



Council Corner

FROM TRIBAL COUNCIL

The beginning of the year is often a flurry of activity due to the legislative session. There are a variety of people working in and with our administrative and program departments who monitor the various bills going through the House and Senate. We keep a close eye on any number of issues that could directly affect the Tribe or its members or even indirectly impact us because of other governmental relationships or state matters. And with the political scene heating up across the state and nation, it's always a good time to remind you to register to vote and/or verify your voting address. The Tribe has frequently provided information and materials to encourage all tribal and community members to register and exercise their voting rights and this year may be one of the most important yet. Look for more info about how to register in future issues of the Klah-Che-Min newsletter and other mail-outs as well. Your vote is your voice – locally, regionally, and nationally.

The Winter General Body meeting was held on Saturday January 23rd at the Community Kitchen and there was a great turnout; almost 100 people attended.

Vice Chair Arnold Cooper called the meeting to order in the absence of Chairman David Lopeman. Rose Davis opened the meeting with a Shaker prayer and blessing. Arnold introduced the Council members present and asked them each to say a few words. We were very pleased at the turnout; it became standing room only. The winter meeting gives us time for discussion and to get more input from the General Body. Tribal Treasurer Vicki Kruger gave financial reports and answered questions regarding the Tribe's financial wellbeing. It was announced that Don Whitener will be retiring as the Tribal Administer in April. Tribal Council is updating the job description and the position opening will go out soon.

Some of the issues discussed were geoduck harvesting regulations and policies, the Elevation store, suggestions regarding where any profits would go, tribal preference in hiring, physical fitness needs of the community, enrollment, Elder programs and more. Four motions were made and passed that will be taken to the May General Body meeting. These were on geoduck harvesting, discussion on what it means to be Native American/Squaxin, economic opportunities at the Elevations store, and taxation.

The Youth Council was introduced and highlighted their recent activities. Officers present were Malia Henry, Kiana Henry and Josh Lopez. Tribal Council commented about their recent very positive meeting with the Youth Council. Youth, ages 12-18, meet every Tuesday at 5:00 p.m. in the education building. Lunch was prepared by Alex Cooper-Lewis with support of the youth council who also helped serve.



**Happy Valentines Day
&
Congratulations
on getting your diploma
Prom King
Rodney James Krise Jr.**



**Love Mom &
Sister**



Squaxin Island TRIBAL NEWS

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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
CHARLENE KRISE: Secretary
VICKI KRUGER: 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
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K L A H - C H E - M I N



Your **VOTE** is Your **VOICE**

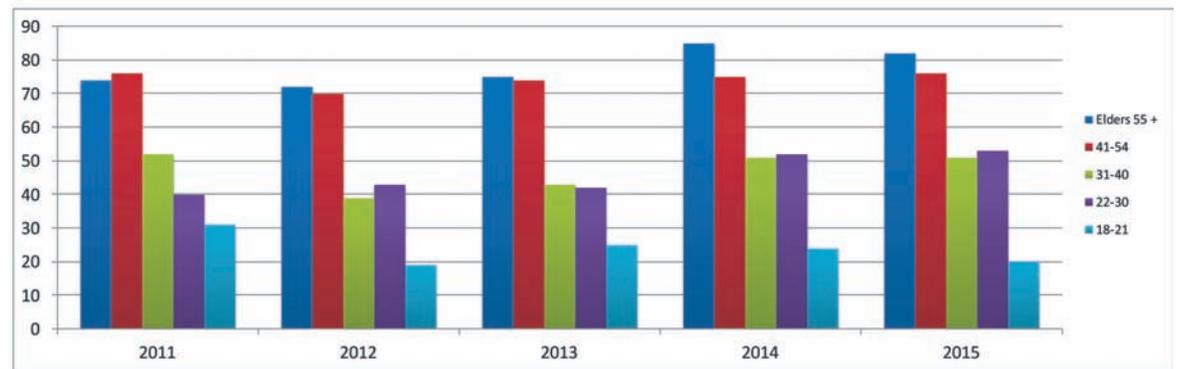


Who Turns Out to Vote?

Voter turnout is the percentage of eligible voters who cast a ballot in our election.

Who Turned Out To Vote (By Age)

Age	2011	2012	2013	2014	2015	Percent in Attendance for 2015
Elders 55 +	74	72	75	85	82	29.1%
41-54	76	70	74	75	76	27.0%
31-40	52	39	43	51	51	18.1%
22-30	40	43	42	52	53	18.8%
18-21	31	19	25	24	20	7.1%



Let's start thinking now for the elections that take place at the MAY General Body meeting!

The electronic voting system is strictly confidential. Although important data can be processed for compiling reports, names, addresses are NEVER included or accessible.

Why is it important to vote?

Play to win! Election outcomes are determined by those who participate. Elected officials make important decisions that affect our community, and they often respond more favorably to the opinions of those who vote. Voting does not guarantee that your ideas and opinions will prevail, but choosing to vote does offer you a say in our tribal democracy.

How can a young person get involved in the voting process?

Come to the annual General Body meeting in May with your photo ID. All tribal members, 18 years and older, have the right to vote. For those who wish to go beyond voting, the Elections Committee is always on the lookout for volunteers. The Executive Secretary will assist on getting you started.

How do you know who to vote for?

Attending Squaxin Island tribal candidate forums is a great way to ask questions and hear what the candidates stand for. The schedule and locations will be in the Klah-Che-Min in February, March and April.

Elections seldom provide perfect choices (officials who agree with you on all issues). The first step is to prioritize your concerns and possible solutions. For example, ask yourself, "Should we be spending more money on education or community development?" There are no "right" answers to which everyone agrees. Therefore, the informed voter must understand all candidates' positions on issues important to him/her in order to make the best decision/vote. Informed voters also look at personal characteristics of candidates to help determine how they will perform in office. Are they hardworking? Honest? Moral? Skillful? We are entrusting them with decisions that affect our futures.

Sorting out information about candidates from their speeches, campaign ads, and web sites can be a challenge for tribal members in a democracy. Candidates have often served in previous positions, making it possible to assess their policy preferences and capabilities. Talking with friends and relatives about politics helps define one's own outlooks and understand the available options.



8th Annual Salish Sea Plunge

Joe Peters - Happy New Year! At approximately 11:05 a.m. on January 1st, 2016, 27 Salish Sea swimmers took the plunge into the balmy 38 F degree waters of Pickering Passage. Air temp was 30 F degrees with a slight breeze. Roughly twenty spectators/supporters watched from the shore taking pictures and holding towels. This year we received a number of generous donations for the Squaxin Community Food Bank. Thank you all who donated!



More photos on Page 6

Changes to the Shellfish Harvester program:

Groups:

Harvesters have been moved to separate groups. This allows Natural Resources to target smaller pockets of shellfish for group harvests

Group A – contains half of the harvesters from old ABC group.

Group B – contains half of the harvesters from old ABC group.

Group C – contains half of the harvesters from old DEF group.

Group D – contains half of the harvesters from old DEF group.



To maintain your spot on one of the new groups, you will need to purchase a current shellfish license and maintain a current licenses to be eligible to harvest.

The current shellfish license period is November 2015 – April 2016. Seniors on the list have no shellfish license fee, and all the other harvesters have to purchase a license for \$50 at the cashier cage at the Tribal Center.

You must purchase your current license for \$50 by February 10th to maintain you spot (Per caps are issued on Feb 4th, so there will be no grace on this date). There is no guarantee that the same group will be open for additional harvesters later, as we are trying to keep the groups at about the same amount of harvest for each opening.

All harvesters that have not purchased a current Shellfish license for the period of November 2015 through April 2016 will be removed on February 10th.

Harvesters with designated diggers:

The designated digger will no longer be paid for the assisted portion of shellfish on the beach. A check will be available the following day at Island Enterprises, Inc. for the assisted senior or assisted medical harvester. If the assisted harvester cannot pick up the check, it will be mailed to them.

The designated harvester will be required to sell all assisted shellfish to Salish Seafoods. The designated harvester is not required to sell their own shellfish to Salish if there is another buyer on the beach.

List harvests:

List digs will be rotated through the 4 new groups, with standbys from the same group.

When a list dig becomes available, the names will be selected from the names on the current list of harvesters on the selected group, and potential standby diggers will only be allowed from the same group.



NATURAL RESOURCES



New A Group

- 1 Ackerman, Cathy
- 2 Ackerman, Isaac
- 3 Ackerman, John
- 4 Ackerman, Samantha
- 5 Ackerman, Tasheena
- 6 Algea, Lorane
- 7 Baker, Donna
- 8 Berumen, Ginny May
- 9 Berumen, Virginia
- 10 Brown, Casey
- 11 Capoeman, Elena
- 12 Case, Lawton
- 13 Case, Loretta
- 14 Clark, Buck
- 15 Coley, Kestle
- 16 Coley, Kira
- 17 Cooper, Alan
- 18 Cooper, Arnold
- 19 Cooper, Gene
- 20 Cooper, Nick
- 21 Cooper, Nicole
- 22 Davis, Rose
- 23 Evans, Linda
- 24 Fox, Esther
- 25 Gonzale, Jacey
- 26 Gott, Colton
- 27 Green, Morningstar
- 28 Henry, Anniebeth
- 29 Henry, Cameron
- 30 Henry, Grant, Melissa
- 31 Henry, Marvin Sr.
- 32 Henry, Marvin, Jr
- 33 Henry, Susan
- 34 Henry, Vincent Jr
- 35 Henry, Willow
- 36 Heredia, Elizabeth
- 37 Ho, Nikki
- 38 Johns, Dave
- 39 Johns, Del Jr
- 40 Johns, Del Sr
- 41 Johns, Doug
- 42 Johns, Harry
- 43 Johns, Isaac
- 44 Johns, Jennifer
- 45 Johns, Jeremiah
- 46 Johns, Justin
- 47 Johns, Latoya
- 48 Johns, Marcus
- 49 Johns, Margaret
- 50 Johns, Patrick
- 51 Johns, Tyler
- 52 Johns, Wilson
- 53 Krise, John Sr
- 54 Lewis, Bear
- 55 Lewis, David Jr
- 56 Lewis, Toby
- 57 Lopeman, Ruth
- 58 Sanchez, Levi
- 59 Sanchez, Tasheena
- 60 Sanchez, Vernon
- 61 Sanders, Victoria
- 62 Trinidad, Lydia
- 63 Whitener, Davey

New B Group

- 1 Blueback, Brandon
- 2 Blueback, Jeffrey
- 3 Blueback, Rose
- 4 Blueback, Seirra
- 5 Blueback, Thomas, III
- 6 Blueback, Tom, Jr
- 7 Blueback, Trisha
- 8 Davis, Theresa
- 9 Foster, Doyle
- 10 Foster, Rhonda
- 11 Gamber, Kahsai
- 12 Gamber, Lorane
- 13 Henry, Leo
- 14 Henry, Sharleina
- 15 Heredia, Elizabeth
- 16 Koshiway, Robert
- 17 Krise, Rodney
- 18 Krise, Rose
- 19 Kuntz, Daniel
- 20 Kuntz, Liz
- 21 Kuntz, Mary
- 22 Lopeman, Angie
- 23 Lopeman, Bill
- 24 Lopeman, Christina
- 25 Lopeman, Ruth
- 26 Lopeman-Fry, Jerad
- 27 Lopeman-Fry, Jon
- 28 McFarlane, Brittany
- 29 McFarlane, Jaimie
- 30 McFarlane, Larry
- 31 McFarlane, Shawnell
- 32 Mosier, Ramona
- 33 Nelson, Dorothy
- 34 Penn, Candace
- 35 Penn, Sam
- 36 Pleines, Rusty
- 37 Quilt, Lucille
- 38 Rivera, Alexandria
- 39 Rivera, Tony
- 40 Rosander, Celia
- 41 Saenz-Garcia, Bianca
- 42 Saenz-Garcia, Justin
- 43 Saenz-Garcia, Miguel
- 44 Sanchez, Levi
- 45 Sanchez, Tasheena
- 46 Sanchez, Vernon
- 47 Sanders, Victoria
- 48 Selvidge, Jack
- 49 Selvidge, Ken
- 50 Seymour, Kasai
- 51 Starr, Francis
- 52 Tadios, Carol
- 53 Tadios, Fawn
- 54 Tahkeal, Kui
- 55 Thomas, Raven
- 56 Thomas, Viola
- 57 Tuller, Cathy
- 58 Ward, Sapphire
- 59 Whitener, Emily
- 60 Whitener, Euphanmie
- 61 Whitener, Patrick
- 62 Witcraft, Margaret
- 63 Witcraft, Steve

New C Group

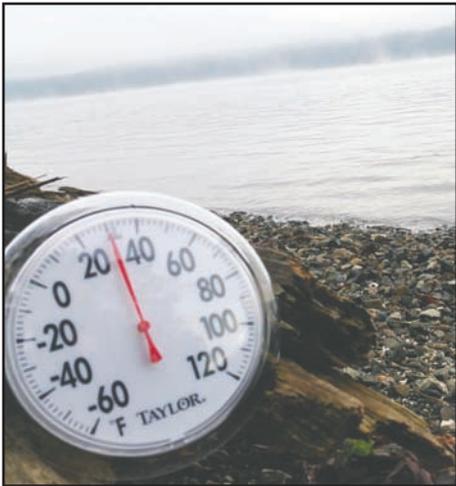
- 1 Bello, Mariano
- 2 Blueback, Kendra
- 3 Braese, Davina
- 4 Braese, Patrick
- 5 Brown, Draven
- 6 Capoeman, Clara
- 7 Capoeman, Koreena
- 8 Capoeman, Terri
- 9 Cooper, Marcella
- 10 Cooper, Mike
- 11 Cooper/Lewis, Alexandria
- 12 Cruz, Jaimie
- 13 Dahman, Kelli
- 14 Dorland, David
- 15 Ellerbe, Elroy
- 16 Farron, Robert
- 17 Farron, Tom
- 18 Farron, Virginia
- 19 Forcier, Celeste
- 20 Ford, Darren
- 21 Ford, Rebeckah
- 22 Ford, Roger
- 23 Frodert, Lisa
- 24 Furtado, Anthony
- 25 Furtado, Michael
- 26 Gamber, Natasha
- 27 Garcia, Adrian
- 28 Garcia, Violet
- 29 Green, Kenneth
- 30 Green, Tamika
- 31 Greenwood, Brandon
- 32 Greenwood, Dustin
- 33 Hall, Chris
- 34 Harper, Kevin
- 35 Harper, Rick
- 36 Harper, Russell
- 37 Hartwell, Donny
- 38 Hartwell, Dontae
- 39 Hartwell, Jericho
- 40 Hawks, Deanna
- 41 Hawks, Lenny
- 42 Henry, Beau Michael
- 43 Henry, Donovan
- 44 Henry, Malia
- 45 Henry, Steven
- 46 Henry, Tiana
- 47 Henry, Tonya
- 48 Henry, Vince Sr
- 49 Hidalgo-Hawks, Antone
- 50 Jacobs, Lila
- 51 James, Lisa
- 52 Johns, Herb
- 53 Johns, Lachell
- 54 Koenig, Jason
- 55 Kruger, Vicki
- 56 Lehman, Greg
- 57 Lopeman, Dave
- 58 Mcfadden, Marilyn
- 59 Melton, Josh
- 60 Perez, Elizabeth
- 61 Thein, Dorinda
- 62 Troxler, Molly
- 63 Valencio, Julito
- 64 Whitener, Andy
- 65 Whitener, Kassidy
- 66 York, Tiffany

New D Group

- 1 Ahrens, Sharen
- 2 Ball, Ila
- 3 Bloomfield, Alfred
- 4 Bloomfield, Doug
- 5 Blueback, Shilah
- 6 Brown, Gary
- 7 Brownfield, Sally
- 8 Cooper, Ed
- 9 Coxwell, Nora
- 10 Crenshaw, Jackie
- 11 Depo, Alan
- 12 Henry, Jean
- 13 James, Kim
- 14 James, Veronica
- 15 Krise, Casey
- 16 Krise, Charlene
- 17 Krise, Elijah
- 18 Krise, George
- 19 Krise, Lena
- 20 Krise, Mike
- 21 Krise, Paula
- 22 Krise, Redwolf
- 23 Krise, Rodney, Jr
- 24 Krise, Tyrone
- 25 LaClair, Lametta
- 26 Lorentz, Austin
- 27 Lorentz, Walter
- 28 Machado-Olivo, Lettie
- 29 Metcalf, Frank
- 30 Moore, Nancy
- 31 Mowitch, Adam
- 32 Mowitch, Nakita
- 33 Napoleon, Robert
- 34 Nelson, Matt
- 35 Obi, Alicia
- 36 Obi, Chevonne
- 37 Obi, Deb
- 38 Olson, Kim
- 39 Penn, Austin
- 40 Penn, Donna
- 41 Poste, Aleta
- 42 Poste, Kurt
- 43 Pugel, Jaunita
- 44 Riker, Cathy
- 45 Rivera, Chickie Mae
- 46 Rivera, Joseph
- 47 Sanchez, Theresa
- 48 Schaefer, Ron
- 49 Scheffenhauer, Rodney
- 50 Seymour, Tyrone
- 51 Sicade, Stella
- 52 Sigo, Steve Jr
- 53 Smith, Desmond
- 54 Smith, Jackie
- 55 Smith, Josh
- 56 Spezza, Jacob
- 57 Spezza, Kevin
- 58 Spezza, Sean
- 59 Vigil, Dakota
- 60 Vigil, Rene
- 61 West, Michael
- 62 Whitener, Mary
- 63 Wiley, Derreck
- 64 Wiley, Taylor
- 65 Wood, Donna
- 66 Yocash, Billy



SALISH SEA PLUNGE





SAFE STREETS



GYASI ROSS

FATHER - AUTHOR - SPEAKER

"Vision, commitment and charisma are found in few people. These combined with humility are rare. Gyasi has all these and he represents the best of a new generation of leaders for Indigenous and all communities."

- Winona LaDuke, environmentalist, economist, author

"In my book, you're one of the sharpest young intellectuals we have out there in the nation."

- Prof. Michael Eric Dyson, on MSNBC's The Ed Show

Gyasi Ross (Blackfeet) is an essayist and writer, poet and speaker, lawyer and activist. Through a life of service, listening and living within Native communities, Gyasi profoundly understands the needs of his people and has dedicated his life to forging change within his communities.

Part of Gyasi's mission is raising the profile of the reservation populace, often viewed with ignorance as a shadowy world, as well as instilling a sense of pride amongst the people. He has taken his message to hundreds of colleges and universities, high schools and community venues nationwide.

"My point in everything is helping my community and the various populations therein to influence the systems that affect them. My goal in life is about mentorship, about figuring out how to instruct others to fulfill their purpose and understand the sense of self-awareness and application of spirituality to everyday life. To understand that we are worthwhile: economically, politically, educationally, and spiritually. We have a lot to offer."

Ross is the author of two books, "Don't Know Much about Indians (but I wrote this book about us anyways)" (2011) and "How to Say I Love You in Indian" (2013). "I come from a family of storytellers. My family tells long stories, drinking coffee and blowing smoke in your face. It just fit for me to tell stories, and then I started writing them. My standard for writing stories is, if I can't explain it to my niece or nephew, or my grandpa who dropped out of school then I need to understand this topic better. People have a love affair with over-academicizing things."

Ross has written for Huffington Post, Indian Country Today, Deadspin and Gawker and is often tapped to appear on various talk shows and news programs (including MSNBC and ESPN) on topics about Indian Country and beyond (immigration, climate change, sports). Despite early educational struggles (attending six colleges, including two tribal colleges, before graduating from Columbia Law School), Gyasi continues in the family business of working within the community and telling his people's stories.

Always believing in his mission, Ross first and foremost just wants things to be right with the complex world of the Indian nations. "Gratification is internal and I'm comfortable with that," Ross says, "I'm just trying to figure out how to help my folks."

Next meeting:

**Tuesday, February 16th @ 4:00 p.m.
Community Kitchen**

Stats for December 2015:

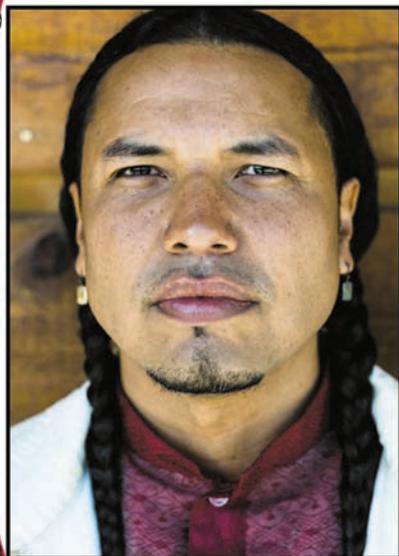
Total reported Drug/Alcohol incidents:	20
Drug	12
Alcohol	8
Arrests	5
Citation/infractions	4
Referred to other agency	4
Tribal Court	5
Adults	20
Youth	0



DOOR PRIZES

Bullying Prevention
Please join us with Special
Guest Gyasi Ross as he
touches on bullying in
Native communities.

When: Feb 16th
4 pm - 6:30 pm
Where: Squaxin Community
Kitchen



DOOR PRIZES

Say Something!

Emergencies or to report a crime call 911

Get to know your police officers; we want to continue working with you as a team to keep everyone living on the SQUAXIN ISLAND RESERVATION safe, happy and comfortable.

If you SEE SOMETHING, SAY SOMETHING! Call 911 for emergencies, contact an adult you trust, or call dispatch at 360-426-4441 for non-emergencies. Just don't let a situation get worse.

Your call might be the only one to get someone the help they need.

Call 911 immediately if you see:

- Someone in trouble
- Someone selling, possessing or using drugs of any kind- If you or someone else is having a bad reaction to or is overdosing on any kind of drug or alcohol call 911- the help the person in trouble needs is what we are concerned about, not "getting you in trouble".
- Someone racing cars or motorcycles or speeding on our streets happening now
- Someone spray painting our community
- Someone breaking into a home, business, or cars

Don't assume someone else is calling, if you SEE SOMETHING, SAY SOMETHING! Keep an eye on your neighborhood, get to know your neighbors, get to know what's "right" and what's "not right".





Canning with Sally "Sis" Brownfield

Sis Brownfield & Bobbie Brown - "I am so excited and proud of our people wanting to learn the skills of taking care of our traditional foods and creating healthy meals for their families. I have been canning since I was about 12 years old. I learned how to can from my mother, who learned from those before her. I am thrilled and honored to be working with the next generation to pass on these skill." (Sis Brownfield)

After discovering the community's interest on how to preserve healthy traditional foods for their families we came together to discuss and plan how to make this happen. It all came together this fall. In October we had our first classes on learning to preserve salmon and elk using a pressure cooker.

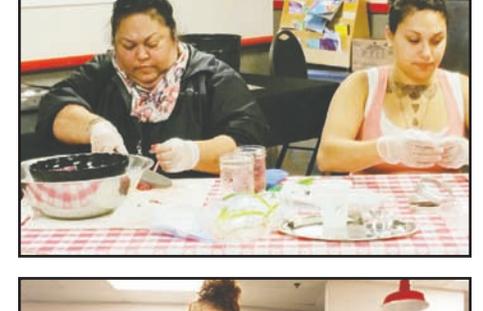
We had fishermen bring in fish and hunters bring in elk for our first classes. Thank you fishermen and hunters: Casey Brown Sr., Taylor Krise, Derrick Wiley, Patrick Braese and Lisa James. It was a big hit. We have had full classes each session. After learning these new skills people quickly discovered how to make and preserve baby foods at home so they know their babies are getting the best. Others discovered how having canned goods on hand helps save time and money, no more daily dinner shopping or pulling things from the freezer that take a long time to defrost.

Canned fish, meats and vegetables are great for healthy slow cooker meals. We followed the canning classes up with an evening of 'Meals-In-A-Bag.' We created fun, quick and easy meals so families can spend more time enjoying meals together and not worry so much about fixing dinner.

None of this would have been possible without the donations of services and supplies we received. Thank you Squaxin Island Museum, Tourism, Food Bank, TANF, and SPIPA. We would also like to thank Kim Elam for her assistance and use of the Community Kitchen, Tony Marshall for jumping in and helping out and Aleta Poste for taking great photos.

We look forward to on-going classes with meats and fish and adding fruits and vegetables as they come in to season. Watch for notices of up-coming classes for our community.

Photos by Aleta Poste, Bobbie Brown and Sis Brownfield





LEARNING CENTER



Youth Activities Program

Jerilynn Vail - We have begun the Bully Prevention Program – Second Step on Mondays. It will start at 4:45 and we should be finishing up by 5:15pm. We will be breaking the kids up by grade level for activities. One group will work upstairs in the classroom and participate as a group for the weekly lesson. For the other groups who are not in the classroom, they will be working on group games in the gym. It would be great if parents would allow your children to participate. Please stop by or call me with any questions.

A few other reminders:

- With the New Year underway, please make sure to update any phone numbers on the emergency contact list.
- We are providing non-candy alternatives for our daily trivia contest participants. If you have any suggestions of non-candy alternative prizes it would be great to hear them.
- As a reminder we always have copies of our activity calendar for parents to pick-up.
- **SAVE THE DATE:** Our annual Easter Egg Hunt will be Saturday, March 19th from 10:00-11:00am.

CHUM Project / Teen Center

Laurel Wolff - The CHUM program will be attending the F.I.R.E Summit on February 5th at SPSCC. Activities will include talking with current and past SPSCC students about their journey through higher education, sitting in on actual college classes, and learning about the application process for college. This year's guest speaker is Frank Waln a native hip-hop artist featured on MTV's rebel music program.

On February 16th, Gyasi Ross will be a guest speaker at the Safe Streets meeting. Gyasi Ross is an author, speaker, lawyer and storyteller. TV and radio programs and print and online publications regularly seek his input on politics, sports, pop culture and the intersections with Native life. He comes from the Blackfeet Nation and resides on the Port Madison Indian Reservation near Seattle. We are very excited to see Gyasi again. Last year, teens went to his record release party in Olympia, where Gyasi spoke with our teens about the importance of culture.

The CHUM program will be partnering with S.O.S. again to take teens snowboarding at Snoqualmie Ski Area. The program runs for five weeks. This is our first year being able to bring returning students to the Ski Area.

Youth Council continues to grow and show commitment to having an active role in the community. Activities for Youth Council include fundraising at the Sa'Heh'Wa'Mish Days.

Squaxin Youth Education, Recreation and Activities Calendar

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

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	2 Rec Rm: 3-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	3 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: Away Game Open Swim: 3-6pm	4 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	5 SSD-1.5 HR ER Rec Rm: 2:30-6pm Fun Day: Open Gym: 2:30-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
8 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	9 Rec Rm: 3-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	10 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: Bye Week Open Swim: 3-6pm	11 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	12 WHL-ER @ NOON Rec Rm: 1-6pm Fun Day: Open Gym: 1-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
15 Mid-Winter Break Rec Rm: 10am-4pm Open Gym: 10-4pm Open Swim: 3-6pm	16 Mid-Winter Break Rec Rm: 10am-4pm Open Gym: 10-4pm	17 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: Away Game Open Swim: 3-6pm	18 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	19 SSD-1.5 HR ER Rec Rm: 2:30-6pm Fun Day: Science Open Gym: 2:30-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
22 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	23 Rec Rm: 3-6pm Culture Night 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	24 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-5pm ITL Game: Home Game Open Swim: 3-6pm	25 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-5pm Bball Elem: 5-5:45pm	26 WHL-ER @ NOON Rec Rm: 1-6pm Fun Day: Movie Night Open Gym: 1-5pm Bball Elem: 5-5:45pm Open Swim: 5-8pm
29 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm				
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	I.T.B. – Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade	



LEARNING CENTER



Education Liaison News

Peggy Peters - Graduation Matters - We live in two worlds one with our rich native culture; and today's world with other challenges that require additional skills and a different kind of education. A couple of summers ago youth were asked, "Why do you think students drop out or don't graduate?" Their answers were; drugs, weed, babies, bullies, too smart for school, depression, family problems, stress, poor attendance, skipping class, getting suspended from school, death, loss of a family member, alcohol, lazy/not caring, not getting enough sleep, lacking self-confidence, learning disabilities, ADD, anxiety, social media, and moving.

We need to help every student to think differently. This is the time of year when the seniors are looking forward and working hard to complete the needed courses for graduation. How do we, as parents, guardians, grandparents, aunts, uncles, and educators look ahead and help our children, from pre-school through high school, on their way to graduation? How can we help them to understand the importance of graduating high school, and what can be gained by graduating?

The Tribe's Education Director and Education Liaison have been meeting with the Shelton School District Superintendent and staff to discuss a new community-wide campaign called, "Graduation Matters Shelton." The focus is on bringing together parents, students, school and district representatives, elected officials, and others throughout Shelton community to encourage students to successfully complete school by graduating. We will share more information with everyone as this effort moves forward.

Tutoring

Lynice May - Congratulations are in order for Aiyanna Krise – the first third grader at Bordeaux to be awarded the coveted "Self-Manager Bracelet." To be designated a self-manager at Bordeaux, a student must be able to say the following: I respect school property. I am honest. I stay on task and complete my work. I do not over-use my bathroom privileges. I raise my hand to talk. I stand in line appropriately. I complete my work on time. I am safe, respectful, and responsible. I am a problem solver. I cooperate (get along) with others.

If the student meets these criteria, then he or she must fill out an application and be approved by her teacher and school administrators. The designation of self-manager allows the student special privileges which include:

- Use of computers when work is complete
- Free choice time when work is complete
- Use of the bathroom during independent time without raising her hand
- Going to recess on time without lining up, and
- Going to lunch ahead of the class.

When asked what her favorite privilege is, Aiyanna said, "You can go ahead of the class to recess and lunch."

February



C.H.U.M Program

Laurel Wolff teen advocate: 432-3842

Check Facebook for updates to Calendar!

Teen Center Open 3:00-6:00 M-F unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday
1 DIY Crafts 3-6pm Basketball Practice 3:30-4:30	2 Basketball Practice 3:30-4:30 Teen Chef: 3:30-5:00pm Youth Council 5:00-6:00pm	3 DIY Crafts 3-6pm	4 Beading 3:30-5:00 Basketball Practice 3:30-4:30	5 FIRE Summit @ SPSCC 7:30-2:30
8 DIY Crafts 3-6pm Basketball Practice 3:30-4:30	9 Basketball Practice 3:30-4:30 Teen Chef: 3:30-5:00pm Youth Council 5:00-6:00pm	10 DIY Crafts 3-6pm	11 Beading 3:30-5:00 Basketball Practice 3:30-4:30	12 Movie Night 3-6pm
15 No School Who Let the Dogs Out Tournament	16 No School Bully Prevention with Gyasi Ross 4-6:30pm	17 DIY Crafts 3-6pm	18 Beading 3:30-5:00 Basketball Practice 3:30-4:30	19 Early Release Youth Council prep for Pow wow
22 DIY Crafts 3-6pm Basketball Practice 3:30-4:30	23 Basketball Practice 3:30-4:30 Teen Chef: 3:30-5:00pm Youth Council 5:00-6:00pm	24 DIY Crafts 3-6pm	25 Beading 3:30-5:00 Basketball Practice 3:30-4:30 Snowboarding 2:30-10:00pm	26 Teen Night 7pm -10pm
29 DIY Crafts 3-6pm Basketball Practice 3:30-4:30				



LEARNING CENTER



Shelton High School NJROTC Annual Military Inspection

On February 18th the Shelton High School NJROTC/NNDCC will be receiving its Annual Military Inspection from Captain Daniel Wencelao.

The public is cordially invited to attend a short ceremony in the evening at Shelton High School.

Time: Thursday, February 18, 2016 at 6:00 p.m.



Place: Shelton High School Mini-dome

Everyone is invited to attend. Please help us fill the gym with supporters. The ceremony will include: Captain Wencelao's Comments Drill Team Performance Cadet Recognition Pass In Review.

This ceremony gives our cadets an opportunity to honor Navy traditions and display their hard work and dedication. We hope you will attend to show your support for our cadets and join us in celebrating the success of this unit.

IT'S HAPPENING HERE:

Mid-Winter Break – Monday the 15th

- We are open 10am to 4pm
- Pool Party from 10:30-12:30pm
- Lunch from 12:30-1:30pm
- Storytelling
- Stick Games in Gym

Mid-Winter Break – Tuesday the 16th

- We are open 10am to 4pm
- Help make homemade Spaghetti for Lunch
- Lunch from 12:30-1:30pm
- Make Homemade Ice Cream
- Learn how to make Silly Putty

Friday the 26th

- Monthly Movie Night from 5:30-7pm

MOVIE NIGHT

If you have any questions call Jerilynn at 432-3992

**Looking for added value?
Start with these benefits.**

**Because you are a member of
a Native American Tribe
You could be saving 15%**
on the monthly service charge of qualified wireless plans.

In addition to the AT&T Wireless discount, you could also enjoy these benefits:

- AT&T's network now has the nation's strongest 4G LTE signal^A
- AT&T Mobile Share Value[®] Plans offer unlimited talk and text with shared data on up to 10 devices. Plus, with Rollover Data(\$M), the data you don't use this month rolls over to next month*
- AT&T has the hottest smartphones and tablets for the whole family

At AT&T, we are the one and only national unionized wireless provider, with over 120,000 of our employees represented by the Communications Workers of America.

To find the AT&T store closest to you, visit: att.com/find-a-store
Or, to purchase online, visit att.com/wireless/tribalmembers
If you visit a local AT&T store, please have proof of eligibility (employee badge, paystub or union membership card).
Mention Discount Code: FAN2462134

Claim based ONLY on avg. 4G LTE signal strength for national carriers. LTE is a trademark of ETSI. 4G LTE not avail. everywhere. Rollover Data for Mobile Share Value expires after 1 mo. or w/ any plan change & is used after monthly plan data.

vc discounts: Avail. to qual. union members & other auth. indivs. assoc. w/ elig. unions & other sponsoring organizations w/ a qual. agmt ("Business Agmt"). Must provide valid employee badge/paystub, union membership card or other approved proof of eligibility & subscribe to svc under an Indv. Responsibility User account for which the qual. indiv. is personally liable. Discount subj. to Business Agmt & may be interrupted, changed or discontinued w/out notice. Discount may vary monthly. Applies only to mo. svc charge of qual. voice & data plans (unless otherwise provided in Business Agmt). Min. mo. svc charge, add'l AT&T svcs, or other elig. req's may apply. Not avail. w/ unlim. voice plans. For Family Talk, applies only to primary line. For all Mobile Share plans, applies only to mo. plan charge for data allotment of qual. plans, not to add'l mo. device access charges. Add'l restr's apply. May take up to 2 bill cycles after elig. confirmed & will not apply to prior charges. Applied after application of any avail. credit. May not be combined w/ other svc discounts. Contact your organization or us at att.com/find-a-store w/ questions.

T&T Mobile Share Value[®] plans: Req's monthly plan charge (min. \$20/mo. for 300MB of shared data) plus monthly access charge per device (from \$10 to \$40). Please see att.com/mobilesharevalue for rates. Up to 10 devices per plan. Limit 4 financed devices per wireless account. Device costs not included. Data: If usage exceeds data allowance during your billing period, you will be automatically provided 300MB for \$20 on the 300MB plan, 500MB for \$20 on the 1GB plan, or 1GB for \$15 on all other plans. Rollover Data(\$M): Unused data from the monthly plan allowance rounds up to the nearest MB and carries over for one billing period. Unused Rollover Data automatically expires after the billing period or with any plan change (such as changing data amounts or termination). Unused overage data does not roll over. Rollover Data is used after your monthly plan allowance. Unused Rollover Data is not redeemable for cash or credit and is not transferable including to other Mobile Share Value groups on your account. Mobile Share and Mobile Share Data-only plans are excluded. Visit att.com/rolloverdata for more info. Svc Discounts: Any svc discount described in the Business Agmt is avail. only for Mobile Share Value plans w/ 1GB or higher. Gen. Wireless Svc Terms: Subject to Wireless Customer Agmt or applicable Business Agmt. Activation/Upgrade fee & add'l deposits may apply. Credit approval req'd. Geographic, usage & other restrictions apply & may result in svc termination. Coverage & svcs not avail everywhere. Other Monthly Charges/Line: May include applicable taxes & federal & state universal svc charges, Regulatory Cost Recovery Charge (up to \$1.25), gross receipts surcharge, Admin. Fee & other gov't assessments which are not taxes or gov't req'd charges. Pricing subject to change. Visit a store or att.com/mobilesharevalue for more info.

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Mark E. Reed Scholarship applications Deadline 2/29/16

Officials from Green Diamond Resource Company's Mark E. Reed Scholarship Washington board announced recently that scholarship applications are now being accepted from high school and undergraduate college students for the 2016-17 school year. This year, ten \$3000 scholarships will be awarded. This is an increase of two scholarship awards, recognizing the increasing cost of higher education and the number of quality students in the Washington program area.

Eligible individuals must be Green Diamond Resource Company employees, sons or daughters of Washington employees, or students in one of Green Diamond's Mason and East Grays Harbor operating communities. The scholarship program was established in 1947 in the memory of Mark E. Reed, who was Simpson Logging Company president from 1914 until his death in 1933.

Applications for the Mark E. Reed Scholarship program are available on the Green Diamond website, www.greendiamond.com. Questions may be directed to Diana Goldy, secretary of the Washington Scholarship Board, at 360-427-4703 or e-mail to dgoldy@greendiamond.com. The deadline for receiving applications is Friday, February 29, 2016.



DSHS Child Support visits Squaxin TANF monthly

Vicki Kruger - A representative from the office of Child Support, Department of Social & Health Services, visits Squaxin Island TANF once per month. Dorthea Dunn, Support Enforcement Officer Tribal Liaison attends the TANF monthly Building Strong Families Through Culture on the second Wednesday of the month from 3:00 – 5:00 at the museum. If you'd like help with anything regarding child support please stop by and visit her. She is also at the TANF office from 1:00 – 3:00 that same day.

Family Services for Squaxin Island Tribe

Emergency Food Voucher Program

-Bev Hawks

The Emergency Food Voucher Program has been updated and changes have been made to execute the program in accordance to the grant guidelines. The changes are to verify actual emergency situations, to decrease the misspending of program dollars, and decrease the number of reissued purchase orders. Here are examples of misspent program dollars. If a food voucher expires due to not being picked up, then it is perceived that no emergency existed. If the individual spends more than the amount on the food voucher and pays the additional with a \$100 bill or with an EBT card, then the receipt supports the client had sufficient resources for food. Preventing these types of voucher requests will preserve the integrity of the program. The application process is as follows:

1. Fill out the application identifying all members of your household. The program contact is Bev Hawks. Application should identify the emergent situation that caused the need for food.

Example: My lights were shut off, I had to pay full amount before lights were turned on. Bring in your shut off notice and receipt for the amount paid.

Example: A medical emergency occurred last month. Keep all receipts related to expenses, as well as paperwork that will help document your emergent need such as: proof of a doctor, clinic, or ER visit; or excessive gas, food purchases, and medicine/over the counter medicine receipts.

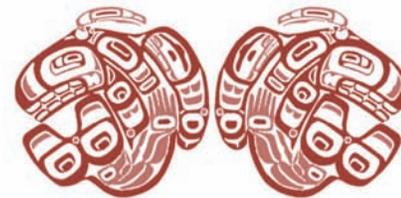
2. Complete a release of information for each person who is 18 years or older.
3. Provide **ALL INCOME** for the previous month. Copies will be made and original payment records will be returned to you.
4. Application can be submitted to Bev or in her absence with Vicky Engel.
5. All application will be staffed by a team to determine eligibility for an Emergency Food Voucher. Once the application is reviewed and approved, it will be forwarded on to SPIPA for a food voucher to be issued.

Please bear in mind that this is an **EMERGENCY FOOD** Program so the application process has been designed to support this fact. If you need more information please call 432-3931.

FREE LEGAL ADVICE CLINIC

For low-income community members of the five Tribes SPIPA serves

Do you have a non-criminal legal problem?



An attorney from the **Northwest Justice Project** will be coming to the South Puget Intertribal Planning Agency's (SPIPA) Squaxin Island Office to provide free legal consultations to eligible tribal members on civil legal matters.

LEGAL ISSUES MAY INCLUDE (among other things): Consumer – payday loans, debt collection, repossessions; ★Driver's license reinstatement★; Education – suspensions, expulsions, special education; Employment issues; Family Law – child custody, child support; Health Care and Welfare Benefits; Housing – evictions, foreclosures; Indian Wills and Estate Planning.

★ **PLEASE NOTE THIS WILL BE THE LAST NJP CLINIC AT THE SQUAXIN ISLAND SPIPA OFFICES** ★

- **WHEN: THURSDAY, February 4, 2016 from 11:30 A.M. – 3 P.M**
- **WHERE: SPIPA office at Squaxin Island Tribe, 3104 S.E. Old Olympic Hwy.**

PLEASE BRING ALL PAPERWORK RELATED TO YOUR LEGAL PROBLEM. NO APPOINTMENT IS NECESSARY. WE WILL BRIEFLY SCREEN YOU FOR INCOME ELIGIBILITY.

It has been a pleasure getting to know the community in the past few years. Please note NJP is still a resource to you. We are available through the CLEAR line at 1-888-201-1014 and by direct referral to our Native American Unit.



Social Security Disability

If you have been denied Social Security benefits because you receive a "Per Capita" distribution or other Tribal assistance, please contact Diane at the Squaxin Legal Department for assistance.

(360) 432-1771 ext 0



Our Final Display of Youth Environmental Art - Thanks to all participants!

Mykah Masoner



Shelter

Adarius Coley



FISH TANK

Trent Brown



Whisper Gottredson

Smoking is damaging your pet's health, researchers warn

From Gus, the Doggie Guy & written by Honor Whiteman - Smoking is the leading cause of preventable disease and death in the US, accounting for around 1 in 5 deaths annually.

According to the Centers for Disease Control and Prevention (CDC), smoking causes around 90% of all lung cancer deaths in men and women, and it is also a risk factor for heart disease, stroke and numerous other illnesses.

But it is not only smokers themselves who are at risk of such conditions; since 1964, around 2.5 million non-smokers in the US have died from exposure to secondhand smoke.

With this in mind, it is perhaps unsurprising that pets living in households where someone smokes are at greater risk for poor health.

Previous research from Clare Knottenbelt, professor of small animal medicine and oncology at the University of Glasgow in the UK, and colleagues has shown that dogs living in a smoking household ingest a high amount of tobacco smoke.

For this latest study - which is ongoing - the team set out to investigate how tobacco smoke exposure impacts the health of cats and dogs.

Cats at greatest risk from smoke exposure

Prof. Knottenbelt and colleagues analyzed the nicotine levels in the animals' fur and looked at whether such levels were associated with any health problems. Additionally, they assessed the testicles of dogs following castration in order to identify any signs of cell damage.

Compared with pets living in non-smoking households, the researchers found that those living in smoking households may be at greater risk of cell damage, some cancers and weight gain.

Cats are most at risk, according to the researchers, because they ingest more smoke than dogs - regardless of whether or not they have access to outdoors. The team speculates that this may be down to the extensive self-grooming cats engage in, causing them to ingest more tobacco toxins.

When analyzing the testicles of castrated dogs from smoking households, the researchers identified a gene that represents a sign of cell damage that is related to some cancers.

Furthermore, they found that dogs that lived in smoking households gained more weight after being neutered than dogs from non-smoking households.

Stopping smoking completely 'best for pets' health and well-being'

However, the researchers also found that these risks reduced when owners smoked outside, therefore reducing the amount of smoke their pets ingested.

While owners who reduced the number of cigarettes they smoked per day did reduce pets' smoke exposure, it was not eliminated completely; cats from households that reduced their cigarette intake to less than 10 daily still had higher nicotine levels in their fur than those from non-smoking households.

The team suggests that pets may even be at greater risk of health problems from smoke exposure than children in smoking households, noting that because pets are lower in height, they are more likely to ingest third-hand smoke - that is, tobacco chemicals present in carpets and other surfaces.

While the research is ongoing, the team believes the results to date should act as a warning to smokers with pets. Prof. Knottenbelt says:

"As well as the risk to the smoker, there is the danger of secondhand smoke to others. Pet owners often do not think about the impact that smoking could have on their pets.

Whilst you can reduce the amount of smoke your pet is exposed to by smoking outdoors and by reducing the number of tobacco products smoked by the members of the household, stopping smoking completely is the best option for your pet's future health and well-being."

So, the next time you get the urge to light up and break that New Year's resolution, just spare a thought for the health of your four-legged friend.

Earlier this month, Medical News Today reported on a study that suggests sharing a bed with your pet could benefit sleep.





How to Prepare for a Winter Storm

With all the fun that winter weather can bring—days off from school, playing outside in the snow—there is also the threat of dangerous storms that can cause damage to your home. By taking some time to prepare, you'll be ready for whatever this winter has in store. Be proactive with ensuring your home is prepared with these winter weather safety tips:

Prevent Pipes from Freezing

When temperatures drop, making sure your heating system is in good working order might be your first concern, but protecting your plumbing is essential, too. Frozen pipes could cut off your water supply, and may result in leaks as the pipes thaw. Burst pipes—which can happen when water in the pipes freezes and expands—are even worse, potentially causing flooding and requiring major plumbing repairs. The best thing to do is prevent your pipes from freezing in the first place.

Before the temperature drops below freezing, drain all outdoor water supply lines like hoses, sprinkler systems, or swimming pools. Close the indoor valves that supply these lines, but leave the outside valves open (so water can drain and not freeze).

Check all pipes located outdoors or in unheated areas (basements, attics, garages, outdoor walls) and make sure they are properly insulated. If not, consider installing specialty products like pipe sleeves, heat tape or heat cables on any vulnerable pipes.

When the temperatures drop to extremes, let the water drip from faucets served by exposed pipes, even a trickle can help prevent freezing.

If your pipes do freeze—you can suspect it if you turn on the tap and only a trickle comes out—keep the faucet open. Try to identify the frozen section, and apply heat with a hair dryer, space heater, or heating pad until full water pressure returns. If you can't find or reach the frozen section of the pipe, your efforts don't get the water flowing again, or the pipes burst, call a plumber immediately.

Prevent Ice Dams from Forming

Ice dams are another threat to your home caused by freezing water—in this case, water freezing above the eaves of the roof. When it melts, the water can leak inside and cause damage to walls and ceilings.

To prevent ice dams, make sure you have your gutters cleared of leaves and debris. If your roof is old or hasn't been inspected recently, have it checked for proper ventilation and insulation.

If you do wind up with ice dams, don't try to remove them yourself—call a roofing professional.

Stock up on Supplies Early

Ensure that you're prepared for a storm before it hits by stocking up on essential supplies.

Get ready for the storm. Purchase rock salt or similar products to help melt ice on walkways and driveways. It's often difficult to find these items immediately after a storm, when there is sudden, increased demand.

Do a survey of your supplies and stock up on essential items for emergencies, as well as food and water for your family (and don't forget about pets!).

Stay Informed

Tune in to a radio station or local news channel for important information from the National Weather Service about the weather and safety conditions in your area. A battery-operated or hand-cranked emergency radio will help keep you informed even during a power failure. The more you know about winter storm safety, the more prepared you can be to protect your home and family.

Free TAX Preparation Site

Basic Returns

Administration Building – 2nd Floor

February 2 – April 14, 2016

By appointment only

The Office of Housing will be sponsoring their annual
FREE TAX PREPARATION SITE
for the 2015 tax year.

The site will be open to the public and operating:
Tuesday and Thursday evenings

Don't pay high or unnecessary fees to a commercial taxpayer!
Use your local free tax prep site.

THINK OF THE MONEY YOU WILL SAVE!!!
This site offers Visa Debit Cards for your tax refund.
Call Lisa Peters @ 432-3871 to schedule an appointment

TAX PREPARATION CHECKLIST

Bring 2015 documents for you and each person in your household

1. PERSONAL INFORMATION

Bring **all** documents below

- Valid picture ID
- Taxpayer Identification Number:** Social Security Card, Social Security Number verification letter, or Individual Taxpayer Identification Number

2. PROOF OF INCOME

Bring **all** documents that apply

- W-2s** for all jobs last year
- 1099s** for any other income received last year
- Statements for prizes, scholarships/fellowships, or lottery/gambling winnings

3. PROOF OF HEALTH INSURANCE

Bring **all** documents that apply

- 1095-A** if you had coverage through the Health Insurance Marketplace
- 1095-B** or **1095-C** if you had other kinds of insurance or coverage

4. ADDITIONAL ITEMS

Bring **all** documents that apply

- Checking and savings account information** to have your refund directly deposited
- Tax return** from last year, if available
- Child care expenses:** provider's address and federal tax ID #
- Homeowners:** mortgage statements and property tax bills
- Education:** college tuition and student loan statements
- Alimony** paid or received
- Notices:** IRS, state tax, Health Insurance Marketplace, or anything that says "IMPORTANT TAX DOCUMENT"



Top 10 Priorities for Your Tax Refund

If you're expecting a tax refund this year, you need a good plan for your money. Maybe you already have the funds earmarked for some spending, but before you let your tax refund burn a hole in your pocket, remember that the government isn't sending you a bonus check – its money that should have been yours all along. In fact if you're receiving a huge refund, you're probably having too much withheld. Be sure to revisit your W-4 form and adjust your federal income tax withholding allowances.

Don't get caught treating your refund check any differently than you'd treat your weekly or monthly paycheck or if you own a small business, revenue from your customers. Give the money a purpose. Don't just let it sit in your checking account. If you do, it will quickly vanish after you use it for dining out here, shopping for clothes there, and getting Starbucks every day. Before you know it, you'll have nothing to show for the refund.

Think about your personal financial situation, and figure out your needs. To get you started, consider this hierarchy of financial priorities, from the fundamentals to advanced strategies.

Top 10 Priorities for Your Tax Refund

1. Start or Increase Your Emergency Fund

Without an emergency fund, just one surprising piece of bad news can send you on the debt spiral to financial disaster. Most experts say that your fund should have about six to eight months' worth of savings in an easily-accessible interest-bearing account (e.g. an online savings account or money market account). Storing that much away might take months or even years if you're just taking a little bit out of each paycheck, so use your refund to make a significant deposit in your emergency fund.

2. Pay Off High-Interest Debt

After establishing an emergency fund, the next best thing you can do with your tax refund is to pay off any high-interest debt that you're carrying. If you have a lot of debt, just putting money in savings is like borrowing money from yourself. Put your refund to work by starting your debt elimination program of choice and paying off any payday loans, title loans, debt consolidation loans, high-interest private student loans, car loans, and of course credit card debt.

3. Spend It on Something You Need

Are you having car trouble, do you need a new winter coat, or have you put off dental work? You need to take care of these essentials, and now that your refund is here, you can cover the cost.

4. Start Itemized Savings Accounts

Now is the time to start practicing the mindset of the disciplined and frugal consumer. First make a budget, and then break your refund into pieces, each of which plants the seed in your bank account for important future purchases. Putting your refund toward specific savings goals will keep you from taking on debt down the road, when needs or desires arise.

5. Refinance Your Mortgage or Make Home Improvements

When you refinance your mortgage, you will still pay closing costs and fees. Use the refund to pay for the closing costs, and you will save thousands of dollars per year on mortgage interest.

If you're happy with your mortgage rate, take a look around the house. Do you

need a new roof? Is your kitchen outdated? Could new energy-efficient appliances save you money on your utility bills? Home improvement projects can immediately increase the value of your property and make your home more comfortable at the same time.

6. Invest in a Tax-Sheltered Account

Depending on your income level, goals, age, and whether you have already fully-funded your tax sheltered accounts, using your tax refund to get a head start on Roth IRA contributions or 529 college savings plan contributions is a great move, one that can let your three-digit tax refund grow into to a four-digit addition over the course of a few years. Plus, it's like using your tax refund to create a tax deduction.

7. Invest in a Taxable Account

Have you already contributed the maximum to your tax-sheltered accounts? Give yourself a pat on the back and consider opening a brokerage account with a discount broker. Lean toward conservative and diversified investments with low expenses. Check out some mutual funds. Index funds or ETFs may be a good choice for you, especially if you are not interested in actively managing your stock portfolio. They offer instant diversification and very low expenses.

8. Give to Charitable Causes

For many people, giving to charities is non-negotiable, and would be priority number one. But on a tight budget, donations can unfortunately slip down on your list. Your refund is your chance to give a little back. Contributing to charity is an excellent use of capital, and provides a huge societal benefit. Choose a cause that is important to you and your family, and give generously. Although the returns on your investment may not be as immediate or measurable as investing in the financial markets, giving to charity will benefit your community in a major way, and you can claim the tax deduction too.

9. Get that Business Up and Running

Have you been looking for seed money to take your business to the next level? Do you have a venture that you want to start? You can use your refund to get you moving in the right direction. It's a great opportunity to turn your refund into income for years to come, and get a few more small business tax deductions next year too.

10. Spend It on Something You Want

If you made it to priority ten and still have some money left to spend, so you deserve a treat. You saved all year, and now you've earned the right to splurge a little bit. Don't feel guilty about using the extra cash for a summer vacation or to treat your family to a nice dinner. Just don't let your eyes get too big for your stomach. A \$500 refund is no excuse for a \$3,000 trip.

ATTENTION:

Housing Waiting List Applicants...

REMINDER: If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address please call Lisa Peters, Housing Counselor at (360) 432-3871. If you do not update your application by March 31, 2016, your name will be removed from the housing waiting list.



New Employees



Ryan Fox
Health Services Janitor

Hi! I'm excited about getting to work and meet new people.



Jamie Slaughter
Vulnerable Adult Specialist - Project Coordinator

Hi! I have been working with vulnerable adults and Elders for 23 years and enjoy assisting and putting smiles on their faces! :)

The past four years I have been working with other tribes - now it is time to be at home! I am excited to learn about the Elders at home, being able to assist in growth for our tribal people, and having a positive impact on our community. Being able to work for my people is the most exciting!

:)



For Sale



\$25,000.00 | Call 490-3283 | Serious inquiries only please

Higher Ground Booking & Uncaged Entertainment Present:

LUCKY 103 BATHROOM COMPANY

THE HUB CITY CLUB

BUBBA SPARXXX

STATE OF KRISIS

Tripple Thr33 Page Turner
Swayze Train Young Notice Dr Roks MCDJ

Wednesday February 10, 2016

Doors @8 Show @9

\$20 Presale \$25 at the Door

WWW.BROWNPAPERTICKETS.COM/EVENT/7472768

216 S. TOWER AVE. CENTRALIA, WA

ZEPARELLA Thursday Feb 18th - 8pm

All Female Tribute to Led Zepelin

TICKETS \$15

LITTLE CREEK CASINO RESORT
GAMING • HOTEL • SPA • GOLF • DINING • ENTERTAINMENT • RV PARK • ARCADE

SKOOKUM CREEK EVENT CENTER

For Tickets Visit The Box Office, Online, Or Call 800-867-7711



HEALTH CLINIC



12 Healthy Foods for Under \$1.00 (a serving)

Food prices continue to rise. Some people believe that fast foods and packaged foods are the cheapest ways to feed their families. But low cost doesn't have to mean low quality or unhealthy. In fact some of the most affordable foods you can buy are also the best foods to eat. To get the most nutrition for your food dollar shop for basic food items like grains, fruits, vegetables, dairy and meat. Limit expensive packaged foods found in the inside aisles of the grocery store. Going back to the basics can help your family eat healthier and your food dollars stretch a little farther.



<p>Oatmeal</p>  <p>.10¢ per ½ cup</p> <p>✓ Provides fiber, B vitamins, iron.</p>	<p>Brown Rice</p>  <p>.11¢ per ½ cup* <small>*price from instant box</small></p> <p>✓ Provides fiber, B vitamins, magnesium.</p>	<p>Cabbage</p>  <p>.20¢ per 1 cup</p> <p>✓ Good source of vitamin C. Add shredded to soups and salads.</p>
<p>Egg</p>  <p>.10¢ per egg</p> <p>✓ Good source of high quality protein contains antioxidants</p>	<p>Beans</p>  <p>.19¢ per ½ cup</p> <p>✓ Provides 7 grams fiber, good source of B vitamins, iron and folate.</p>	<p>Broccoli</p>  <p>.16¢ per ½ cup</p> <p>✓ Excellent source of vitamin C and K. Good source of vitamin A and folate.</p>
<p>Potato</p>  <p>.12¢ each</p> <p>1 medium</p> <p>✓ Good source of potassium, fiber and vitamin C</p>	<p>Banana</p>  <p>.21¢ each</p> <p>1 medium</p> <p>✓ Good source of potassium, fiber, and vitamin B6</p>	<p>Yogurt</p>  <p>.45¢ per 1 cup* <small>*price from 32 ounce container</small></p> <p>✓ Good source calcium, protein and beneficial bacteria.</p>
<p>Apples</p>  <p>.33¢ each</p> <p>1 medium</p> <p>✓ Provides 4 grams of fiber and is a good source of vitamin C.</p>	<p>Kale</p>  <p>.25¢ per ½ cup</p> <p>✓ Excellent source of vitamin A and vitamin K.</p>	<p>Carrots</p>  <p>.15¢ per ½ cup</p> <p>✓ Excellent source of vitamin A. Add to soups, stews and salads.</p>

Prices updated May 2011



Nutrition Council is a United Way Partner Agency
• www.nutritioncouncil.org • (513) 621-3262





Hearty Chili

Submitted by Melissa Grant, Diabetes Prevention CHR
(serving size 1 cup; 76 cal; 1 g Fat; 3 g Fiber 11 g Carbohydrate)
Recipe makes 20 cups.

- | | |
|-----------------|--------------------------------------|
| 10 ounces | extra-lean ground turkey breast |
| 1 medium | onion, diced |
| 2 28 ounce cans | tomatoes, diced |
| 2 medium | zucchini, diced |
| 2 medium | yellow squash, diced |
| 15 oz can | black beans |
| 2 15 oz cans | beef broth, fat free, reduced sodium |
| 4 | celery stalks |
| 2 | green bell peppers, diced |
| 1 package | dry chili seasoning. |



Spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add the turkey and onion and sauté until browned, about 5 minutes. Transfer the turkey and onion mixture to a large soup pot. Add tomatoes, zucchini, squash, beans, broth, celery, bell peppers and chili seasoning. Bring to a simmer over medium heat. Continue to simmer until the vegetables are tender - about 30 minutes.

The Food Bank has many of the ingredients needed to prepare this recipe, for more information about the Squaxin Island Food Bank please contact Melissa Grant at 360-432-3926 or Traci Lopeman at 360-432-3930.



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 9th 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



Love with all your heart.

February is American Heart Month.

You can reduce your risk for heart disease. You can live a long, healthy life, and be there for your loved ones.

- Use tobacco in traditional ways only.
- Eat a healthy diet.
- Walk every day.
- Love with all your heart.



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





WIC through SPIPA

- Checks to purchase nutritious food
- Nutrition and health education
- Breastfeeding education and support
- Referral to health and human services

You may be eligible for WIC services through SPIPA:

- Are you getting Food Stamps/Basic Foods?
- Are you pregnant or have a child under the age of five?
- Are you a dad, grandparent, foster family, or other care giver of children under the age of five?

Are you on Medicaid or TANF?

Many working families are on WIC.

Is your income within these guidelines?

Number of people in your household	Maximum annual income	Maximum monthly income
2	\$29,471	\$2,456
3	\$37,167	\$3,098
4	\$44,863	\$3,739
5	\$52,559	\$4,380



To schedule an appointment with SPIPA staff:



Debbie Gardipee-Reyes at 360.462.3227
gardipee@spipa.org or
Patty Suskin at 360.462.3224



GET UP AND GO CHALLENGE



TAKE THE CHALLENGE TODAY!

- 5** or more fruits & vegetables 
- 2** hours or less recreational screen time 
- 1** hour or more of physical activity 
- 0** sugary drinks, more water & low fat milk 

EVERY DAY!

Sponsored by the South Puget Intertribal Planning Agency - Comprehensive Cancer Control Program
Adapted from the Suquamish Tribe Community Health Program

Clinic Events

Health Promotions

We have exercise videos
Work out alone, with us
or schedule a time for a group

Lifestyle Balance Program

To find out how you may qualify,
please contact Melissa Grant at
360-432-3926

Mammogram Day

February 23

Brief Community Walk

Every Monday at 12:30 p.m.
Elder's Building after lunch

Free Diabetes Screening

at Health Promotions
To schedule an appointment,
contact Melissa Grant

Smart Shopping/
Food Label Workshops

Contact Patty to schedule
360-432-3929



FREE BLOOD PRESSURE SCREENING 2016

The First Week of each month
Either Monday, Tuesday or Wednesday



Blood Pressure checked by your friendly
neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm
Everyone is welcome!



Happy Valentines Day

Starting in 2016 5-2-1-0 Intertribal Get Up and Go Challenge

- 5** or more fruits & vegetables 
 - 2** hours or less recreational screen time 
 - 1** hour or more of physical activity 
 - 0** sugary drinks, more water & low fat milk 
- EVERY DAY!**

Set your goal to try and achieve each one of these daily habits or chose one to work on for a total of four (4) weeks



Every Day! X 4 weeks

Contact:
Sarah @ SPIPA
(360)-462-3241

- 5** or more fruits and vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/computer out of the bedroom. No screen time under the age of two.

Tracker Sheet!

Check mark off each completed behavior for a total of 4 weeks. Only mark days on which you completed the entire behavior. Leave blank any days not completed.

X 4 weeks



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check off the healthy behaviors you complete each day. Be sure to complete end of challenge survey before turning in completed tracker

5210 Pre and post

- survey year
- Pre or Post 5210 Challenge survey? Pre Post
- How many minutes of physical activity do you get on an average day? 0-30 31-60 61-90 90+
- How many servings of fruit and vegetables do you eat each day (average)? 0 1-2 3-4 5 6 or more
- How many servings of fruit and vegetables should you eat each day (average)? 0 1-2 3-4 5 6 or more
- How many sugar sweetened drinks do you drink each day (average)? 0 1 2 3 4 5 or more
- How many sugar sweetened drinks should you drink each day (average)? 0 1 2 3 4 5 or more
- How much time do you spend each day watching television, playing video games or on a computer (average)? 0 1 2 3 4 5 or more
- How much time should you spend each day watching television, playing video games or on a computer (average)? 0 1 2 3 4 5 or more

Complete the Pre Survey before beginning the 5210 challenge.

Post Survey to be completed after the four (4) weeks and returned to the contact person at your tribe. A prize will be given to each person who completes the challenge.



February Happy Birthdays

1
Camden Bear Adams-Lewis
Harry James Johns Jr.
Winter Raven Perez

3
Donald John Briggs
Mistifawn Andi Martinez

4
Isaiah Lewis Rees
James Arnold Cooper
Kalea A. Johns
Lareciana M Broussard-James
Larry J. Bradley, Jr.
Lydia Anna Trinidad

5
Anthony Andrew Pinon
Dylan Lee Suarez
John Clayton Briggs
Shannon R Cooper

6
Stephanie Jeanne James

7
John Edward Tobin
Michael James Mosier
Ruth Ann Lopeman
Sebastian R. Rivera

8
Apisai Taule'ale'a Moliga Jr.
Barbara Lynn Knudsen
Fawn Patricia Ann Tadios
Justin Scott Lopeman-Dobson

9
Michael Sheldon Henderson
Stefanie D. Kenyon

10
Aries Mae Blueback
Crisaleena Nevaeh-Marie Rees

11
Aleil Leslie-Renea Henderson
Hunter Merriman
Shaelynn Dawn Peterson

12
Che-Vonne J. Obi
Emilio Hernandez-Capoeman
Russ M. Addison

13
Addison Maralee Henry
Eugene R. Cooper
Ramona Lee Mosier

14
Michael J. Furtado

15
Alicia Nicole Boyette
Sean Daniel Jones
Sonja Mae Clementson

16
Jean Deanna Henry
Jennifer Lynn Reboin
Justine Susan Vandervort

17
Antone Hidalgo-Hawks
Clayton Mc Loud Bethea
Derrick Ray Wily
Micheal Scott Kenyon
Raul Cristian Avalos
Sophia Lynne Martin

18
Haley Nicole Peters
Kimberli Anne Burrow-Elam
Steven Mitchell Peters

19
Benjamin Q. Parker
Katalina M. Lewis
Rachel Fame Ford
Robert Whitener, Jr.

20
Cheryl Louise Sept

21
Annie Martha Ruddell
Jordan D. Sweitzer
Kristopher Klabsch Peters
Margaret Mary Witcraft
Steven Ray Peters
Timothy Lee Linn

22
Grace Marie Pughe
Kimberly Ann Swiger

23
Joshua Darryl Melton
Lydia Cecile Parrott
Marvin Dale Newell, Jr.

24
Delwin Charles Johns

25
Jonathon Joseph Fry
Miriam R. Whitener
Zachariah Ashton Mirka

26
Katrina Parker
Samuel Joseph Penn

27
Alex R. Salgado
Cameron Fitzgerald Henry
Juana Cherati Rose Barckley
Leilani Georgia Blueback

28
Katherine Mae Ackerman

29
Dennis Lloyd Sigo



What's Happening

	1	2	3	4	5	6
			Family Court <i>Drum Group</i>	<i>Legal Clinic</i> <i>SPIPA</i>		
7	8	9 Criminal/Civil Court	10 <i>Drum Group</i>	11 <i>Talking Circle</i>	12	13 <i>Council Mtg.</i>
14 <i>Happy Valentine's Day</i>	15	16 <i>Bullying Prevention</i>	17 Family Court <i>Drum Group</i>	18	19	20 <i>Sa'Heb'Wa'Mish Days</i>
21 <i>Sa'Heb'Wa'Mish Days</i>	22	23 Criminal/Civil Court	24 <i>Drum Group</i>	25 <i>Council Mtg.</i>	26	27
28	29	AA & ALANON Every Wednesday 7:30 p.m. in the Elders Bldg				





ELDERS CHRISTMAS PARTY



Photos by Nancy Moore

Elders Menu

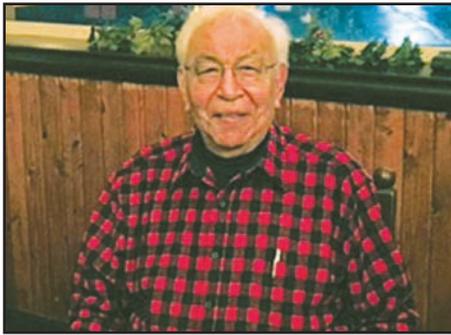
Fruit and Salad at every meal 1st – 4th

- Monday:** Chicken & rice bake
- Tuesday:** Minestrone soup
salami sandwiches, jello
- Wednesday:** Pork roast, potatoes,
fresh green beans, rolls
- Thursday:** Pork tenderloins,
vegetable rice, broccoli



8th – 11th

- Monday:** Lasagna, Caesar salad,
garlic toast
- Tuesday:** Clam chowder,
fry bread, jello
- Wednesday:** Burger dips,
potato wedges,
- Thursday:** Steak and shrimp,
potatoes, garlic biscuits



15th – 18th

- Monday:** Pot Pies
- Tuesday:** Beef stew, rolls, jello
- Wednesday:** Pork chops, spinach
roasted red potatoes
- Thursday:** Teriyaki chicken,
white rice, vegetables



22nd – 25th

- Monday:** Italian casserole,
- Tuesday:** Potato soup, turkey
sandwiches, jello
- Wednesday:** Spaghetti & meatballs,
garlic bread
- Thursday:** Fajitas, birthday cake



29th

- Monday:** Taco hot tamale pies





FACTORY OUTLET STORE

SQUAXIN ISLAND TRIBAL MEMBERS

The FACTORY OUTLET STORE now offers:

\$10.00 DISCOUNTS EVERY CARTON EVERY DAY!

We will continue to run our "SPECIALS" several times thru out the year

Watch for them in the *Kia-Che-Min* and *DAILY SCOOP*

Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD



Happy Valentine's Day

Design Mason County's Forest Festival Button! Contest Underway

The Mason County Forest Festival button design contest for local students is underway for this year's exciting event. Cash prizes and community recognition are among the benefits of the winning artists. The deadline for entries is January 29.

The 72nd Annual Mason County Forest Festival is June 2nd - 5th.

The 2016 theme is "We Are Timber Strong!" Original Artwork in any media may be used for an entry (such as pen, watercolor, pencil, photography, etc.) Full guidelines for the contest are available at www.masoncounty-forestfestival.org.

2015 Button Contest Winner Lauren Dagle



FEBRUARY 13 | OPEN 9PM SESSION 11PM

BINGO DAUBIN IN THE DARK

OVER **\$6,700** IN PAYOUTS

\$400 payouts for 4-ons | \$500 payouts for 6-ons
\$1199 black out with a \$500 lead up
Buy-in is \$50

Win \$50-\$150 in heart necklace drawings every hour

Cocktail SPECIALS

LITTLE CREEK CASINO RESORT
www.LITTLECREEK.com

See Keno or call (360) 427-3005 for more details
 \$79 room rates during bingo sessions!
Ages 21 and over only.

Live DJ Spinning at 10pm

BINGO DAUBIN IN THE DARK

Fri • Feb 12th • 6:30pm
Sat • Feb 13th • 11:45am, 4:30pm & 11pm

\$1199 Payouts for all Level 3
 Bring a canned food item and receive a free level one (3-on) with initial Bingo buy-in

Heart necklace drawings every hour containing Cash Prizes of \$50 - \$150

Bring a friend and both of you will receive a FREE level 1 (3-on) with initial buy-in.
 If your friend signs up as a new players club member you will both receive a complimentary \$4 pack.

LITTLE CREEK CASINO RESORT
LITTLECREEK.com

See Keno or call (360) 427-3005 for more details
 \$79 room rates during bingo sessions! Ages 21 and over only for 11pm session
 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.