

SAFE STREETS COMMUNITY

1st AID-CPR

MARCH 25th

Saturday at 9AM-5PM

Main Tribal Center Kitchen

Come join us for a 1st Aid/CPR Class
and get your certification.

Please call

Squaxin Police @ 426-5222

to register for the Class



HOSTED BY SQUAXIN PUBLIC SAFETY

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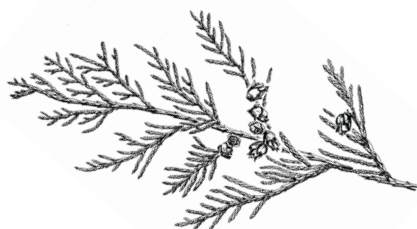


Updates from Tribal Council Members

Whitney Jones - I have to keep it short this month; I caught the bug and time got away from me. A couple of quick things to mention and then I'll have a longer update for you next month....

We are keeping tabs on what is happening in Washington DC and locally regarding policies of special impact to the Tribe. Natural Resources, Health Care, Infrastructure and Economic Development issues are all at the top of the list. Our teams, in conjunction with NCAI and other tribal groups, are submitting testimony and information so that we can be proactive about changes in areas that touch Indian Country.

I want to particularly highlight the Youth Council and our young leaders who were very active this last month. The FIRE Summit at SPSCC was well attended by our tribal students interested in learning more about college and work opportunities. The Youth Council also co-hosted an intertribal gathering with youth from Suquamish so they could all attend a leadership training and have some fun interaction with young leaders from our neighboring tribe. These kids are amazing and we are looking forward to them planning to have Squaxin host the Northwest Indian Youth Conference next year. Please support and acknowledge their efforts and enthusiasm as young leaders.



Rough Road Path (For Puddy)

Just think, you're here, not by chance;
His hand formed you and made you the person you are.
He compares you to no one else You are one of a kind.
You lack nothing that His love can't give you.
He has allowed you to be here at this time in history to fulfill His special purpose for this generation.
You are not forgotten; you are loved dearly.

Happy 93rd Birthday Theresa Maiselle Bridges!!!



It was a pleasure to come together and celebrate a belated birthday for oldest Elder, Theresa Bridges. She is Billy Frank's sister and a retired activist for treaties and fishing rights and independent founder of Wa He Lut Indian School. She is full of some amazing history!



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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www.squaxinisoland.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



Squaxin Island Tribal Members

Enrollment

Saturday

March 25th

9:00 am – 1:00 pm in the Community Kitchen

James Mills, Guest Speaker, President of Creating Stronger Nations:

James Mills is a dynamic speaker with a nationwide perspective who will educate Squaxin Island tribal members about tribal enrollment and answer questions.

Lunch will be provided & Door Prizes awarded

Learn about and help plan for the future of Squaxin Island Tribe's Enrollment.

This is a unique opportunity to learn and discuss the pressing issues of Tribal Membership.

Talking points:

- Calculating blood quantum • DNA testing – vs – Ancestry.com • Addressing diminishing blood quantum

Along with James Mills, the Tribal Council, Enrollment Coordinator, Enrollment Committee, and Squaxin Legal will also be present to educate and answer questions.



Focus Forum

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

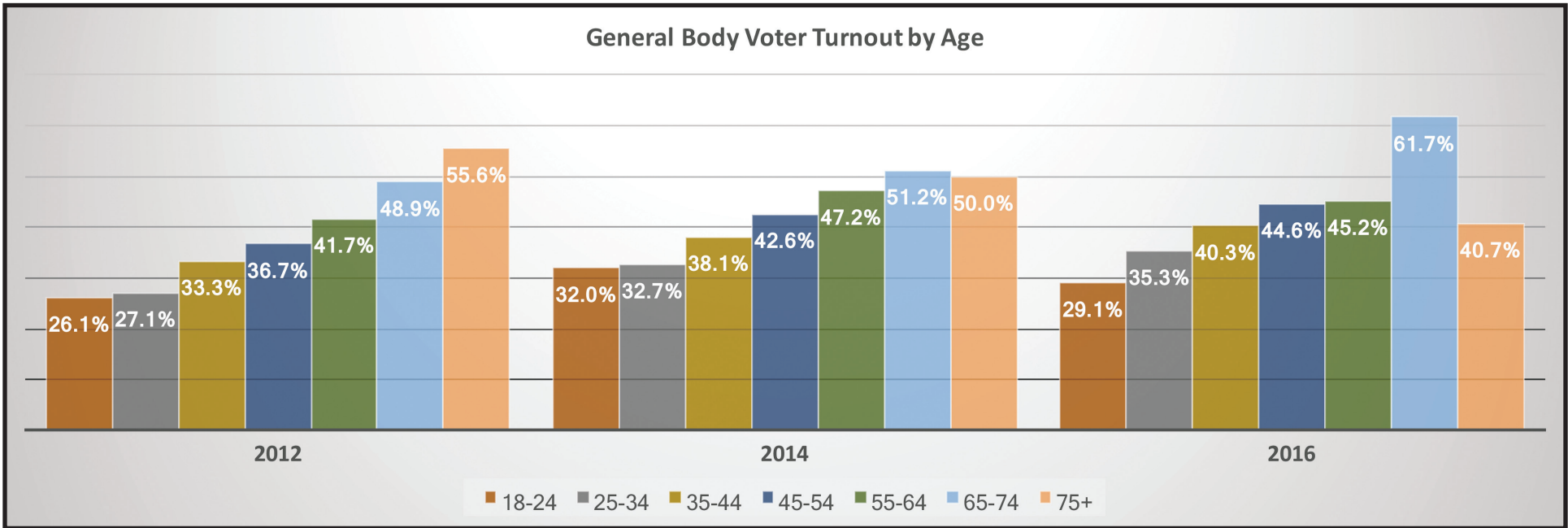
Tribal Members who are running for a Council position at this year's General Body meeting are encouraged to declare their candidacy and to participate in these information sessions. Your tribal member voters want to hear from you!

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.

Voter Turnout by Age														
	18-24		25-34		35-44		45-54		55-64		65-74		75+	
Year	Total	% Eligible Voters	Total	% Eligible Voters	Total	% Eligible Voters	Total	% Eligible Voters	Total	% Eligible Voters	Total	% Eligible Voters	Total	% Eligible Voters
2012	35	26.1%	45	27.1%	46	33.3%	47	36.7%	40	41.7%	22	48.9%	10	55.6%
2014	47	32.0%	52	32.7%	56	38.1%	52	42.6%	51	47.2%	22	51.2%	12	50.0%
2016	41	29.1%	59	35.3%	60	40.3%	58	44.6%	52	45.2%	29	61.7%	11	40.7%





New Employees



Maria Johnson-Littlesun

Hi, I was hired as the Home Care Aid for Squaxin Island's Elder community members. I will be working with Family Services and located in the Elders' Building.

A am married to Shiloh Littlesun and we have two kids, our 16 year-old niece, Decheiya, and our two year-old son, Pride. I have been an individual Provider for Washington State for almost seven years. I consider myself lucky to work with so many unique people.

I'm excited about all the future plans that are underway within Adult Family Services that will positively and directly impact seniors I will be working closely with. I'm excited to bring some new ideas to the table.

First and foremost, I would like to thank the Squaxin Island Tribe for entrusting me with the care of their most precious Elders. I will never take the task lightly. I promise to always provide my most excellent care as if I was caring for my own grandparents.



Monica Nerney

Hi! I am an Office Assistant 5 in the Community Development Department.

My parents are Gary Brownfield and Aloma Perez. I have been happily married to Larry Nerney for 27 years and we have 21 year-old twins, Jenica and Jeffrey.

I am most excited about the fact that I have been given an opportunity to serve the Squaxin Island community. I also look forward to getting to know the people I have only known in passing.

I look forward to working with you and getting to know you better.



Kimi James

Hello~

It's me, Kimi! I am happy to be part of the Dept. of Community Development - Enrollment Office team.

It will be exciting getting to know everyone within the Squaxin Island Tribe's membership and other tribes' Enrollment departments.

I am from the James, Krise and Whitener Families.

Cheers!



Michael West

Hi, I will be working for Natural Resources in salmon enhancement with Will Henderson as my boss.

Its going to be great working outside with a hard working crew of great people. I'm excited to be in this position.

People of the Water, Think Blue!
Squaxin Island Tribe Recycles.
Please RECYCLE and keep our waters clean!





FACTORY OUTLET STORE

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TRIBAL MEMBERS**

The FACTORY OUTLET STORE now offers:

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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



A Special Thank You

I just wanted to express my and my family's deep appreciation of the Sa'Hey'Wa'Mish Days Powwow. Since he was very little, the event has helped give my young, non-native son an appreciation for American Indian culture and traditions that he might not otherwise have, and this year I brought visiting family members from Connecticut as well. We very much appreciate how welcoming and friendly and open everyone is, and are grateful to you for graciously sharing your culture and traditions with us. Thank you so much.

Rich Roesler
Olympia, WA



Sa'Heh'Wa'Mish Days Powwow photos can be found at:

squaxinland.org/squaxinphotos

Special thanks to photography intern Kate Wright!



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

Free Legal Services for Low Income Native Americans and Alaska Natives

Are you facing an issue in school? Do you need help with your attendance or performance in school? We can help!

The **Native American Unit** at **Northwest Justice Project** provides free civil (non-criminal) legal services to eligible Native American / Alaska Native students and their families in Washington. Cina Littlebird at the Native American Unit is available to provide advice and representation to Native American youth and their families in civil legal matters that can impact the student's attendance of or performance in school.

Cina can work with you on (among other things):

- **Education matters** including:
 - o Expulsion, suspension, & truancy
 - o Discriminatory discipline
 - o Special education & learning disabilities
 - o Parents' rights
 - o Other situations impacting a student's ability to participate in school
- **Emancipation** (students seeking to be legally independent of their parents)
- **Foster & homeless student issues**
- **Health matters** including denial of health care services or assistance in obtaining mental health services
- **Housing problems** such as evictions, discrimination, or deposit issues
- **Public benefits matters** including applying for, denial of, or reduction of public benefits

To find out if Cina or the Native American Unit can help you, contact Cina at cina.littlebird@nwjustice.org or (206) 464-1519 ext. 0919.

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.



Revised 1-18-2017

Free Legal Services for Native American Victims of Domestic Violence and Other Crimes

Northwest Justice Project's Coordinated Legal Education Assistance and Referral program (CLEAR) has new services available for Native American crime victims through the **CLEAR-CV-Native American Program**.

An NJP attorney is available to provide advice, brief services and referrals in civil (non-criminal) legal matters stemming from the client's experience as a crime victim.

Examples of legal problems include:

- **Family Law** matters such as divorce, custody and protection orders involving domestic violence or sexual assault, especially when the case is in tribal court or the client believes it should be in tribal court; or when tribal court orders are not enforced.
- **Health** matters including denial of health care services or assistance in obtaining mental health services to deal with victimization
- **Housing** problems such as evictions or needing to break a lease due to a crime in the home
- **Economic security** issues such as medical bills, utility access and other consumer problems caused by an assault, abuse, or fraud.
- **Other** legal problems resulting from being a victim of crime

If you are a Native American crime victim seeking legal assistance, ask a tribal service provider or a staff member of an organization that serves Native Americans for a referral. Social services staff or tribal advocates refer clients to the CLEAR-CV-Native American program by sending a referral form.

Questions? Contact Jennifer Yogi at jennifery@nwjustice.org or (206) 464-1519 ext. 0921

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Revised 1-18-2017



Natural Resources Shellfish Program

UPDATE WINTER 2017

Rana Brown, Shellfish Biologist - The Natural Resources department would like to provide an update for the new season and review for the last season that ended in November. This last year was a good year for shellfish. Manila clam populations have done well this last year, with apparent good natural recruitment and survival over the last few years. A large natural set of oysters has also occurred. This observation has been made in many areas especially in Hammersley and Oakland Bay. Last year we coordinated with Salish Seafood for nearly 100 clam digs for a combined total of 430,000 pounds of clams harvested on Tribal, State, and privately owned tidelands.

We will soon be switching to all daylight tides, but we have already had some daylight clam digs. This also kicks off the beginning of our field season which means staff has already begun again with shellfish surveys. We are again anticipating a busy and productive year for shellfish. We would again like to encourage you to contact department staff with any thoughts or questions or ideas for articles at shellfish@squaxin.us or in person.

Intertidal

New areas were targeted for surveys last year that allowed us to expand the beaches we harvest. Several new State owned tidelands were identified and surveyed. We will be harvesting those in this season and in following years to come. We will continue to survey state, private and enhanced beaches as we do each year throughout the spring and summer. The private tideland leasing program also continues to grow, with new interest from landowners in having the tribe harvest their share while we are harvesting the tribal share. We are also working with State entities to expand harvesting opportunities on State tidelands. This benefits harvesters by increasing harvesting opportunities on these State and private tidelands.

Enhancement

Enhancement staff planted and maintained several beaches in 2016. A total of 25 million seed were planted. Enhancement area on Squaxin Island beaches BC1 and JP1 were expanded in 2016. Natural Resources staff continue to coordinate with Salish Seafood on enhancement projects.

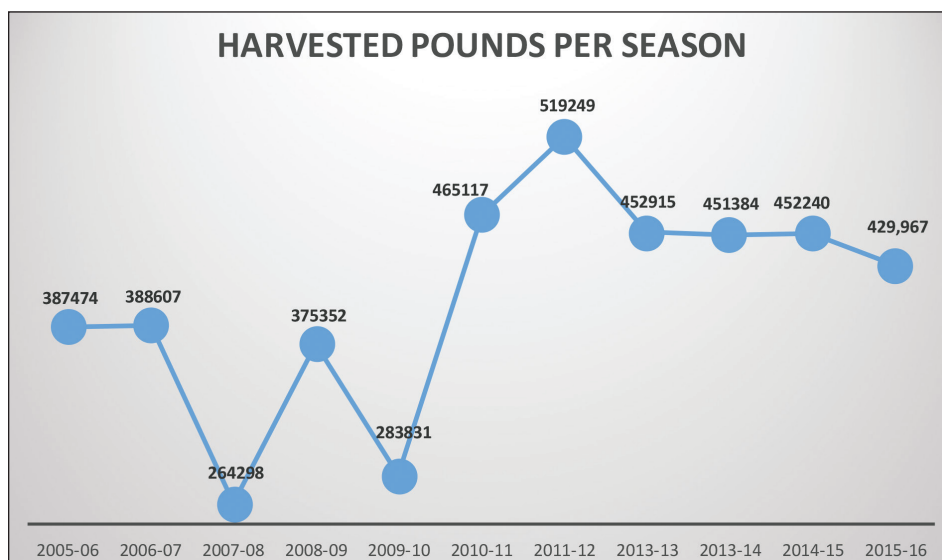


Figure 1. Manila Clam harvests per season year since 2005 - 2006.

Harvests/Historical Landings

Over the last 11 years, tribal harvests have increased dramatically. The Tribe consistently harvests many more pounds of clams than it did 10 years ago (Figure 1). This increase over the years is due to many factors, but primarily the diversification of the shellfish program that has incorporated private tidelands, state and private leases, and enhancement of State & Tribal beaches (Figure 2).

Dig Types

The Tribe harvests on many different types of beaches including leased beaches which necessitates different harvest management strategies (Figure 2). For example on many larger beaches that we control or have larger quotas on such as the Dikes or North Bay we have group digs there where the harvest limit is 140 pounds per harvester. Other smaller beaches with less pounds we have to be able to manage exactly how many pounds come out, so we will often have list digs with a specific number of people and target a specific number of pounds - which is usually 140 pounds but is sometimes increased. Another type of dig is a lease dig. This is where the Tribe is leasing the beach either from the State or a private landowner where we harvest both the Tribal share as well as the non-tribal share. On these beaches we harvest all the clams, but a stumpage is required to maintain the lease so harvest limits are set at 190 pounds with a reduced rate so that the payout is the same as a non-lease dig.

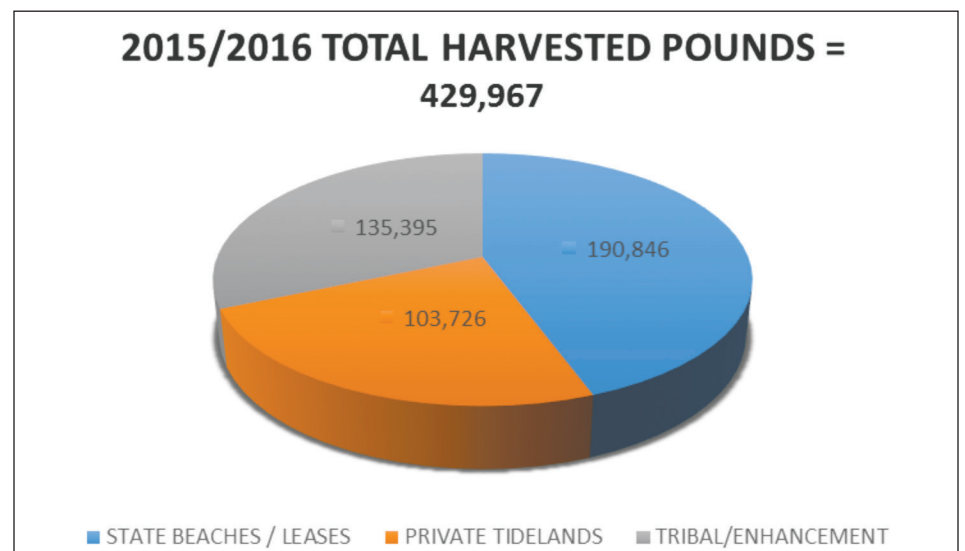


Figure 2. Breakdown of harvest total per management type.

Oysters

An unusual natural Pacific oyster set occurred in the last two years. Historically, while oysters do naturally recruit on small scale in discrete locations around the Puget Sound, we rarely see an event of this magnitude. In many areas in South Sound, but especially in Hammersley Inlet and Oakland Bay we have observed a very large number of oysters on several of the beaches we are managing. Staff is currently developing mechanisms to provide several oyster picks for Tribal members. Stay tuned for more information and upcoming oyster pick opportunities! In the 2015-2016 season there were 303 licensed harvesters. The goal of the shellfish program continues to be to expand harvesting opportunities for the growing number of harvesters. In order to do this we plan to continue to look for harvesting opportunities on these different beach types and continue to target productive areas while continuing to maintain and enhance the productive areas we currently manage. The forecast for the 2016 -2017 season looks great for manila clams, and we look forward to a productive year.



Higher Education News

Mandy Valley - Higher Education students - There are still a number of you that have not turned in your final grades from fall quarter. If you have not sent your grades in yet please do so as soon as possible. We will want to make sure we are getting all your paperwork processed timely to not interfere with your getting your books and attending classes.

While the Tribe makes higher education funding available to tribal members, these funds are currently limited to paying for tuition and required books and fees. There are many other costs associated with attending college that are not covered with these funds. That's why it is so important to consider all your financial aid options.

The search for college scholarships can happen year-round. Since there is a lot of competition for the non-Squaxin financial aid resources, you should apply early and often. Some folks see it as a lot of work, and never get around to applying. This decreases the competition for those who are willing to put in the time and effort. With a little more effort, you can dramatically increase your chances of getting scholarships.

Let's consider a few basic points:

- Every scholarship has eligibility criteria. A quick glance through the criteria can easily help you determine if you need go any further. If you don't meet their criteria, save your time and simply don't apply.
- Every college scholarship has an application process. Read the directions and make sure you supply everything required. Some require much less time than you think.
- Every college scholarship has a deadline. Pay attention to these deadlines! Most of the scholarship deadlines fall between February and April. If you wait to apply at the last minute, your application could arrive late and won't be considered.
- While some scholarships are based on academics, there are scholarships available for many other interest areas and backgrounds. According to multiple internet sources, there are over 3.5 million college scholarships and grants available.

This month's recommendation? Check out the website, Scholarship.com. They have an extensive directory of scholarship resources that you can search for free. As always if you need assistance or have any question please email me at mvalley@squaxin.us, or call me at (360)432-3882.

**SAFE STREETS COMMUNITY
SELF-DEFENSE CLASSES**

Tuesday MARCH 7th

6:30-8:30 PM

SQUAXIN ISLAND GYM

*This first class is for Adults
and youth over 13.*

ADDITIONAL CLASSES:

April 14—8-12 years
May 9—Women Only
June 13—All Adults & over 13

HOSTED BY SQUAXIN POLICE
CALL 426-5222 to Register

**SAVE
THE DATE**

TLC
Annual Easter Egg Hunt
Saturday, April 8th, 2017
10-11am

Join us for brunch in the gym.
The Egg Hunt is for youth
ages 0-12 years.

Have any questions, contact
Jerilynn Vail-Powell at 432-3992

**NWIYC 2018
PLANNING
SESSION
THURSDAY
MARCH 2, 2017**

**SQUAXIN TEEN ROOM
3PM-6PM
SEE YOU THERE!**

SQUAXIN ISLAND TRIBAL COUNCIL AND THE SQUAXIN YOUTH
COUNCIL WILL BE MEETING TO COLLABORATE THE HOSTING OF THE
NORTHWEST INDIAN YOUTH CONFERENCE IN APRIL 2018

Questions? Please call
360-432-3958
Jaimie Cruz
Youth Council Adviser



Youth Afterschool Program

Jerilynn Vail - The after-school program has quite a bit going on in March. Please check out our calendar for reminders of all our activities. You can drop by the Education Department if you'd like an extra calendar. This Inter-Tribal League session for elementary and junior high teams has two last games. Even though both are away games, at Puyallup on March 1, and Nisqually on March 8, we encourage community members and families to come cheer on the youth.

We post reminders of these games and other activities on our Tu Ha' Buts Learning Center Facebook page. Please note, we have a tribal holiday this month and the after-school program will be closed on Thursday, March 9th in recognition of Billy Frank's birthday. As always, please make sure to notify the TLC staff if you have a new or updated contact phone number.



March

Teen Center/CHUM Project Update

Laurel Wolff - The CHUM (Change How U Manage) Project has been active for almost 4 years now! From its beginning, the project's focus has been to increase the opportunities for the Squaxin Island youth ages 12-17 to receive academic support, culturally-relevant life skills development, cultural teachings and supportive service referrals in a safe, supervised and welcoming teen-centered environment. Additional goals are to reduce the delinquency rate and the school drop-out rate.

Public Safety has reported that teen delinquency rates have gone down since the CHUM Project has started. School delinquency has been monitored to understand which students need extra support. During the last six months no students monitored have missed school because of fighting or drug use. This is an improvement from last year. During the last six months no students have dropped out of school and school attendance among teens has improved. Smoking tobacco and class disruptions still remain a problem at school.

C.H.U.M Program

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6	2 Youth Council 5:00-6:00	3
6 Basketball Practice 3:30-4:30 Weaving 4:00-5:30	7 Craft Class 3:00-5:00 Drum Group 5-7	8 Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6	9 Billy Frank Jr. Day CLOSED	10 Movie Day 4pm-6pm
13 Basketball Practice 3:30-4:30 Weaving 4:00-5:30	14 Craft Class 3:00-5:00 Drum Group 5-7	15 Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6	16 REAL TALK 4:00-5:00 Youth Council 5:00-6:00	17 No School Extreme Fun Zone CHUM POINTS PARTY
20 Basketball Practice 3:30-4:30 Weaving 4:00-5:30	21 Early Release Nettle Gathering + Painted Plate	22 Early Release Nettle Harvest + Cooking with Nettles	23 Early Release Crafting with Elders	24 Early Release Elders Dinner + Bingo 5pm
27 Basketball Practice 3:30-4:30 Weaving 4:00-5:30	28 Craft Class 3:00-5:00 Drum Group 5-7	29 Basketball Practice 3:30-4:30 Dance Workout 5-6	30	



With these improvements, the teen program will be shifting away from its focus on delinquency and truancy, and instead will focus on continuing to build youth leadership skills and cultural connection. This month, we will be honored to have Andrea Sigo teaching weaving classes in the teen room on Mondays from 4:00-5:30pm. We will also be working with the Community Garden program to harvest nettles and learn how to prepare them.

Youth Council continues to be productive. The youth raised funds with a Valentines raffle fundraiser that will go towards community engagement activities. For example, on March 24th the teens will be cooking the Squaxin Elders a spaghetti dinner and playing bingo. We invite you to join us!

GED and Homework Support

Jamie Burris - Your future is calling. Completing the GED test is one way you can answer the call. Complete the GED test, then go on to college, a better job, and the benefits that come from both. 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 and the official tests costing \$30.00 for each of the four subjects: math, language arts, science, and social studies.

At any grade level, if you are looking for homework support, come up after school to get help getting all of your work completed. I am here Tuesday, Wednesday and Thursday, from 4 - 7pm in the classroom upstairs, to help with your schoolwork as well as providing a quiet place to work. For more information, please contact me at jburris@mcclary.wednet.edu.

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 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game @ Puyallup 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: 3-6pm Open Swim: 5-8pm
6 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	7 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	8 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game @ Nisqually Open Swim: 3-6pm	9 Tribal Holiday	10 SSD- 1.5 HR ER Rec Rm: 1:30-6pm Fun Day Friday: 5-6pm Open Gym: 1:30-6pm 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 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm 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 SSD-NO SCHOOL Rec Rm: 9am-6pm Pool Party from 3-4:30pm Open Gym: 10am-6pm Open Swim: 5-8pm
20 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	22 SSD-3 HR ER Rec Rm: 12pm-6pm Culture Night 5-6pm Open Gym: 12-3:30pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	22 GSD- ER @ 2:30pm SSD-3 HR ER Rec Rm: 12pm-6pm Arts-n-Crafts: 5-6pm Open Gym: 12-3:30pm Open Swim: 3-6pm	23 SSD-3 HR ER Rec Rm: 12pm-6pm Crafty Kitchen: 5-6pm Open Gym: 12-3:30pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	24 SSD-3 HR ER Rec Rm: 12pm-6pm Fun Day Friday: 5-6pm Open Gym: 12-6pm Open Swim: 5-8pm
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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.L. - Inter-Tribal League B-Ball High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade



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, 2017, your name will be removed from the housing waiting list.

The following people need to provide us with their application update, if we do not receive your update by March 31, 2017, your name will be REMOVED from the housing waiting list!!!

Jason West
Krystal Koenig
Kaitlyn Sweitzer
Walter Lorentz
Nikita Mowitch
Chauncey E. Blueback
Douglas McFarlane
Jaime McFarlane
David Lewis Jr.
Samantha Ackerman
Austin Penn
Lilly Lutolf
Lorain Algea
Shila Blueback
Linda Jones
Brandon Blueback



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.

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



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

Internal Revenue Service

Preventive and Routine Maintenance Procedures

Landscaping and Grounds Maintenance. Tenants shall be responsible for cleaning the surrounding grounds of their unit. Weeds and other rubbish will not be allowed to accumulate. Housing Maintenance shall maintain the grounds for Elders' rental units. Inoperative junk cars will not be permitted on the grounds. Any landscaping shrubs, trees, lawns, and other plants shall be the responsibility of the tenant to maintain, by performing tasks such as watering, pruning, mowing and other works.



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"



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 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





Tips for Keeping Aging Pets Healthy



See the smile?

Michele C. Hollow
Pet News and Views

Just two decades ago, large dogs like Labrador Retrievers lived to age 9. Today, these dogs can live to 15 or 16. Our cats and dogs are living longer thanks to many changes in veterinary medicine, and because of the care we give them.

“We’ve taken our pets from the backyard to the bedroom, and from the kennel to the couch,” says Dr. Robin Downing, DVM, and owner of The Downing Center for Animal Pain Management in Windsor, CO. “Our pets are aging, and with that we know, as the Buddhist saying goes, pain is inevitable. [But] suffering is optional. Our senior pets don’t have to hurt.”

Dr. Robin shares 5 tips on how to make our senior pets more comfortable:

1. Lay a foundation.

Pets like their routines. Start with regular veterinary care, a good diet, exercise, and together time. As your cat or dog ages, maintain their regular activities.

2. Practice preventive care.

Senior cats and dogs should see their veterinarians twice a year. “The most dangerous words in the English language are Let’s just watch it,” says Dr. Robin. “We see our cats and dogs slowing down and attribute that to old age. Maybe their coats aren’t as shiny as they once were. Maybe you found a small lump. Maybe something else seems off. Slowing down may be a slowing metabolism due to an underactive thyroid. Early detection is critical. By scheduling semi-annual veterinary visits, we can catch illness at its initial stage, making the success rate far higher than if we let a disease progress.”

3. Prevent obesity.

“Obesity is the number-one preventable disease of dogs and cats in the U.S.,” says Dr. Robin. “It trumps kidney disease and cancer for preventable diseases, and it is completely preventable and reversible. Leaner pets live longer than obese pets. Obesity causes wear and tear on the body. Twenty percent of all senior cats and dogs have osteoarthritis, and the percentage is much higher among the overweight and obese. Just like with humans, if you are fat, you have a higher increased risk of developing cancer of all types. Diabetes can also be caused by obesity.”

“Your pets should be eating foods that are age-appropriate. Kittens get food that is marked for kittens. It has a higher fat content, which they need for their growing bodies. Then, there is an adult stage, and a senior stage.”

4. Watch for medical breakthroughs.

“It used to be that we had to amputate the limb for certain bone tumors,” says Dr. Robin. “Now, we know—in many cases—how certain bone tumors grow by using stereotactic radio surgery. Dogs and cats are keeping their legs. A really cool development right now is work on the horizon for a vaccine that may be able to be used against bone cancer. Comparative oncologists are looking into this to be used on human cancer. It’s a huge breakthrough.”

5. Make your home comfortable.

As pets age, we can make our home environments comfortable for them. Dr. Robin suggests using pet ramps for dogs getting in and out of cars. “There are also carpet-covered steps that you can place by your bed, so your cats and dogs can have easy access to your bed,” she adds.

Other items Dr. Robin suggests include:

- * Food and water bowls that can be raised so your pets don’t have to put any stress on their backs. The bowls should be somewhere between elbow and shoulder height.

- * No-skid carpets or foam floor mats—the ones that look like puzzle pieces—are easy to assemble and can be removed from the floor when guests come over.

- * For homes with cats, make sure your cats have easy access to a window seat. Place an ottoman or step so he won’t have to jump too high.

- * For pets with bad backs or hind legs there are wheelchairs, assistive slings, and harnesses.

- * For hard-of-hearing pets, you can ring the doorbell when you enter your home. Since their hearing isn’t as sharp as it used to be, they will hear a doorbell or you can use a loud lifeguard whistle. “Pets like their routines and they want to greet you when you come home,” says Dr. Robin. “By using a whistle or ringing the doorbell, they can. You can also stomp on the floor, if they can’t hear. They can respond to the vibrations.”

- * If your pet has poor vision or is blind, please don’t rearrange the furniture. “Keep their food and water dishes in the same place,” says Dr. Robin. “Same goes for the litter pan. We want to set seniors up for success.”

“Our pets need us a lot when they are very young and again they need us a lot when they are very old,” says Dr. Robin. “Now that they are older, it is time for us to step up to give our pets the best life they deserve.”



Building Strong Families Through Culture

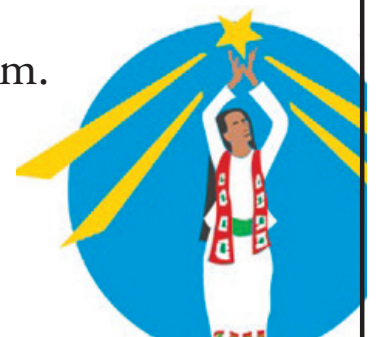
Please join us

Tuesdays from 3:00 - 5:00 p.m.

Community Kitchen

Making Regalia

Serving Dinner





March 19th 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 19th. 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

placed 2nd in the state of Oregon. These same competitions will take place in April this year and I anticipate that my group and I will do well and hopefully improve upon our placings from last year. Closer to home, I am also involved in many other musical groups. Besides participating in every aspect of the band program at my high school, I play in the Salem Youth Symphony, have played taps at various memorial services, and have substituted and been hired to play in different ensembles for Western Oregon University.

I am very blessed that I have been so fortunate to participate in the many opportunities that have been presented to me. Through these opportunities, I have gained much knowledge, experience, and skills that I carry with me as I continue to develop my musical career and abilities. I hope that God continues to allow me to grow my musical education in college and create a successful, professional career for myself.



Michael Araiza

My Musical Achievements

Over the course of my high school life and career, I have been fortunate enough to attend several music events and competitions doing what I love: playing trumpet. It started with a small interest during elementary school and developed into a passion that I plan to pursue professionally. I began playing trumpet in the 5th grade at a small elementary school with no band program. The music teacher helped me as much as she could but it was mostly up to me and my dad(who used to play trumpet when he was younger). In middle school, I joined a real band program and started to thrive. I improved a lot, but it wasn't until halfway through the 8th grade---when I started taking private lessons---that my playing abilities took off and I began to improve very quickly. I have been fortunate enough that my hard work has paid off and allowed me to accomplish many musical achievements and participate in numerous musical events and competitions.

One thing I have accomplished is participating in the OMEA All-State honor bands each year that I've been in high school. I've moved up in the groups each year and this year (my senior year) I had the best audition and earned the spot as principal trumpet (the top spot) in the symphony orchestra. Another accomplishment I've made is participating in the NAFME All-NW honor ensembles. This year I auditioned and made the highest group: the symphony orchestra. Only a few trumpet players are selected to participate in this group and are chosen among hundreds of applicants throughout Oregon, Idaho, Washington, Montana, Wyoming, and Alaska. Perhaps my greatest accomplishments so far occurred last year. In the 2016 OMEA State Solo Competition I ended up placing 2nd in the state of Oregon for high school trumpet players. Also, in the 2016 OMEA State Ensemble Competition, my brass quintet (small ensemble including myself and four other brass players) also



Way to Go Kyland Powell

Kyland Powell is a Squaxin Island tribal member and sophomore at Mount Baker Senior High. Kyland's varsity basketball team has had an incredible season and are heading to the state finals. Her family is so proud of her and her team for all their hard work! Go Kyland!



FAMILY SERVICES



Spring is around the corner!

Is Vocational Rehabilitation right for YOU?

Squaxin Island Tribal Vocational Rehabilitation Program

Purpose: To provide culturally appropriate, community based program of Tribal Vocational Rehabilitation services.

Eligibility: 1) Are a member of a federal or state recognized tribe? 2) Do you live on or near the Squaxin Island reservation or service area? 3) Do you have a mental or physical disability with medical documentation? If yes, come see us for further information!

Our goal is to help people with disabilities to find employment that is consistent with the individual's...

- Strengths
- Resources
- Abilities
- Interests
- Priorities
- Concerns
- Capabilities
- Informed Choices

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



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

SHANON MILLMAN
Come in and meet our teacher.

Squaxin Island TVR can...

- Help you find out what your abilities and interest are so that you can choose a job goal and strive for employment.
- Help you assess what barriers to employment you have.
- Help you to discover how to change or minimize the barriers that are keeping you from working.

Your Squaxin Island Vocational Rehabilitation Program is located in the Family Services Building.

Contact information

June Krise (360) 432-3821
Will Marchant (360) 432-3949



- 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



DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

- How old are you?
Less than 40 years (0 points)
40—49 years (1 point)
50—59 years (2 points)
60 years or older (3 points)
- Are you a man or a woman?
Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?
Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)
- Are you physically active?
Yes (0 points) No (1 point)
- What is your weight status?
(see chart at right)

Write your score
in the box.

Add up
your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

Adapted from Bang et al., Ann Intern Med
151:775-783, 2009.
Original algorithm was validated without
gestational diabetes as part of the model.

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at

DoIHavePrediabetes.org

LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

American Diabetes Association Alert Day®

American Diabetes Association Alert Day® is a one-day "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. In 2017, Alert Day will take place on Tuesday, March 28.

The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Although Alert Day is a one-day event, the Diabetes Risk Test is available year-round.

Take the Risk Test!

<http://main.diabetes.org/dorg/PDFs/risk-test-paper-version.pdf>





Tobacco Cessation Program News

Bobbie Bush - Here is a picture of the Diabetes Coordinator, Patty Suskin, approving our Tobacco Cessation Program's lunch which was Chopped Green Salad, Baked Chicken and Yogurt Berry Parfaits, on February 2, 2017. In our program we have lunch time meetings twice a week, Wednesdays and Thursdays, right in the Health Promotions Building. I try and make healthy and nutritious delicious lunches for the group meeting participants. Please the schedule below for more information.

Well, after almost a year here, there are now 9 people who have quit smoking or who are trying to quit smoking. This is a great start, but we want to make sure everyone who desires to quit has the opportunity to quit. If a lunch time meeting is not an option for you, I am also available for one on one meetings and nicotine release education. 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



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

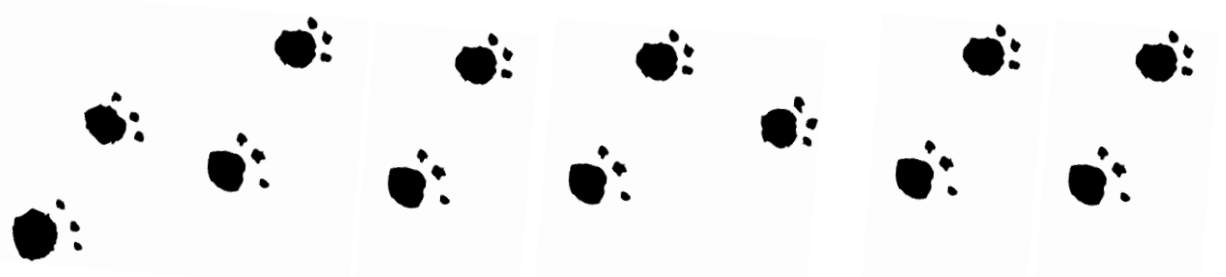
Teens— Drop In Center—Health Promotions Building

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. 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.



March is National Nutrition Month

NUTRITION



Submitted by Patty Suskin, Registered Dietitian Nutritionist

Nutrition Game!

Can you unscramble the words below to find health messages?

1. For good health, fill half your plate with fruits and _____ at each meal.

G A B E E E S L T V

2. When you drink milk, look for options with little to no _____.

A T F

3. _____ are a great source of plant protein to help you grow.

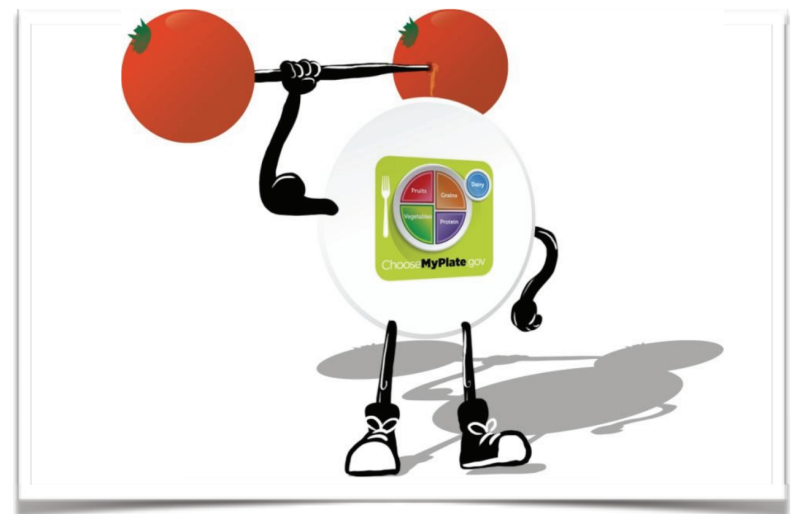
S A B E N

4. Make at least half of the grains you eat _____ grains each day.

E H L O W

5. Apples, oranges, and strawberries are all types of _____.

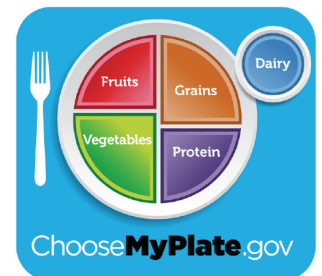
U T S R I F



Meet MyPlate:

MyPlate is made up of 5 different sections...

- Fruit
- Vegetables
- Grains
- Protein
- Dairy



Can you make your plate look like MyPlate?



Choose lean protein and dairy options. (That means versions without a lot of fat). Choose whole grain foods like 100% whole wheat bread and brown rice. And, of course, fill half your plate with fruits and vegetables



Diabetes Support Group Learns About Wellness and Sleep

Submitted by Patty Suskin, Diabetes Coordinator

On January 16th, Jamie Curry, RPSGT Sleep specialist was our guest speaker at diabetes support. Jamie provided information about sleep disorders, especially Obstructive Sleep Apnea, (OSA) the most common type of disorder. Information on risk factors, symptoms, treatment & more can be found at the following website: <http://www.sleepeducation.org/healthysleep>

Here is the website for risk assessment:

<http://www.sleepeducation.org/docs/default-document-library/sleep-apnea-risk-assessment.pdf>

Check with your provider if you have further questions.



National Nutrition Month® 2017

What's for Breakfast? Word Search for Kids

Words may be horizontal, vertical, or diagonal.

1. Oatmeal
2. Eggs
3. Cereal
4. Bagel
5. Milk
6. Waffles
7. Cheese
8. Banana
9. Yogurt
10. Toast
11. Smoothie
12. Grits
13. Berries
14. French toast
15. Muffin
16. Nut butter
17. Sandwich
18. Orange
19. Pancake
20. Tortilla

M	B	L	F	G	H	J	D	L	S	T	M	K	R	P	Q	F	L	X	T	C	M	N	P
K	P	A	V	D	S	H	L	F	R	E	N	C	H	T	O	A	S	T	N	G	L	F	R
R	W	Q	G	L	K	F	V	S	D	B	R	S	T	H	J	L	M	R	S	P	K	M	W
N	B	V	C	E	F	P	Q	R	T	N	S	M	S	A	N	D	W	I	C	H	G	L	A
Z	C	R	M	Q	L	P	K	S	X	V	M	R	T	W	B	T	L	K	F	T	O	P	F
M	T	S	N	R	V	X	A	B	T	R	O	V	X	M	Y	P	K	L	B	N	R	V	F
R	Z	L	U	H	W	O	Q	S	M	N	O	K	L	C	I	V	P	Q	R	D	A	S	L
N	M	C	T	S	T	Y	L	B	R	V	T	N	M	P	R	L	B	T	G	J	N	M	E
T	D	M	B	N	R	S	P	Q	L	K	H	V	B	N	F	G	K	H	R	S	G	T	S
P	Q	X	U	M	L	G	D	V	C	S	I	K	L	W	D	P	R	N	M	V	E	L	G
L	P	V	T	D	W	L	R	X	P	Z	E	R	F	N	M	F	E	K	R	Z	F	T	M
X	A	Z	T	Q	E	R	Z	I	L	F	G	J	T	P	B	S	V	Y	O	G	U	R	T
M	N	V	E	R	G	C	V	G	T	W	K	L	V	Z	E	V	B	C	X	L	Q	P	N
R	C	B	R	V	G	L	W	D	P	S	R	N	K	E	M	T	Z	R	B	C	M	N	L
J	A	Q	L	F	S	X	A	C	V	B	T	Y	H	T	L	N	K	F	P	E	Q	R	Z
L	K	F	B	R	Z	N	K	B	L	Q	P	C	S	R	N	Z	B	E	R	R	I	E	S
V	E	R	G	M	A	T	L	P	W	X	V	N	D	W	L	T	V	C	P	E	C	D	L
N	Y	W	Z	N	B	L	X	J	B	M	U	F	F	I	N	L	S	Q	R	A	M	F	G
B	F	K	A	V	T	N	M	C	D	Z	X	R	G	J	K	R	V	M	S	L	Q	R	T
N	M	B	D	Z	R	O	A	T	M	E	A	L	F	L	T	M	L	V	D	C	N	L	B
X	C	V	R	T	L	K	J	H	F	R	G	M	V	T	O	R	T	I	L	L	A	P	Q



For additional breakfast ideas, be sure to check out the "Power Up with Breakfast" Nutrition Tip Sheet.



March is Colon Health Awareness Month

Take steps to get active today for a healthier tomorrow

By Stacy Gouley and Jen Olson - Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer. Between 2009 and 2013, 15 American Indian/Alaska Natives were diagnosed with colon cancer in the South Sound.

What can I do to get – and keep – my child active?

As a parent, you can help shape your child's attitudes and behaviors toward physical activity. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports.

Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give children toys that encourage physical activity like balls, kites, hula hoops, and jump ropes.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Limit TV time and keep the TV out of a child's bedroom.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.



- Find time to spend together doing a fun activity: family park day, swim day or bike day.
- Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.

Native American Games– physical activity kit (PAK) check it out: <https://www.ihs.gov/hpdp/pak/>

Learn how engaging in outside activities can be fun and affordable for families through <http://www.letsmove.gov/lets-move-outside>, which promotes a range of healthy outdoor activities for children and families across the country.



Sources for this page:

<https://www.cdc.gov/physicalactivity/basics/index.htm>

<http://www.letsmove.gov/active-families>



Colorectal cancer is a preventable cancer through identification and removal of pre-cancerous polyps. Since 2010, over 200 South Sound Tribal and community members have prevented cancer through removal of precancerous polyps. The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened; call your provider for more information about screenings.

To increase awareness about the importance of colorectal cancer screening, the Nisqually Youth and Community Center is proudly participating in Colorectal Cancer Awareness Month. At Squaxin Island in 2016, 82.7% of those over 50 reported that they have been screened for colon cancer which is great. We want to maintain support by encouraging you to get active and keep up to date on your cancer screening.

The Squaxin Island Health Clinic can help you determine if you are due for a colorectal cancer screening. Contact Traci Lopeman at 360.432.3930.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50; talk to your medical provider.
- Quit smoking and stay away from secondhand smoke; call the clinic about tobacco cessation
- Get plenty of physical activity and eat healthy. Try to eat at least five fruits or vegetables per day and get at least 30 minutes of activity each day.
- Reduce or eliminate sugared drinks for you and your family. Water or flavored water is a great alternative.

***For more information,
call the clinic at 360.427.9006***

Sources:

SPIPA Cancer Program
Washington State Cancer Registry
healthfinder.gov/nho/MarAnnounce.aspx
americanindiancancer.org/american-indian-cancer-facts

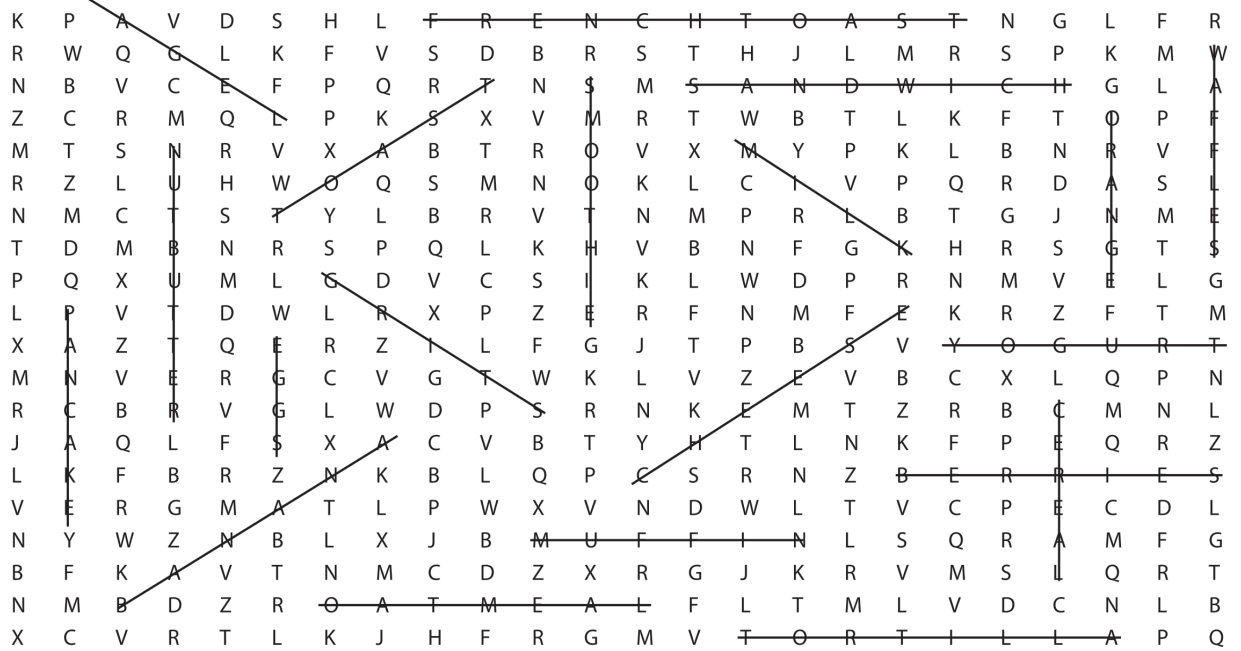


HEALTH CLINIC




National Nutrition Month® 2017

What's for Breakfast? Word Search for Kids



Clinic Events

Mammograms March 28th
Cancer Support March 21st



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,
March 14th 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

SQUAXIN TRIBE'S 2017 MAMMOGRAM CLINIC DATES



Tuesday, March 28th
Tuesday, May 30th
Thursday, June 29th
Tuesday, August 29th
Wednesday, September 27th
Tuesday, October 24th
Tuesday, December 19th

- Every Woman counts, please tell your Sisters, Daughters, Mothers, and Friends to have a mammogram done yearly.
- Beginning at age 40, Women should have a mammogram done yearly. Clinical breast exams should be done on a yearly basis by your medical provider. You should do your own monthly Breast Exams on a regular schedule.
- To schedule an appointment or if you have any questions regarding your eligibility please contact Traci Lopeman at 360) 432-3930.



National Breast and Cervical
Cancer Early Detection Program



Susan G. Komen.
PUGET SOUND



SAFE STREETS



Hello Squaxin Community,

Hope all is well with you all and everyone made it through the winter weather. Here are some pictures of some of what we did in December.

We, Public Safety and Explorers, participated in the Shelton Christmas parade with Mason County 911 and the Squaxin Christmas party, as well as the Squaxin Christmas parade with Mason County Fire District 4. All the events were fun, but I must say we all had a blast in our Squaxin parade which was put on by Youth Council. The teens had Santa and his helpers walking through the reservation handing out candy canes. We had Christmas music and sang carols. I look forward to seeing what the teens do for next year's parade.

After we finished with the Squaxin parade, we were invited by the teens to come have hot chocolate and cookies with all the youth involved. We had our canine officer there and the kids got to meet K-9 Officer Vader and his handler Officer Gettle.

We here at Public Safety and the Explorers would like to thank the teens for their hard work putting together the parade. We also would like to thank Laurel for helping to guide them and getting this event organized. Good job to you all!!!

Officer R. Klusman
Community Liaison Officer
Squaxin Police Dept.

January Stats

Drug and Alcohol incidents	23
Drug incidents	10
Alcohol	13
Adults	25
Youth	1
Referred to Tribal court	2
Referred to other agency	8
Arrests	5
Citation/Infractions	1





March Happy Birthdays

1
Alyssa Mary- Ida Henry
Jennine Marie Jacob
Luke Grey Falcon Rodriguez
Sapphire Pricilla Ward

2
Christy Marie Peters Block
Raven Haaq Roush-Lizotte

3
Arnold E. Cooper
Bichsel Stephan Set
Chazmin K. Peters
Clayton John Briggs
Daniel Rodney Snyder
Serena Rae Phillips
Vincent Gene Henry Jr.

4
Adolfo Douglas McFarlane
Angela Renee Lopeman
Mayella Frankie Jean Roberts

5
Cedar Michael Korndorfer
Faith Elizabeth Pughe
Jamaal Jason Byrd

6
Evan Taylor Cooper
Kodiak Draven-Wolf Masoner

7
Andrienne J. Baldwin
Cody Francis Cooper
David Josiah Seymour
Massiah Angel Manu-Garcia

8
Belinda Gail Colberg
Glen Woodburn Parker
Millie Faye McFarlane
Stella Jean Sicade

9
Finn Michael Dorland
Marjorie L. Penn
Michaela Alina Lynn Johnson

10
Adrian Jose Julio Garcia
Billy Dave Yocash
Joseph Daniel Rivera
Terrah Maria Jackson

11
Alexandrea RaeAnna Rodriguez
Chenoa Reed Peterson
Susan Faye Henry

12
Abigail Mae Bell
Cindy Lee Ehler
Steven Duane Lehman Jr.

13
Sara Marie Guadalupe Naranjo-Johns

14
Andrew Dean Whitener
Chantel Dawn Peterson
Justin Daniel Kenyon
Lois Colleen Woodard

15
Brandon Carl Blueback
Nikki Marie Farron
Tashina M. Ackerman

16
Adarius Terell Coley
Rebecca Lottei Anna Lezon-Ferreira

17
Anthony Dushuyay Johns
Jaimie Renee Henderson
Kenneth Michael Green
Monte Morris
Rachele Dawn Roberts
Robert Jan James, Jr.

18
Jolene Rae Peters
Thomas Blueback, Jr.
Victoria Dennis-Horn
Winter Snow White

19
Cherry Teresa Armstrong
Michael Alfred Bloomfield
Raymond M. Castro
Vicky Belle Engel

20
Jolene Elaine Tamm
Lachell Marie Johns
Nathaniel B Bisson

21
Doyle Raymond Foster
Tayla Rose Logan

22
Charlene Ann Krise
Jose Francisco-Coley
Lorane D. Gamber

23
Evelyn Angel Hall
Gelacio Troyal Orozco
Nora Jean Coxwell
Ronin Sharky Edwards

24
Jaelynn Elise Moliga
Joanna Fuller
John Brady Whitener
Taylor Randolph Krise
Tucker Blaine Hindley

25
Johnathan Draven Seymour

26
Elsie Jeanne Gamber
Jerad Charles Lopeman - Fry

27
James Jeffrey Coxwell
Kameron Marshall Weythman
Lucke Robert Newell

28
Brittany F McFarlane
Jon Daniel Brownfield

30
Benjamin Conrad Naranjo-Johns
Eric Lee Ellerbe
Felicia E. Thompson
Josephine Marie Sabo
Matthew James Pugel
Ronald Andrew Whitener

31
Christina Marie Lopeman
Stephen William Henry





Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions	Council Rep.	Staff Rep.	Months
1% Committee (Bylaws & Appendix X2)	Arnold Cooper, Vince Henry, Vicki Kruger	Kris Peters	Feb., May, Aug., Nov.
Elections Committee	Whitney Jones	Tammy Ford	March, April, May
Explorers Program Committee	Jim Peters	Rene Klusman	
Fireworks Committee (TC 6.04.040)	None		May and June
Gathering Committee	Charlene Krise	Rhonda Foster	Not yet determined
Law Enforcement Committee, Law and Order	None	Kevin Lyon	Not currently meeting
Veterans' Committee	None	Glen Parker	
Budget Commission	Vicki Kruger	Kris Peters	June and August
Business Administration Board (TC 6.24.010)	None		As needed
Little Creek Oversight Board (TC 2.26.010)	Arnold Cooper, Vicki Kruger, Charlene Krise	David Lopeman	
Museum Library and Research Board	David Lopeman	Charlene Krise	Sept., Dec., March, June
Tourism Board (TC 2.34.010)	Arnold Cooper	Leslie Johnson	
Island Enterprises Board	David Lopeman	Dave Johns (Acting)	



What's Happening						
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			1 Shellfish Committee	2 <i>Garden Work Party</i> Utilities Commission	3 Housing Commission	4
5	6	7 <i>Self Defense Class</i>	Elders Committee	Family Court		
			Fish Committee		SPIPA Board of Directors	11
			Golf Advisory Committee	<i>Tribal Council</i>	Education Commission	
12	13 Child Care Board of Directors	14 Enrollment Committee	<i>Nettle Workshop</i>	16	17	18 <i>Garden Work Party</i>
		Criminal/Civil Court	<i>LCCR Career Fair</i>			
			Gaming Commission			
19	20	21	22	23	24	25
				<i>Tribal Council</i>		<i>CPR/1st Aid Training</i>
26	27	28 Criminal/Civil Court	29	30	31	
		Tobacco Board of Directors				



1st - 2nd

WEDNESDAY:

Chicken lo mein, white rice

THURSDAY:

Salisbury steak, mashed potatoes & gravy, spinach, rolls

6th - 9th

MONDAY:

Country BBQ ribs, mac & cheese, mixed veggies

TUESDAY:

Clam chowder, frybread, jell-o

WEDNESDAY:

Garlic parmesan chicken wings, veggie rice

THURSDAY:

Rosemary chicken quarters, baked potatoes, asparagus

13th - 16th

MONDAY:

Fish n Chips, coleslaw

TUESDAY:

Chili, corn bread

WEDNESDAY:

Corned Beef Brisket, cabbage & carrots

THURSDAY:

Casino Buffet

Elders Menu

... Fruit and salad at every meal

20th - 23rd

MONDAY:

Lasagna, Caesar salad, garlic toast

TUESDAY:

Beef stew, rolls

WEDNESDAY:

Bratwurst, macaroni salad, baked beans

THURSDAY:

Tacos, beans

27th - 30th

MONDAY:

Chicken alfredo, parmesan flat bread, green beans

TUESDAY:

Italian sausage & potato soup, meatball subs

WEDNESDAY:

Chicken fajitas, Spanish rice

THURSDAY:

Baked ham, peas roasted red potatoes



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THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:

Case No.: SQI-CW-2016-1611-0170
SQI-CW-2016-1611-0171

D.W.

And

NOTICE OF FACT FINDING AND
DISPOSITIONAL HEARING

K.R.

Indian Children

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID: Alexandria Cooper-Lewis and Rolando Rocero.

YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth code, Fact Finding and Dispositional Hearings for the above named youth have been set in the Squaxin Island Youth Court. The hearing on this matter shall be held on the 4th Day of May, 2017 at 10:00 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

Post: February 10, 2017

Publish: February 10, 2017

NOTICE OF HEARING – PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771

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

Garden Work Party!

March 2 from 10:00-3:00

&

March 18 from 10:00-3:00

@

541 State Route 108 Shelton WA
98584

Come for all or part of the day as we work to
restore the Tribe's fruit orchard.

Snacks and drinks will be provided for both days.

For more information please email
TribalGarden@squaxin.us or call
360-432-3984

Stinging Nettle Harvest & Cooking Demonstration

March 15, 2017

3:30-5:00 pm

Meeting in Tribal Center Lobby

Join us as we set out to gather one of our first
foods, stinging nettle.

All stages of experience are welcome to join as
we explore the medicinal and health benefits of
this "super food".

For transportation purposes please RSVP with
Tribalgarden@squaxin.us or call 360-432-3984



BINGO

Thursday • March 23rd
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • March 24th Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • March 25th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • March 26th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Bring a canned food item and receive a free
level one (3-on) with initial Bingo buy-in

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 3:30pm 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