Rep Your Tribe!

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Recipe of the month: Shrimp and Zucchini Scampi

- 1 1/2 lb. shelled, deveined shrimp
- 2 tbsp. oil
- 2 medium zucchini, sliced
- 4 cloves garlic, chopped
- 4 tbsp. butter
- 3/4 c. white wine
- 1/8 tsp. salt
- 1 lb. linguine, cooked
- 1/4 c. pasta cooking water
- 2 tsp. lemon peel, grated
- Chopped parsley, for serving

1. Cook shrimp in oil 3 minutes or until cooked through, turning once. Transfer shrimp to plate.

2. To skillet, add zucchini, garlic, and butter. Cook 3 minutes. Add white wine and salt; cook 2 minutes, stirring and scraping. Toss vegetables with shrimp linguine, pasta cooking water, lemon peel, and parsley.

Phrases of the month

21. ha\c - bas\i? [HAH-ch - buh-SAY] “Good - vs- bad (anything good; delicious, handsome, nice – versus - anything bad; naughty, sinful, worthless)”

22. taxation - x\o\s [Tuh-HAH - hwOH-s] “hot - vs- cold (weather)”

23. taxation - ki\p\i\li [tuh-HAH-lee - keh-EE’ee-lee] “I’m warm - vs- person is feeling rather than the weather)”

23. 3ib\i - hay\ak [thuh-BAY-tee - hah-YAH-kuh] “strong - vs- weak”

24. wis\a - hitk\wota\titali [wiss-SAHI - HATE-cool tah-THAY-tuh-lee] “happy - vs- sad (heart-sick)
Summer Word Search

BARBECUE
CAMPING
FISHING
FRISBEE
ICE CREAM
PICNIC
POOL
SUNGLASSES
SUN TAN
VACATION

MBPAPNZENBPG
XALIAAUHOFON
COETCCQBIROI
OANRENVVTILH
XUMBBCBINASLS
SCRPEICCBRI
TASKIACLAEZF
BSNYNLIVEZT
SESSALGNUSAL
Sun Safety Tips

Check your skin regularly for new moles that are tender or growing. Ask your primary care doctor how often you should see a dermatologist.

The best defenses against getting too much harmful UV radiation are protective clothing, shade and timing. Our checklist:

- **Wear good sunscreen.** Avoid sunscreen with vitamin A. Avoid oxybenzone and don't fall for high SPF's. Anything higher than 50+ can tempt you to stay in the sun too long.

- **Don’t get burned.** Red, sore, blistered or peeling skin means far too much sun – and raises your skin cancer risk.

- **Wear clothes.** Shirts, hats, shorts and pants provide the best protection from UV rays – and they don't coat your skin with goop.

- **Find shade – or make it.** Picnic under a tree, read beneath an umbrella or take a canopy to the beach. Keep infants in the shade – they lack the tanning pigments, known as melanin, that protect skin.

- **Plan around the sun.** Go outdoors in early morning or late afternoon, when the sun is lower. UV radiation peaks at midday.

- **Sunglasses aren’t just a fashion accessory.** Good shades protect your eyes from UV radiation that causes cataracts.
June Local Event Dates

- Kenny Church Kids Tournament  
  June 2-4
- Fundraiser for Ted Bates @ Elks Lodge  
  June 4
- Title VII Meeting @ Elders Building in Hoh  
  June 6
  If you’re a parent/guardian of a child who attends School, please come share a meal with us.
  Lunch is provided.
- Parents/Guardian meeting for Hoh Watershed Camp. MUST attend if your kids are participating  
  @ Hoh Tribal Center @ 12PM  
  June 7
- Forks Logging and Mill Tour @ Forks Chambers  
  June 7
- Parents/Guardian meeting for Hoh Watershed Camp. MUST attend if your kids are participating  
  @ Hoh Tribal Center @ 6PM  
  June 8
- Forks Open Aire Marker @ Umpqua  
  June 10
- 7th Annual Tod Horton Softball Tournament  
  June 17-18
- Father’s Day  
  June 18
- Per capita distribution  
  June 18
- Tuesday Night Bingo @ Elks Lodge  
  June 20
- Forks History and More @ RAC  
  June 20
- Bogachiel Garden Club @ Forks Community Center  
  June 21
- Hoh Prevention Week @ Hoh Reservation  
  June 23-30
  More details to come!
- Hoh Surf Camp  
  June 24
- West End Thunder Drag Races @ Airport  
  June 24
- Tuesday night Bingo @ Elks Lodge  
  June 27

Enrollment/ Tribal ID’s

The Hoh Tribe’s enrollment specialist is Latoya Hudson. If you’d like to schedule a time to meet with her or have any questions surrounding tribal ID’S, please call 360-374-4284.
Isaac Cathers 6/3
Gayle Royer 6/5
Cynthia Barajas 6/7
Jose Gomez 6/7
Sylvia Sheriff 6/10
Alexis Underwood 6/12
Lisa Martinez 6/15
Alan Mason 6/17
Caleb Fowler 6/17

David Hudson Sr. 6/17
Brenda Lee 6/18
Justin Hatch 6/20
Walter Ward IV 6/21
Nicholas Nelson 6/21
Lillian Hudson 6/21
Maria Lopez 6/23
Mya Fisher 6/28

*In the future, if you or your child would like your birthday included on the list, please call 360 374 4281.
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*Hoh prevention Week
Chairwoman: Maria S. Lopez  
Vice-chair: Melvinjohn Ashue  
Secretary: Lisa Martinez  
Treasurer: Rosetta Hernandez  
Council Member: Derek Benally  
Council Member: Enrique Barragan  
Council Member: Bobbyjoe Ashue

**Tribal Services**

**Food Bank** hours are Monday- Friday from 9:00AM- 2:00PM. Please contact Latoya Hudson with any questions (360)-374-4284

**Housing** for requests, questions or assistance please contact Kylie Kimble (360)-374-4281

**LIHEAP, Childcare, and Higher Education** for assistance please call Tara Sexton (360)-374-5037

**Accounting** requests, questions and assistance please contact Latoya Hudson (360)374-4284.

**Medical Transportation** is available 48 prior to your appointment. Please contact Dawn Gomez for more information (360) 374-4280.

**Library** hours are Monday- Thursday 2:00PM- 7:00PM. For questions call Sharon Millett at (360)-374-5288.

**HTBC** related questions please contact Kristina Currie (360) 374-6502

**Hoh Tribal Business Committee**

Honorable Tribal Citizens,

On **Tuesday, June 6th, 2017** the Hoh Tribal Business Committee will be holding a Public Hearing Meeting at the Old Tribal Office at 5PM. This meeting is regarding the DRAFT of the election ordinance. To request a copy of this draft, please call the tribal office 360-374-6582.

We look forward to seeing you!

Thank you,

Hoh Tribal Business Committee

*Published by: Kylie Kimble and Micaela Villicana*