doctor or Podiatrist, such as Dr. Kochhar. Patty also has some great written materials to remind you how to take good care of your feet.

Dr. Kochhar will be back on May 8th to check more feet. If you have diabetes & are due for your annual exam, contact Patty Suskin, Diabetes Coordinator at the clinic at (360) 432-3929.



Congratulations Raffle Winner

*Chasity Masoner,
March Womens' Health*

Try this Spring Vegetable Recipe!

Oven Roasted Vegetables

- 1 medium zucchini, cut into bite size pieces
- 1 medium yellow squash, cut into bite size pieces
- 1 medium red bell pepper, cut into bite size pieces
- 1 medium yellow bell pepper, cut into bite size pieces
- 1 pound fresh asparagus, cut into bite size pieces
- 1 red onion
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper

Heat oven to 450 F. Place the zucchini, squash, peppers, asparagus and onion in a large roasting pan. Toss with the olive oil, salt and pepper to mix and coat. Spread in a single layer on the pan. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly brown and tender.

Serves 4. Feel free to substitute other vegetables of your choice.



Congratulations Raffle Winner

*Lori Hoskins
March Womens' Health*

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
	Clam Chowder / Tuna ²	Chalupas ³
BBQ Ribs ⁷	Baked Chicken ⁹	Indian Tacos ¹⁰
Hot Dogs / Mac & Cheese ¹⁴	Meatloaf ¹⁶	Roast Beef ¹⁷
Soup and Salad ²¹	Enchiladas ²³	Fish 'N Chips ²⁴
Ham / Scalloped Potatoes ²⁸	Salmon ³⁰	Pizza ³¹



What's your Type 2 Diabetes IQ?

Diabetes is a complex disease. Myths about type 2 are especially plentiful. How much do you know about type 2 diabetes, what causes it, and how to treat it?

1. Eating lots of sugar causes diabetes.
True False
2. Diabetes happens only to overweight people.
True False
3. Type 2 diabetes occurs only in adulthood.
True False
4. People with diabetes must go on a special diabetes diet.
True False
5. If you have type 2 diabetes, you must inject insulin.
True False

Answers:

1. False. With type 2 diabetes, your body can't use insulin properly.
2. False. Heavy people face a greater risk of type 2 diabetes, but even normal-weight and underweight people can get type 2 because it can run in families.
3. False. Type 2 diabetes used to affect mainly overweight adults over age 40. Now, rates are increasing among children and teens, many of whom are obese and inactive.
4. False. Even though people may refer to "diabetes meal plans," the important issue if you have type 2 diabetes is to spread out your total intake of carbohydrates throughout the day because they affect blood sugar levels the most.
5. False. Some people with type 2 diabetes can be treated with medications in pill form. Still others can avoid all drugs by maintaining a healthy weight and eating plan.

What to ask your doctor or diabetes educator

- Do I have risk factors for diabetes?
- What warning signs should I watch for?
- After a diabetes diagnosis, how should I change my eating and exercise habits?
- How do I avoid complications?

Did you know?

- Doctors can often detect the likelihood of type 2 diabetes before it occurs. People develop pre-diabetes when blood glucose levels are higher than normal but not high enough to diagnose diabetes.
- In the United States, American Indian & Alaska Natives are more than twice as likely to get diabetes as non Hispanic whites.
- According to the U.S. Centers for Disease Control & Prevention, the rate of type 2 Diabetes nearly doubled from 1990-2003 in American Indian/Alaska Native youth aged 15-19 years.
- An estimated 5.2 million Americans don't know they have diabetes. Normal fasting blood glucose levels fall below 100 mg/dL, while levels above 125 mg/dL signal diabetes. Pre-diabetes blood sugar levels land right in the middle.

Get screened for diabetes. Know where you stand.

Congratulations Raffle Winners



Charlene Cooper, March Mammogram



Patti Pubn March Mammogram



LaMetta LaClair, March Mammogram



Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.

Meet at the Elder's Building after Senior Lunch

Diabetes Foot Exam Morning

Tuesday, May 8th, 9:00 to 11:30 a.m. at the clinic

Dr. Molina Kochhar, Podiatrist (foot doctor)

If you have diabetes, come have your feet checked!

People without diabetes as spaces are available.

Contact Patty for an appointment

Community Health Walk

Thursday, May 17th

Meet at Elder's Building at 12:40

20 minute walk around the REZ

All SPIPA tribes will be taking a walk in their area at the same time - for diabetes prevention!

Help us win the Walking Stick!

A walking stick was donated by a Skokomish community member. The Tribe with the most walkers each month wins the walking stick for that month.

We won it in March. Can we win it in May?

Mammogram & Women's Health Exams

May 22

Contact Rose Algea (360) 432-3930

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come visit our Health Promotions Programs

We have exercise videos

(Sit & Be Fit, Yoga, Walk Away the Pounds & more)

You can come & use in building across from clinic.

Work out alone, with us,

or schedule a time for a group

Interested in Lifestyle Balance Program?

If you are Native American & over 18, see if you qualify to participate in this 16-week workshop to improve your health by changing your nutrition & activity

Contact Patty Suskin @ (360) 432-3929

or Janita Johnson @ (360) 432-3972

8 Easy and Practical Ways to Shape Up, Family Style –

From the editors of "Parenting" Magazine, with modifications -

Exercise together.

Only about 36% of kids get an hour of exercise five days a week, and just one in three adults gets 30 minutes of exercise each day. But making time for exercise is critical. It can slash a person's chances of becoming overweight and lowers the risk of heart disease and type 2 diabetes. So walk your kids to the bus stop, walk or bike around the REZ or run and play tag or frisbee together. Aim for an hour of moderate activity each day.

Eat as a family.

Families who sit down together for at least one meal each day eat more nutritiously than those who don't. Yet only about 45% of all school-aged children dine with their parents once a day. If you can't coordinate having dinner together (many busy families can't), then aim for breakfast or lunch, which will have the same benefits.

Indulge (a little).

A recent Pennsylvania State University study found that preschoolers whose parents were the most restrictive with treats were the ones who ate the most sweets and snacks when given the opportunity. Let your child (and yourself) have a scoop of ice cream every now and then. Indulgences are OK in moderation.

Eat more vegetables, fruits, whole grains and beans.

Recent studies show the leanest people load up on these foods. Why? Probably because they're rich in fiber, so they're digested more slowly and keep people satisfied longer than low fiber foods & snacks such as chips and candy. For your next snack attack, try bananas with peanut butter on whole wheat toast or vegetables with bean dip.

Turn off the TV.

What kids see on TV influences what they want to eat and drink -- even kids as young as 2 years old. With nearly 500 new food products targeted to children each year, it's best to limit screen time in your house to two hours a day. By limiting screen time, you can also increase active time.

Use smaller plates.

Bigger dishes lead to bigger portions -- 31% bigger, according to a recent study at Cornell University. If you use smaller dishes, then portions will follow suit. And, no matter what size the plates, don't nag your kids to finish what's on them. That way your children will learn to stop eating when they're full.

Relax.

When you're stressed, you're more likely to pack on pounds. Cortisol (a stress hormone) has been linked to a rise in sugar cravings and weight gain in adults and kids. So be sure to build in downtime for you both.

Make sleep a priority.

Being sleep-starved alters two appetite-regulating hormones, leptin and ghrelin, which can make people eat more food. Aim to get eight hours of sleep daily, and make sure your kids get what they need: babies need 14 to 15 hours; toddlers need 12 to 14 hours; preschoolers need 11 to 13 hours; and school-aged kids need 10 to 11 hours.



Night Clinic Hours

For the convenience of working patients

Are you busy working during the daytime?

Wednesday evening medical appointments are now being offered to working patients and working parents with sick children.

Wednesday evening clinic hours are from 5:00 to 7:00 pm with the last appointment being scheduled at 6:30 pm.

The pharmacy is also open during these hours.





The Challenge of Chronic Pain

- Submitted by Dave Caufield, ARNP

"Pain is inevitable, suffering is optional."

- Helen Keller

As you drive down the road, you notice the "check engine" light comes on. You take the next off ramp, and stop, to check the engine, or have a mechanic do so.

Pain is often seen as a "check engine" light for your body...a warning that something is wrong. Sometimes these pains happen while we're active...a back pain while clam digging, ankle pain while playing basketball...signs that we've done something to cause injury to our bodies. We then (hopefully) stop the activity. We limp, or move very stiffly. We take an over-the-counter pain medicine. If the pain gets worse, or if we're concerned...we see our doctor or other health care provider.

This is acute pain, an unpleasant sensation that normally lasts less than 6 months. This is often caused from an injury. Other forms of acute pain might be a sore throat, headache, chest pain, etc. Some of these symptoms require immediate assessment (such as chest pain) others, such as sore throat, might just go away in a day or two...or not.

Chronic pain, is any painful condition that doesn't go away completely within 3-6 months. Sometimes the pain is there all of the time; sometimes it goes and comes back. This pain may have a cause, such as cancer, or arthritis. Sometimes a cause cannot be found, or the cause cannot be removed. We then must deal with some form of pain.

When someone comes to the clinic with a complaint of pain (the most common reason someone comes to see a doctor), the first goal is to determine if the pain may be due to a life threatening or emergency cause... such as a heart attack or broken bone. We make those determinations by taking a history and doing a physical exam. This means we ask questions to determine how the pain started, and then do an exam. We may also do x-rays, and laboratory tests or other tests. If it is not a life threatening emergency, we may choose to treat the pain with a number of different possible medications as well as give you some instructions to help you deal more effectively with the pain.

If the pain requires other treatment, you may be referred to a specialist. If not, we may continue to see you to help until the condition is resolved.

On occasion, we cannot determine the cause of your pain. After we make sure it is not caused from an emergency or life threatening condition, or from cancer, we are sometimes faced with the reality that a cause cannot be determined, or the cause cannot be treated.

We are then faced with the need to treat your pain. It is important to understand and accept that if you have chronic pain it is most likely impossible to relieve your pain completely. The most to hope for is to decrease it enough to be relatively active.

In the case of chronic nonmalignant (non cancer) pain, we have two basic goals. The first is to treat the pain and the second is to maximize your activity. Those two goals are very challenging. If we give you too much pain medicine, you may be too sleepy or tired, and have no energy. If we don't give you adequate pain medicine, you may not want to move. The term we use is Quality of Life. Many people have pain, but continue to be active in life. They understand that life goes on and staying at home, laying in bed, is not how they want to live life.

There are many different medications for treating pain and the symptoms associated with pain. ALL medications have side effects. The more medications one takes, the greater the risk for side effects and interactions with other medications, as well as a risk for allergic reactions. Many medications, such as narcotics (Vicodin, Percocet, Morphine) are potentially addictive, as well as causing symptoms such as constipation. These medications are closely monitored and it is very challenging to prescribe them. Sadly, some people sell their medications or these medicines can be stolen. It is not uncommon.

Why is it so difficult to treat chronic pain? This is a very complex question. One reason is that how people tolerate pain is very different from person to person. I've seen people walk around with broken legs, and others cry with a hang nail.

Many factors affect how well we tolerate pain. Those factors include:

1. How our parents or other family members handle pain.
2. How we are treated by those around us.
3. Lack of sleep, fatigue. Inadequate sleep or feeling tired makes it harder to deal with pain.
4. Stress. Having a stressful life makes it hard to tolerate pain.
5. Hunger.
6. Use of street drugs or alcohol, or having a history of drug or alcohol abuse makes it harder to deal with pain.
7. Fear. Fear of the pain or fear that the pain will get worse. As well as fear that the pain is caused by something like cancer. We call that catastrophizing.

8. Depression. Most chronic pain patients suffer with depression. New research questions which condition actually came first.
9. Smoking. It is unclear why, but people who smoke tend to use more pain medication than those who do not.

What can you do to help manage your pain?

1. Develop a positive attitude and decide you will do whatever is reasonable to improve the quality of your life. Don't expect your doctor to do all the work. In reality, our job is simple...you must take responsibility.
2. Strive for more independence. Don't allow others to do more for you than is absolutely necessary.
3. Laugh more. Humor is a great distracter in dealing with pain. Rent or buy funny movies, read books, comic strips.
4. Pets. Pets have been proven to help with relaxation, pain and improved quality of life.
5. Exercise. It doesn't matter how much you do, but do something. Set realistic goals and work to meet them. Walking is the best, if you can. Swimming is also wonderful. Avoid prolonged bed rest, as this contributes to weakness and fatigue.
6. Eat healthy. Frequent, small meals with unprocessed foods, are best.
7. Hydration. Avoid sugary or caffeinated beverages, drink plenty of water.
8. Lose weight. Excess weight puts more stress on joints, including the back.
9. Stress Management. Many of the other suggestions improve one's ability to deal with stress. If needed ask for help in managing your stress.
10. Positive relationships with family and friends. Avoid people who make you feel bad about yourself or hurt you in any way.
11. Distraction. Many of the items noted above help to distract us from our pain. Movies, the theater, dining out, and any positive activity helps distract us from the pain, even for a little while.
12. Do Research. Use the library or internet to get current information about your condition. Use reliable sources. If you find information you feel make be helpful, make copies and share it with your provider. Realize that there is a glut of information and not all of it is from proven resources. There are many out there trying to make money off of the suffering of others.

If you have any questions or concerns, don't hesitate to ask your medical provider.



COMMUNITY DEVELOPMENT



Screen Repair Recap – April 16, 2007

If you would like to learn how to repair your screens, call Lisa @ 432-3871 or stop by Office of Housing. We have screening supplies and tools on hand to assist anyone who is interested in learning to fix their screens.



Upcoming Events

One-on-One Credit Counseling

With a Certified Credit Counselor
Administration Bldg. 2nd Floor
Wednesday, May 16, 2007
By appointment only
4:30, 5:30 & 6:30

Building Native Communities

Administration Bldg. 2nd Floor
May 7 and May 21, 2007
5:00 p.m. - 8:00 p.m.

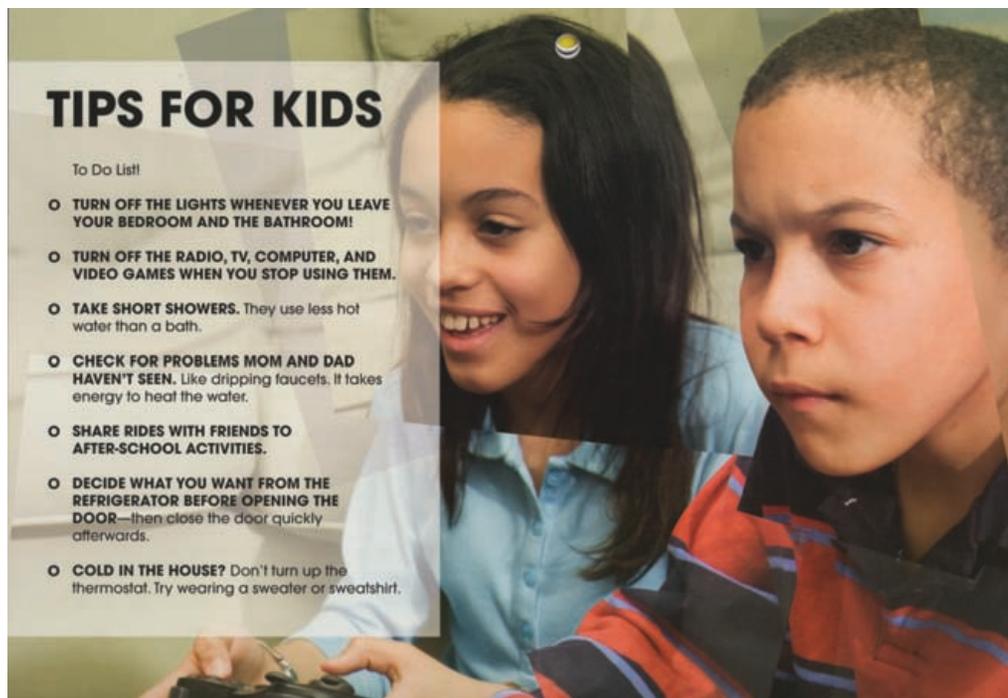
This is a 6 hour class.
Attendance both evenings is required.

Workshop Thanks

The Office of Housing would like to thank the participants who attended the Conveying Homeowner Workshop on April 3, 2007. This class was developed as a tool to ensure that our conveying homeowners are informed about the conveyance process and what it means for them.

Topics at the workshop included:

- Understanding your Sub-Lease
- Home Safety and Fire Prevention
- Household Maintenance and Repair
- Importance of Insurance
- Section 184 Loan information/Foreclosure
- Wills



Do You Know Your Credit Report?

The Office of Housing now has a Certified Housing Counselor that comes in monthly to assist tribal members with credit problems or questions. The OOH has the ability to pull a FREE credit report from all 3 credit reporting agencies, which will also reflect credit scores from each. The Counselor will then evaluate your report with you and offer assistance with any questions regarding your credit. If you are interested in obtaining your credit reports and receiving a free consultation, please call Lisa Peters @ 432-3871 to schedule an appointment.



Presenting Mr. and Mrs. Chauncey Roger BlueBack

Chauncey BlueBack and Karen Dres were married Friday, March 30, 2007 at The Skokomish Long House. Congratulations Brother for finding true love at last!!!



**I'm so happy for you!
- Love, Rose BlueBack**



RENO BABY! YEAH!





COMMUNITY



Happy Birthday!!!

Leo "Bo" Henry	5/1	Breanna Peters	5/10	Tiffany Hartwell	5/23
Robert Jones	5/2	Kassidy Whitener	5/10	Brandon Kenyon	5/23
Fame Rankin	5/2	Linda Allen	5/11	Michael Ogden Hill	5/23
Veronica Rivera	5/2	Richard Johns, Jr.	5/11	Levi Sanchez	5/23
Julio Valencia	5/2	Jeremy Meyer	5/11	Theresa Sanchez	5/23
Krystal Koenig	5/3	Connie Napoleon	5/12	Donald Hartwell	5/24
Kim Cooper	5/3	Julie Owens	5/13	Alexandra Mirka	5/24
David Lewis "Toby"	5/3	Tyler Barnwell	5/14	Raymond Peters	5/25
Brian Tobin	5/4	Kenneth Wilbur	5/14	Spirit Jones	5/25
Todd Hagmann, Jr.	5/5	Celia Rosander	5/16	Tyler Johns	5/26
Payton Lewis	5/5	Donna Wood	5/17	Craig Parker	5/26
Sally Brownfield	5/6	Bryan Johnson	5/17	Mildred Wagner	5/26
Nancy Rose	5/6	Taylen Powell	5/17	Jeremyha James	5/27
Justin Saenz-Garcia	5/6	Jaclyn Meyer	5/17	Kurt Poste	5/28
Raven Thomas	5/6	Marlene Henry	5/18	Jack Selvidge	5/29
Taylor White	5/6	Shawnee Kruger	5/18	Iladee King	5/30
Eric Castro	5/7	Gary Brownfield	5/19	Carol Phipps	5/31
Dustin Barnwell	5/8	Jeffery Kenyon	5/20		
Ashley Smith	5/8	Richard Harper	5/21		
Morningstar Green	5/9	Jennie Martin	5/21		
Justin Johns	5/9	Tamatha Ford	5/22		
Colleen Merriman	5/9	Melissa Henry	5/22		
Jacob Spezza	5/9	Richard Monger	5/22		
Stanley Black	5/10	Rebecca Napoleon	5/22		
Kevin Harper	5/10	Carly Rose Peters	5/22		



What's Happening

	1	2	3	4	5
		Family Court		AA Meeting 7:30	General Body Meeting 8:30
6 Squaxin Indian Bible Church 11:00 a.m.	7	8 Criminal/Civil Court Church 7:30	9	10 Council Mtg.	11 AA Meeting 7:30
13 Squaxin Indian Bible Church 11:00 a.m.	14	15 Church 7:30	16	17	18 AA Meeting 7:30
20 Squaxin Indian Bible Church 11:00 a.m.	21	22 Criminal/Civil Court Church 7:30	23	24 Council Mtg.	25 AA Meeting 7:30
27 Squaxin Indian Bible Church 11:00 a.m.	28	29	30	31	26 Bible Book Club 10:30 Mary Johns Room Food/Transportation

First Nations Student Association Powwow
MAY 4-6
Edmonds Community College's Seaview Gym, 20000 68th Ave. W., Lynnwood. Grand Entries at 7:00 p.m. Friday; 1:00 p.m. and 7:00 p.m. Saturday; and 1:00 p.m. Sunday. Free.



**Summer's Coming . . .
Its time to Mow**

Call Ed @ 462-9243

\$40 per yard

All up front, no waiting until payday!



Killer Whale by George Krise

Congratulations Arnold Cooper . . .

**Congratulations
Tamika & Justin**
on the birth of your beautiful baby boy
Kameron Marshall
Born March 23rd, 2007
at Providence St. Peter Hospital



Wow!!!



BIRTH STATISTICS

Weight: 8 pounds and 4 ounces
Length: 20 inches
Time: 8:31 pm
Date: Friday, March 23, 2007

**Love,
Mom and Your Sisters**



**Happy 24th Birthday
Melissa**
Love,
Willow, Dad, Marvin,
Cameron and Shannon



**Happy Birthday to My Baby Girl!!!
I Love You So Much Krystal Ivy!**
Love,
Mom,
Kendra and Hailey

Cedar Gathering

