



Billy Frank Jr Day
See Page 3

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PERMIT NO. 96



Salish Sea Plunge

On January 1st, 2015, at approximately 11:05 a.m., 26 swimmers took part in the 7th Annual Squaxin Island Community Salish Sea Plunge at Arcadia boat ramp. On this chilly, but very sunny, day the water temperature was 39 F and the air temperature was 36 F. We had two Tribal Council members, Vice Chairman Arnold Cooper and Council Member Jim Peters, take the plunge this year. Thank you to all who participated and donated food to the food bank. Mark your calendars - the 8th Annual Squaxin Island Community Salish Sea Plunge will be 11:00 a.m. Friday, January 1, 2016 at Arcadia boat ramp. *Special thanks to organizer, Joe Peters!*



Photos by Tom Hyde, Publisher, Mason County Journal



More Photos on Page 11

KTP Food Drive

The Kamilche Trading Post launched it's 2nd annual food drive several weeks ago to bring assistance to families in need during the holidays. Kamilche Trading Post, Steamboat Trading Post, and Kamilche Trading Post Express all accepted donations. This food drive was brought about for one reason, to support the community that supports us.

Arnold Cooper, vice chairman of the Squaxin Island Tribe and president of Island Enterprises board of directors stated, "I am very proud of the significant effort and generosity put forth by both our employees and our customers. This is a great example of how our tribal businesses continuously work to support the community that surrounds us."

The food drive raised nearly \$4,000. A donation was made to Saint's Pantry on Monday, December 15th, providing approximately 1,500 meals to families and individuals in need. The Trading Post Stores also provided 60 bags of food to the Squaxin elders to round out their Thanksgiving meal. Kamilche Trading Post would like to thank Harbor Wholesale Grocery and Marine View Beverages for their generous donations as well as everyone who contributed through the Trading Post stores.



LITTLE CREEK CASINO RESORT & SQUAXIN ISLAND TRIBE PRESENT THE 7TH ANNUAL

SA'HEH'WA'MISH DAYS

POW-WOW

FEBRUARY 21-22

GRAND ENTRY TIMES 1PM AND 7PM SATURDAY, 1PM SUNDAY

OVER \$60,000 IN CASH PRIZES!

Drumming Contest - ALL DRUMS WELCOME
1st drum roll call Saturday, February 21@12:45 SHARP!!!
1st \$ 8,000.00, 2nd \$ 7,000.00, 3rd \$6,000.00

Head Drum Judges: Buck Wallahee (Yakama) & Bixie Wallahee (Puyallup)

Master of Ceremonies: Ray Fryberg (Tulalip) & Sonny (Frank) EagleSpeaker (Kainai)

Arena Director: Casey Mac Wallahee (Yakama)

Head Woman Dancer: Anika Top Sky (Chippewa/Cree) Rocky Boy, Montana

Head Man Dancer: Joel Omeasoo (Cree) Maskwacis, Alberta, Canada

Adults 18-35, SR Adults 36-59, Golden Age 60+, Men's Chicken 18-59
1st \$700.00, 2nd \$500.00, 3rd \$400.00

Teen Boys 13-17: Trad, Chicken, Grass, Fancy; Teen Girls 13-17: Jingle, Fancy, Trad
1st \$300.00, 2nd \$250.00, 3rd \$200.00

Jr Boys 7-12: Trad, Chicken, Fancy, Grass; Jr Girls 7-12: Trad, Fancy, Jingle
1st \$150.00, 2nd \$125.00, 3rd \$100.00






All proceeds benefit the Squaxin Island Museum Library & Research Center. This is a drug and alcohol-free event!
For hotel reservations call: 1-800-667-7711 or 360-427-7711 • 91 W. State Route 108, Shelton, WA 98584
Tribal Members: For vendor space call 253-439-7829



Council Corner

Whitney Jones - If you made New Year's resolutions I hope they are still going strong. It seems as if spring is just around the corner already.

The mid-year General Body meeting was cancelled due to the unexpected passing of two tribal members near the same time. **Please join us at a joint Talking Circle/mid-year General Body meeting on Tuesday, February 10th at 4:30 instead.** We have appreciated hearing community questions, concerns, and input at these meetings. If you haven't had a chance to make it to one yet, come to the Community Kitchen for some food and discussion about topics important to our community.

Squaxin Island Tribe has often been a front runner on significant matters in Indian Country and that includes recognizing and honoring great achievements and great people. There are few individuals who have had a greater or more wide-spread impact on Tribal Sovereignty and native rights than Billy Frank Jr. To that end, **our Tribe is pleased to be the first to pass a resolution to create Billy Frank Jr. Day and formally recognize March 9th of every year as a tribal holiday.** It is likely that other tribes will join us in honoring Billy in this way and will adopt the day in their communities as well. Please plan to join us on Monday, March 9th for an inaugural ceremony to celebrate Billy and this new holiday; more details will follow as we get closer to the date.

It looks like things will be busy the next few months; I look forward to sharing more with you as events and topics come up. Please feel free to contact me with questions or thoughts.

Thank You

The Snipper and Whitener families would like to thank Tribal Council, Family Services staff, and all other staff and volunteers who worked the Suzie Snipper Celebration of Life gathering on Monday January 12. The food was delicious and you all were pleasant and helpful. We very much appreciate your kindness.

Thanks for Gift Cards

Jackie and Harold (Crenshaw) would like to thank Tribal Council, the 1% Percent Fund, and Family Services for the \$50.00 Walmart gift cards we got for Thanksgiving and Christmas. We put them together and went to Poulsbo's Walmart and filled up our cupboards...and we still have \$2.20 left....

Thanks again, we really appreciate it!

Happy Valentine's Day

Talking Circle with Tribal Council

*Tuesday,
February 10, 2015
4:30 p.m.
Community Kitchen*

*If you have any questions, please call the
Tribal Center at 426-9781*

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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TOLL FREE: 877.386.3649
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www.squaxinisland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
WHITNEY JONES: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



RESOLUTION NO. 15-01

of the

SQUAXIN ISLAND TRIBAL COUNCIL

WHEREAS, the Squaxin Island Tribal Council is the Governing Body of the Squaxin Island Tribe, its members, its lands, its enterprises and its agencies by the authority of the Constitution and Bylaws of the Squaxin Island Tribe, as approved and adopted by the General Body and the Secretary of the Interior on July 8, 1965;

WHEREAS, under the Constitution, Bylaws and inherent sovereignty of the Tribe, the Squaxin Island Tribal Council is charged with the duty of protecting the health, security, education and general welfare of tribal members, and of protecting and managing the lands and treaty resources and rights of the Tribe;

WHEREAS, the Tribe is a federally-recognized Indian Tribe possessing reserved powers, including the powers of self-government;

WHEREAS, the Squaxin Island Tribal Council holds the authority to pass legislation designating holidays for cultural, spiritual and other purposes;

WHEREAS, Billy Frank, Jr. was a tireless advocate for Native Treaty fishing rights and the preservation/restoration of a healthy environment; and

WHEREAS, Billy Frank, Jr. was a true warrior in the fishing rights battle, earning him the respect of Native and non-Native people alike; and

WHEREAS, Billy Frank, Jr. was the Chairman of the Northwest Indian Fisheries Commission for over thirty years, and the recipient of the following awards: the Common Cause Award for Human Rights Efforts; the Albert Schweitzer Prize for Humanitarianism; the American Indian Service Award; the Wallace Stenger Award; and the Washington State Environmental Excellence Award; and

WHEREAS, Billy Frank, Jr. was an inspiration and mentor to Tribal leaders and Native people;

WHEREAS, Billy Frank, Jr. was a Native American hero and it is important that his heroism and life's work be commemorated and honored now, and at all times in the future; and

WHEREAS, Billy Frank, Jr. message that all peoples work together with a common understanding of the importance of the salmon, the water, and the trees is enduring and worthy of continuing.

NOW THEREFORE BE IT RESOLVED, the Squaxin Island Tribe recognizes March 9 as Billy Frank, Jr. Day as a tribal holiday (to be observed on the preceding Friday if it falls on Saturday and observed on the following Monday if it falls on Sunday).

BE IT FURTHER RESOLVED, the Squaxin Island does hereby promote that Billy Frank, Jr. Day be recognized on all calendars so that this Day will be memorialized for all future generations;

BE IT FURTHER RESOLVED, the Squaxin Island Tribe hereby requests all Washington Tribes, the Affiliated Tribes of Northwest Indians, The National Congress of American Indians and other national and regional tribal organizations similarly recognize and adopt March 9 as Billy Frank, Jr. Day.

CERTIFICATION

The Squaxin Island Tribal Council hereby certifies that the foregoing Resolution was adopted at the regular meeting of the Squaxin Island Tribal Council, held on this 7th day of January 2015, at which time a quorum was present and was passed by a unanimous vote.





Fire Extinguishers

It is recommended every home have at least one fire extinguisher. How do I decide what kind to purchase for my home?

Fire protection resources suggest extinguishers be located in the kitchen, garage and workshop. There are many types to choose from. There are categories of fire extinguishers based on the different types of fire. They also have a number rating related to the amount of fire it can handle.

Class A extinguishers are for ordinary combustible materials such as paper, wood, cardboard and most plastics. The numerical rating on these types of extinguishers indicates the amount of water it holds and the amount of fire it can extinguish.

Class B fires involve flammable or combustible liquids such as gasoline, kerosene, grease and oil. The numerical rating for class B extinguishers indicates the approximate number of square feet of fire it can extinguish.

Class C fires involve electrical equipment, such as appliances, wiring, circuit breakers and outlets. Never use water to extinguish class C fires — the risk of electrical shock is far too great! Class C extinguishers do not have a numerical rating. The C classification means the extinguishing agent is non-conductive.

Class D fire extinguishers are commonly found in a chemical laboratory. They are for fires that involve combustible metals, such as magnesium, titanium, potassium and sodium. These types of extinguishers also have no numerical rating, nor are they given a multi-purpose rating — they are designed for class D fires only.

Class K fire extinguishers are for fires that involve cooking oils, trans-fats or fats in cooking appliances and are typically found in restaurant and cafeteria kitchens.

Fire extinguishers may be used for more than one type of fire. They should show ABC rating on them.

WHY PAY FOR SOMETHING YOU CAN GET FOR FREE?

Squaxin Island Free Tax Preparation Site

(Basic returns)

Administration Bldg.

February 2- April 14

4:30 p.m. – 7:30 p.m.

By appointment only

Contact Lisa Peters to schedule an appointment 432-3871

This site offers Prepaid Visa Debit Cards for your tax refund.

Sponsored by SIT — Office of Housing

2014 Tax Year Earned Income Credit in a Nutshell What is the EIC?

The earned income credit (EIC) is a tax credit for certain people who work and have earned income under \$52,427 for Tax Year 2014. A tax credit usually means more money in your pocket. It reduces the amount of tax you owe. The EIC may also give you a refund.



Can I Claim the EIC?

To claim the EIC, you must meet certain rules. These rules are summarized in this table.

First, you must meet the rules in this column	Second, you must meet the rules in one of these columns, whichever applies		Third, you must meet the rules in this column that apply to you.
Rules for everyone	Rules if you have a Qualifying Child	Rules If You Do Not Have a Qualifying Child	Figuring and Claiming the EIC
1. You must have a valid social security number. 2. Your filing status cannot be "Married Filing Separately." 3. You must be a U.S. citizen or resident alien all year. 4. You cannot file Form 2555 or Form 2555-EZ (relating to foreign earned income). 5. Your investment income must be \$3,350 or less. 6. You must have earned income.	Your child must meet the relationship, age, and residency tests. Your qualifying child cannot be used by more than one person to claim the EIC. You cannot be a qualifying child of another person.	You must be at least age 25 but under age 65. You cannot be the dependent of another person. You cannot be a qualifying child of another person. You must have lived in the United States more than half of the year.	Your earned income and adjusted gross income must be less than: \$46,997 (\$52,427 for married filing joint) if you have three or more qualifying children \$43,756 (\$49,186 for married filing jointly) if you have two qualifying children, \$38,511 (\$43,941 for married filing jointly) if you have one qualifying child, or \$14,590 (\$20,020 for married filing jointly) if you do not have a qualifying child.

For more information see Internal Revenue Service Publication 596.

The VITA Return Preparation AGI threshold will be \$53,000 for tax year 2014

The EIC phases out completely at these AGI limits:
\$14,590 (\$20,020 if married filing joint) if you **do not have a qualifying child**
\$38,511 (\$43,941 married filing jointly) if you have **one qualifying child**
\$43,756 (\$49,186 married filing jointly) if you have **two qualifying children**
\$46,997 (\$52,427 married filing jointly) if you have **three or more qualifying children**

The maximum EITC for 2014:
\$6,143 with three or more qualifying children
\$5,460 with two qualifying children
\$3,305 with one qualifying child
\$496 with no qualifying children



Walking On



Walter J. Henry III

March 10, 1980 – December 29, 2014

Walter John Henry, III was dearly loved and will be greatly missed. Walter had a wonderful smile, friendly nature, and was deeply loved by everyone who knew him.

Walter worked on transferring the remains from the cemetery on Johns Prairie to the Tribe's cemetery. This work was quite sensitive and Walter demonstrated sincere respect; he was caring, reliable, and he did an incredible job.

Walter also harvested clams. He loved to play video games, and some of his favorite bands were the Eagles, Journey, and Guns & Roses.

Walter was preceded in death by his mom, Verna Beverly Warner (Henry), and his step-dad Michael S. Warner.

Walter's mom nicknamed him "Clam," when he was a baby and his siblings and younger relatives called him "Quam" because it was hard to say Clam. Walter was recently nicknamed "Wally" by his sister Marlena and a few others. Many friends and family called him Walt.

Walter is survived by his daughter, Verna Beverly Henry, his sisters and brothers, Geri Bell, Beverly Bell, Katherine Ackerman, Theresa Bell, Jessica Solano, Yvonne Bell, Marlene Castellane, Holly Henry, Michael Todd, Matthew Bell, and Edward (Sonny) Henry, II, and by his aunties, Barbara Henry and Susan Henry, by his uncle Marvin Henry, Sr., and by his girlfriend Sonya Amador. Walter is also survived by numerous nieces, nephews, & cousins.

Funeral services were held on Thursday, January 8, 2015 at 11:00 a.m. at Little Creek Casino Events Center followed by burial at the Skokomish Tribal Cemetery, and a meal at the Squaxin Island Community Kitchen. Government offices were closed at noon out of respect for the family.



Suzanne "Suzie" (Whitener) Snipper

Suzanne "Suzie" (Whitener) Snipper, 60, died December 29, 2014, in Indio, California.

She was born December 17, 1954, to Donald K. and Laura "Lorine" (Marshall) Whitener.

Suzie was born and raised in Kamilche and attended Kamilche Elementary School then graduated from Shelton High School. She married Stuart Snipper in 1981. Suzie and Stuart raised two sons while living in Shelton and Tumwater.

The majority of Suzie's career was spent in the beauty industry, then as the owner of Hey Day Cafe at the Olympia Farmers Market and the last 10 years in real estate around Palm Dessert, California.

Her passion was cooking for and spending time with family and friends and carrying on her mother's family traditions. She enjoyed making traditional Jewish meals and hosting family, extended family and friends, while ensuring everyone felt welcome.

She is survived by husband Stuart Snipper of Indio, California; son Jason Snipper of Seattle; brothers Donald E. Whitener of Shelton, John Brady "BJ" Whitener of Shelton, and Andrew Whitener of Shelton; and numerous nieces and nephews.

She was preceded in death by father Donald K. Whitener; mother Laura "Lorine" Whitener; and son Brent D. Snipper.

A memorial was held on Monday, January 12, at 1:00 p.m. at the Squaxin Island Museum Library and Research Center, followed by a meal at the Squaxin Island Community Kitchen. Out of respect for the family tribal government offices were closed that day.

Youth Environmental Art DCD Solid Waste and Recycling Program





Ta-Qwo-Ma Business Center *nurturing tribal entrepreneurs*

Stephanie James - As interest in financial literacy classes continues to increase, I encourage anyone who is interested to email me at: sjames@ieinc.org so that your name can be included on a class list. Once enough interest is generated, I will contact each individual about class times and details.

Please keep in mind that the business center has a variety of financial worksheets and resources available for you to take home...and they are free! Stop in and see us if you are interested.

For now, consider practicing good daily spending habits. One way to do this?.....

Well, let's talk about spending.

There are two types of spending: needs (essentials) and wants (non-essentials). Your needs are costs you can't avoid, like food and shelter. Whereas, wants are things that you would like to have, but are not essential for living. Some good examples are: cable tv, cell phones, diamond jewelry, etc.

To keep track of your money, you need to understand and get a handle on where it's going in the first place. Here's how:

1. Record each and every penny, nickel and dime you spend for the entire month. There are no exclusions. If tracking for a month sounds like a huge task, start out with a week and go from there.
2. Categorize what you spend into "wants" and "needs."
3. Commit to shaving at least \$2 a day from your overall spending next month. (At the end of the year you will have an extra \$700 in your pocket). The more you commit to saving each day really adds up.

Next month we will talk about household budgets and how to make one.

BINGO

Friday • Feb 27th • 6:30pm
Saturday • Feb 28th • 11:45pm & 4:30pm
Sunday • Mar 1st • 4:30pm

Early Bird Specials At Every Session
Wear something Valentine themed and receive a free Level 1 (3-on) with buy-in*

Bring a Friend!
You'll both receive a FREE level 1 (3-on)*
If your friend signs up as a new Players Club Member, you'll both receive a special pack*

*With initial buy-in. Regular games only.

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Must show Bingo Room Rate Coupon at time of check-in to receive special room rate
Customers can call in advance to book rooms
Must be 21 or older for Bingo Specials

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**TRADING POST
30 YARD
PRIZE PLAY**

Congratulations to our...
JANUARY GRAND PRIZE WINNERS!

Joyce from Shelton, won
the 36" flat screen TV
grand prize!

Eldon from Ocean Shores, won
the Coors Light® refrigerator
grand prize!

*No purchase necessary. Visit www.tradingpostrewards.com for more information. To participate must be a valid Trading Post Rewards Club Member 18 or older. Must be 21 or older to win monthly grand prizes. Management reserves the right to cancel or modify this promotion without prior notice. Prizes awarded may differ from images shown. Promotion ended January 26th, 2015.

**TRADING POST
www.tradingpostrewards.com**



New Employee



Misti Saenz-Garcia
Patient Services
Assistant Trainee

Greetings to all, and happy new year 2015.

I started a new position at the Squaxin Island health clinic on Monday, January, 5 2015 as the Patient Services Assistant Trainee full time :)

My name is Misti D. Saenz-Garcia. I'm a lifelong resident, and Squaxin Island tribal member (I also have Skokomish ancestry). I have been married to Miguel for 23 years and my children are grown and have made homes and families themselves, gifting us with blessings of grandchildren. It's such an honor to be a grandmother. It's been quite a journey, and I wouldn't change anything about it (except for maybe an easier empty nest syndrome jajaja).

I've spent my lifetime being employed at the Tribe in many roles, including my years as a summer youth.

I'm also owner of Four Seasons Painting Company, and have been blessed with tremendous opportunities here as well as at Quinault, Muckle-shoot, Nisqually and many other great family places throughout our tribes. We are currently on a project up at Suquamish as a subcontractor thanks to Korsmo Construction :)

I am super excited to be a part of our clinic team/family, and look forward to the amazing services to be provided with this new position.

I look forward to working with you all. God bless you all. Peace be with you! xoxo!



Learning Center Christmas Party Fun





Youth Activity Program

Jerilynn Vail - We ended 2014 in a big way - with a couple of major youth events. The 2014 Christmas Party was festive and fun! Over 270 people gathered to enjoy a meal together and to see Santa and his elves. We offer a huge thank you to the Squaxin Island Tribal Council for providing presents and gift cards for the youth. Also, thanks to all the people and families who stayed after to help us clean up and put everything away. It was greatly appreciated!

Our annual Squaxin Island Youth Basketball Tournament was quite busy! Nineteen teams from throughout the region joined us for this four-day tourney. Our youth worked hard on the court and behind the scenes – ready to play hard, helping us to be ready to host the tourney, and doing fundraising for the Youth Council. Congratulations to the Seattle Native Warriors who took first place for the 11-and-under bracket, to Skokomish for winning the 14-and-under bracket, and to Suquamish who took first for the 17-and-under age bracket.

Throughout 2014 a lot of people volunteered their time to help with the wide variety of youth activities through the TLC. Volunteers helped at our community events, in our afterschool and summer programs, on our field trips and much, much more. The Youth Activity Program has so much more to offer to youth as a result of these many volunteers and we want to thank you

With a new year under way, just a few reminders:

Our Inter-Tribal Basketball League is back in the swing of things. Isaiah is here for practice on Monday, Tuesday and Thursday. Our game day is still on Wednesday. We have our new schedule posted both on our Facebook page and the Daily Scoop. If you need a copy, swing by the gym to pick up your copy!

Our Lost and Found is quite large. If your youth are missing anything, stop by and take a look. At the end of the month we will be donating whatever isn't claimed.

If you have a new contact or cell phone number, please call Jerilynn or Jaimie to update your numbers.

February 2015

Teen Center hours 3:00-6:00pm unless otherwise noted
Laurel Wolff teen advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
2 JR.H/HS Basketball Practice 4:15-5:30pm	3 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	4 Homework help with Dusty 3:15-4:30 Home Game Vs. Skok 1 Jr. High 6pm	5 Snowboarding Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	6 Early Release Girl's Circle 4-6pm
9 JR.H/HS Basketball Practice 4:15-5:30pm Youth Council 3:30-4:15	10 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	11 Homework help with Dusty 3:15-4:30 Away Game @ Nisqually Bus Leaves at 5:15	12 Snowboarding Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	13 Who Let the Dogs Out Basketball Tournament @ Skok - Times TBD
16 <div>Mid-Winter Break</div> Who Let the Dogs Out Basketball Tournament @ Skok - Times TBD	17 Mural Project 12pm- 4pm	18 Homework help with Dusty 3:15-4:30 Away Game @ Skok 2 Bus Leaves at 5:15	19 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	20 Early Release Mural Project
23 JR.H/HS Basketball Practice 4:15-5:30pm Youth Council 3:30-4:15	24 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	25 Homework help with Dusty 3:15-4:30 Away Game @ Skok 1 Bus Leaves at 5:15	26 JR.H/HS Basketball Practice 4:15-5:30pm Homework help with Dusty 3:15-4:30	27 Teen Night 7pm -10pm



LEARNING CENTER



Mid-Winter Break is February 16-17. The afterschool program runs 10am-4pm both days. We will be providing kids with morning and afternoon snacks and lunch if you want to join us.

We have entered three teams into the Skokomish, "Who Let the Dogs Out" Tournament. Once we have our schedule we will post on Facebook and make available at the TLC. Dates for the tourney are February 13-16.

Both our Elementary and Jr. High Inter-Tribal Basketball teams will be participating in a Basketball Jamboree at Nisqually on February 28th. At this writing, game times have not yet been released but we'll keep everyone updated.

Tutoring

Dusty Hirsch - There is additional tutoring help available for middle and junior high students:

The Tu Ha' Buts Learning Center offers homework help and tutoring for ages 12-17 in the Mary Johns Room on Tuesdays, Wednesdays, and Thursdays from 3:15 - 4:30 p.m. Dusty Hirsch will be there to offer her assistance.

Olympic Middle School offers additional academic support, both before and after school at OMS. On Monday there is reading tutoring from 2:40 - 4:00 p.m. Tuesday and Thursday mornings there is reading tutoring from 7:15 - 7:45 a.m.

Oakland Bay Junior High offers homework help with the Jump Start Intermural program, Monday-Thursday after school from 2:30 p.m. - 3:00 p.m.

Squaxin Youth Education, Recreation and Activities Calendar

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

Front Desk: 432-3958

Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm Open Swim: 3-6pm	3 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	4 <i>GSD - ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-4:15pm I.T.B. - Home Game Against Skokomish Open Swim: 3-6pm	5 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	6 <i>SSD- ER 1.5HRS</i> Rec Rm: 2:30-6pm Fun Day: 5-6pm Open Gym: 2:30-6pm Open Swim: 5-8pm
9 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm Open Swim: 3-6pm	10 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	11 <i>GSD - ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-6pm I.T.B. - Away Game @ Nisqually Open Swim: 3-6pm	12 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	13 <i>WHL-ER @ Noon</i> Rec Rm: 1:30-6pm Fun Day: 5-6pm Open Gym: 1:30-6pm Open Swim: 5-8pm
16 <i>Mid-Winter Break</i> Rec Rm: 10am-4pm Arts-n-Crafts: 1:30-3pm Gym: 10am-4pm Pool Party: 10:30-12:30 Open Swim: 3-6pm	17 <i>Mid-Winter Break</i> Rec Rm: 10am-4pm Arts-n-Crafts: 1:30-3pm Gym: 10am-4pm Pool Party: 10:30-12:30	18 <i>GSD - ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-6pm I.T.B. - Away Game @ Skokomish Open Swim: 3-6pm	19 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	20 <i>SSD- ER 1.5HRS</i> Rec Rm: 2:30-6pm Fun Day: 5-6pm Open Gym: 2:30-6pm Open Swim: 5-8pm
23 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm Open Swim: 3-6pm	24 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	25 <i>GSD - ER @ 2:15pm</i> <i>WHL - ER @ Noon</i> Rec Rm: 12:00-6pm Game Day: 5-6pm Open Gym: 12:00-6pm I.T.B. - Away Game @ Skokomish Open Swim: 3-6pm	26 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	27 Rec Rm: 3-6pm Fun Day: Movie Night From 5:30-7pm Open Gym: 2:30-5pm Open Swim: 5-8pm
TLA: M: 1-4pm & 5-7pm; T: 1-4pm; W: 3-6pm; F 1-4pm After School Snacks: M-F 3:45-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: T-TH 4-7pm		<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SDD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		<i>I.T.B. - Inter-Tribal B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



CHUM Program/Teen Center

Laurel Wolff - **Some key things for the Teen Center in February:**
The Teen Center welcomes Dusty Hirsch on Tuesday, Wednesday and Thursday afternoons. Dusty will be in the Teen Room from 3:15 - 4:30 to help students with homework and missed assignments.

Girls' Circle returns on February 6th and is open to all girls, ages 12-17. Girls' Circle is a time for teen girls to connect with each other – learning more ways to support each other and to know that together women and girls can achieve a lot. By being a part of Girls' Circle you may:

- Be inspired to ask questions you don't feel comfortable asking others
- Begin to understand who you are
- Form stronger connections with girls in your community
- Engage in different creative outlets

All of your questions may not be answered but we will gain tools for dealing with challenges of being a teenage girl. Anything shared at Girl's Circle stays in the circle.

Youth Council meets on Mondays, February 9th and 23rd. All teens are invited to be a part of Youth Council. This month, Youth Council will be working with Taylor Krise and John Ackerman to create a mural project for the community. Even if you can't make the Youth Council meetings, join us during mid-winter break (Feb. 16-17) to work on this exciting project.

Teen Night will be on February 27th from 7:00 -10:00 p.m. Invite your friends!

Higher Education

Mandy Valley - If you haven't already done so, please turn in your final grades and any receipts that you may have from fall quarter/semester to the Higher Education office as soon as possible. We will get your paperwork processed as quickly as we can to prevent any delays in getting you reimbursed, or to get the school's financial aid office paid on your behalf. Also, don't forget to complete your FAFSA. The sooner you complete your FAFSA the better your chances are at obtaining federal financial aid.

Monday, March 23 is the deadline to turn your paperwork in for spring quarter. If you have any questions regarding Higher Education please stop by my office at the TLC, email me at mvalley@squaxin.us, or call me at (360)432-3882.

GED Preparation and Homework Support

This is a reminder for everyone interested in either studying for a GED or needing help with your homework. Jamie Burris is at the TLC to help and encourage you. Keep caught up in all of your classes and get your final semester off on the right foot! Jamie is in the TLC classroom on Tuesdays, Wednesdays, and Thursdays from 4:00 - 7:00 p.m. For more information or if you have any questions, please feel free to contact her at: jbarris@mccleary.wednet.edu.



Squaxin Island Child Development Center

Squaxin Island Child Development Center has spaces available for your child to attend. Full day programs are fun and educational.

We serve 1 month – Kindergarten

Open 5:30 a.m. to 6:30 p.m., Monday through Friday

Call 426-1390 or just come in and visit



20th Annual Na-ha-shnee Native American Health Science Institute June 21st – July 2nd, 2015

What is Na-ha-shnee? Na-ha-shnee is a 12 day summer program designed to encourage Native American and Alaska Native students to pursue health science degrees and health-related careers. The program is held on the WSU Spokane Campus & housing is in nearby dorms.

Who should apply? Native American and Alaska Native students that are currently in 9th, 10th, or 11th grade. Applicants should have a GPA of 3.0 or above and an interest in health science careers (nursing, medical research, nutrition, physical therapy, medicine, pharmacy, etc.) This year we will be selecting 25 students to attend Na-ha-shnee.

Where is the application? Applications can be filled out and submitted online or printed and submitted in paper copy form. The application can be found online at: <http://spokane.wsu.edu/community/service-outreach-units/native-american-health-sciences-program/> (Or google WSU Native American Health Sciences to find it).

What does it cost? FREE! The only cost that we cannot cover is transportation to and from our program.

DEADLINE FOR APPLICATION: 5PM, FRIDAY, APRIL 24th, 2015

Questions? Feel free to contact Emma Noyes, Native American Health Science Outreach Coordinator. Phone: 509.324.7215 Email: emma.noyes@wsu.edu Fax: 509.324.7341

This exciting summer opportunity is brought to you by:

WASHINGTON STATE UNIVERSITY – GO COUGS!





SALISH SEA PLUNGE





SAFE STREETS/COMMUNITY WATCH



February is shaping up to be a big month for us, but first let's talk a little about the work we accomplished in January.

On January 14th, a group from our Squaxin Island Safe Streets advisory board visited the Port Gamble S'Klallam Tribe in Little Boston. We visited because Port Gamble has been working on a similar community watch project on their reservation, called "Rez Watch," and we wanted to share about making our communities safer and more connected with their advisory board, the community-wide Chi-E-Chee ("People Who Get Things Done") group. It was a great meeting and one thing the committee shared is that they are planning to install 40 signs around the reservation, shown in the photo below. They told us their "Be About It" Rez Watch slogan was inspired by positive drug-free signs Squaxin Island Tribe posted around our reservation during Canoe Journey 2012. Squaxin Island pullers report our 2012 signs are being displayed way up into Canada now, so maybe it's time we made some new ones!

Also, check out how they display their tip hotline directly on their bus sheds.

By press time we had not yet finished voting for our new logo, but look out for it this month on decals, stickers and posters! We had 8 designs submitted and a great turnout at our January 20th meeting so we really appreciate everyone's participation.

Finally, we're really excited about some other big plans this month. We hope to start work on a mural project with our youth and Safe Streets participant and Tribal artist Taylor Krise. We will be hosting time throughout the month for young people to come out and work with Taylor. We will also be hosting a Block Watch 101 event with the Safe Streets Campaign on February 25th, focusing on taking our momentum from activities and meetings to our neighbors for reducing crime. Stay tuned for more information about these events!



Squaxin Island Safe Streets loves our community!



Crime stats from the Squaxin Island Police Department for December 1-31st, 2014:

- 23 total incidents involving drugs/alcohol (13 drug and 11 alcohol, all adult infractions)
- 9 arrests
- 9 citation/infractions
- 6 referred to other agencies

Next Meeting:

February 17th @ 5:00 p.m. in the Community Kitchen

Everyone is welcome and dinner is provided.





Attention BAGLEY Family

It has been a few years since we had our
BAGLEY Family Reunion.

I would like to get your ideas/thoughts

On when and where,
and start planning

For Summer 2015

Please contact

Gloria J Hill

360-229-6324

loonymoms@hotmail.com

Tribal Police Drug Tip Hotline

360-462-7104

Leave anonymous messages on this newly reactivated, regularly monitored message line direct to the Squaxin Island Police. You will be asked to leave a message on this non-emergency line and not be required to speak with anyone, but please leave as many important details as possible to help law enforcement pursue tips: the who, what, when, where of your tip are really important, especially with as much up-to-date, factual information as possible. If there is an emergency or you need immediate assistance, call 9-1-1.



Is Your Child...

READY!

for Kindergarten



Prepare your child for success in school!
These classes will show you how.

WHO: Parents and caregivers of children aged
3 to 5 yrs. living in the Shelton School District

HOW: Register online at: www.readyforkindergarten.org/southsoundrf. Or sign up today by calling 360 790-8913.

WHEN: Class size is limited—Sign up now!
(Choose age level classes below)

Thursdays: Feb 19, Mar 19, Apr 30 (for parents of 3-4yr olds)

Thursdays: Feb 26, Apr 2, May 7 (for parents of 4-5yr olds)

Thursdays: Feb 26, Apr 2, May 7 (for parents of 4-5yr olds -
this class taught in SPANISH)

Classes held at Olympic Middle School Commons or Evergreen
Elementary School Library

6:00pm – Orientation for families new to READY!

6:30-8:00 – Age Level Classes



Be **READY!** when the bus comes the first day of school!

www.ReadyForKindergarten.org

Center News

February 2015

(360) 426-1390

Kindergarten...

It's that time of year! If your child is of age to enter kindergarten this coming Fall, now is a good time to start preparing them and you. The preschool teachers are here to answer any of your questions and let you know where your child is developmentally.

The center is also linked with Ready For Kindergarten workshop. These classes will help you understand what to expect and how to prepare yourself and your child for kindergarten. For more information look for the flyers around the center or go to:

www.ReadyForKindergarten.org

Importance of Outside Play!

It is our center policy to play outside daily. This includes our infant and toddler children. Playing outside brings endless health benefits to children. Not only are there endless possibilities to explore in a rich sensory environment, it promotes mental and physical health. Children who play outside daily are healthier and happier.

Please help us get the children outside while keeping them comfortable by providing extra clothes and dressing for the weather. It is important that the children have warm clothes and appropriate shoes so they enjoy their outside experiences.

"There is no bad weather, only bad clothes."
Thelma Harms co-author of The Environment Rating Scales.

Reminder

Dear Families,

It's flu season! Please be sure to encourage your children to use proper hand washing techniques, and to catch all sneezes/coughs in their elbows. Also if your child shows any signs of illness keep them home.

Center Events

- Timberland Library story time February 17th @ 10 am
- Closed March 27th for staff in-service day

Our Mission

To provide a nurturing, challenging environment that encourages and enhances each child's on-going learning and development through play.



This Month: Mandellas & Seahawk Earrings



Taught by Vicky Engle



Taught by Patricia Green

Building Strong Families Through Culture

When: October 1, 2014-September 30, 2015

Where: Community
Kitchen

When: Wednesday

Time: 3:00 –5:00 PM

Focus is on the formation
and maintenance of
two-parent families and
prevention of out-of-
wedlock pregnancies.

Sponsored by SPIPA-TANF.



SA-HEH-WAMISH DAYS

Sa-Heh-Wamish Days February 21 & 22

At Little Creek Casino Event Center

The vendor coordinator is:

Laricia 253-439-7829

laricia@hotmail.com

We're expecting a much bigger gathering this year!

Please stop by and support the Squaxin Island
Museum booth, we'll be doing our raffle which
benefits the Museum activities, and special events.
LIKE us on Facebook or visit the Squaxin Island
Museum website

Little Creek Casino will be posting more information
about the Sa-Heh-Wamish Days soon!



Squaxin Island Elder (80 years old) hand crafts these Sweet grass-twined linen baskets

Herb Johns was one of the few who were born on Squaxin Island during the time of "The Changer," a time when many of our traditional/cultural activities, such as basketry, language, dance, and art were stripped away. As a child he learned how to make the bottoms of coil baskets for his grandmother. As our tribe grew stronger by relearning our cultural ways, he became very interested in basketry; cedar bark, coil with cattail and raffia. About a year ago he was introduced to the sweet grass basket which he's been focused on ever since!

As you hold one of his baskets, you can feel all the life, laughter and love that went into each stitch.



Free Snow shoe walks at Mt. Rainier

Park rangers give guided snowshoe walks on weekends from late December through March. Walks leave from the Henry M. Jackson Memorial Visitor Center in Paradise.

Guided snowshoe walks are offered Saturday, Sunday, and holidays from December 24, 2014 through March 29, 2015. Walks leave from the Jackson Visitor Center at Paradise at 11:00 a.m. and 1:30 p.m. on a first-come basis. Sign up at the Henry M Jackson Visitors Center information desk at Paradise beginning one hour before the start time.

Snowshoe walks cover approximately 1.5 miles and last up to 2 hours. Snowshoes are provided, or visitors may use their own. A donation of \$4 per person is asked to help defray the cost of snowshoe maintenance. Snowshoeing is a moderately strenuous activity, and participants must be at least 8 years old. Wear sturdy boots, dress in layers, and have a hat, gloves, suitable boots, sunglasses and sunscreen.

For more information, please check at the visitor center or in the Tahoma News, the park newspaper, or call 360-569-6575 for additional information.



HPV

Submitted by: Traci Lopeman,
Women's Wellness Outreach Specialist

(Information obtained from Center for Disease Control (CDC) and Prevention)

HPV information and vaccines are available at your tribal clinic. As parents, you do everything you can to protect your children's health for now and for the future. Today, there is a strong weapon to prevent several types of cancer in our kids: the HPV vaccine.

HPV is short for the Human Papillomavirus, a common virus. In the United States each year, there are about 17,500 women and 9,300 men affected by HPV-related cancers. Many of these cancers could be prevented with vaccination.

HPV vaccines are given as a series of three shots over six (6) months to protect against HPV infection and the health problems that the HPV infection can cause. Two vaccines (Cervarix and Gardasil) protect against cervical cancers in women. One vaccine (Gardasil) also protects against genital warts and cancers of the anus, vagina, and vulva. Both vaccines are available for females. Only Gardasil is available for males.

HPV vaccines offer the best protection to girls and boys who receive all three vaccine doses and have time to develop and immune response before being sexually active with another person. That's why HPV vaccination is recommended for preteen girls and boys at age 11 or 12 years.

In addition to girls and boys aged 11 to 12 years, HPV vaccines are also recommended for teen boys and girls who did not get the vaccine when they were younger, teen girls and young women through age 26, as well as teen boys and young men through age 21.

The vaccine is also recommended for gay and bisexual men (or any man who has sex with a man). It is also recommended for men and women with compromised immune systems (including people living with HIV/Aids) through age 26, if they did not get fully vaccinated when they were younger.

HPV vaccines were studied in tens of thousands of people around the world. More than 57,000 doses have been distributed to date, and there have been no serious safety concerns. Vaccine safety continues to be monitored by CDC and the Food and Drug Administration (FDA). These studies continue to show that HPV vaccines are safe.

role model



Who is your child's most important teacher?
It's you, his parent! Your child learns healthy habits by watching you and others.
What you do matters more than what you say!

what's your parenting style?

Are you **strict and demand that all foods be eaten?** Are you **very relaxed, often forget to make meals and grab food whenever you're hungry?**
It's best to not be too strict or too relaxed. Find a balance...



Offer food in a positive and loving way, with some limits and meal rules. **Your child is more likely to be a fussy eater if you force, bribe or beg him to eat.** He is more likely to overeat if you try to control or limit how much he eats.

grazing instead of eating meals?

Grabbing food and eating all day long instead of 3 meals a day is not a good idea. You and your children are more likely to overeat, choose high sugar and high fat foods (chips, soda, sweets), and miss the bonding of family meals.

children thrive on routines.

Life is easier when your child knows what to expect:

- There are planned meals at about the same time each day.
- A variety of healthy foods are given at meals and snacks.



If your child says he is hungry and it's not a meal or snack time - be flexible and offer a small healthy snack such as a banana, whole grain breakfast cereal or crackers.

all of the family

Talk with everyone in your home. Agree to have some healthy routines such as everyone eating one meal each day together.

simple meal rules:

Here are some ideas that other families have used...

- Plan to have 3 meals at about the same times each day.
- Sit together at the table or counter.
- Eat meals and snacks in the kitchen.
- Stay at the table during the meal, even if you are not eating.
- Turn off the television and phones.
- Cook the same foods for everyone... no short order cooking.
- Try different foods and recipes with your child.



cook together

Let your child help in the kitchen - stir salads, rinse fruits or veggies, spread peanut butter or hummus on crackers, pour water in glasses.

eat together

Your child is watching and learning how to eat...

- Serve normal size or small servings for yourself and your child.
- Eat slowly and enjoy food.
- Don't talk about how much or how little you and your child are eating. Let your child decide how much he will eat.
- Be positive. Don't talk about what foods you or someone else doesn't like.



be flexible...

- **There will be days when meals can't be served at their usual times. That's okay!**
- Let your child see how you adjust - maybe have an earlier or later meal, a larger snack or pack some food when away from the house.

Your children learn by watching you. They really do!

healthy habits

begin at home™

This card provides general nutrition information; medical advice should be obtained from your health care provider. MP626



Clinic Events

Mammogram Clinic

February 24th
Contact Traci Lopeman
360-432-3930

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building
After Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

We have exercise videos
in the building across
from clinic
Work out alone, with us
or schedule a time for a group

Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
Native American and over 18

Contact Melissa Grant (360)432-3926

Patty Suskin (360)432-3929



Happy Valentine's Day



This is personal.

Let my heartbreak be your wake-up call.
My mother was the cornerstone of our family.
She died of colon cancer when she was only 56.

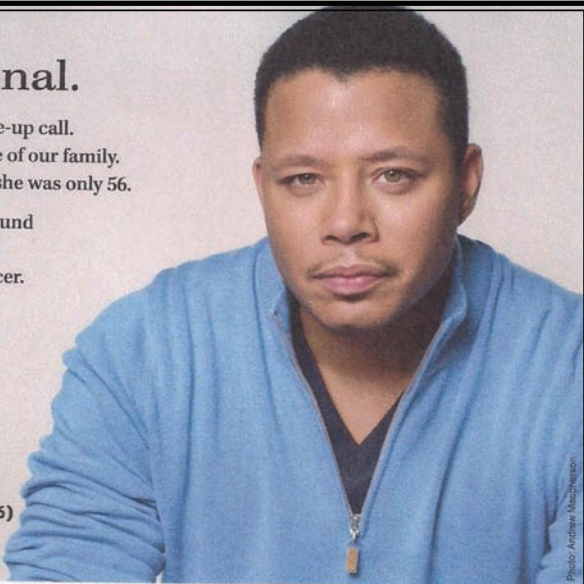
Please do all you can to stay around
for yourself and for your family.
Get screened for colorectal cancer.

Screening saves lives.

Terrence Howard, actor/musician



1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/screenforlife



Colorectal Cancer is the second
leading cancer killer in the U.S.,
but it is largely preventable.

Screening can find precancerous polyps so they
can be removed before they turn into cancer.

If you're 50 or older, get screened for
colorectal cancer.

Screening saves lives.



Please contact Lindy Parker LPN
at Squaxin Island Health Clinic to
talk about scheduling a colon cancer
screening.
For more information
call Lindy at 360-432-3933.
You may qualify for a free gas
voucher worth \$25.00.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention



National Colorectal Cancer
RESEARCH ALLIANCE
Entertainment Industry Foundation Program






Its easier than ever to qualify for the USDA Food Program

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency Food Distribution Program. There are more frozen meats and in season fruits and produce being offered now than ever before. The food is also much lower in fat and sodium than what was offered in prior years. Below is a partial list of what is available.

Whole Kernel Corn	Mixed Vegetables	Green Beans
Sliced Potatoes Carrots	1% Milk	Dry Milk
Spaghetti & Tomato Sauce	Fresh Carrots	Onions
Blocked & Sliced Cheese	Celery	Egg Noodles
Macaroni & Cheese	Rice	Spaghetti Noodles
AP & Wheat Flour	Cornmeal	Red & Russet Potatoes
Broccoli	Applesauce	Apricots
Peaches	Pears	Raisins
Fresh Apples	Grapefruits	Oranges
Grapes	Fruit Juices	Canned Beans
Whole Chicken	Canned Chicken	Ground Beef
Roast Beef	Chicken Breasts	Pork Chops
Peanut Butter	Bakery Mix	Butter
Vegetable Oil	Refried Beans	Dry Beans
Beef Stew	A Variety Of Soups	Crackers
A Variety of Breakfast Cereals	Peanut Butter	

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island, or Port Gamble S'Klallam Tribes you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify. Please call the SPIPA Food Distribution Warehouse at 360-438-4216 Monday through Friday between the hours of 8:00 a.m. till 4:00 p.m. and one of our staff will be happy to assist you in applying for this program.



WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.
Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Tuesday, February 10th is WIC DAY at SPIPA

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or Patty Suskin 360 462-3224

Checking Your Blood Pressure Regularly Can Help You Improve Your Health

About 1 out of 3 Native Americans has high blood pressure. High blood pressure raises the risk for heart attack, stroke, eye problems, and kidney problems. Having your blood pressure checked regularly and taking steps to reach your blood pressure target can improve your health.

What is blood pressure?

Blood pressure is the force of blood against your artery walls. High blood pressure is when your blood pressure is higher than your target.

Are you at risk?

Anyone, including children, can develop high blood pressure. There are some risks that you cannot change, such as your age. But you can work to reduce your risk by:

- Not smoking or chewing tobacco.
- Eating a healthy diet.
- Maintaining a healthy weight.
- Being physically active.
- Reducing your stress by using positive coping skills or having support.

What are the signs and symptoms?

High blood pressure usually has no warning signs or symptoms. Many people don't know they have it. That's why it's important to have your blood pressure checked often.

How is high blood pressure diagnosed?

Your health care provider measures your blood pressure by wrapping your arm with a cuff, then inflating it. Air is slowly released from the cuff. A gauge measures the pressure in the blood vessels when the heart beats (systolic) and when it rests (diastolic).

How can high blood pressure be controlled?

Here are some things you can do to control high blood pressure:

- Don't smoke or chew tobacco.
- Take your blood pressure medications.
- Get blood pressure checked often.
- Reduce salty foods.
- Lose weight.
- Be physically active.
- Avoid alcohol.



Produced by IHS Division of Diabetes Treatment and Prevention,
www.diabetes.ihs.gov



Dale R. Croes, Ph.D.
President, Pacific Northwest Archaeological Services
Adjunct Faculty, Department of Anthropology, Washington State University

With help from Andrea Wilbur-Sigo, I recently gave a talk at the Washington Capital Museum in Olympia entitled *The Evolution of Northwest Coast Art in our Salish Sea*. His talk was based on a recent introduction he did for Susan Point's new book on her limited edition prints, with input by Andrea (reprinted below). Susan is a close friend and colleague of Andrea and Steve; she is a Coast Salish Master Artist, from Musqueam, Vancouver, B.C., Canada. If you would like the book, check with the Squaxin Museum Library and Research Center gift shop. Ralph Munro, owner of the Qwu?gwes property, and author Ruth Kirk attended presentation.



Andrea Wilbur-Sigo explaining components and composition of Coast Salish art during a talk by Dale Croes at the State Capital Museum, Olympia.

Showing the Wealth on Paper, Echoing the Archaeological Past

Jeff Cannell, Susan Point's husband, contacted me a number of years back and asked me if I could show the couple a waterlogged archeological site we were excavating with the Squaxin Island Tribe. The site, in Puget Sound, Washington, is known as Qwu?gwes, a Lushootseed Salish name meaning *a place to come together*, a reference to the fact that archaeological scientists and indigenous cultural experts were working in partnership on it. It had been excavated in this collaborative fashion for eleven summers. I was a big fan of Susan's work and was thrilled to be asked; I was also amazed when she told me later that it was the first archaeological site she had ever visited.

As an archaeologist I was just as surprised to be asked to help introduce *Susan Point: Works on Paper*. All my 40-plus-year career I have specialized in waterlogged or wet sites, which preserve wood and fiber artifacts excellently—typically up to 90 percent of the artifacts and material culture of ancient Northwest Coast peoples come from such sites. As in the title of one of her prints, *Echoing the Past*, Susan possibly felt that

my exposure to the wealth of this ancient cultural art tradition might help describe some of her efforts to transmit it into our future.

Many of Susan's prints show this rich wood and fiber material culture. *Sacred Weave*, rich in symbolism, reflects the beauty of woven basketry thousands of years old, recovered from Northwest Coast wet archaeological sites. Musqueam Northeast, a three-thousand-year-old wet site in Susan's own cultural territory on the Fraser River, revealed more than 125 examples of carefully woven basketry items—including pack baskets, 33 constructed with the checker weave shown in Susan's print. Also recovered were cedar bark string gill nets and three-strand twisted cedar bough ropes. The ropes were probably used as harpoon lines for hunting seals attracted to salmon caught in the ancient gill net. The cordage was twisted in a Z direction, just like Susan's *Salmon Cedar Rope—State I* print here (which I proudly own). These are just a few examples of Susan *Echoing* [her Musqueam cultural] *Past* into the present and future.



Salmon Cedar Rope—State 1
2004



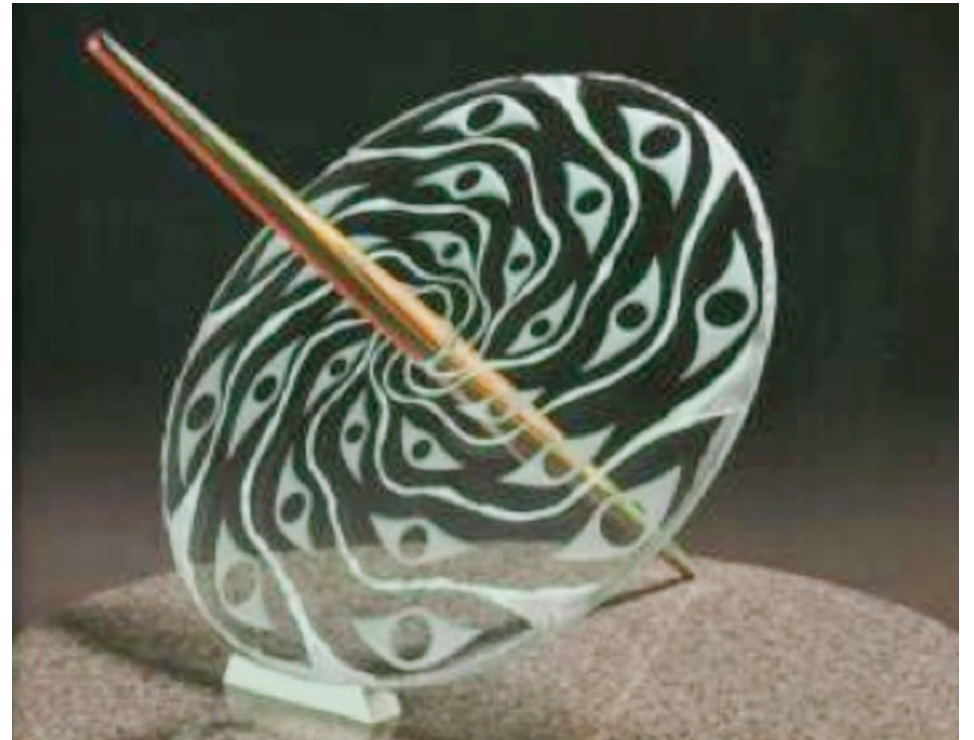
The Salish Implement, Sculpture Series I nicely shows two important items we see for millennium in the archaeological past—an ornate comb and mat creaser, the latter used in making sewn tule/cattail mats. As we know from the ancient Ozette wet site, a village on the Olympic Peninsula where entire houses were encased and preserved under a massive clay mudslide three hundred years ago, many utilitarian wooden items were beautifully sculpted as a matter of course.

Over fifty carved combs, mostly wooden, were found in the ancient Ozette houses. These were typically worn as necklaces by Salish women, who would (and still do) use them both as hair combs and as scratchers. Touching one's skin is/was considered improper (low class), so a comb serves/served that purpose. The Ozette examples, as in Susan's print, often had elaborately carved figures on the handles and comb teeth either on one or both ends. One had separately carved teeth bound together in a fan; it may have been used for grooming wool dogs or for carding wool to create the roving used in yarn production.



The oldest known wooden comb, discovered in a three-thousand-year-old wet site on the Hoko River in Washington state, has 13 intricately carved wood teeth twined together at one end. Also found at the Hoko wet site, at the western end of the Strait of Juan de Fuca, was a beautifully sculpted wooden mat creaser, with two beak-to-beak belted kingfishers forming the handle. Susan's print *The Salish Implement, Sculpture Series I* shows another water animal, a duck with the handle hole cut through its wing. The beak-to-beak kingfishers on the ancient creaser were of opposite genders, one with belt ruffles on its neck (female) and one without (male). Not only is the Hoko wet site mat creaser one of the oldest wooden sculptural art pieces ever found, being made and used at the time King Tut (Tutankhamen) ruled upper Egypt, but it was also painted, with the eyes and the head tufts of the kingfishers painted in black.

One of the most important Central Northwest Coast—Coast Salish and Makah—"machines" was undoubtedly the elaborately carved wooden spindle whorl, which generated most of the people's wealth or "currency"—the blankets. In the excavated Ozette plank houses, 23 were found, averaging an amazing nine spinners per household. Some were still on their wooden shaft, which had a slight knob on one end to hold in one's palm and spin the loose roving of wool into tight spun yarn. The side facing the spinner or weaver was carved with an ornate design that she viewed as she made the yarn. Of the more than 160 of Susan Point prints in this volume, about 70—almost half—are based on this critical implement, the tool that produced the wealth, the yarn to weave the blankets—the Western equivalent of currency.



Susan Point's glass spindle whorl Looking Forward (2000) inspired by the 1,200 year old stone spinner found up the Fraser River (below)



Susan Point's print Ancestral Vision (1994) depicting an 1,200 year old stone spindle whorl from up the Fraser River (right)



1,200 year old stone spindle whorl found at the Milliken archaeological site up the Fraser Canyon above Yale, B.C., Canada



ART, CULTURE & HISTORY



Since ancient and contemporary Central Northwest Coast peoples emphasize carved art in implements for making blankets, as Susan Point does here in spindle whorl forms in her print work (and elsewhere in her monumental sculptural work), this focus on blanket production equipment, past, present and future, needs to be explored. Archaeologists see spindle whorls, usually of bone or stone in dry sites and sometimes elaborately carved, in sites going back at least a thousand years, giving us some idea when the Central Northwest Coast spinning industry may have begun. The sites with ancient spinners from this time period are concentrated in what is now called the Salish Sea, in archaeological sites of the southern Kwakwaka'wakw, Coast Salish in the Gulf, straits, and Puget Sound, and Makah/southern Nuuchahnulth on the west end of the Strait of Juan de Fuca (also suggesting a cultural time

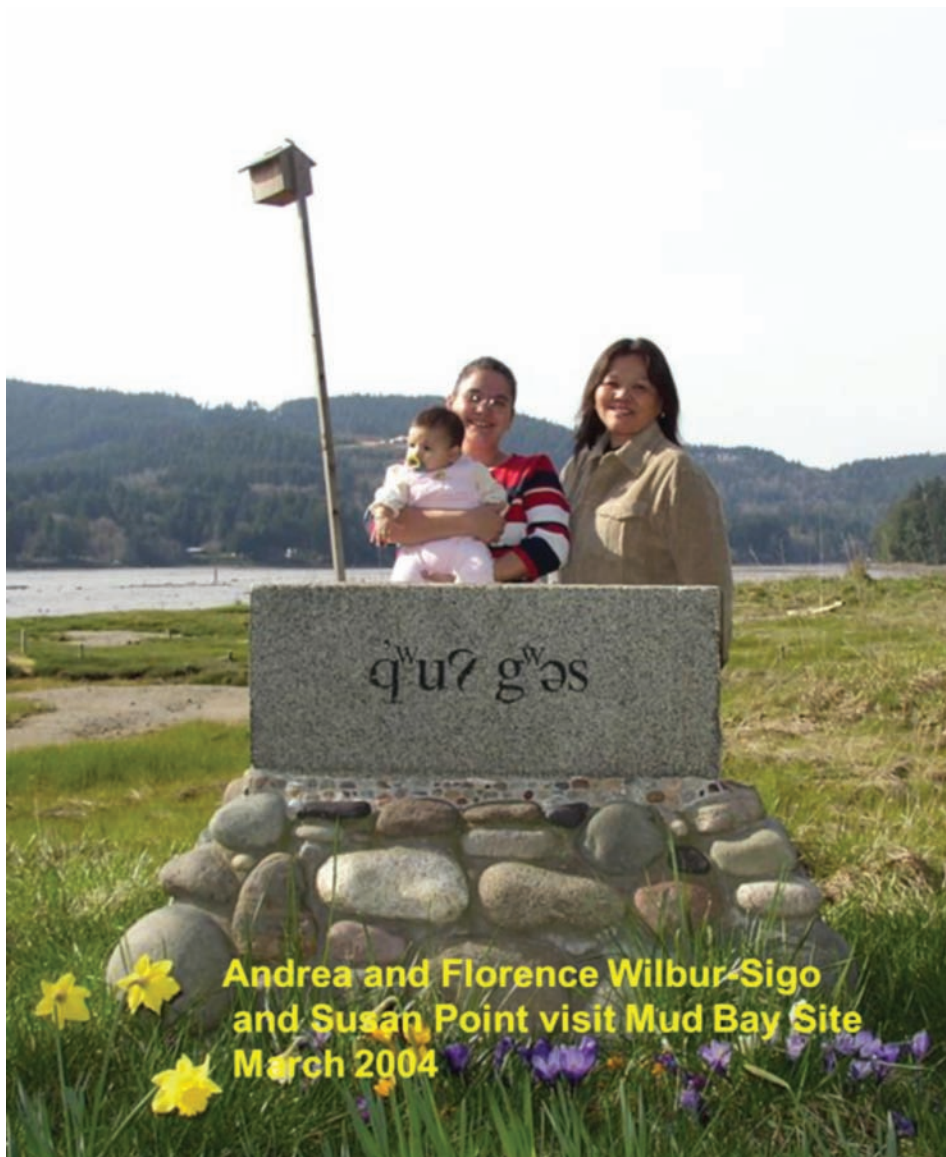
west Coast. Along with the ancient and contemporary Central Northwest Coast spinners, the region developed true double-bar looms (the northern Tlingit {Chilkat} and Haida use single-bar hanging looms woven like baskets), weaver swords/batons, yarn spools and a domesticated source for yarn to make the wealth—wool dogs. Through husbandry and intentional breeding practices developed in the past millennium, a wool or hair dog was domesticated as a controlled source for the production of blanket yarn. Archaeological examples of these dogs (distinct from village dogs) are well documented and they were often reported by early Western explorers in the Makah and Coast Salish territories. In the entire American continent only two Native peoples domesticated an animal for its hair for spinning wool to make their textiles: the ancient Peruvians (Inca) bred alpaca from llamas and the ancient Salish Sea peoples bred wool dogs from the common dog to establish control over the production of the yarn they needed for blanket weaving. The Northern Northwest Coast people collected mountain goat wool, but on the Central Northwest Coast, where mountain goats are not native to the Olympic Peninsula and possibly Vancouver Island, the Salish Sea people domesticated and used active husbandry to control this critical aspect of their yarn production.

Wayne Suttles, an anthropologist who specialized in Central Northwest Coast traditions, notes in *Coast Salish Art* that objects made by men and used by men were “usually undecorated or decorated sparsely.” In contrast, “implements made by men but used by women, such as mat creasers, spindle whorls, swords for beating wool, the posts of weaving frames (‘looms’), etc. were often, though not always, decorated with carving and/or painting.” He then wondered, “why should they use what appears to be the most structured style on one article, the spindle whorl?” (emphasis mine). We could ask the same question here: why are half of Susan’s prints focused on the wool spinners? Suttles and I have the same suggestion—“the answers lie in the use to which these implements were put, producing that other, essential source of power and prestige—wealth” (emphasis mine). And visible wealth—blankets one could produce—has been a primary medium of exchange along the Northwest Coast, from archaeological evidence of whorls, for at least a thousand years.

The Ozette village wet site again demonstrates the emphasis on wealth production in ancient households. Besides the 23 elaborately carved wooden spindle whorls, six wooden yarn spools, some with sculpted human heads on end knobs, were found. Fourteen decorated and slotted wooden loom uprights and loom roller bars were also uncovered, meaning that an average of three true looms were found per household—again emphasizing the industry of blanket weaving on complex shuttle looms, and not hanging looms as seen to the north. Ten wooden weavers’ swords/batons, possibly used as shuttle sticks, were also recorded, some with wolf-like carvings on their handles .

Since soft organic materials such as hair, wool, hide, flesh and sinew do not normally preserve in wet sites, only one example of a multi-layer folded ancient blanket was found at Ozette, probably because it was in a concentrated pile and in a crushed wooden box . This blanket was woven in the true-loom plaited twill weave with mostly white (likely dog) wool with dark elements added to create a distinct plaid design .

Having conducted decades of archaeological work on the Northwest Coast, notably with the well-preserved wood and fiber artifacts from ancient wet sites, I have proposed that the cultural economies and arts seem to have evolved first in the Central Northwest Coast and then influenced the cultural directions of the arts and economies in the Northern (and possibly Southern) Northwest Coast. The archaeological evidence shows that some of the subsistence equipment, including ancient wooden



Andrea and Florence Wilbur-Sigo
and Susan Point visit Mud Bay Site
March 2004

dimension for this inland sea, characterized as a single functioning estuarine ecosystem). Interestingly, the Nuuchahnulth archaeological sites north of the mouth of the Strait of Juan de Fuca do not have spindle whorls in their ancient or contemporary communities, meaning this blanket weaving complex was limited to Salish Sea traditions over at least the past millennium.

To better understand Susan’s 70 spindle whorl-based print designs, we should see how they fit into the complex blanket-weaving industry developed along the North-



ART, CULTURE & HISTORY



fishhooks types, and art forms developed earliest in the Central Northwest Coast sites, around two thousand years ago in what is known as the Marpole Phase. With time this technology appears to have diffused from the Central to the Northern Northwest Coast, where it blended into the development and use of these cultural techniques and styles in later periods, including into the contact period. In a sense this is proposing that some of the evolving technologies and art styles of the Northern Northwest Coast reflect a diffusion or “spin-off” of cultural ideas developed at least two millennia earlier amongst the Central Northwest Coast populations.

For the arts, this would seem counter to the general anthropological perspective that the “center for the development of Northwest Coast Indian art” was the Northern Northwest Coast. Squaxin Island Tribe master artist Andrea Wilbur-Sigo, a close associate and student of Susan Point, showed me how easy it was to transform Northern art elements into Coast Salish art elements, which may in turn have been a transformation from ancient Central Coast styles: the ovoids become circles, the U-forms become crescents and the split-Us become trigons. In a sense she sees how part of this earlier cultural style shift could have taken place—simply evolving in a different direction on the Central Coast using the core elements developed earlier. This transition does not show a lessening of complexity in design, but rather a shift in focus by connecting the art to song, dance, vision and religion in a new trajectory for the Central Coast arts. Suttles states it well in *Coast Salish Art*: it “may have been the result of shifts in importance, back and forth, between the power of the vision and the power of the ritual word or shifts in the concentrations of wealth and authority” —a dynamic part of Central Northwest Coast cultures today.



**Salish Implement:
Sculpture Series I**
1988

Combs

Susan Point takes her Salish cultural training, including echoes from the ancient past, and transmits the crucial elements into the future through her visions. This is a Salish tradition that has always influenced cultures around it, especially those to the north, but now also a Western culture residing in the nation’s traditional Salish Sea territories. This transmission moves the culture forward into new generations of Salish youth and continues to educate outside cultures about the considerable wealth of the Coast Salish. A focus on the spindle whorl reflects the making of Salish wealth—blankets—in spinning yarn from indigenous domesticated wool dogs, weaving on true looms and using ornate weavers’ swords/batons. Explaining the actual meaning of the spindle whorl designs is best done by cultural experts, such as by Susan Point in her discussions of her work here. Her work enriches our world community, becomes part of the world’s wealth, and is now compiled on paper here....



One of Andrea Wilbur-Sigo’s prints, Creation, based on the spindle whorl form.



Happy Birthday

1 Winter Raven Perez Camden Bear Adams-Lewis Harry James Johns Jr.	6 Stephanie Jeanne James	11 Aleí Leslie- Renea Henderson Hunter Merriman Shaelynn Dawn Peterson	17 Clayton Mc Loud Bethea Derrick Ray Wily Micheal Scott Kenyon Antone Hidalgo-Hawks Raul Cristian Avalos Sophia Lynne Martin	21 Steven Ray Peters Jordan D. Sweitzer Kristopher Klabsch Peters Timothy Lee Linn Margaret Mary Witcraft Annie Martha Ruddell
3 Donald John Briggs Mistifawn Andi Martinez	7 John Edward Tobin Ruth Ann Lopeman Sebastian R. Rivera Michael James Mosier	12 Emilio Hernandez Capoeman Che-Vonne J. Obi Russ M. Addison	18 Steven Mitchell Peters Kimberli Anne Burrow-Elam Haley Nicole Peters	22 Kimberly Ann Swiger Grace Marie Pughe
4 Ronald Leroy Dailey Kalea A. Johns Lydia Anna Trinidad Larry J. Bradley, Jr. Isaiah Lewis Rees James Arnold Cooper Lareciana M Broussard-James	8 Barbara Lynn Knudsen Fawn Patricia Ann Tadios Justin Scott Lopeman-Dobson Apisai Taule'ale'a Moliga Jr.	13 Addison Maralee Henry Ramona Lee Mosier Eugene R. Cooper	19 Katalina M. Lewis Robert Whitener, Jr. Rachel Fame Ford Benjamin Q. Parker	23 Marvin Dale Newell, Jr. Joshua Darryl Melton Barbara Ann Henry Lydia Cecile Parrott
5 Anthony Andrew Pinon John Clayton Briggs Shannon R Cooper Dylan Lee Suarez	9 Stefanie D. Kenyon Michael Sheldon Henderson	14 Michael J. Furtado	20 Cheryl Louise Sept	24 Delwin Charles Johns
	10 Crisaleena Nevaeh- Marie Rees Aries Mae Blueback	15 Sean Daniel Jones Alicia Nicole Boyette Sonja Mae Clementson		25 Zachariah Ashton Mirka Miriam R. Whitener Jonathon Joseph Fry
		16 Justine Susan Vandervort Jennifer Lynn Reboin Jean Deanna Henry		26 Samuel Joseph Penn Katrina Parker
				27 Juana Cherati Rose Barckley Leilani Georgia Blueback Cameron Fitzgerald Henry Alex R. Salgado
				28 Katherine Mae Ackerman
				29 Dennis Lloyd Sigo

What's Happening

AA & ALANON
Every Thursday
7:30 p.m. in the Elders Building

1	2	3	4	5	6	7
			Family Court			
8	9	10 <i>Talking Circle</i> Criminal/Civil Court	11	12 <i>Council Mtg.</i>	13	14
15	16	17 <i>Safe Streets Meeting</i>	18	19 <i>Tourette Awareness</i>	20	21 <i>Powwow</i>
22 <i>Powwow</i>	23	24 Criminal/Civil Court	25	26 <i>Council Mtg.</i>	27	28



**Happy Valentines Day
Squaxin Sweethearts!**



Hugs

Here it is: Hugging is healthy. It helps our body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome.

Hugging is practically perfect: There are no movable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting, and, of course, fully returnable.

Happy Valentines Day!



**Happy Birthday JC!
You Light Up My Life!!!
Happy Birthday!
Love,
Mom**



SQUAXIN ISLAND TRIBE

Life with Tourette syndrome

(Disabilities can't hold you back)

*A Mother and Son's Journey promoting
Tourette syndrome awareness*

Squaxin Island Tribe's Vocational Rehabilitation Program proudly invites Carla & Kenny Richards (WA/OR Tourette Syndrome Association (TSA) Youth Ambassador, Motivational Speaker) of Lakewood, WA.

When: 02/19/2015

Time: 3:30-4:30

Where: Squaxin Island Community Kitchen

What: Tourette Syndrome Awareness

Food and Beverages will be provided!

SQUAXIN ISLAND TRIBE / 10 S.E. Squaxin Lane / Shelton, WA 98584 / Phone (360) 426-9781
Fax (360) 426-6577 www.squaxinisland.org



**THE 28 DAYS OF
FEBRUARY**

**ALL
COMPLETE CARTONS
\$28.00**

**Located at the factory
Hours: M - F 9 AM - 3 PM**

MUST SHOW TRIBAL MEMBERSHIP CARD

(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

NOT INCLUDED IN MONTHLY SPECIALS

Christmas Sweater and Caroling Party at Tribal Center

Thank you, Julie Evenhuis, for organizing this fun event!

