

10th Annual Squaxin Community Salish Sea Plunge
Start 2018 with a Splash into the Salish Sea!



Monday, January 1st 2018
11:00 AM @ Arcadia Boat Ramp
The plunge will occur at 11:05 AM sharp!
10 Year Tradition of Plunging into the Salish Sea!

Be a part of the New Years tradition by joining us for this fun, drug and alcohol free community event. Everyone of all ages welcome to participate. Costumes are strongly Encouraged.

We will be collecting non-perishable foods to donate to the Squaxin Island Tribe Food Bank.

For more information contact: Joseph Peters (360)490 6825 - jcpeters@squaxin.us



Squaxin Island Tribal Council invites tribal members and their spouses to the

Winter General Body Meeting

*** Saturday, January 27th, 2018 ***

9:00 a.m. in the
Squaxin Community Kitchen

Potluck lunch! Bring a dish to share!

Tribal Directors will be available to answer questions. Information will be available for:



- Enrollment
- Housing
- IEI Businesses

Any questions?
Please call 360-426-9781



Happy 2018!!!

Culture Night

at the Community Kitchen

Every Tuesday

3pm - Craft Class
5pm - Drum Group



Squaxin families are invited!

Join us for craft making class sessions with community artists

Participate in drum, song, and dance rehearsal or simply enjoy the atmosphere with just your presence

Craft Class and Meal provided by Family Services by the Building Strong Families Through Culture Program

This is a drug, alcohol, cigarette, and e-cigarette free event

Any questions please contact
Family Services 360.432.3906
Jeremiah George 360.432.3968



11th Annual Squaxin Island Drug & Alcohol Awareness Dinner



February 11, 2018 at 2:00 - 6:00 p.m.

Little Creek Casino Events Center

This dinner is free to attend and is meant to raise awareness of the effects that drugs, alcohol, trauma, grief and loss have on individuals and communities. Let's bring everyone together to celebrate new beginnings.

Watch for more information as the event draws nearer.

Questions? Please call Kimberly Peters or Michelle Gellerstedt at 360-426-9781

Return Service Requested
10 SE Squaxin Lane, Shelton, WA 98584



TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

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.

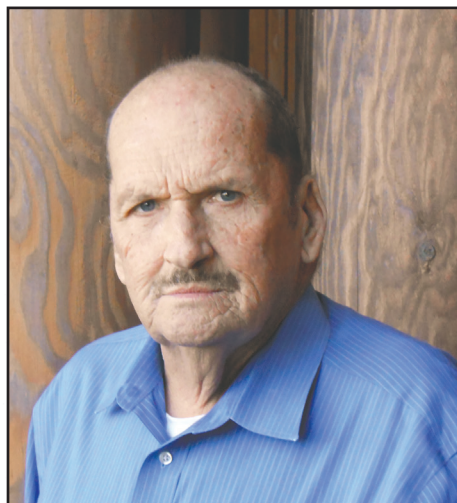
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

ARNOLD COOPER: Chairman
CHARLENE KRISE: Vice Chairman
STEVEN DORLAND: Secretary
VICKI KRUGER: Treasurer
BEV HAWKS: 1st Council Member
DAVE WHITENER: 2nd Council Member
VINCE HENRY: 3rd Council Member

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

New Employees



Larry McFarlane
Youth Sports Coach

Hi! I have lived locally most of my life, have 6 children, 25 grandchildren and 12 great-grandchildren. I coached here some 30 years. Send your kids up and we will teach them and have fun. Any tribal member wanting to become future coach is welcome to come and learn.



Samantha Ackerman
Office Assistant

Hi, my name is Samantha Ackerman. I am part of the Cooper-Henry family here at the Squaxin Island Tribe.

I am excited to start a new chapter of my life as the Office Assistant at the Tu Ha' Buts Learning Center.

This position will allow me to understand more about our tribe's education department and become a well-rounded community member through working with our young ones.

I have plenty to learn, but I'm thankful to have been given the opportunity to showcase who I am in a new light.

I welcome this new change with open arms and am very excited to work with familiar faces again and continue on my path to adulthood!



FREE Wills for Squaxin Tribal Members¹ and Their Spouses

The Tribe is again offering access to end of life planning services. The Tribe has contracted with local attorney Mark Allen. Mark recently retired from the Squaxin Island Legal Department after 12 years. His is available to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Indian Trust Property-Related Documents
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Funeral Arrangements
- Estate Planning

Mark is available at a time and date that is convenient for you. If you are interested in making an appointment, please contact Diane Deyette at (360) 432-1771 x 0. We are scheduling appointments now.

¹ Employees, please see Met Life Benefit, p. 50 of the 2017 Employee Benefits Guide.





Squaxin Island Pool

70 SE Squaxin Lane, Shelton WA 98584 | 360-432-3852

Pool Hours

Morning Lap Swim

(Must be 18 years or older)

Monday: 6:00 to 8:00 a.m.
Wednesday: 6:00 to 8:00 a.m.
Friday: 6:00 to 8:00 a.m.

Water Aerobics

(Must be 18 years or older)

Tuesday and Thursday
Low Impact Class: 6:00 to 6:45 p.m.
High Impact Class: 7:00 to 7:45 p.m.

Open Swim

Monday: 3:00 to 6:00 p.m.
Wednesday: 3:00 to 6:00 p.m.
Friday: 5:00 to 8:00 p.m.
Saturday: 1:00 to 4:00 p.m.

Party Room Rentals Call

Discover Aquatics
360-867-9283



All children under 10 must be accompanied by an adult 16 or older in the water. Youth 11 to 15 years must be accompanied by an adult 16 or older on the deck.

Youth 16 years and older may swim unaccompanied. Children 2 and under must wear a non-disposable swim diaper.



RUMMAGE SALE FUNDRAISER

Help Support Squaxin Basketball Teams

We are fundraising to purchase new basketball jerseys for our three teams.

Rent a table for \$10 to sell your treasures.

The Shaker Church will be here selling their yummy fry bread.

Come support the youth and get a chance to buy retro basketball tournament prizes.

When: Saturday,
January 20th, 2018

From: 10am-2pm
Setup begins at
9am.

Where: At the
Squaxin Gym

Rent a table for
\$10. Fee includes
the use of a table.

SQUAXIN GYM

70 SE Squaxin Lane
Shelton, Wa

Have any questions, call
Jerilynn at
360-432-3992
Or email
jvail@squaxin.us



SQUAXIN TANF EDUCATIONAL OUTREACH DINNER

Are you Eligible?

Current TANF Client? Are you temporarily out of work and have children under the age of 18? Do you have tribal children placed in your home from ICW or CPS? Are you struggling to make ends meet even with your current job? Are you pregnant and needing assistance? If you haven't reached your 60-month time limit, Tribal TANF may be able to assist you with becoming self-sufficient, through work, training or education. If you aren't sure about eligibility, processing of PO's, grants or have policy questions etc. come to our TANF Educational Outreach Dinner to find out.



Are you a current TANF client? Not sure if your eligible for TANF?

Want to know more about TANF supportive services and/or process?

Do you have questions about TANF policies?

Everyone who attends will receive an incentive. Must stay entire dinner to be eligible for final incentive drawings.

January 19, 2018
5:30 PM
Squaxin Island
Community Kitchen

Questions?
Contact Rose Henry
360-432-3950



COMMUNITY



LITTLE CREEK CASINO RESORT & SQUAXIN ISLAND TRIBE PRESENT THE 10TH ANNUAL

SA'HEH'WA'MISH DAYS POW-WOW



FEBRUARY 17-18, 2018



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

Tiny Tots - 6-Under

7-12 Girl's: Fancy, Jingle, Traditional

7-12 Boy's: Fancy, Grass, Traditional, Chicken

13-17 Girl's: Fancy, Jingle, Traditional

13-17 Boy's: Fancy, Grass, Traditional, Chicken

18-34 Jr. Women: Fancy, Jingle, Traditional

18-34 Jr. Men: Fancy, Grass, Traditional

35-59 Sr. Women: Fancy, Jingle, Traditional

35-59 Sr. Men: Fancy, Grass, Traditional

18-Over Round Bustle

18-Over Men's Chicken

18-Over Men's Southern

18-Over Women's Southern Buckskin & Cloth (Combined)

60-Over Men's Golden Age (If questioned must show ID)

60-Over Women's (If questioned must show ID)

Open Ages Owl Dance (3 places)

Dancing and Drumming Registration paper work must be filled out completely by first Grand Entry on Saturday.

No cost to register even for the drummers.

Drum Contest drums and Non-Contest drums must have a minimum of 6 registered singers.

MUST have SOCIAL SECURITY CARD/NUMBER. NO SSN, NO PAY.



LITTLE CREEK CASINO RESORT

GAMING • HOTEL • SPA • GOLF • DINING • ENTERTAINMENT • RV PARK • ARCADE



This is a drug and alcohol-free event!

For hotel reservations call: 1-800-667-7711 or 360-427-7711 • 91 W. State Route 108, Shelton, WA 98584
Tribal Members: For vendor space call 253-439-7829



LITTLE CREEK CASINO RESORT & SQUAXIN ISLAND TRIBE PRESENT THE 10TH ANNUAL

SA'HEH'WA'MISH DAYS POW-WOW



FEBRUARY 17-18, 2018



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

OPEN
TO THE
PUBLIC

Masters of Ceremony:

Ray Fryberg - Tulalip | Sonny Eaglespeaker - Blood | Casey Mac Wallahee - Yakama

Arena Directors:

Marcus Wallahee - Yakama | Jack ScabbyRobe - Blackfeet/Cree

Drumming Contest - ALL DRUMS WELCOME

First drum roll call Saturday, February 17 @12:45 SHARP!!!

1st \$10,000.00 Plus Drum donated by the Wallahee Family in honor of
Ethan Wallahee Class of 2018

2nd \$8,000.00 ▪ 3rd \$7,000.00 ▪ 4th \$6,000.00



Head Man Dancer: Kelly Grant
Omaha tribe of Nebraska/Iowa
Tecinde (Buffalo Tail) Clan of the Sky People



Head Woman Dancer: Amanda Harris
Comanche/Sac&Fox Apache, Oklahoma

Women's Traditional Special 18+

Sponsored by

Head Woman Dancer - Amanda Harris - Comanche/Sac&Fox - Apache, Oklahoma

1st place - Cash, Jacket, Star Quilt, plus 2 consolation winners

"Giving back to the Circle"

Sponsored by Buck Wallahee

"Men's Traditional Challenge"

Contemporary Traditional

Northern Straight Traditional

Southern Straight Traditional

Winner take all and 4 consolations

"Honoring the Healing Dance"

Sponsored by Maya McCloud and Family

Women's 21- Over Old Style Jingle Special

Winner take all and 4 consolations

"Giving back to the People"

Sponsored by Sonny EagleSpeaker's family

"ONE MAN HAND DRUM CONTEST"

MORE SPECIALS TO BE ANNOUNCED!





Homework Support and GED Preparation

Jamie Burris - The semester is quickly coming to an end. To ensure you pass your classes, have all of your missing assignments turned in and make sure you study for those finals! I am here to help complete work, study, or help you find an engaging book to read for 20 minutes. I am at the education building Tuesday, Wednesday and Thursdays from 4:00 – 7:00 p.m.

Study tip of the month: Turn your notes into flashcards. Get all of your notes in front of you and open a pack of index cards. As you read through the important facts, write them in question and answer form on the card. For instance: to study historical facts, write the historical fact on one side of the card and the key details on the other side. To study geometry formulas, write the name of the formula on one side and the formula itself on the other side. You can go to www.liveabout.com for more study tips.

GED preparation classes are up and running! The GED test has 4 subjects: language arts (reading/writing), math, science and social studies. The test is made up of multiple choice, drag and drop, fill in the blank, short answer and extended response type of questions. Each test has a different amount of time allotted for it – ranging from 70 to 150 minutes. I am here to help guide you along your individualized learning path. Come in and take a practice test to see where you are in your journey, what you still need to study, or discover that you are ready to take the actual GED test! If you are a tribal member, the tribe will pay for your testing (saving you at least \$30 per test!). For more information, please contact Jamie Burris - jbarris@mcclary.wednet.edu or go online at www.ged.com.

GED study tip of the month: If you don't have a good handle on the information required for one of the sections of the GED, you could invest in a good study guide (we have a fantastic study guide at the education building). A good study guide will help focus your study by condensing all of the material down to just what you need to know. Effective study guides also help you by going over problem solving techniques with example problems. For more study tips, go to: www.test-guide.com.

Higher Education Update

Mandy Valley - I hope everyone has a very successful fall quarter/semester! Remember to send in your final grades, your new class schedule for winter quarter/spring semester, any receipts you have, and your completed Memorandum of Commitment for the new quarter/semester. I cannot process your paperwork for the college until your file has been updated, and if I don't receive your information timely, your paperwork will not be processed until January 3rd.

If you have any questions I can be reached at my direct line, (360)432-3882, or by email at mvalley@squaxin.us. I hope everyone has a wonderful holiday season!

Tutor News

Lynn White - Just a few friendly reminders! As the New Year is getting started, first semester is coming to an end on January 26th. It is important to get any missing work turned in, especially for 9th-12th graders.

Even though 9th graders are at OBJH all their credits matter for graduation; it is important to not fall behind so early in their high school career. It is also important to create and follow good study habits in younger grades, which will help later on. I am at OBJH on Mondays, Wednesday and non-early release Fridays. I am at OMS on Tuesdays, Thursdays, and early release Fridays. I am also at the education center after school from 300 - 4:00 p.m.

Julie Martinez – Now is the time for High School students to review their grades, retake tests if needed and prepare for finals. I can give students lists of their missing assignments and tests they need to retake, if I haven't already, and the students need to communicate with their teachers about test retakes so they can schedule time to make that happen.

If you are considering attending college next year it is important to get that FAFSA completed! The website to apply for your FAFSA is fafsa.ed.gov. If you haven't applied before you will need to register and create a FAFSA ID and a Save Key, be sure to keep these in a safe place because you will need it again each year for filling out the application! Be sure to have your Social Security Number and Income Tax information available when starting the application, if you are under 25 you will need parent/guardian social security and tax information as well.

It is HIGHLY recommended to file a FAFSA even if you aren't sure you are going to be enrolling in a post-secondary program, whether it is a vocational program, a 2-year or a 4-year school. A FAFSA is required to enroll in any of these programs. Better to have it filed so all possible options are open when you decide which path you want to take.

Shelton High School will not be allowing students to wear blankets on campus after the first of the year, so please have a discussion with your high-school student to prepare them for the new guidelines. Please also remind your high school student that cell phones need to stay in their backpacks or pockets during class. Many teachers have told me that a student's "F" is due to cell phone use in class - your assistance with the cell phone battle would be greatly appreciated! Thanks for your support!

It's Happening Here

- › **January 12th: Movie Night from 5-7pm**
- › **January 15th: Martin Luther King Jr. Day – No School**
 - We are open 7:30am – 4:00pm
 - Pool Party from 10:30-11:45am
 - Beading from 12:45-1:45pm
 - Make Butter from 2-3pm
- › **January 19th: Pool Party from 3-4:15pm**
- › **January 20th:**
 - Fundraiser Rummage Sale for the Basketball Team

Have any questions – Contact Jerilyn at 360-432-3992



View TLC Youth Christmas Party Photos at: <http://www.squaxinistland.org/squaxinphotos>

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3955 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tribe is Closed	2 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	3 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	4 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	5 SSD-1.5 HR ER Rec Rm: 1:00-6pm Fun Day Friday: 5-6pm Open Gym: 1:00-6:00 Open Swim: 5-8pm
8 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	9 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	10 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	11 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	12 Rec Rm: 3-6pm Movie Night from 5-7pm Open Gym: 3-6pm Open Swim: 5-8pm
15 NO SCHOOL Rec Rm: 7:30-4pm Pool Party 10:30-11:45am Open Gym: 7:30-4pm Jr High & Elem Bball Practice: 12-1pm 1-1:45pm Open Swim: 3-6pm	16 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	17 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	18 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	19 SSD-3 HR ER Rec Rm: 11:45am-6pm Pool Party: 3-4:15pm Open Gym: 11:45am-6pm Open Swim: 5-8pm
22 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	23 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	24 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	25 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	26 WHL-ER @ Noon Rec Rm: 1-6pm Open Gym: 1-6pm Open Swim: 5-8pm
29 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	30 Rec Rm: 3-6pm Culture Night 5-6pm Jr High & Elem Bball Practice: 3:30-4:30pm 5:00-5:45pm	31 GSD- ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm		
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		I.T.B. – Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



January

Squaxin Teens

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teen Center Closed	2 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	3 Lushootseed Class 5-6pm	4 Youth Council Weaving Project 4pm	5 Early Release Basketball Practice 3:30-4:30
8 Homework Party 3:00-4:30 Basketball Practice 3:30-4:30	9 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	10 ITL- TBA Lushootseed Class 5-6pm	11 Basketball Practice 3:30-4:30	12 Basketball Practice 3:30-4:30 Movie Night 4:00-6:00
15 No School Youth Council Day of Service Basketball Practice 12:00 -1:00	16 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	17 ITL- TBA Lushootseed Class 5-6pm	18 Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	19 Early Release TBD Basketball Practice 3:30-4:30 20 Rummage Sale Basketball Fundraiser
22 Homework Party 3:00-4:30 Basketball Practice 3:30-4:30	23 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	24 ITL- TBA Lushootseed Class 5-6pm	25 Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	26 Basketball Practice 3:30-4:30 Teen Night TBA
29 Homework Party 3:00-4:30 Basketball Practice 3:30-4:30	30 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	31 ITL- TBA Lushootseed Class 5-6pm		

Please Join Us
Building Strong Families Through Culture

BSFTC

Community Kitchen
Tuesday's
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families





Cervical Cancer Awareness Month

SUBMITTED BY Traci Lopeman - The United States Congress designated January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is virtually always preventable with vaccination and appropriate screening (Pap and HPV tests). Schedule your screening test with your Tribal Health Clinic or your other Primary Health Care Provider.

Prevent Cervical Cancer with the Right Test at the Right Time

Screening tests can find abnormal cells so they can be treated before they turn into cancer.

- The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical. HPV is the main cause of cervical cancer. HPV is a very common virus, passed from one person to another during sex. Most people get it, but it usually goes away on its own. If HPV doesn't go away, it can cause cancer.

Most women don't need a Pap test every year! Have your first Pap test when you're 21. If your test results are normal, you can wait 3 years for your next Pap test. HPV tests aren't recommended for screening women under 30.

When you turn 30, you have a choice:

- If your test results are normal, get a Pap test every 3 years. OR
- Get both a Pap test and an HPV test every 5 years.

You can stop getting screened if:

- You're older than 65 and have had normal Pap test results for many years.
- Your cervix was removed during surgery for a non-cancerous condition like fibroids.

November Tobacco Cessation News

Bobbie Bush, Tobacco Cessation Specialist - As we near the end of the calendar year, New Year's Day and New Year's Resolutions, it may be time for you to quit smoking, using commercial chewing tobacco, or Vaping. Vaping is smoking no matter what anyone says. When Vaping, you are inhaling the vaporized juice. There is nicotine in all of the Vape juices, even if the label says it's "nicotine free."

November was a busy time for the Tobacco Cessation Smoking Program. We had another meeting added to our schedule. We still have our Wednesdays at Noon, "Weaving Wednesdays," and "Throw Back the Pack," Thursdays Tobacco Cessation Group meetings.

I always cook a nutritious delicious meal. A popular menu is chicken teriyaki stir fry with vegetables and brown rice. Sometimes we have baked chicken and roasted brussel sprouts or chili and corn bread. Once in a while we get lucky and I make elk sausage gravy and fresh biscuits.

If you are thinking of joining the meetings, please call me and set up an appointment for an intake interview. 360-432-3933 or bbush@squaxin.us.

Thank you.

HPV Vaccines: Vaccinating Your Preteen or Teen

Submitted by Traci Lopeman, information obtained from CDC internet site) - HPV vaccine is important because it protects against cancers caused by human papillomavirus (HPV)(<https://www.cdc.gov/hpv/parents/whatishpv.html>) infection. HPV is a very common virus; nearly 80 million people—about one in four—are currently infected in the United States. About 14 million people, including teens, become infected with HPV each year.

Most people with HPV never develop symptoms or health problems. Most HPV infections (9 out of 10) go away by themselves within two years. But, sometimes, HPV infections will last longer, and can cause certain cancers and other diseases. HPV infection can cause:

- cancers of the cervix, vagina, and vulva in women;
- cancers of the penis in men; and
- cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx), in both women and men.

Every year in the United States, HPV causes 30,700 cancers in men and women. HPV vaccination can prevent most of the cancers (about 28,000) from occurring.

When should my child be vaccinated?

All kids who are 11 or 12 years old should get two shots of HPV vaccine six to twelve months apart. Adolescents who receive their two shots less than five months apart will require a third dose of HPV vaccine.

If your teen hasn't gotten the vaccine yet, talk to their doctor or nurse about getting it for them as soon as possible. If your child is older than 14 years, three shots will need to be given over 6 months. Also, three doses are still recommended for people with certain immunocompromising conditions aged 9 through 26 years.



Don't forget your third poke.

The HPV vaccine is a three shot series. You need all three shots to be protected.

Who else should get the HPV vaccine?

Teen boys and girls who did not start or finish the HPV vaccine series when they were younger should get it now.

If your teen hasn't gotten the HPV vaccine yet, talk to their doctor about getting it as soon as possible.

HPV vaccine is recommended for young women through age 26, and young men through age 21. HPV vaccine is also recommended for the following people, if they did not get vaccinated when they were younger:

- young men who have sex with men, including young men who identify as gay or bisexual or who intend to have sex with men through age 26;
- young adults who are transgender through age 26; and
- young adults with certain immunocompromising conditions (including HIV) through age 26.

Read more:

HPV Vaccine – Questions & Answers

(<https://www.cdc.gov/hpv/parents/questions-answers.html%20>)

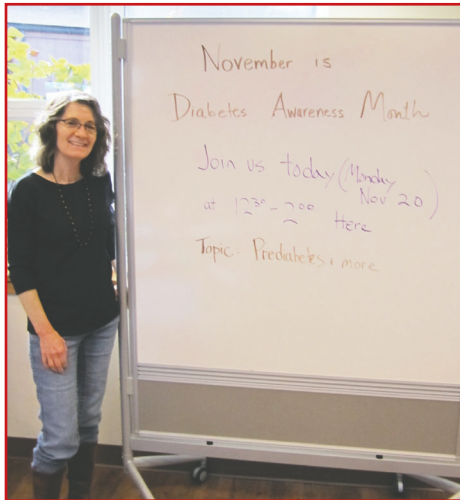



Diabetes Awareness Gathering

November 20, 2017

Submitted by Patty Suskin, Diabetes Coordinator - November was Diabetes Awareness Month. We had an enthusiastic group of participants asking about prediabetes, diabetes, gestational diabetes, screening for diabetes, low blood sugars, blood pressure and more. Patty was excited to answer these questions. The Area on Aging also provided enlightening information about their services and resources.

If you have questions about diabetes or prediabetes, feel free to contact Patty at 360.432.3929 or psuskin@squaxin.us.





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, January 9th is WIC day at SPIPA

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360.462.3227, gardipee@spipa.org
or Patty Suskin 360.462.3224

3 Steps to Help Your Family Eat Healthier Meals

My Native Plate Placemats Show You How



You can help your family members eat healthier meals. A free placemat called *My Native Plate* shows 3 steps to help your family members know how much to eat:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

My Native Plate also has tips to help your family members choose healthier foods:

- Eat a variety of vegetables. For breakfast, have some tomato salsa with scrambled eggs. For lunch, have lettuce and tomato on a sandwich. For dinner, have baked squash as your vegetable.
- Eat a variety of fruits. For breakfast, have half an orange. For lunch, have a small apple. For dinner, have canned peaches without syrup.

- Switch to whole grains. For breakfast, have one corn tortilla. For lunch, have a small, whole-wheat bun. For dinner, have brown rice instead of white rice.
- Choose lower-fat dairy. Drink low-fat, lactose-free or soy milk. Eat low-fat yogurt and low-fat cheese.

On the front page of *My Native Plate* there is a photograph of a 9-inch plate with baked squash, canned peaches, brown/white rice, baked deer meat, and low-fat milk. On the back, there are photographs showing sample breakfast, lunch, dinner, and youth plates.

You can find *My Native Plate* on the IHS Division of Diabetes Treatment and Prevention website:

www.diabetes.ihs.gov.

Click on *Printable Materials*, then *Nutrition*. Best if printed on a color printer.

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





BLOOD PRESSURE

How to have an accurate blood pressure reading:

Submitted by Patty Suskin, Diabetes Coordinator

- Do: Sit in a chair, feet flat on the ground, legs uncrossed, with your back supported and without talking, for at least five minutes before you get your blood pressure measured
- Don't: Exercise, consume caffeine or smoke within 30 minutes of your test
- Do: Empty your bladder before your blood pressure is taken
- Don't: Sit or lie on the exam table (that can result in a falsely low blood pressure reading)
- Do: Roll up your sleeve so the blood pressure cuff rests on bare skin, not clothing
- Don't: Let your arm dangle or rest in your lap during the reading. It should be supported on a surface such as a desk.

New Goal is below 130/80

Low-Fat Milk: A Healthy Choice for Your Family



Low-Fat
Milks



High-Fat
Milks



Skim milk, 1 percent milk, 2 percent milk and whole milk all have the same amount of protein, calcium, vitamins and minerals. Vitamin D is added to all of them.

The amount of fat is the only difference between them, and it's a big difference. Half the calories in whole milk come from fat and one-third of the calories in 2 percent milk come from fat.

Only 1 percent milk and skim milk are truly low-fat milks.

Why Move to Low-Fat Milk?

Adults and children ages 2 and older do not need the extra fat and calories from 2 percent or whole milk.

Reducing the amount of fat in your diet can help:

- Control your weight.
- Lower your cholesterol.
- Reduce your risk of heart disease and stroke.

For adults drinking 2 to 3 cups of milk daily, you could lose 12 pounds in a year just by switching from 2 percent milk to skim milk.

How Can I Get My Family To Switch to Low-Fat Milk?

Make the change gradually. Start by mixing whole milk and 2 percent, then go to all 2 percent. Use this for a while, then do the same with 1 percent and skim. Your family is more likely to accept the change if you take one step at a time.



For an
appointment with
SPIPA WIC,
call 360.462.3224



Important to Note

MAMMOGRAMS

There are no mammograms scheduled until March. If you want one sooner, contact Traci Lopeman: (360) 432-3020

PURCHASE REFERRED CARE

Annual federally mandated PAO-21 forms, along with updated insurance information, are due and required prior to appointments being made.

Jaclyn and Misti are state certified Tribal Assisters to help you sign up for state medical insurance benefits and renewals.

Numbers

Health Clinic	427-9006
Purchase Referred Care (formerly Contract Health Services)	432-3922
Pharmacy	432-3990
Dental	432-3881
Behavioral Health (chemical dependency counseling, mental health)	426-1582



No Bones (or Bone Treats) About It: Reasons Not to Give Your Dog Bones

Bone treats are real bones that have been processed, sometimes flavored, and packaged for dogs. Giving your dog a “bone treat” might lead to an unexpected trip to your veterinarian, a possible emergency surgery, or even death for your pet.

Many dog owners know not to toss a turkey or chicken bone to their dog; those bones are just too brittle. But the U.S. Food and Drug Administration (FDA) says the risk goes beyond that, especially when it comes to the “bone treats” you may see at the store.

What's a Bone Treat?

FDA has received about 68 reports of pet illnesses related to “bone treats,” which differ from uncooked butcher-type bones because they are processed and packaged for sale as dog treats. A variety of commercially-available bone treats for dogs—including treats described as “Ham Bones,” “Pork Femur Bones,” “Rib Bones,” and “Smokey Knuckle Bones”—were listed in the reports. The products may be dried through a smoking process or by baking, and may contain other ingredients such as preservatives, seasonings, and smoke flavorings.

So if you're planning to give your dog a stocking full of bone treats this holiday season, you may want to reconsider.

Illnesses Reported

Illnesses reported to FDA by owners and veterinarians in dogs that have eaten bone treats have included:

- Gastrointestinal obstruction (blockage in the digestive tract)
- Choking
- Cuts and wounds in the mouth or on the tonsils
- Vomiting
- Diarrhea
- Bleeding from the rectum, and/or
- Death. Approximately fifteen dogs reportedly died after eating a bone treat.

The reports, sent in by pet owners and veterinarians, involved about 90 dogs (some reports included more than one dog). In addition, FDA received seven reports of product problems, such as moldy-appearing bones, or bone treats splintering when chewed by the pet.

Here are some tips to keep your dog safe:

Chicken bones and other bones from the kitchen table can cause injury when chewed by pets, too. So be careful to keep platters out of reach when you're cooking or the family is eating.

Be careful what you put in the trash can. Dogs are notorious for helping themselves to the turkey carcass or steak bones disposed of there.

Talk with your veterinarian about other toys or treats that are most appropriate for your dog. There are many available products made with different materials for dogs to chew on.

“We recommend supervising your dog with any chew toy or treat, especially one she hasn't had before,” adds Stamper. “And if she ‘just isn't acting right,’ call your veterinarian right away!”





PLAN, SHOP, SAVE and COOK

4 educational classes that will help you choose healthy foods within your budget.

Washington State University, SNAP-Ed Nutrition Program invites you to...

Shelton Timberline Regional Library

When: Mondays
January 22, 29 &
February 5, 12

Place: Community Room

Time: 4:30 – 5:30 pm

Jan '18					
M	Tu	W	Th	F	
22	23	24	25	26	
29	30	31			

Feb '18					
M	Tu	W	Th	F	
5	6	7	8	9	
12	13	14	15	16	

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Christine Ciancetta at 360-427-9670 ext. 684 or christine.ciancetta@wsu.edu at least two weeks prior to the event.

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program, SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

 **Mason County Snap-Ed**
WASHINGTON STATE UNIVERSITY
EXTENSION

 Acceso disponible para discapacitados

LEARN HOW TO...

- CHOOSE MORE NUTRITIOUS FOODS
- SAVE TIME
- SAVE MONEY
- STRETCH FOOD DOLLARS TO THE END OF EACH MONTH
- SAMPLE HEALTHY MEALS AND SNACKS

FREE

TRY NEW LOW COST RECIPES AND LEARN USEFUL TIPS TO WORK TOWARDS A HEALTHIER LIFE!

FOUR CLASSES

- PLANNING MEALS
- USING NUTRITION LABELS
- SAVING MONEY
- COOKING A MEAL





January Happy Birthdays

1
Aaron Nathaniel Evans
Jessica Kay Solano
Nancy A. Moore

2
Fernando M. Rodriguez
Patrick Allen Braese
Sydney Marie Tuso
Tory Lee Hagmann

3
Nohea S. K. Robinson-Black



4
Aaron M. Raven Peters
Elias Dade Coley
Halia Marie Cooper-Lewis

5
Christopher Wade Stewart
Lametta Mae LaClair
Two Hawks Krise Young

6
Lincoln L. Villanueva
Moses Elijah Kruger
Samantha Elizabeth Ackerman
Sherry Lynn Haskett

7
Charlene Holly Blueback
Kaleb Darrell Krise
Melissa Rose Dawn Whitener
Zachery G. Clark

8
Francis Arnold Cooper Jr.
Melanie Evelyn Sequak
Meloney R. Hause
Patti Lee Riley
Shila Mae BlueBack

9
Deanna Mary Hawks
Emmalee Georgena James
Janita Lee Raham
Jazmin Victoria James



10
Isaac J. Ackerman
Samantha S. Armas
Stephanie Michele Peters
Tiffany A. Valderas

11
Anthony Joe Armas
Cassidy J. Gott
Lolyta Jean Johns
Natasha Page Gamber-Chokos
Patricia Johnna Green
Seilyah Emily Louise Smith

13
Connie Renee Whitener
Marvin Eugene Campbell, Jr.

14
Sheena Marie Lewis Glover

15
Ashton Ryder Coble
Jesse Raymond James
Kayla Marie Scelopin Peters
Theresa Maiselle Bridges

16
Imalee Rose Tom
Shelby V. Riley



17
Barbara Eileen Cleveland Jr.
Charlotte Sky Bradley
Leanora Christine Krise
Tristan Isaiah Coley
Whitney Amber Jones

18
David Norman Dorland
John A. Ackerman
Lorna Lee Gouin



19
Emily Ruth Whitener

20
David Micheal Bear Lewis
Jadha Ann James
Leonard William Hawks, III
Santana Lee Krise

21
Jacob Wesley Campbell
Traci Lynn Lopeman

22
Kahsai Tiefel Gamber
Percy James Welcome
Shawnell Lynn McFarlane

23
Keona Anahoi Rocero
Linda Kay Jones



24
Miguel Jordan Saenz-Garcia
Mini Marie Gamber

25
Adonis Micheal Bradley
Jace L. Merriman
Margaret Catherine Henry
Percina Erin Bradley

26
Dakodah Delaney Vigil
Jayda Evelyn Leigh Hawks
Myeisha Marie Pearl Little Sun
Nutella Natt Obi
Robert Charles Lacefield

27
Alohna J. Clark
Amanda R. Salgado
Cheryl Rae Melton
Emily Ann Baxter
Guy Tatum Cain



28
Eva Alexandra Rodriguez
Rebeckah Jeanette Ford

29
Sharleina E. Henry

30
Buck Gene Clark, Jr.

31
Alicia Ilene Obi
Brandon Lee Stewart
Nikolai A. Cooper





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 Klah-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
- Skookum Creek Tobacco Board



Council Rep.

- Arnold Cooper, Vince Henry, Vicki Kruger
- None
- None
- None
- Charlene Krise
- None
- None
- Vicki Kruger
- None
- Arnold Cooper, Vicki Kruger, Charlene Krise
- Bev Hawks
- Arnold Cooper
- Arnold Cooper
- Vinny Henry



Staff Rep.

- Kris Peters
- Tammy Ford
- Rene Klusman
- Rhonda Foster
- Kevin Lyon
- Glen Parker
- Kris Peters
- Charlene Krise
- Leslie Johnson
- Dave Johns
- Mike Araiza



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	5	6
			Elders Committee	Family Court Utilities Commission	Housing Commission	
7	8	Criminal/Civil Court Hunting Committee Enrollment Committee	10 Golf Advisory Committee	11 Tribal Council	12 SPIPA Board Education Commission	13
14	15	16	17	18	19 TANF Outreach Dinner	20 TLC Rummage Sale
21	22 Gaming Commission	23 Criminal/Civil Court Tobacco Board	24 Monarch Children's Advocacy Center Discussion at Community Kitchen	25 Tribal Council	26	27 General Body Meeting Community Kitchen 9:00
28	29	30	31	Culture Night and Drum Group Tuesdays 3-5 Smoking Cessation Classes Tuesdays (Adult 5-7) & Wednesdays (Adult noon & Teen 3:15-4:15) AA & ALANON Wednesdays 7:30		



Elders Menu . . . Fruit and salad at every meal

1st - 4th
MONDAY:
Closed - Happy New Year!

TUESDAY:
Chicken pozole

WEDNESDAY:
Tacos, Spanish rice

THURSDAY:
Chicken fried rice

8th - 11th
MONDAY:
Hot dogs, macaroni salad,
baked beans

TUESDAY:
Navy bean soup,
egg salad sandwiches

WEDNESDAY:
Beef stroganoff, cauliflower,
biscuits

THURSDAY:
Pork chops, rice and gravy, corn

15th - 18th
MONDAY:
Tater tot casserole, peas

TUESDAY:
Chili and corn bread

WEDNESDAY:
Meatloaf, veggies, rice

THURSDAY:
Casino Buffet

22nd - 25th
MONDAY:
Sausage pasta bake,
peas and carrots

TUESDAY:
Baked potato soup,
ham sandwiches

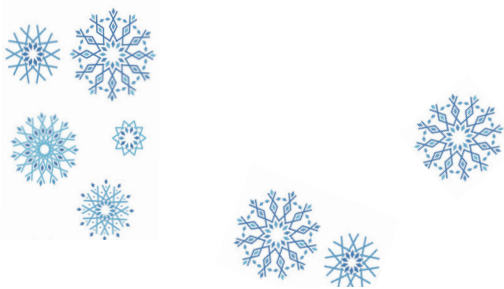
WEDNESDAY:
Beef enchilada casserole,
black beans

THURSDAY:
Spaghetti, mixed veggies,
garlic toast

29th - 31st
MONDAY:
Shepherds pie, rolls

TUESDAY:
Broccoli cheddar soup, biscuits

WEDNESDAY:
Broccoli cheddar soup, biscuits



MONARCH
CHILDREN'S JUSTICE
& ADVOCACY CENTER

JANUARY 24, 2018 AT 5:30 PM

THE SQUAXIN ISLAND COMMUNITY KITCHEN

~ ~ ~ ~ ~

JOIN US IN A DISCUSSION WITH THERAPISTS FROM
MONARCH CHILDREN'S JUSTICE & ADVOCACY CENTER TO
DISCUSS SERVICES THEY HAVE FOR SURVIVORS OF
CHILDHOOD SEXUAL TRAUMA. THEY PROVIDE A VARIETY OF
SERVICES TO SUPPORT SURVIVORS INCLUDING SUPPORT
GROUPS, COUNSELING, COMMUNITY OUTREACH, AND
EDUCATION. THEY WANT TO WORK WITH US TO ENSURE
THEY MEET THE NEEDS OF OUR UNIQUE COMMUNITIES.

IF YOU HAVE QUESTIONS PLEASE CONTACT
MARISA KANESHIRO @ 360.346.0971
or
GLORIA HILL @ 360.463.7051

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
Charlene Krise
Charlene Krise
Vicki Kruger
Arnold Cooper
Arnold Cooper
Vince Henry
Steven Dorland
Per Tribal Code None
Arnold Cooper
Vicki Kruger & Charlene Krise
Vacant
None
Vicki Kruger

Staff Rep.
Jeff Dickison
Traci Coffey
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
Dallas Burnett
Richard Wells
Bert Miller
Ray Peters
Vacant
Patti Puhn

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 Monday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday



Free Legal Services for Low Income Native Americans and Alaska Natives

Do you have a non-criminal legal problem?

The **Native American Unit** at **Northwest Justice Project** provides free **civil (non-criminal)** legal services to eligible Native Americans and Alaska Natives who cannot afford a lawyer in Washington or whose legal matter stems from being a victim of crime.

The NAU can work with you on (among other things):

- Protecting Indian monies (per capita, settlement, and other tribal income) from garnishment and/or impacting other income and benefits;
- Trust land rights- leasing, rights of way, homeownership;
- Child custody matters involving domestic violence or children's safety;
- Tribal housing;
- Education matters – suspensions, special education, truancy, emancipation; foster and homeless student issues;
- Indian Health Care and other tribal benefits;
- Driver's license suspensions based on unpaid fines.

To find out if we can help you, please call.

Residents of King County can call Janel Riley at 206-707-0920. Residents of all other counties can call the CLEAR hotline at 1-888-201-1014, Monday through Friday between 9:15 a.m. and 12:15 p.m.

If you are a victim of crime with a civil legal issue, ask a social services or tribal provider to refer you or call Jennifer Yogi at 206-707-0921.

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 18 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.

