

**Office of Housing  
Department of  
Community Development**

**Attention Housing  
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 on file for you. If you have recently moved or have a change of address, please call Lisa Peters, Housing Counselor, at (360) 432-3871. If you do not update your application by March 31, 2017 your name will be removed from the housing waiting list.

If you do not update your address to receive the update application and/or do not update your application by March 31, 2017, your name will be removed from the housing waiting list.

**Updates from Tribal Council Members  
Winter General Body Meeting**



Whitney Jones - I'm sure it comes as no surprise that many people came to the mid-year General Body meeting full of questions and concerns about how the Tribe may be impacted by the new president and his ideas and actions. The first ten days have been quite a whirlwind already. The Council, the executive team, and our departmental staff will be keeping a pulse on issues that directly affect the Tribe and its members and we will work to increase communication about those things to you as they become available and/or understood.

At the Winter General Body meeting Vicki Kruger gave a Treasurer's report and shared basic information about the state of businesses and about Council donations/ expenditures for FY2016. She was especially happy to announce that the Council has designated one-third of the tax revenues that are generated from the Elevation store to go toward higher education funding for our tribal members.

Tammy Ford gave a brief update on Enrollment Committee activities and that they continue to explore issues surrounding enrollment. The better educated they get, the better recommendations they can make to the Council. They are building an informational database through surveys and other methods and they are studying the effects of the current moratorium and potential impacts to the Tribe if any changes were made to it. As part of those efforts, and to also educate tribal members on enrollment issues, the Council and the Enrollment Committee are hosting a tribal member enrollment meeting that tribal members can attend on Saturday March 25th. James Mills from Creating Stronger Nations will be here to share his knowledge and some information about current enrollment issues that many tribes are challenged with today.



*Continued on Page 2*

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10 SE Squaxin Lane, Shelton, WA 98584

**2017 Candidate Forum  
Information Sessions**

**Thursday, March 30th  
5:00 p.m. in the Elders Building**

**&  
Wednesday, April 19th  
at 5:00 p.m. at the Community Kitchen**

Tribal Members who are running for a Council position at this year's General Body meeting are encouraged to declare their candidacy and to participate in these information sessions. Your tribal member voters want to hear from you!

This year, the forums will be a more informal open-floor format allowing candidates to share their views about important topics and to answer questions from the general body.

Come learn more about your potential future leaders!  
If you have any questions about the forums, please call  
**Mitzie Whitener at 360-426-9781.**

LITTLE CREEK CASINO RESORT & SQUAXIN ISLAND TRIBE  
PRESENT THE 9TH ANNUAL

**SA'HEH'WA'MISH DAYS  
POW-WOW**

**FEBRUARY 18-19**

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

**OPEN TO THE PUBLIC**

**Drumming contest & Dance competitions  
for ages 3 to 60+**

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

All proceeds benefit the Squaxin Island Museum Library & Research Center. This is a drug and alcohol-free event!  
For hotel reservations call 360-467-7711 or 360-427-7711 • 51 W. State Route 109, Shelton, WA 98584  
Tribal Members: For vendor space call 253-439-7829



# TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: 877.386.3649  
FAX: (360) 426-6577  
[www.squaxinland.org](http://www.squaxinland.org)

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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

- 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  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

## Updates from Tribal Council Members Winter General Body Meeting

Ray Peters gave an overview of what we know so far about Trump Administration plans and how some of them may or may not impact the Tribe. The repeal of the Affordable Care Act (ACA) is most critical right now and we are watching that closely. We hope that the changes will not be as aggressive as they may appear and will have a limited impact on the Clinic and our Purchase Referred Care system. The plus side is that the majority of tribal members who signed up for ACA coverage in the last several years were actually covered by Apple Health Medicaid, rather than having to purchase insurance through the Marketplace. This is a GREAT thing and we need to remind you to continue to fill out any renewal paperwork that you receive because keeping tribal members on Apple Health is most beneficial for our Tribe. This will greatly lower any impact of the repeal of the ACA. If you have questions about this or your health care coverage, ask the Clinic and they can help you sort through it.



## SCT Factory Store will be Closed

Thursday & Friday February 9th & 10th  
Reopening Monday, February 13th, 2017

Thursday and Friday February 23rd & 24th  
Reopening Monday, February 27th, 2017

Any questions please call 360 462-3446  
or  
email: [jfox@skookumcreek.com](mailto:jfox@skookumcreek.com)

Thank you!!!!



## SKOOKUM CONSTRUCTION LLC.

### Developing a Pool of Professional Tradesmen

Skilled in drywall, plumbing, framing, electrical?  
Interested in learning a trade?  
We are preparing for remodel of LCCR Hotel  
Beginning January and running through April  
*Other jobs may follow*

#### Contact

Jeremie Walls, Owner  
Skookum Construction, LLC  
360-490-8601



## Learn A New Trade





## Candidate Forum Information Guide

### March 30th @ 5:00 p.m.

Elders Center (dinner with the elders at 6:00 p.m.)

### April 19th @ 5:00 p.m.

Community Kitchen (light dinner provided)

### What is the candidate forum?

A Candidate Forum is an avenue for those seeking a position on Tribal Council to express their views openly and answer questions from tribal voters. This will promote a better understanding of each candidate's ideas and positions on various topics, thus encouraging informed voting choices.

### Event Moderator (Election Committee Member)

The event moderator will pose pre-determined questions to the candidates and/or have an open mic for tribal members to ask questions of their own. The moderator will maintain the flow of the forum, ensuring timeliness and respect for all during the event.

### Forum Guidelines

Each candidate will have two minutes to provide a brief introduction of themselves and to make any opening statements.

The moderator will pose questions covering a wide range of topics and issues of interest to the tribal community.

Following each question posed by the moderator, candidates will have up to three minutes to respond. This time limit will ensure that all candidates have an equal chance to reply and that the event stays on track.

The moderator MAY or MAY NOT choose to allow for questions from the floor depending on the number of people in attendance and time constraints of the event. Candidates may be available for individual questions after the close of the event.

The forum is not a debate, so there won't be interaction between candidates. The Moderator will not take questions from the floor during the pre-set portion of the event, therefore audience members will be asked to refrain from direct Q&A with candidates until later in the program, if time allows.

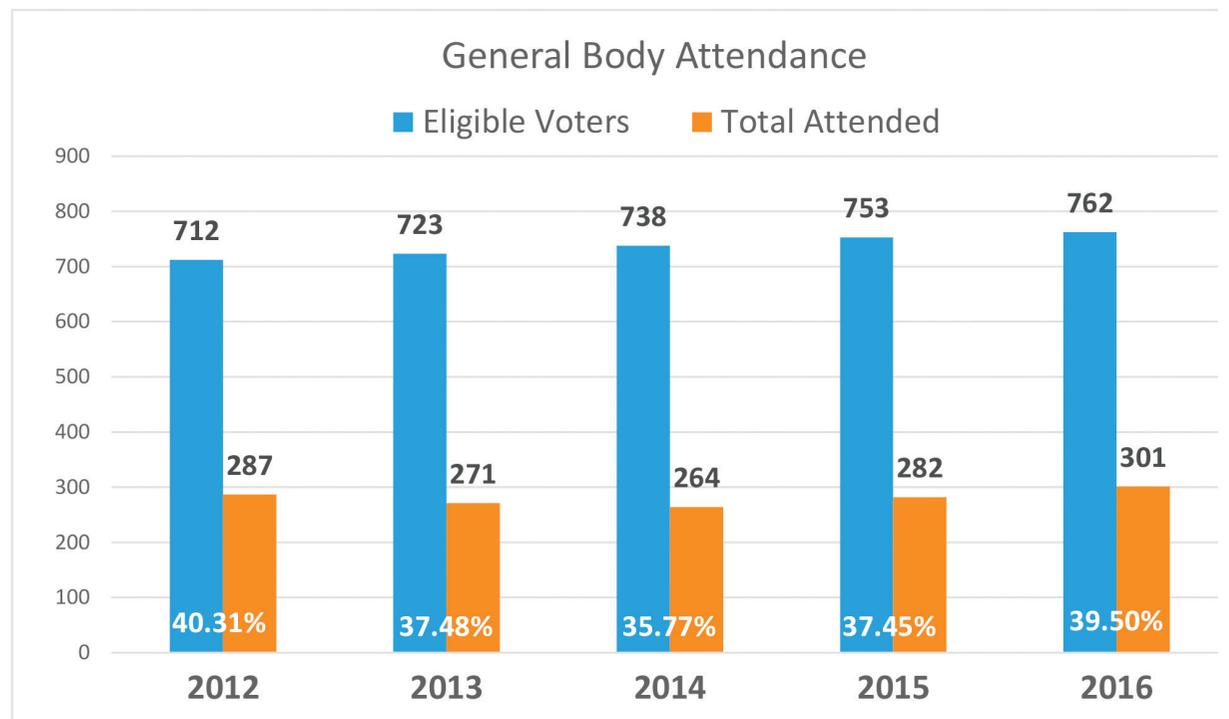
Each candidate will be given two minutes for closing remarks and to comment on any issues that may not have been discussed.

Each candidate will have an equal and fair opportunity to express his or her position on issues.

A time-keeper will be assigned to help maintain equity in discussion time. The time-keeper will use a flash card to indicate when the candidate's time has elapsed.

## Voter Turnout

	2012	2013	2014	2015	2016
Eligible Voters	712	723	738	753	762
Total Attended	287	271	264	282	301
Percent in Attendance	40.31%	37.48%	35.77%	37.45%	39.50%



## VOTING:

### What's the point?

Voting gives you the opportunity to say how the Squaxin Island Tribal Council works to govern our community and voice those changes.

Voting gives you (the member) an active voice in the Squaxin Island Tribal government (the representative). It allows you to choose the Council Member(s) who will make informed decisions on important issues that impact the Tribe and its membership, while promoting a stronger community.

Every vote counts! Don't give up the chance to choose leaders and/or representatives who will be an important asset to the community's current issues and progressive momentum!

### How do you know who to vote for?

Learn who the candidates are; ask questions and talk with your neighbor

Know what's going on in the community; stay up to date with current issues

Actively participate in choosing leaders and facilitating changes; attend Candidate Forums, Talking Circles and General Body meetings.

Write to your current Council members about issues that are important to you.

The point is... Respect your right! Voting is a privilege that many people do not have. Guide your community to a future supported by a true majority!





## Squaxin Island Tribe's Committee – Commission – Advisory Boards

The public's trust in their government may be sustained only as long as the public remains involved in the deliberations essential to responsible decision-making by that government. The Tribal Council wishes to preserve this public trust by openly seeking advice, ideas and recommendations from the Squaxin Island Tribal Community. Accordingly, the council wishes to provide equal opportunities for public service and encourages Tribal members to serve on commissions, committees, and special advisory boards to the council.

*The following committees and commissions have vacancies available. If you are interested in serving on one of these committees/commissions please contact Cassidy Gott at 360-426-9781, or cgott@squaxin.us by February 3, 2017.* If you are interested in serving on a Committee, Commission or Board that does not currently have vacancies you may still submit a letter of interest.

**One Percent Commission:** Implements the one percent distribution provisions of Appendix X of the Tribal-State Compact for Class III Gaming. Distributes revenues derived from the TLS to nonprofit charitable organizations.

**Aquatics Committee:** The Aquatics Committee provides advice and recommendations concerning the management, harvest and perpetuation of sub-tidal shellfish resources.

**Childcare Board:** The Childcare Board provides advice and recommendations concerning the Child Development Center.

**Education Commission:** Provides representation for all eligible students participating in educational programs. Determines and grants monetary awards assisting tribal members to reach their educational goals.

Ballots will be mailed out January 23rd. Please vote yes and get your ballot in - box at the fire department.

 **Shelton School District**

## Construction Bond

**- summary -**

- ✓ **Reconfiguring Grade Levels**
- ✓ **Alleviating Overcrowding**
- ✓ **Creating 21st Century Schools**
- ✓ **Making Safety/Security a Top Priority**

### Reconfiguring Grade Levels

- **9th - 12th Grade High School**  
The 9th grade class will be moved back to Shelton High School, making it a 9th-12th grade school. A new, two-story addition will be built to add 26 new classrooms, allowing the District to vacate 15 classrooms in the 500 and 600 buildings, remove all portables, and provide space for the 9th grade class. The bond will also provide for a new auxiliary gym, a new roof on the Student Union Building (SUB), removal of portables, new windows, new paint, and improved safety and security.
- **New Mt. View Elementary and Intermediate Schools**  
A new 45,000 square foot school will be built to replace the old, outdated structure. This allows all three elementary schools to be K-4, while Olympic Middle School will serve grades 5-6; and Oakland Bay J.H. will house students in grades 7 and 8. In addition, the Mt. View Annex, which houses the District's pre-school program will be modernized and portables will be removed.

### Alleviating Overcrowding

The new Mt. View Elementary school and the additional space added at Shelton High School, coupled with the grade reconfiguration, will alleviate overcrowding at our schools and help achieve smaller class sizes essential for student development and success.

### Creating a 21st Century Learning Environment

The bond would allow for the construction of dynamic learning spaces that are open and flexible, enabling multi-use class-to-class collaboration and evolution of curriculum over time. Each school will be equipped with advanced technology to help our students compete in a 21st Century world.

### Making Safety and Security a Top Priority

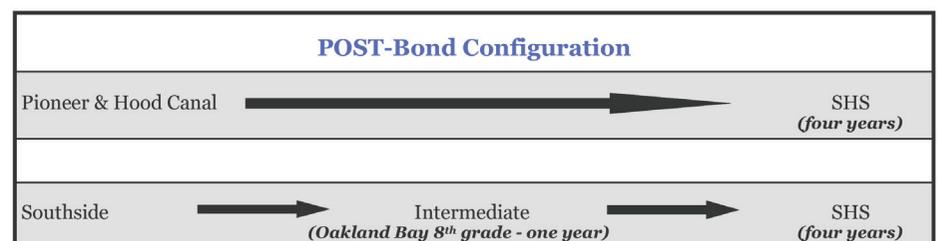
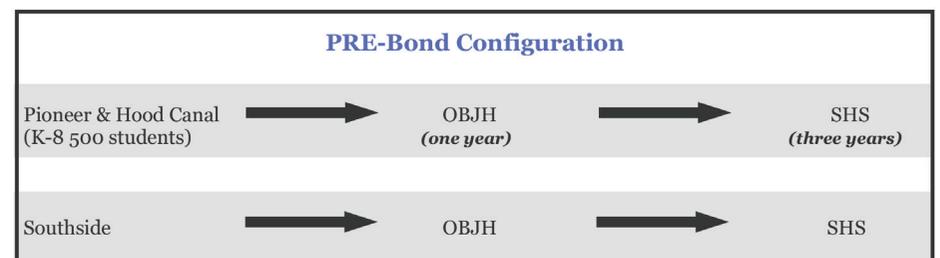
Enhanced, state-of-the-art safety and security upgrades at each school will provide a more safe and secure environment for students, staff and the public. A safe environment is essential for student success and overall achievement.

**February 14, 2017**  
Official ballots will be mailed to voters on, or about, January 24th.  
**Shelton Proud, Shelton Now!**

<b>Reconfigured Grade Levels</b>				
To alleviate overcrowding in the elementary schools and provide an age-appropriate environment for students in grades 5 through 12.				
<u>Pre-Bond Configuration</u>			<u>Post-Bond Configuration</u>	
Bordeaux Evergreen Mt. View	K-5	→		K-4
OMS	6, 7	→		5, 6
OBJH	8, 9	→		7, 8
CHOICE HS	9-12	→		9-12
Shelton HS	10-12	→		9-12

### In addition:

The construction bond enables the District to reconfigure grade levels to provide smoother transitions for the majority of students from non-high school districts.





## Squaxin Island Tribe's Committee – Commission – Advisory Boards

**Elections Committee:** The Elections Committee helps the Executive Staff prepare for and conduct general body meetings, and as requested by Tribal Council also conducts the election portion of the General Body Meeting.

**Enrollment Committee:** Making recommendations to and taking directives from the Tribal Council on matters related to enrollment. Proposing to Tribal Council amendments to this code, as well as enrollment-related resolutions, regulations, policies and forms.

**Fish Committee:** The Fish Committee provides advice and recommendations concerning the management, harvest and perpetuation of fish related resources.

**Housing Commission:** Provide recommendations and advice to the Tribal Council and to the Tribal Department of Community Development. The commission is authorized to define policies, identify rules and regulations to the Tribal Council for enactment.

**Hunting Committee:** The Hunting Committee provides advice and recommendations concerning the management, harvest and perpetuation of hunting and wildlife related resources.

**Shellfish Committee:** The Shellfish Committee provides advice and recommendations concerning the management, harvest and perpetuation of inter-tidal shellfish resources.

Ballots will be mailed out January 23rd. Please vote yes and get your ballot in - box at the fire department.

### Cost of Proposed Building Improvements

Every school in the Shelton School District will be impacted by the bond. Various upgrades, repairs and additions will be included.

Bordeaux Elementary	\$ 1,090,701
Evergreen Elementary	1,476,272
Mt. View Elementary	24,501,882
Olympic Middle School	1,658,630
Oakland Bay Jr. High	2,466,464
CHOICE High School	1,220,341
Shelton High School	29,539,975
Other District Priorities	2,824,641
<b>TOTAL</b>	<b>\$64,778,906</b>

### - Tax Impact Analysis -

\$1.75	Current tax rate for the bond passed by voters in 2001.
<u>\$1.81</u>	Estimated <u>additional</u> tax rate for 2018-2021, if the bond passes.
\$3.56	Total estimated tax rate for 2018 through 2021.
\$2.75	Total estimated tax rate beginning in 2022 through 2038.

Tax payers currently pay \$1.75 per \$1,000 Assessed Valuation (AV) for the bond that was passed in 2001. If the bond is passed by voters on Feb. 14, 2017, the cost to the tax payer in 2018 is estimated at an additional \$1.81 per \$1,000 AV, for a total of \$3.56 per \$1,000 AV.

*However, the district will restructure the bonds so that in four years (2022), the rate per \$1,000 AV will level out to approximately \$2.75 (with slight variations in subsequent years, depending on home values and the tax base).*

The district CANNOT collect more than the total amount approved by voters. Estimated tax rates are determined by property values and the growth or decline of the tax base.

### Addressing Needs in ALL Schools

#### Bordeaux Elementary (\$1,090,701):

- Covered landings and walkways for portables
- Replace boilers
- Technology and safety upgrades

#### Evergreen Elementary (\$1,476,272):

- Replace two portables
- Reside and paint remaining portables
- Technology and safety upgrades

#### Mt. View Elementary (\$24,501,882):

- Build new 45,000 sq. ft. school
- Technology and safety upgrades
- Modernize octagonal building
- New playfields

#### Olympic Middle School (\$1,658,630):

- Repair and/or replace roofing
- Technology and safety upgrades

#### Oakland Bay Jr. High (\$2,466,464):

- ADA entrance at south entrance
- Paint interior and exterior of school
- Replace boilers and hot water tanks
- Technology and safety upgrades

#### CHOICE (\$1,220,341):

- New classroom at auditorium stage
- ADA access at front entrance
- Demolish old existing block building
- Technology and safety upgrades

#### Shelton High School (\$29,539,975):

- Provide 26 new classrooms - 41,850 sq. ft. building at front of school
- New administration and conference space
- New auxiliary gymnasium
- Replace windows, SUB roofing, Minidome flooring
- Improve/replace HVAC components
- Paint exterior of all buildings
- Technology and safety upgrades
- ADA upgrades

### Other District Priorities

In addition to the building construction to be covered by the bond, other priorities throughout the District will be included:

#### Shelton High School Pool

- Resurface pool deck
- New family facility restroom/changing room
- ADA upgrades

#### Shelton High School Stadium

- Replace the track
- Replace light fixtures
- Structural evaluation

#### Maintenance

- Demolish old, unused buildings at maintenance site and create new parking
- Paint exterior of main building

#### Transportation

- Replace heat pumps at the transportation building
- Asphalt repaving at the transportation building

### Shelton School District No. 309

#### TAX IMPACT ANALYSIS

Scenario 27: February 2017 Election, \$64,778,906, Level Bond Tax Rate, 2 Sales, 20 yr Term

Total Project Cost:	
State Funding Assistance:	
Bond Authorization Amount:	\$64,778,906.00

Estimated 2018 Tax Rate Increase over 2016 Tax Rate (Bonds Only) (per \$1,000 assessed value):	\$1.81
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Assessed Value of Property	Gross Property Tax Increase for Bonds	Monthly Gross Increase	Net Tax Increase from Bonds After Allowing for Income Tax Deduction			
			Federal Income Tax Bracket			
			25%	28%	33%	39.6%
\$100,000	\$181.00	\$15.08	\$135.75	\$130.32	\$121.27	\$109.32
200,000	362.00	30.17	271.50	260.64	242.54	218.65
250,000	452.50	37.71	339.38	325.80	303.18	273.31
300,000	543.00	45.25	407.25	390.96	363.81	327.97
350,000	633.50	52.79	475.13	456.12	424.45	382.63
500,000	905.00	75.42	678.75	651.60	606.35	546.62

NOTE: Qualified homeowners may apply for a senior exemption. Please contact your County Assessor for details.

For more information about the school bond, visit the District's website at: [www.sheltonschools.org](http://www.sheltonschools.org)



### Youth Activity Program

Jerilynn Vail-Powell - In addition to our regularly scheduled afterschool activities, we encourage youth to go upstairs with Jaime B or Lynice to complete their homework. The staff have also been working with some of the younger ones to help read the time on a clock. As part of their daily routine, youth must sign in and out each day. At the end of the day, to ensure the youth's safety, it is our policy to call parents if the youth is doing something different than what the parents indicated on the annual registration form. As always, if parents/guardians or the emergency contacts have a new phone number, please stop by downstairs to provide the new number.

February also brings the Mid-Winter Break from school and we will be open from 9:00-4:00pm on those dates. We have science experiments, arts-n-crafts, a pool party and gym games planned for the youth. We will provide a morning snack, lunch and an afternoon snack. We will also participate in the Skokomish Youth basketball tourney. Stop by the gym or check out the Tu Ha' Buts Learning Center Facebook page for any updates.



## 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 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	2 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	3 Rec Rm: 3:00-6pm Fun Day Friday: 5-6pm Open Gym: 1:00-6:00  Open Swim: 5-8pm
9 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm  Open Swim: 3-6pm	10 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	11 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	12 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	13 <b>SSD- 1.5 HR ER</b> Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Open Gym: 1:30-6:00  Open Swim: 5-8pm
13 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm  Open Swim: 3-6pm	14 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	15 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	16 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	17 <b>WHL-Noon ER</b> Rec Rm: 1:00-6pm Movie Night from 5-7pm Open Gym: 1:00-6:00  Open Swim: 5-8pm
20 <b>Mid-Winter Break</b> Rec Rm: 9-4pm  Open Gym: 9-4pm  Open Swim: 3-6pm	21 <b>Mid-Winter Break</b> Rec Rm: 9-4pm  Open Gym: 9-4pm	22 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA  Open Swim: 3-6pm	23 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	24 <b>WHL-Noon ER</b> <b>SSD- 1.5 HR ER</b> Rec Rm: 1:00-6pm Movie Night from 5-7pm Open Gym: 1:00-6:00  Open Swim: 5-8pm
27 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm  Open Swim: 3-6pm	28 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm			
<b>After School Snacks:</b> <b>Computer Lab:</b> <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	<b>ER = Early Release</b> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		<b>I.T.L. - Inter-Tribal League B-Ball</b> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



## GED and Homework Support Update

Jamie Burris - Keep your New Year's resolutions for passing all your classes and not having missing assignments! Come to the TLC classroom after school to get help getting all of your work completed. I am here to help with your schoolwork as well as providing a quiet place to work.

I am here Tuesday, Wednesday and Thursday from 4-7pm in the classroom upstairs. Come up to get support on your homework, or to find out about the G.E.D. program and how I can help you on this journey. For more information, I can be reached at [jbarris@mcclary.wednet.edu](mailto:jbarris@mcclary.wednet.edu)

If your New Year's resolution was to get a G.E.D., take the first step on your journey to earn your G.E.D. Come and take a practice test to see where you are already at on this journey. You may be further than you think! If you are a tribal member or descendent, the tribe will pay for your practice tests and testing. This is a huge benefit that you should be using. Usually each practice test costs \$6.00 as well as the official tests costing \$30.00 for each subject. There are four subjects: math, language arts, science, social studies.



## February

## C.H.U.M Project

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Youth Council Work Party 3:00-5:00 Dance Workout 5-6	2 Youth Council Work Party 3-5 Youth Council 5:00-6:00	3 FIRE SUMMIT @ SPSCC 4 Youth Sports Leadership Clinic 2-6pm
6 Basketball Practice 3:30-4:30	7 Craft Class 3:00-5:00 Drum Group 5-7	8 Native Skills 3:30-5:00 Basketball Practice 3:30-4:30 Dance Workout 5-6	9 REAL TALK Teen Dating 3:30-5:00 Youth Council 5:00-6:00	10 Early Release College Talk 3:00-6:00
13 Basketball Practice 3:30-4:30	14 Craft Class 3:00-5:00 Drum Group 5-7	15 Native Skills 3:30-5:00 Basketball Practice 3:30-4:30 Dance Workout 5-6	16 DIY DAY 3:00-5:00 Youth Council 5:00-6:00	17
20 <sup>th</sup> - 21 <sup>st</sup> Youth Council Get-together 10Am - 10Am		22 Native Skills 3:30-5:00 Basketball Practice 3:30-4:30 Dance Workout 5-6	23 DIY DAY 3:00-5:00 Youth Council 5:00-6:00	24 Early Release Teen Night 7-10pm
27 Basketball Practice 3:30-4:30	28 Craft Class 3:00-5:00 Drum Group 5-7			



## Higher Education Update

Mandy Valley - Higher education students - if you haven't done so already please turn final grades and any receipts that you may have from fall quarter/semester in ASAP. If you have any questions regarding Higher Education or need assistance please feel free to email me at [mvalley@squaxin.us](mailto:mvalley@squaxin.us), or call me at (360) 432-3882.

Also, if you have not completed your FAFSA yet, please do so ASAP. The guidelines have changed for Federal Student Aid. The information that follows helps to explain the changes and comes from the Department of Education website.

**What's changing for 2017 - 18?** Starting with the 2017-18 Free Application for Federal Student Aid (FAFSA®), these changes will be in effect:

- You can submit your FAFSA® earlier. You can file your 2017-18 FAFSA as early as October 1, 2016, rather than beginning on January 1, 2017. The earlier submission date is a permanent change, enabling you to complete and submit a FAFSA as early as October 1 every year.
- You'll use earlier income and tax information. Beginning with the 2017-18 FAFSA, students will be required to report income and tax information from an earlier tax year. For example, on the 2017-18 FAFSA, you—and your parent(s), as appropriate—will report your 2015 income and tax information, rather than your 2016 income and tax information.

**How will the changes benefit me? We expect that you'll benefit in these ways:**

- Because the FAFSA will ask for older income and tax information, you will already have done your taxes by the time you fill out your FAFSA, and you won't need to estimate your tax information and then go back into the FAFSA later to update it.
- Because you'll already have done your taxes by the time you fill out your FAFSA, you may be able to use the IRS Data Retrieval Tool (IRS DRT) to automatically import your tax information into your FAFSA. (Learn about the IRS DRT at [StudentAid.gov/irsdrdt](http://StudentAid.gov/irsdrdt).)
- Because the FAFSA is available earlier, you may feel less pressure due to having more time to explore and understand your financial aid options and apply for aid before your state's and school's deadlines.

**Will FAFSA deadlines be earlier since the application is launching earlier?**

We expect that most state and school deadlines will remain approximately the same as in 2016-17. However, several states that offer first come, first served financial aid will change their deadlines from "as soon as possible after January 1" to "as soon as possible after October 1." So, as always, it's important that you check your state and school deadlines so that you don't miss out on any aid. State deadlines are on [fafsa.gov](http://fafsa.gov); school deadlines are on schools' websites.

**Will my 2016 - 17 FAFSA information automatically be carried over into my 2017 - 18 renewal FAFSA?**

No; too much could have changed since you filed your last FAFSA, and there's no way to predict what might be different, so you'll need to enter the information again. However, keep in mind that many people are eligible to use the IRS Data Retrieval Tool to automatically import their tax information into the FAFSA, making the process of reporting tax information quick and easy.

**Can I choose to report 2016 information if my family's financial situation has changed since our 2015 taxes were filed?**

You must report the information the FAFSA asks for. If your family's income has changed substantially since the 2015 tax year, talk to the financial aid office at your school about the family's situation. Note: The FAFSA asks for marital status as of the day you fill it out. So if you're married now but weren't in 2015 (and therefore didn't file taxes as married), you'll need to add your spouse's income to your FAFSA. Similarly, if you filed your 2015 taxes as married but you're no longer married when you fill out the FAFSA, you'll need to subtract your spouse's income.

**Will I receive aid offers earlier if I apply earlier?**

Some schools will make offers earlier while others won't. If you're thinking of transferring to another school, you might want to look at the College Scorecard at [collegescorecard.ed.gov](http://collegescorecard.ed.gov) to compare costs at different schools while you wait for your aid offers to arrive. Note: You should be aware that the maximum Federal Pell Grant for 2017-18 won't be known until early 2017, so keep in mind that even if you do receive an aid offer early, it could change due to various factors.

**How do I know what schools to list on the FAFSA if I haven't decided which schools I'll be applying to?**

List any schools you're considering applying to, and we'll send your FAFSA information to them. Later, if you decide to apply to additional schools that you didn't list on the FAFSA, you can log back in at [fafsa.gov](http://fafsa.gov) and add those schools.

**Where can I get more information about - and help with - the FAFSA?**

Visit [StudentAid.gov/fafsa](http://StudentAid.gov/fafsa); and remember, as you fill out your FAFSA at [fafsa.gov](http://fafsa.gov), you can refer to help text for every question and (during certain times of day) chat online with a customer service representative.

## Teen Center / CHUM Project News

Laurel Wolff - Hello and Happy February! Exciting activities are coming up for the CHUM Project in February.

- First off we have the FIRE Summit at SPSCC on February 3rd. This is a great event for Native students in area high schools. Come get a tour of SPSCC, sit in on classes, hear from other Native students who have attended several different colleges in the area, and meet other Native students. The van will pick up students at the TLC at 7:30 a.m.
- On February 4th, Bo Tinaza will be here conducting a Youth Sports and Leadership clinic. Come strengthen your leadership skills both mentally and physically. The Teen Center will continue to host Dance Workouts on Wednesdays from 5:00 - 6:00 p.m. This class is open to anyone - come sweat, dance and have fun!
- REAL TALK is now on the second Thursday of the month. This month's theme is on Teen Dating in solidarity with February being Teen Dating Violence Awareness Month.
- On February 20th, Squaxin Youth Council will host an Inter-Tribal Youth Council workshop with Suquamish and Lower Elwah's Youth Councils. The Native Wellness Institute will provide workshops for the teens and afterwards we will hold a sleepover at Boomshaka.



## Indoor Winter Activities for your Children

Peggy Peters - When we think of winter, many children and adults think SNOW. However, when it's COLD and WET here are a few suggestions to help keep your children busy and happy indoors:

- Create your own indoor snowstorm by cutting out and hanging up snowflakes.
- Let your children plan, shop, and prepare a meal for the family. Give them a budget and a grocery flyer to make a list and then go shopping, or allow them to check the pantry and fridge and create a meal for the family. Everyone helps with the preparation and cleanup.
- Something different would be to have a family winter picnic.
- Build a fort using sheets and blankets. Add pillows and a snack, it becomes a cozy getaway for a movie, storytelling, or reading a good book.
- Have your own "Fashion Show." Create a theme, dress-up, add music, and walk the runway. Give awards for the best costume/outfit and best creative walk.
- Thinking arts and crafts? Use your Christmas leftovers - glitter, glue, old Christmas cards, string, and ribbons to create something new and festive.
- As a family, go to the local library. Everyone checks out a book. Choose a time when everyone reads and can share what they like about the book they are reading.

### For other fun ideas, check out these four winter web sites:

- <http://interactivsites.weebly.com/winter.html>
- <http://teachersmousepad.com/snow%20fun/Winter%20Fun.htm>
- [http://www.primarygames.com/seasons/winter/winter\\_fun.php](http://www.primarygames.com/seasons/winter/winter_fun.php)
- <http://www.kidsites.com/sites-fun/activities.htm>



### A Squaxin Island TANF Sponsored Event at Family Services.

## HIGH SCHOOL 21 + PROGRAM

**When:** Weekly Tuesday & Thursday 8:30 am to 11:30 am

**Who Should Attend:** Community Adults ages 21 years and older that want to earn credit for knowledge gained from work and life experiences while tailoring an educational plan to fill gaps. Adults that want their high school diploma and are interested in a competency-based high school diploma with education geared toward transitioning into college & career programs.

**Experiences** might include GED tests after 2014, internships, certifications/special licenses, being a parent, fishing, participation in drug/alcohol treatment, sports, cultural events, the list is endless.

**To Begin** contact Shannon Bruff to obtain your High School transcripts. Shannon Bruff, (360) 432-3961, sbruff@squaxin.us



**SHANON MILLMAN**  
Come in and meet our teacher.

*Thanks to SPSCC, Shanon Millman, and the students hard work, We already have three students graduated!*  
Squaxin Island TANF

- Can you teach a craft?
- Are you a weaver?
- Can you do beadwork?
- Can you make drums?
- Do you know how to sew?
- Do you have experience cooking for a large group of people?



Contact: Shannon Bruff  
Phone: (360) 432-3961  
Email: sbruff@squaxin.us

If you are interested in teaching a craft class for Building Strong Families through Culture submit an outline of your experience and areas of interest.

\* Please note classes take place every Tuesday from 3:00-5:00 pm



**Drug/Alcohol statistics for January 2017**

Drug/alcohol related incidents	14
Drug	7
Alcohol	7
Tribal Court	2
Referred to other agency	3
Arrests	3
Citation/Infractions	1
Adult	14
Youth	8

# Building Strong Families Through Culture

Please join us  
 Tuesdays from 3:00 - 5:00 p.m.  
 Community Kitchen  
 Making Regalia  
 Serving Dinner



Find Legal Aid Offices and 100s of Free Legal Information Publications, Self-Help Packets, Court Forms, Videos and more! [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

### Family Law



Dissolution of Marriage (Divorce)  
 Child support  
 Parenting Plans / Residential Time  
**More issues >**

### Housing



Tenant's rights  
 Eviction  
 Foreclosure  
**More issues >**

### Consumer & Debt



Auto: purchasing, repairs, towing, insurance  
 Bankruptcy  
 Consumer fraud & unfair sales practices  
**More issues >**

### Protection from Abuse



Antiharassment  
 Domestic Violence  
 Elder Abuse

### Public Benefits



Appeals and hearings  
 Cash assistance for families (TANF and WorkFirst)  
 Child care  
**More issues >**

### Seniors



Elder Abuse  
 Guardianships & Powers of Attorney  
 Long-term care assistance (COPEs, nursing homes, in home care)  
**More issues >**

### Health



Basic rights of all health care consumers  
 Getting medical coverage and help with medical bills  
 Guardianships & Powers of Attorney  
**More issues >**

### Youth Law & Education



Discrimination in public education  
 Emancipation  
 Foster care issues  
**More issues >**

### Employment / Farm Worker Rights



Childcare provider rights  
 Discrimination  
 Driver and professional licenses  
**More issues >**

**More Issues:** Immigration, Civil & Other Individual Rights, Veterans, Native American Issues, Criminal Law, Representing Yourself



Northwest Justice Project



THE ALLIANCE for Equal Justice



### Do You Need Help Getting Your Driver's License Back?

If you need your driver's license so that you can work and your license was suspended for one of the following reasons, we may be able to help:

- Unpaid traffic fines
- Suspension due to a car accident when you were uninsured
- You have one or more convictions for driving with a suspended license and you still have unpaid fines even though the suspension period is over

In order for us to assist you, the court must have already ruled on your traffic citations. The court can rule even if you did not come to court.

### How to Get Help:

Text DRIVE to 877877

OR

Call the CLEAR toll-free hotline from 9:10 a.m. - 12:25 p.m. at (888) 201-1014

Visit [washingtonlawhelp.org/issues/consumer-debt/drivers-and-professional-licenses](http://washingtonlawhelp.org/issues/consumer-debt/drivers-and-professional-licenses) for free legal information.

\*We are unable to assist where a license is suspended for failure to pay child support or certain criminal traffic convictions such as DUIs.

The Northwest Justice Project (NJP) is a statewide non-profit legal services organization with 13 offices in Washington State that provide free civil legal services to low-income people. NJP's mission is to provide high quality free legal services on priority problems to eligible low-income clients, either directly or through efficient and effective referrals.



Northwest Justice Project



THE ALLIANCE for Equal Justice





## Reporting Tribal Distributions

If you are a member of a federally recognized tribe and have received income from tribal per capita distributions or from Indian gaming proceeds, here is some important information. Reported on a 1099-MISC income statement, this income should be included on Line 21 of Form 1040, with a description. The correct description will allow the return to process as quickly as possible! For paper or e-file returns, please enter one of the following descriptions on Line 21:



**Indian Gaming Proceeds**  
**Indian Tribal Distrib**  
**Native American Distrib**



You may obtain additional information by calling 800-829-1040 or from the Indian Tribal Governments' Web site at:



[www.irs.gov/tribes](http://www.irs.gov/tribes)

Internal Revenue Service

## New Employees



### Kathy Ackerman

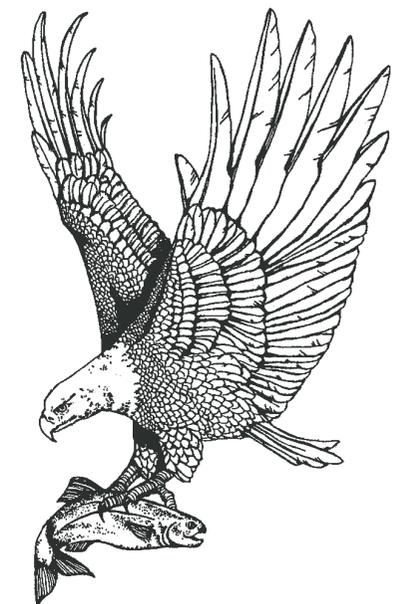
Hi my name is Katherine Ackerman - Bell. I am a Squaxin Island tribal member. I am of the Henry-Cooper family. My mother is Verna Henry. I am the proud mama of Johnny, Tashina, Isaac and Samantha Ackerman, and proud Kaya/Gamma to Allie Mae Anne, Wilson Charles, Taeahni Emilion, Tseeka Myrtle Lee and our new little one on the way.

I have recently been hired as a Front Desk Office Assistant Trainee for Family Services. I am so happy to be here. I thank Jesus/Maheyo for this opportunity. The Lord has broken the barriers that prevented me from stepping out in the past. My heart is and has always been for our people (Gods people), and to now be working in our community and be of service is a blessing and answer to my prayers. Looking forward to this new journey amongst my brothers and sisters here at Squaxin.



### Marcella Cooper

Hello everyone my name is Marcella Cooper I am a enrolled Squaxin Island Tribal member and have lived here on the reservation for most of my life. I have five children one daughter Madeena and four sons Joseph, Mario, Eric and Raymond. I am so happy to have the opportunity to work with Family Services as an Office Asst. Trainee. I look forward to seeing you if you happen to drop by. Thank you and blessings to all



## TAX PREPARATION CHECKLIST

Bring 2016 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

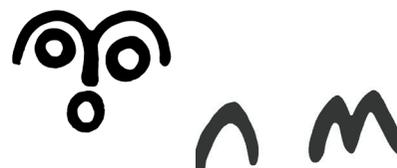
Bring **all** documents that apply

- 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"





# GET MORE SPEND LESS FREE TAX PREP

No hidden fees. No high-interest refund loans. Find a free tax preparation site near you!

### KEEP YOUR CASH!

Instant tax refunds are really high cost loans! Free tax sites have volunteers trained by the Internal Revenue Service who can help you maximize your tax refund and get it deposited electronically into your bank account, allowing you to access your funds in just a few days.

### GET YOUR CREDITS!

Every year in Native communities, millions of Earned Income Tax Credit (EITC) dollars go unclaimed. If your family earned less than \$53,505 in 2016, you may qualify for the EITC when you file your return. You could get up to \$6,269 depending on your income and number of qualifying children.

### PUT YOUR MONEY TO WORK!

Use your tax refund to achieve your family's financial goals. Pay bills, improve your credit by reducing your debt, or save for a house, your education, or a small business.

Contact your local VITA site today to find out more about free tax preparation!

SQUAXIN ISLAND TRIBE  
FREE TAX PREPARATION SITE  
(BASIC RETURNS)

Administration Building – 2nd Floor  
**February 6 – April 11, 2017**  
By appointment only

Squaxin Island Tribe – Office of Housing will be sponsoring its Annual FREE TAX PREPARATION SITE for the 2016 tax year. The site will be open to the public and operate Monday and Tuesday evenings from February 6 to April 11, 2017.

This site offers Visa debit cards for your tax refund.

Call Lisa Peters @ 432-3871 to schedule an appt.

## Important New Tax Law

Beginning this year, a new law approved by Congress in 2015 (the PATH Act) requires the IRS to hold refunds on tax returns claiming the Earned Income Tax Credit (EITC) or the Additional Child Tax Credit (ACTC) until February 15. The IRS estimates that taxpayers may not start receiving refunds until the week of February 27.

We expect this to cause an inconvenience or hardship for many low- and moderate-income individuals and families who rely on their tax refunds to meet basic needs.

### Taxpayers need to know

Federal tax refunds will take longer this year for taxpayers receiving the Earned Income Tax Credit (EITC) and/or Additional Child Tax Credit (ACTC). The IRS will begin processing returns with these credits starting February 15.

The IRS cautions taxpayers that due to processing times these refunds likely won't appear in bank accounts until the week of February 27.

This is an extra measure to prevent against fraud and identity theft.

No one can speed up your federal refund so don't pay someone who promises they will.

You should still file your taxes as planned and consider using a free tax preparation site so you can keep 100% of your refund.



First Nations Oweesta Corporation  
www.oweesta.org | info@oweesta.org  
303.774.8838



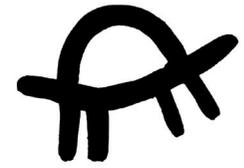


## Weather Cautions Protect Your Animals

Gus, the Doggy Guy - Winter is here. It is important to protect pets from the extreme temperatures.

Dogs and cats who spend time outdoors typically grow a heavier coat during the cold months. Other pets need that protection. A sweater for your cat or dog is a welcome addition to their walk outdoors.

Dog houses outside should be turned so the opening is away from the approaching wind and weather. Also it is important to add an extra blanket for additional warmth during the cold days and nights.



## Housing Policy Review

### Special Elders' Rental Housing Policies

- Rental units are to be lived in and occupied by only the pre-approved elder family. In no case will more than three (3) persons be able to occupy a single unit.
- The elder tenant may have a minor dependent (18 years or less) as part of their household due to emergency/ICW situation for a temporary period of 90 days. The elder can opt to move if more time is needed or the elder wants permanent custody of minor child after the temporary 90-day period.

## Seeing Success with Pet Spay/Neuter

Rez Animal Resources & Education had an exceptional year and provided 183 spay/neuter surgeries in 2016. Since it began its program in October 2006, the group has paid for all or part of the cost to spay and neuter more than 1,229 dogs and cats. With the help of volunteers who provide foster care for stray dogs and cats, the organization has placed 218 animals into permanent homes.

Rez Animal Resources & Education serves dogs and cats within five Native American communities. Tribes served include Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay. It's spay/neuter voucher program is available to anyone living within these tribal communities or any enrolled member of one of the tribes. To receive a spay/neuter voucher pet owners just need to call (253) 370-6392. The vouchers can be used at several participating veterinary clinics near the reservation. Pet owners pay \$5 towards the spay/neuter surgery and Rez Animal Resources & Education pays the rest.

Spaying or neutering your pet is critical to controlling the pet population and reducing the number of homeless dogs and cats. The Humane Society of the United States estimates that 6-8 million pets enter animal shelters each year. About half are adopted, and the rest are euthanized.

Unspayed female cats can have an average of three litters per year, each of which averages 4-6 kittens. Unspayed dogs have an average of two litters per year, with 6-10 puppies in each litter.

Rez Animal Resources & Education can also help with emergency veterinary care if a pet is sick or injured. The amount of assistance is limited and determined on a case by case basis.

Donations are gladly accepted to help us to keep providing low cost spay/neuter services. Donations can be made at [www.rezanimals.com](http://www.rezanimals.com) or by check payable to Rez Animal Resources & Education and mailed to P.O. BOX 8640, Lacey, WA 98509.

Spay/Neuter Surgeries Completed	
Chehalis	425
Nisqually	208
Skokomish	242
Squaxin Island	248
Shoalwater Bay	106

\* Total spay/neuter surgeries from 2006 through 2016

To request a \$5 spay/neuter voucher please call (253) 370-6392.

Tribes served include:  
Chehalis  
Nisqually  
Skokomish  
Squaxin Island  
Shoalwater Bay

Must be an enrolled tribal member or live on one of the reservations served.





# HEALTH CLINIC



## Food Distribution Program



4822 She-Nah-Num Dr, SE  
Olympia, WA

**M**any people have misconceptions about the food offered by the SPIPA Food Distribution Program. It's definitely not just about the cheese now days, although we do still offer that! There are more frozen meats and in season fruits and produce being offered now than ever before!

**We now have better food options!  
Here is a partial list of what is available.**

<b>Frozen Meats</b>	<b>Fresh Veggies</b>	<b>Fresh Fruits</b>
Whole Chicken Bison/Buffalo Ground Beef Roast Beef Chicken Breasts Pork Chops Ham	Romaine Lettuce Green Beans Onions Carrots Celery Cabbage Broccoli	Apricots Peaches Pears Oranges Grapefruits Lemons Apples

- Dry**
- Dry Beans
  - Cereal
  - Oatmeal
  - Crackers
  - Mixed fruit & Nuts
  - Roasted Peanuts
  - Macaroni and Cheese

- Dairy**
- Block Cheese
  - Sliced Cheese
  - 1% Milk
  - Butter

### Ingredients

- Dry Milk
- Egg Noodles
- Rice
- Spaghetti Noodles
- All-purpose Flour
- Cornmeal
- Bakery Mix

### Canned

- Spaghetti Sauce
- Tomato Sauce
- Beans
- Beef Stew
- Soups
- Refried Beans
- Fruit Juices



**I**f 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 - Friday** between the hours of **8:00am til 4:00pm** and one of our staff will be happy to assist you in applying for this program.

**Serving: the Confederated Tribes of the Chehalis Reservation, Nisqually Indian Tribe, Port Gamble S'Klallam Tribe, Skokomish Indian Tribe and Squaxin Island Tribe.**

## Clinic Events Cancer Support Group

February 24  
12:00 - 1:00  
Health Promotions



Foot Exam Day with Dr. Kochhar  
(Foot Doctor)

Friday, February 10th, 2017

1-4 pm  
At the Clinic

Priority for people with Diabetes  
Others will be seen if space is available.



Contact Patty Suskin,  
Diabetes Coordinator for an appt.  
360 432-3929

# DIABETES

Diabetes management *can* be as easy as A-B-C!

### A: A1C Levels

A1C is a measure of your average blood sugar over 2-3 months.

Reducing A1C by just one percent (from 8% to 7%) reduces the risk of eye, kidney, and nerve damage by 35 percent! 7% is the goal but talk to your doctor for your plan.

### B: Blood Pressure

Blood pressure is the force of your blood against the walls of your arteries.

Keep your blood pressure at or below 140/80 for optimal diabetes health!

### C: Cholesterol

According to the National Heart, Lung, and Blood Institute, "the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack."

Check your cholesterol at least once per year.

Keep your  
**ABCs in  
check:**



## Tips to Stay Healthy

- Lose 5 -10% of your body weight if you are overweight. Be sure to consult with your doctor and approach the weight loss gradually.
- Limit or avoid foods that are high in fat, sugar, and white flour. Eat more whole grains, fruits, & veggies.
- Gradually increase the amount of physical activity that you do each day until you reach 30-60 minutes of continuous activity. Exercise can help decrease insulin resistance.
- Manage stress by identifying home, work, or social stressors and talking with someone about them.
- Test your blood glucose regularly and log daily highs and lows.
- Limit sodium to 1,500 mg of sodium per day. Most sodium comes from packaged foods and restaurant meals.



## 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

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



Tuesday,  
Feb 14th is  
WIC DAY at  
SPIPA

Copyright <http://foodandhealth.com>

Brought to you by: **Patty Suskin, Diabetes Coordinator**



# HEALTH CLINIC

Recipes submitted by Patty Suskin, Diabetes Coordinator



## Spinach Lasagna Rolls Cooking Light

A meatless and easy-to-eat alternative to traditional lasagna, these spinach lasagna rolls make a pleasing weeknight dinner. Yield: 6 servings (serving size: 3 lasagna rolls)

### Ingredients and Preparation

#### For the sauce:

- 24 oz prepared spaghetti sauce AND 1 (15 ounce) can diced tomatoes. (We used 1 jar Ragu chunky tomato garlic and onion sauce plus the canned diced tomatoes and a little red pepper flakes)
- 2 – 3 cloves garlic crushed
- Red pepper flakes, 1/8 teaspoon
- Salt to taste

#### Mix for filling:

- 3/4 cup overflowing grated Parmesan cheese
- 1 1/4 cups (5 ounces) shredded part-skim mozzarella cheese
- 1 (15-ounce) carton ricotta cheese
- 1 (10-ounce) package frozen chopped spinach, thawed, drained, squeezed dry  
Or we used 10 ounces fresh spinach wilted in a pan
- 4 cloves garlic minced and cooked for 1-2 minutes in olive oil w/ pinch of salt

#### For Assembly:

- 9 cooked lasagna noodles
- Vegetable cooking spray
- 1/2 cup parmesan cheese
- 1/2 cup mozzarella cheese

#### Preparation Details:

1. Preheat oven to 350 F.
2. Cook the lasagna noodles al dente. You may do this a day ahead.
3. Add olive oil to pan and cook chopped garlic with a pinch of salt for a minute or two.
4. Thaw and drain the frozen spinach and add to garlic OR add fresh spinach to pan with garlic and cook on medium high until wilted. Set aside to cool.
5. Prepare the sauce and bring it to a simmer. Mix 24 oz of your favorite prepared spaghetti sauce mixed with 1 x 15 oz can of tomatoes. You can add other spices as desired. I usually add 2 cloves of garlic, crushed and a pinch of red pepper flakes. You don't have to bring to a simmer, but getting it hot reduces the baking time.
6. Combine 3/4 cup Parmesan cheese, 1 1/2 cups mozzarella cheese, and 15 oz. of ricotta cheese in a large bowl, and stir well. Add reserved spinach-garlic mixture, and stir well.
7. Spread 1/3 cup of spinach mixture on each lasagna noodle. Roll up jelly-roll fashion, beginning at narrow end.
8. Cut lasagna rolls in half crosswise, using a serrated knife.
9. Arrange the rolls, cut side down, in an 11 x 7-inch baking dish coated with cooking spray. Set aside.
10. Spoon all of the sauce mixture over lasagna rolls.
11. Cover and bake at 350° for 20 minutes.
12. Uncover; top with remaining 1/2 cup and 1/2 cup mozzarella Parmesan cheese, and bake an additional 5-10 minutes.



## Layered Salad



7. shake well, pour onto a plate and eat!

6. put a lid on and store upright in the fridge 3-4 days.

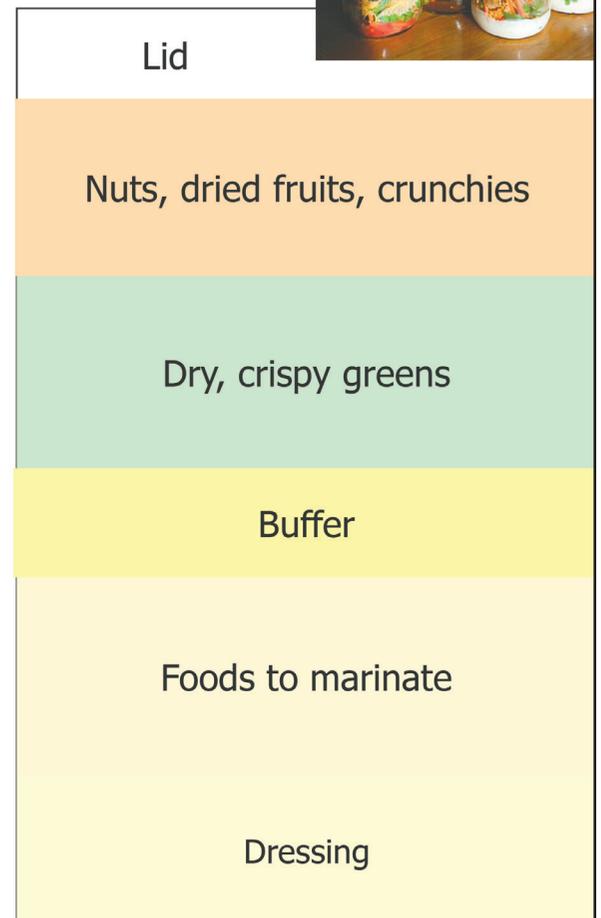
5. Last add dried fruits, nuts, and other crunchies. If not eating today, wait to add these items until closer to meal time.

4. Layer crispy greens that need to be kept separate from dressing, lettuce, spinach, arugula. Make sure they are very dry.

3. Continue to layer, cheese, meat, other vegetables, fruits,

2. Next add something that needs to be marinated. Cucumbers, beans, baked chicken, tofu, tomatoes.

1. Start by adding or mixing a dressing in the bottom of the container. Try to use one with a healthy oil.





## RESOLUTION CALENDAR

Take a systematic approach to improving your diet and lifestyle with a year-long resolution calendar. Instead of resolving to "eat better and lose weight," set one resolution for each month throughout the year. This can improve the chance that your resolutions are kept and that they actually turn into new and healthy habits.



**January**  
Start with a plan that is gradual, high in fiber, and high in nutrients.



**July**  
Try to exercise for at least 2.5 hours every week; start slowly, and gradually increase your distance or intensity.



**February**  
Reduce your intake of saturated fat. Choose low-fat or nonfat dairy options.



**August**  
Pack a brown-bag lunch, making sure your lunch is healthful and balanced. For tips, check out [www.choosemyplate.gov](http://www.choosemyplate.gov)



**March**  
Celebrate Nutrition Month! Choose fruits and veggies over candies, cakes, and fried foods.



**September**  
Eat less saturated fat, cholesterol, and trans fat. Instead, work on increasing your fiber intake.



**April**  
Fill half your plate with fruits and vegetables at each meal.



**October**  
Eat at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, and a variety of fruits and vegetables.



**May**  
Limit your intake of sodium. Choose "low salt" or "no salt added" versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce.



**November**  
As the holiday season approaches, begin practicing low-fat cooking techniques. Modify your favorite recipes in order to lower the fat and calorie content.



**June**  
Celebrate Fruit and Vegetable Month with extra fruits and vegetables.



**December**  
The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods.

As you look back over this year, you will have now developed at least 12 new habits to improve your health for many years to come.

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## Tobacco Cessation Program News

Bobbie Bush - Happy New Year. I hope and pray your holiday season was restful, healthful, happy and fun.

Our Tobacco Cessation Program has been meeting Wednesdays and Thursdays with adult group sessions at 12:00 noon to 1:00 p.m. Its a very nice group. There are five people who are actively trying to quit smoking commercial tobacco and release their nicotine addiction. It is very encouraging to start the new year with such momentum to the program.

There are a couple of changes to the program that are highlighted in the attached flyer. If you wish to initiate a release of nicotine addiction and stop smoking or chewing commercial tobacco, or VAPING, please give me a call at 360-432-3933 or email [bbush@squaxin.us](mailto:bbush@squaxin.us)



### Tobacco Cessation Support Groups and Classes

Adults at Noon in Health Promotion or Food Bank Building

Wednesdays – 12 Noon to 1:00 PM

Thursdays – 12 Noon to 1 PM

Teens – Drop In Center – Health Promotions Building

Mondays – 3:30 PM

Tuesdays – 3:30 PM

Wednesdays – 3:30 PM

For more information, please contact Bobbie Bush, 360-432-3933, or email [bbush@squaxin.us](mailto:bbush@squaxin.us). If you plan on attending any of these meetings, please call me so I can plan the meals accordingly. One on one appointments are also available. Thank you.

## 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



## 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 Anne Johns  
Lareciana Marie 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  
AleI Leslie- Renea Henderson  
Hunter Merriman  
Shaelynn Dawn Peterson

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

13  
Addison Maralee Henry  
Eugene R. Cooper  
Ramona Lee Mosier

14  
Michael James 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 Cloud Bethea  
Derrick Ray Wily  
Micheal Scott Kenyon  
Raul Cristian Avalos  
Sophia Lynne Martin

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

19  
Benjamin Q. Parker  
Katalina M. Lewis  
Rachel Fame Ford  
Robert Wesley 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 Allen

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

25  
Jonathon Joseph Fry  
Miriam R. Whitener  
Zachariah Ashton Mirka

26  
Katrina F. Parker  
Samuel Joseph Penn

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

28  
Katherine Mae Ackerman

29  
Dennis Lloyd Sigo



**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](http://www.diabetes.ihs.gov)



**SKOOKUM CREEK TOBACCO**  
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 Klu-Che-Min and DAILY SCOOP  
Hours: M - F 9 AM - 3 PM  
**MUST SHOW TRIBAL MEMBERSHIP CARD**



## Committees Commissions & Boards With Infrequent Meeting Times

### Committee and Commissions

1% Committee (Bylaws & Appendix X2)  
 Elections Committee  
 Explorers Program Committee  
 Fireworks Committee (TC 6.04.040)  
 Gathering Committee  
 Law Enforcement Committee, Law and Order  
 Veterans' Committee  
 Budget Commission  
 Business Administration Board (TC 6.24.010)  
 Little Creek Oversight Board (TC 2.26.010)  
 Museum Library and Research Board  
 Tourism Board (TC 2.34.010)  
 Island Enterprises Board

### Council Rep.

Arnold Cooper, Vince Henry, Vicki Kruger  
 Whitney Jones  
 Jim Peters  
 None  
 Charlene Krise  
 None  
 None  
 Vicki Kruger  
 None  
 Arnold Cooper, Vicki Kruger, Charlene Krise  
 David Lopeman  
 Arnold Cooper  
 David Lopeman

### Staff Rep.

Kris Peters  
 Tammy Ford  
 Rene Klusman  
  
 Rhonda Foster  
 Kevin Lyon  
 Glen Parker  
 Kris Peters  
  
 David Lopeman  
 Charlene Krise  
 Leslie Johnson  
 Dave Johns (Acting)

### Months

Feb., May, Aug., Nov.  
 March, April, May  
  
 May and June  
 Not yet determined  
 Not currently meeting  
  
 June and August  
 As needed  
  
 Sept., Dec., March, June

## What's Happening

			1	2	3	4
			Elders Committee	Utilities Commission Family Court	Housing Commission	
5	6	7	Aquatics Committee Golf Advisory Committee	<b>Tribal Council</b>	SPIPA Board of Directors Education Commission	11
12	13	14	15	16	17	18
	Child Care Board of Directors	Enrollment Committee Criminal/Civil Court	Gaming Commission			<b>Powwow</b>
19	20	21	22	23	24	25
<b>Powwow</b>				<b>Tribal Council</b>	Tobacco Board of Directors	
26	27	28	Smoking Cessation Classes Tuesdays (Adult 5-7 ) and Wednesdays (Adult (noon)) and Teen (3:15-4:15) Building Strong Families Through Culture/Drum Group - Tuesdays AA & ALANON - Wednesdays			



# COMMUNITY



## Elders Menu . . . Fruit and salad at every meal

### 1st - 2nd

WEDNESDAY:

Tuna casserole, Texas toast

THURSDAY:

Meatloaf, cauliflower w/cheese

### 6th - 9th

MONDAY:

Tacos, beans

TUESDAY:

Chicken pozole, tortillas

WEDNESDAY:

Hot dogs, French fries

THURSDAY:

Chicken fried steak, mashed potatoes w/ country gravy, peas & carrots, rolls

### 20th - 23rd

MONDAY:

Tater tot casserole, peas

TUESDAY:

Baked potato soup, turkey and cheese palmiers

WEDNESDAY:

Spaghetti, garlic toast, corn

THURSDAY:

Flank steak, baked potatoes, veggies

### 13th - 16th

MONDAY:

Beef Stroganoff, cauliflower and broccoli, biscuits

TUESDAY:

Tomato basil w/ raviolini soup, grilled cheese sandwiches

WEDNESDAY:

Pork chops, rice w/ gravy, green beans

THURSDAY:

Casino Buffet

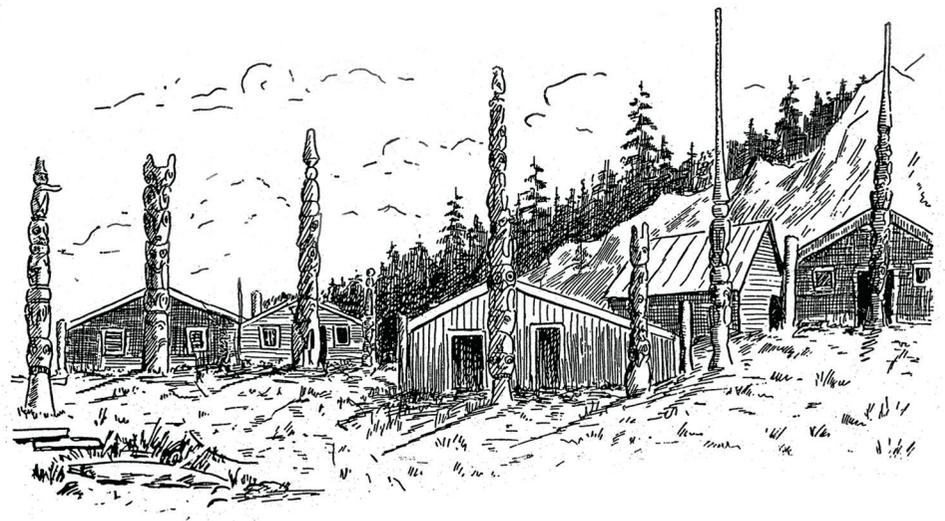
### 27th - 28th

MONDAY:

Shepard's pie, rolls

TUESDAY:

Broccoli & cheddar soup, biscuits



## Committees and Commissions Listed on Calendar

### Committee and Commissions

- Aquatics Committee
- Elders Committee
- Enrollment Committee
- Fish Committee
- Golf Advisory Committee
- Hunting Committee
- Shellfish Committee
- Education Commission
- Gaming Commission (TC 6.08.090)
- Housing Commission
- Child Care Board of Directors
- Tobacco Board of Directors
- Utilities Commission (TC 11.08.010)
- SPIPA Board of Directors

### Council Rep.

- Arnold Cooper
- Whitney Jones
- Charlene Krise
- Vicki Kruger
- Jim Peters
- Arnold Cooper
- Vince Henry
- Jim Peters
- Per Tribal Code None
- Arnold Cooper
- Vicki Kruger & Charlene Krise
- Jim Peters
- None
- Arnold Cooper

### Staff Rep.

- Jeff Dickison
- Elizabeth Heredia
- Tammy Ford
- Joseph Peters
- Kris Peters
- Joseph Peters
- Eric Sparkman
- Gordon James
- BJ Whitener
- Richard Wells
- Bert Miller
- Ray Peters
- Teresa Wright
- Kathy Block

### Meetings

- 2nd Wednesday in Feb., May, Aug., Nov.
- 1st Wednesday or Thursday
- 2nd Tuesday
- 2nd Wednesday in March, June
- 2nd Wednesday or Thursday
- 2nd Tuesday of July, Oct., Jan., April
- 1st Wednesday of March, June, Sept., Dec.
- 2nd Friday
- 3rd Wednesday
- 1st Friday
- 2nd Monday
- 4th Tuesday
- 1st Thursday
- 2nd Friday



**March 11**

**Kaya's Fundraiser**

Enchilada Feed at Community Kitchen  
Please help fund my grandson's travel to various auditions, competitions and festivals. Come taste an authentic enchilada plate consisting of two enchiladas, rice and beans for \$8 from 2:00 - 4:00 on Saturday, March 11th. We will have several items to raffle as well as get an opportunity to hear Michael play his trumpet. Get your tickets pre-ordered to make sure you get a plate. Call Elizabeth.

Elizabeth Heredia  
41 SE Kaya Circle, Shelton  
360-349-9368

**Help support our  
tribal descendent  
trumpeter**

**West Salem Jazz Festival  
participant**

**Auditioned at Cal State  
in Long Beach  
Competed in  
All Northwest in Bellevue**

All donations appreciated!  
If you cannot attend  
but would like to help,  
please send your donations to:

Micheal Araiza  
6794 Pierce Ct N  
Keizer, OR 97303



**Thursday • Feb 9<sup>th</sup>**  
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

**Friday • Feb 10<sup>th</sup>** Daubin' in the Dark Black Light Bingo  
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • Feb 11<sup>th</sup>**  
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday • Feb 12<sup>th</sup>**  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**\$1,199 Payouts for all Level 3**  
Bring a canned food item and receive a free level one (3-on) with initial Bingo buy-in

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

**LITTLE CREEK CASINO RESORT**  
LITTLECREEK.com

\*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details.  
\$79 room rates during bingo sessions! \*Ages 21 and over only for 8:30pm 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

**MARCH 12TH | 2PM**

A HERB ALPERT TRIBUTE

Bobby Medina

THE TIMELESS SOUNDS OF  
**WHIPPED CREAM**

Autograph Signing by  
The Original Whipped Cream Girl  
**Dolores Erickson**

**TICKETS \$25**

**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 800-667-7711