



2018 Candidate Forum

Information Sessions

Coming Soon!

Watch for dates!



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

Your OTE is Your OICE

Let's start thinking now for the elections that take place at the General Body Meeting

MAY 5th 2018

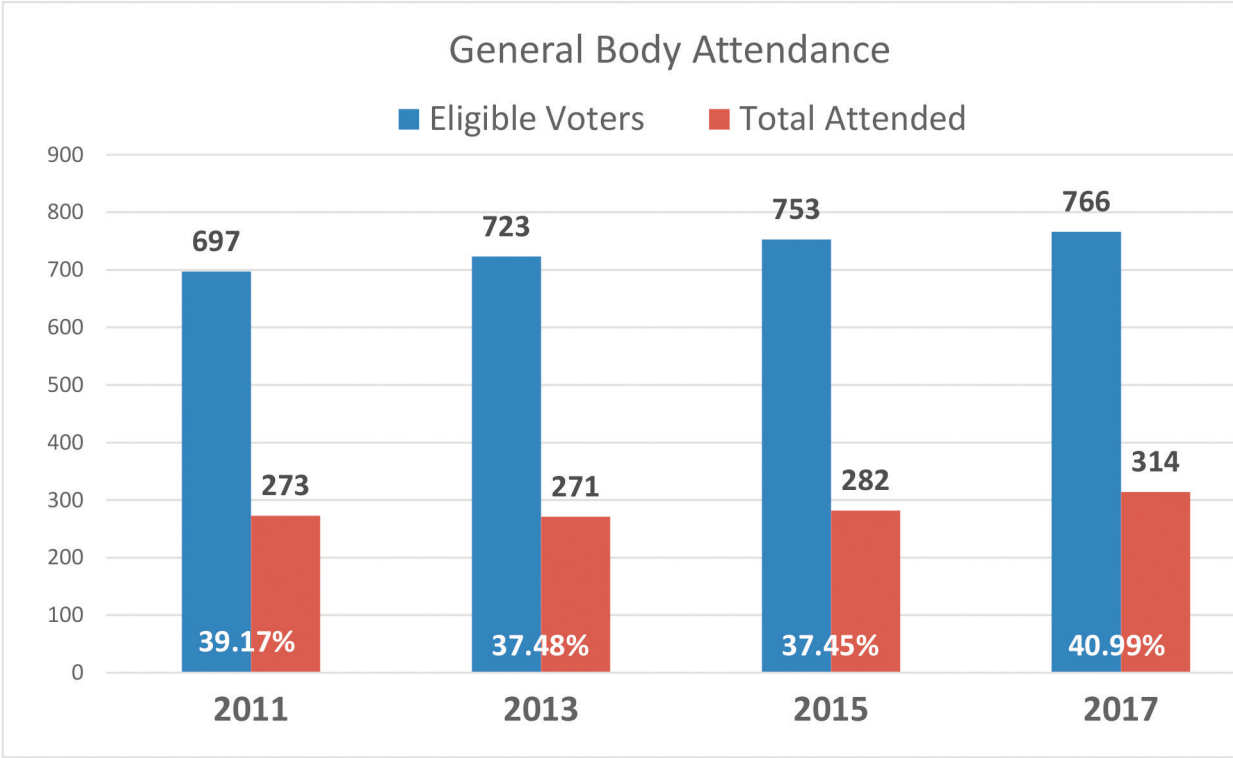
Why is it important to vote?

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

Who Turns Out to Vote?

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

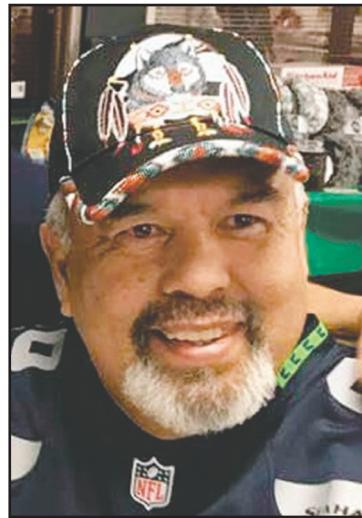
	2011	2013	2015	2017
Eligible Voters	697	723	753	766
Total Attended	273	271	282	314
Percent in Attendance	39.17%	37.48%	37.45%	40.99%



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



Chairman's Update



Our Tribe is busy on many projects and programs affecting all of us. Whether working with other tribes, the state or here at home, I like to look at how we can get things done in a good way, not at excuses or reasons not to do things. Change does take time, but we cannot stay in a state of limbo. We need to go forward in a positive determined direction. My goal as Chairman is for our Council and departments to better serve our people.

The Council is looking seriously at getting a new community center built. It won't be long before we get some basic ideas of a timeline and what services will be in it. This will be a good, happy place for our community to gather together.

We have been negotiating with other tribes about issues of primary, exclusive and shared usual and accustomed areas of natural resources. These are our neighbors and it is important to work together. Our objective here, of course, is always looking out for our people and the resources they rely on.

We've been knee deep (or more) in the culvert case for a long time now. Washington State appealed the Tribal victory requiring the state to replace and or repair

culverts that are plugging our streams and preventing our fish runs from getting back. It looks like the case is now going to the U.S. Supreme Court, regardless of how hard the Tribes have tried to work it out with the state. Our streams are no different than the human body with its arteries and veins; if they get plugged or keep getting poked at they are gone, no more life.

The Hirst decision is also affecting everyone in the state. Many of the water use decisions that were previously made by the state Department of Ecology are now going to the counties. The legislature is trying to determine how this will be handled across the state and, of course, the tribes are concerned about the resources and tribal say on or near tribal lands and U&A areas.

I worry about our youth getting what they need to be healthy, happy, have a good education and goals for their lives. We need a strong preschool program to get them off to a good start.

It is good to hear from the community and departments during our Council meetings, we really do take into consideration all of your input. I appreciate tribal members stopping by with ideas and concerns and all those who serve on committees and commissions. It takes all of us working together in a good positive way.



Attention interested Tribal Members Committee and Commission Vacancies

The following committees and commissions have vacancies available. If you are interested in serving on one of these committees/commissions, or if you would like to be re-appointed, please contact Cassidy Gott at 360-426-9781, or cgott@squaxin.us by February 7, 2018.

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

BUDGET COMMISSION: The Budget Commission provides oversight and guidance to Tribal Administration and Tribal Council for the budget.

CHILDCARE BOARD: The Childcare Board provides advice and recommendations concerning the Child Development Center (Position open is a "Community Member with age appropriate child").

EDUCATION COMMISSION: The Education Commission provides recommendations and guidance to the Tribal Council and to the Tu Ha' Buts Learning Center; participates fully in all aspects of planning, development, implementation and evaluation of all educational programs, including supplemental and operational support; is directly involved in all Tu Ha' Buts Learning Center programs; recommends appropriate action to the Squaxin Island Tribal Council; evaluates performance and program results; exercises authority delegated by Tribal Council (e.g., monetary awards).

Continued on Page 6

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

www.squaxinisland.org

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

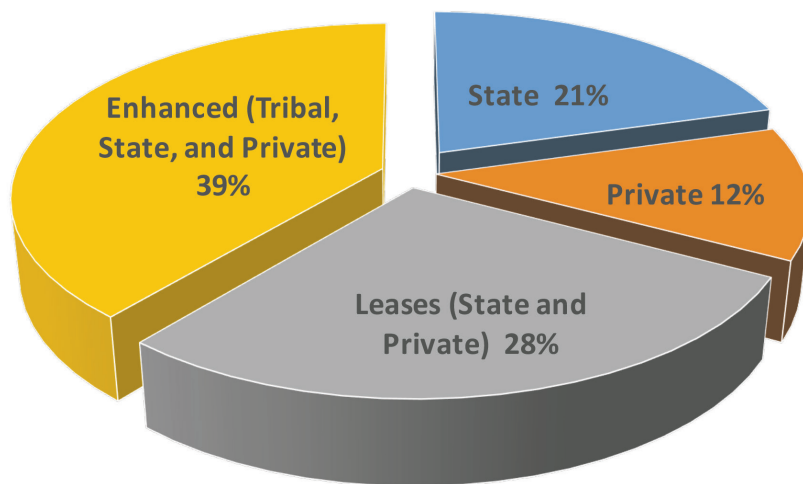
Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



The 2016-17 Clam Season in Review

The 2016-17 Clam Season was a great success with the highest Manila clam harvest to date at 614,000 pounds. These clams were harvested over 135 days of digging between the beginning of November of 2016 and the end of October in 2017. When compared to the previous season's harvest of 430,000 pounds taken over 85 days of digging, this is quite a big jump. This harvest provided income for 288 active harvesters and seniors and came from tidelands owned by the Tribe, State of Washington, or private land owners. Each of these tidelands contain natural clam beds that are managed in a different way. Furthermore, an ever increasing proportion of the clam beds are being enhanced, not just on Tribal and State tidelands, but now also on privately owned tidelands. The management and ownership of these tidelands are grouped into categories below and we can use these categories to see where the harvest came from this season.

Manila Clam Harvest by Category November 2016 - October 2017



Clams from enhanced beaches made up 39% and account for 239,000 pounds of the total harvest. This includes harvest from the newly acquired Munson Point and the Clam Fresh Nursery Beach as well as the State owned enhanced beaches such as the Dikes, Chapman Spit, Gills Cove and Gallagher Cove. Also included in this category are the Squaxin Island beaches where almost all harvest now comes from enhanced areas. The majority of these beaches have been enhanced for years and this category has become the largest category of harvest.

The second largest slice of the pie which makes up 28% of the total harvest is leases. Leases on private and State owned tidelands took off this season ending with a total harvest of 172,000 pounds. State owned tideland leases were harvested in Oakland Bay, Hammersley Inlet, and in Totten Inlet. The Oakland Bay leases are traditional 10-year clam leases with the Washington Department of Natural Resources (DNR) that we have had for many years but new this past season we added short term leases. These short term leases were on two DNR beaches in Hammersley Inlet and one Washington Department of Fish and Wildlife (DFW) beach at Burns Cove, Totten Inlet. As with the private leases, harvesters get paid to dig the non-tribal share along with their tribal share with money being held back to pay for the lease. To compensate harvesters for the reduced price, the limit is increased to 190 pounds. The payout to the clam digger for harvesting a 190-pound limit on a lease is the same as 140-pound limit on an unleased beach.

Harvest on State beaches this season was 21% of the total harvest at 129,000 pounds. This is harvest from State beaches that are co-managed with WDFW and on which we have quotas. Most of this harvest came off of the Westside, the Eastside, and the Channel in Oakland Bay. Prior to 2006 this category of State quota beaches made up from 85% to 90% of our total harvest. This has changed dramatically as we enhanced State beaches, harvested private tidelands, secured leases, and increased enhancement on tribal beaches.

The smallest category of harvest is on private tidelands at 12% of the total or about 74,000 pounds. This category looks small but that is because many of the private tideland have become private leases and are contained in that category. This category includes private beaches as well as beaches that are privately owned but controlled by shellfish companies. These beaches tend to be small with a limited number of harvesters allowed on each dig but they are numerous. To date we have harvested on approximately 250 private tidelands mostly in Hammersley Inlet but also in almost every other inlet in South Puget Sound. Harvest on private tidelands are increasingly involving sharing the natural clam resource with shellfish companies. Over the years we have signed well over 100 harvest plans with shellfish companies that govern this sharing of the naturally occurring shellfish on a particular beach.

Clam harvests have changed much over the years, not just the increase in pounds harvested but also how and where these clams are harvested. Tribal harvesters are no longer solely dependent on the wild populations on State tidelands and on Squaxin Island. Now with digs in a variety of areas, enhancing of clam beds, and harvesting under different cooperative agreements, the management of Tribal clam harvests has become complex. Diggers are often asked to dig in certain areas, or sell to a certain buyer, or harvests are often limited to a certain number of people, and sometimes harvest opportunities between groups don't always seem equal. But be rest assured that your Natural Resources Department is constantly striving to make the digs go smoothly and provide opportunities for all harvesters. We are grateful for the patience and cooperation we have had from the harvesters and we are looking forward to an even better 2017-18 Clam Season!





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!





Committee and Commission Vacancies Continued from Page 2

ELECTIONS COMMITTEE: The Elections Committee conducts the election portion of the General Body meeting.

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

HOUSING COMMISSION: The Housing Commission serves as the advisory, decision-making, and policy authority for the Squaxin Island Tribal Housing Program. The commission is authorized to provide recommendations and advice to the Tribal Council and to the Tribal Department of Community Development. The Commission is authorized to define policies, identify rules and regulations necessary to implement the policies, and recommend the identified rules and regulations to the Tribal Council for enactment.



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

MUSEUM LIBRARY AND RESEARCH CENTER BOARD OF DIRECTORS: The MLRC Board of Directors manages all the affairs, property, and interests of the corporation.

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

The following committees, commissions and boards do not have vacancies at this time: One Percent Committee, Enrollment Committee, Gathering Committee, Golf Advisory Committee, Personnel/Grievance Committee, Gaming Commission, Housing Commission, Utilities Commission, Business Administration Board, Tobacco Board of Directors, Tourism Board.

11th Annual Squaxin Island Drug & Alcohol Awareness Dinner

New Beginnings



February 11, 2018, 2:00 - 6:00 p.m.
Little Creek Casino Events Center

Social hour 2:00 p.m.

Program starts 3:00 p.m.

Dinner 3:30 p.m.

Guest Speakers: Larry Vessey
Angel King-George
Harry Naumoff

Door prize
drawing at the
end of the event!

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

Herbal Trauma Balm for Pain and Inflammation



Devil's Club

The workshop will provide:

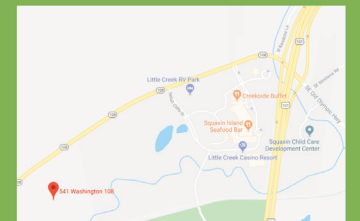
- ♦ Elk Chili for Dinner 5:00-5:30
- ♦ Step-by-step instruction to make a pain relieving balm
- ♦ All ingredients to make your own balm to help alleviate arthritis, sore muscles, and stiff joints.
- ♦ Handouts with the recipe

The event is free for Tribal and Community Members. All levels of experience are welcome to join us. Space and supplies are limited to 20 people. Please rsvp for a secured spot, or we will host on a first come first serve basis. The use of the indigenous plant Devil's Club will be highlighted.

Wednesday February 7, 2018

5:00-7:00

Squaxin Community Garden House
541 State Route 108



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



Tribal Government Day

January 15, 2018

Sis Brownfield - On a day when other students were sleeping in or relaxing on a school holiday these young ladies chose to participate in Tribal Government Day at our state capitol building in Olympia. They took in sessions on Indian Law, Tribal Gaming, Northwest Indian Fisheries Commission and how the legislative process works. And still had time to tour the capitol building and attend a reception in the evening. With this kind of effort and leadership our future looks bright.

Jaimie Cruz - I had the honor to accompany the Squaxin Youth Council on January 15th to the Tribal Government Day. The youth didn't have school due to it being Martin Luther King Jr day, we arrived early to attend the first session. We were able to listen to several speakers and gather information about the law and legislative process. This is important to me because I had the honor of being exposed to our government and the way it operates. It was truly amazing to witness the youth soaking up the information being presented. Even if they only remember learning one thing from that day I am so proud of them! They introduced themselves in our Lushootseed language and spoke in front of delegates (state&tribal). Be on the lookout for more information about the conference Squaxin is hosting in April. Thank you Kiana, Kiona, ViVi, Domonique, and Sophia for representing the Squaxin Youth.



IT'S HAPPENING HERE:

Friday the 16th

- * Monthly Movie Night from 5-7pm

Mid-Winter Break – Monday the 19th

- * We are open 7:30-4:00pm
- * Join us for art and cooking projects
- * Lunch from 12-12:45pm



Monday the 19th

- * Youth Dance Party from 4-6pm in the Gym



Mid-Winter Break – Tuesday the 21st

- * We are open 7:30-4:00pm
- * Pool Party 10:30-11:45am
- * Lunch from 12-12:45pm
- * Indoor Winter Olympics Games in the Gym



If you have any questions call Jerilynn at 360-432-3992



Teen Program News

Laurel Wolff - Need help catching up on assignments or just being motivated to get work done? Come in for homework help on Mondays and Wednesdays. Beyond that, there is quite a bit going on in February for the Teen Program:

- Lushootseed language classes are offered on Wednesdays at 5:00 p.m. in the Museum. Come learn how to introduce yourself (and more) in preparation for the Northwest Indian Youth Conference.
- Patricia Green will be teaching us how to bead around a lanyard on Thursdays at 4:30. This activity will also be taught at the NWIYC so come learn how to bead and maybe help lead the workshop during the conference.
- Everyone is invited to join us for Youth Council at 5:00 p.m. on Thursdays following the beading class. In Youth Council, you can plan youth activities, help prepare for the Northwest Indian Youth Conference planned for April, and build leadership skills.
- The Teen Program will again bring teens to the F.I.R.E. Summit at SPSCC on February 9th. Teens will learn about what college life is like and what the school has to offer. Teens will get a chance to talk with other students about their experiences at different colleges in the area.
- We introduce “Adulthood 101” on February 23rd. Ongoing topics will include finances, taking care of bills, basic cooking, job prep, car maintenance, house maintenance, public transportation and plenty more to come. If you have ideas of topics that should be included in Adulthood 101 or want to offer your knowledge please contact Laurel at 360-515-6295 or at lwolff@squaxin.us.



February

Squaxin Teens

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 with Patricia 4:30-5:00 Youth Council 5:00-6:00	2 Basketball Practice 3:30-4:30
5 Homework Help 3:00 – 6:00 Basketball Practice 3:30-4:30	6 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	7 ITL- BYE Homework Help 3:00 – 5:00 Lushootseed Class 5-6pm	8 Basketball Practice 3:30-4:30 Beading with Patricia 4:30-5:00 Youth Council 5:00-6:00	9 F.I.R.E SUMMIT At SPSCC
12 Valentines Gift Making 3:00-6:00 Basketball Practice 12:00 -1:00	13 Basketball Practic3 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	14 Jr. High VS. Skok Home Game @ 7 pm Lushootseed Class 5-6pm	15 Basketball Practice 3:30-4:30 Beading with Patricia 4:30-5:00 Youth Council 5:00-6:00	16 Basketball Practice 3:30-4:30
19 No School Youth Council Fun Day TBD	20 No School Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	21 Jr. High VS. Nisqually Home Game @ 7 pm Lushootseed Class 5-6pm	22 Basketball Practice 3:30-4:30 Beading with Patricia 4:30-5:00 Youth Council 5:00-6:00	23 Early Release Adulthood 101 Basketball Practice 3:30-4:30

GED/Homework Support

Jamie Burris - The semester is quickly coming to an end. To ensure you pass your classes, make sure you have all of your missing assignments turned in and study for those finals! I am here to help complete work, study or help you find an engaging book to read for 20 minutes.

Here’s your homework 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! 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! 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. If you are a tribal member, the tribe will pay for your testing (saving you at least \$30 per test!)

Your GED study tip of the month: Use a good study guide. If you don’t have a good handle on the information required for one of the sections of the GED, investing in a good study guide is of great help (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.

For more information on Homework Support or GED prep, I am at the Tu Ha’ Buts Learning Center on Tuesday, Wednesday and Thursday, from 4:00 - 7:00 p.m., or email me at burris@mcclary.wednet.edu.



Youth Afterschool Program Updates

Jerilynn Vail-Powell - At a month into the new year, it is great to have the youth back. We have a busy month planned; please make sure to stop by the gym to pick up extra calendars and flyers. During mid-winter break, we will be open from 7:30 a.m. to 4:00 p.m. We are excited to offer a dance party during the break.

A couple reminders:

- The phone number to the rec room: 360-432-3955.
- To update contact information, please stop by TLC and the staff can help you.
- If you have any questions, please feel free to contact Jerilynn at 360-432-3992.



Higher Education

Mandy Valley - If you haven't done so already, please turn in final grades and any receipts that you may have from fall quarter/semester ASAP. Also, if you have not completed your FASFA for the 2018-2019 school year, it is important to get it completed right away. The guidelines have changed for Federal Student Aid. The new FAFSA launched on October 1st 2017 and is open until June 30th 2018. If you have any questions regarding Higher Education or need assistance, please feel free to contact me by phone at (360)432-3882 or by email at mvalley@squaxin.us.

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 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm 12U & 14U Bball: 4-6pm	2 Rec Rm: 3:00-6pm Fun Day Friday: 5-6pm Open Gym: 3-4:30pm 8U & 10U Bball: 4:30-6pm Open Swim: 5-8pm
5 Rec Rm: 3-6pm Team Building: 5-6pm 18U- Bball: 3:30-6pm Open Swim: 3-6pm	6 Rec Rm: 3-6pm Drum Group: 5-6pm 12U & 14U Bball: 4-6pm	7 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm 8U & 10U Bball: 4:30-6pm ITL Game: Bye Week Open Swim: 3-6pm	8 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm 12U & 14U Bball: 4-6pm	9 <i>SSD- 1.5 HR ER</i> Rec Rm: 1:30-6pm Pool Party: 3-4:15pm Open Gym: 1:30-4:30pm 8U & 10U Bball: 4:30-6pm Open Swim: 5-8pm
12 Rec Rm: 3-6pm Team Building: 5-6pm 18U- Bball: 3:30-6pm Open Swim: 3-6pm	13 Rec Rm: 3-6pm Drum Group: 5-6pm 12U & 14U Bball: 4-6pm	14 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL Game: Home Game Open Swim: 3-6pm	15 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm 12U & 14U Bball: 4-6pm	16 <i>WHL-Noon ER</i> Rec Rm: 1:00-6pm Movie Night from 5-7pm Open Gym: 1-4:30pm 8U & 10U Bball: 4:30-6pm Open Swim: 5-8pm
19 <i>Mid-Winter Break</i> Rec Rm: 7:30-4pm Open Gym: 7:30-3:30pm 18U- Bball: 3:30-6pm Open Swim: 3-6pm	20 <i>Mid-Winter Break</i> Rec Rm: 7:30-4pm Open Gym: 7:30-3:30pm 12U & 14U Bball: 4-6pm	22 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL Game: Home Game Open Swim: 3-6pm	23 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm 12U & 14U Bball: 4-6pm	24 <i>WHL-Noon ER</i> <i>SSD- 1.5 HR ER</i> Rec Rm: 1:00-6pm Fun Day Friday: 5-6pm Open Gym: 1-4:30pm 8U & 10U Bball: 4:30-6pm Open Swim: 5-8pm
26 Rec Rm: 3-6pm Team Building: 5-6pm 18U- Bball: 3:30-6pm Open Swim: 3-6pm	27 Rec Rm: 3-6pm Drum Group: 5-6pm 12U & 14U Bball: 4-6pm			
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		<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District
				<i>I.T.L. - Inter-Tribal League B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



Congratulations to Our Neighbor and Friend at Skokomish/Chehalis/TESC Yvonne Peterson



The Spirit Aligned Leadership Program is pleased to announce the selection of its first circle of eight Legacy Leaders.

Yvonne Pete Dupuis Peterson, one of the eight elders selected for the Spirit Aligned Program, is an enrolled Chehalis Tribal member and has long been active in the Skokomish community. She currently is working to support the Peterson/Laclair, River Road Canoe Family and works as ground support on the annual Journey. She has been an Evergreen State College faculty member for approximately 35 years.

The eight Indigenous Women Elders are acknowledged and celebrated for being vessels of their traditional ways and for leading in sustaining and creating legacies of strength and resilience for their own people, for all Native peoples and for all of humanity. We honor their gift of ancestral knowledge that they have so courageously and unassumingly spent a lifetime nurturing. The Legacy Leaders selected interweave indigenous knowledge, at times with western science, and embody integrity at its highest form.

The Spirit Aligned Leadership Program is an ongoing creation; the Inaugural Legacy Leader circle is invited to reimagine their relationship with themselves, their peers and what's possible. The cultural knowledge, experience and sharing of wisdom of these connected knowers will set the path for future circles of Legacy Leadership. Their legacies will be shared in self-determined ways for the sake of those worlds that they hold up. The Inaugural Circle is empowered to interact and impact Indigenous cultural expression, violence against

girls, women and the earth, leadership of Indigenous girls and women, healing from historic trauma and oppression and Indigenous education.

Of the over 100 applications from across the United States and Canada, Yvonne and seven other Elders were selected to the Inaugural Circle. Late last year they met for the first time at Lake Placid, New York and will meet in April in Arizona. Two of the recipients have visited Yvonne at Evergreen's campus.

Yvonne also received The Enduring Spirit Award in 2015. This award recognizes the lifetime achievements of Native women who through their commitment of time, energy, and volunteerism contribute to healthy communities. The issues they champion are varied and include: environment, education, youth and family, holistic health (mind, body, spirit), continuation and retention of culture, preservation of treaty rights, sacred sites, and economic empowerment to name a few.

Yvonne will be involved with an historic event this summer co-teaching a course titled Tears of Duk'wibahl: an Exploration of Customary and Contemporary Indigenous Arts (4-8 Credits). As the first academic course to be offered in the new Fiber Arts Studio of the Longhouse's Indigenous Arts Campus at TESC, this course is an exciting opportunity for Indian students and artists to further skills in Indigenous basketry, printmaking, and painting. The strands will be woven together with artist professional development workshops led by the Longhouse staff to highlight marketing, putting together a professional portfolio and Native arts administration. Students are required to submit three personal work sample images in basketry or printmaking or painting prior to registering for the course. Images should be submitted to: petersoy@evergreen.edu

green.edu or Kuckkaht@evergreen.edu. Summer Session begins June 25th, 2018.

Yvonne was a founding board member of NNABA and continues teaching basket weaving to support Tribal Canoe Journey Protocol efforts. She is teaming with the Skokomish River Road Canoe Family to host a "No Frills - Weavers Teaching Weavers" gathering: February 23rd and 24th at the Little Gym at the Chehalis Tribal Community Center. She organizes the Hazel Pete Family Weavers Teaching Weavers event at the Great Wolf Lodge – an annual event on Mother's Day week-end (May 11th and 12th, 2018). (Yvonne's email is: yvonnepeterson1@comcast.net for more information.)

In recent years Yvonne has volunteered her time fundraising with the National Indian Child Welfare Association (NICWA). She has provided culture based (weaving, drum making, culture nights) workshops at NICWA's annual conference which has been attended by over 1,000 attendees the past two years. Funds raised at the conference support Sandy Whitehawk's work with adult adoptees. Yvonne said: "Our family has been affected by the Indian Child Welfare Act so I am happy to do whatever I can to support the people and work of NICWA".

Yvonne stated, "In recent years I find myself working with the grandchildren of some of the students I taught when I first started teaching years ago. At Skokomish, I coached a t-ball team, girls basketball, organized summer institutes for youth at the Evergreen State College, and many other events. I have been blessed to learn from the youth, elders, fishers, community members, weavers, hunters and gatherers, and spiritual leaders at Skokomish and many other Tribal communities all of these years."

Parent Advisory Committee

Volunteers to aid in the direction the community wishes youth programs to be operated.

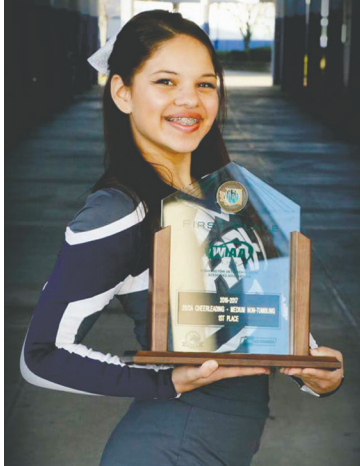
See or call Coach McFarlane if interested in participating.

360-490-3283 or 360-4323986





Congratulations M'Kenzie Brearley-Lorentz



January 27th M'Kenzie will be competing with her cheer team for the 2018 2A non-tumbling small division. Her family would like to wish her and the River Ridge Varsity Blue and Silver teams much luck.

Last year M'Kenzie helped her team win a state title in cheer!

Squaxin Island Tribal Vocational Rehabilitation Program

Purpose:

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

Eligibility:

- Applicant is a member of a federal or state recognized tribe
- Applicant lives on or near the Squaxin Island reservation or service area
- Applicant has a mental or physical disability with medical documentation

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



COME CELEBRATE! MARY WHITENER

IS TURNING 80!



February 25, 2:00 pm - 4:00 pm
Squaxin Elder's Building

Join us for cake and coffee.
We are wishing Mary Whitener a very happy birthday!
Please, no presents.

"I have been employed for over 15 years in various jobs ranging from entry level to executive management in the casino industry. After a much needed personal break, I found myself needing a change. I had no idea where to look or how to go about finding a job that would allow me to have a healthy balance between work and my family. I had so many barriers that I viewed as negatives, but my desire to move forward outweighed them all. I set up an appointment with Vocational Rehabilitation and from there things took a huge turn. I was shown the tools I would need to become gainfully employed. I was able to explore my strengths and weaknesses and together we created obtainable goals. Today because of this program I am able to financially support my family in a healthy way." - L. Machado

"I relocated to Shelton I hadn't worked in years as I was a stay-at-home mom. I contacted William Marchant at Voc Rehab and, within a short period of time, I was working and doing continued training to become Sigma 6 certified. I should also note I did a training position with Voc Rehab and am now in a permanent position that I am so happy with. I went from homeless and struggling to current employment, an apartment and a car. I know that my current status is due to the help and ongoing support of Voc Rehab. I am so thankful for Will and June (the Voc Rehab Dept.), you helped me change my life." - F. Mason

If you would like to set up an appointment
with June Krise or Will Marchant,
Feel free to call 360-432-3906





Rob Wilson-Hoss Honored as Citizen of the Year by Shelton-Mason County Chamber of Commerce

Sally "Sis Brownfield - Among the awards presented at the Shelton-Mason County Chamber of Commerce's annual gala celebration and awards night was a longtime Squaxin Island friend and associate, Rob Wilson-Hoss. The gala was held at Little Creek Casino Resort event center the evening of January 12, 2018.

Rob served as the Squaxin Island's first full-time attorney in the late 1970s and later opened his own law office in Shelton.

Robert Wilson-Hoss, a partner at Hoss & Wilson-Hoss, LLP, has practiced law in Mason County since 1978 where he and his wife Wendy raised their three children.

With an extensive professional background, Rob is also well known for his selfless service. He served in the US Peace Corps, participated in the establishment of the Northwest Intertribal Court System, and was instrumental in the formation of local organizations

such as Habitat for Humanity of Mason County, the Mason County Shelter, and Turning Pointe Domestic Violence Services.

Now, after more than 25 years advocating for a YMCA, he has successfully led the project to become a reality.

His nomination read, "His passion is endless and his commitment to this community will live long into our future. Rob has shown he is a true visionary and his current project is yet another example of that."



Rob Wilson-Hoss with longtime friend Sally "Sis" Brownfield at the gala awards



SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE
L.H.

Case No.: CW-2017-1702-0027

NOTICE OF HEARING

An Indian Child

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID: Kenneth Green and Jessica Harris.

YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth code, a Guardianship Hearing for the above named youth have been set in the Squaxin Island Youth Court. The hearing on this matter shall be held on the March 15, 2018 at 12:30 p.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 GUARDIANSHIP. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

Post: January, 2018

Publish: January, 2018



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.



Revised 11/2017



Housing Policy Reminder

Maintenance Policy:

3.D.4 Scheduled Inspections

Just a friendly reminder, it is a Housing policy to complete an annual inspection on all rental units. This is to ensure the safety of your family and your home. A few of the things included in your inspection are checking for water leaks, operation of fire extinguisher and smoke alarms and functional appliances.

Tenants are responsible for keeping appointments or notifying the Office of Housing before the scheduled inspection to reschedule. There will be no charge for the first missed inspection appointment. The Office of Housing will impose a \$50.00 charge on any subsequent missed inspection appointment. The Office of Housing may waive this charge if there are extenuating circumstances.

Thank you for your cooperation.

Winter Alert

Pet owners need to be reminded this each year but it can never be said often enough: Keep pets away from antifreeze. Even a small amount of antifreeze, as little as one single teaspoon, can be deadly if ingested. If you suspect that your pet may possibly have consumed even a taste of antifreeze, get him to your veterinarian immediately.



Squaxin Island Free Tax Preparation Site

(Basic returns)

Administration Bldg.

February 6 - April 6

(Tuesday and Thursday evenings)

4:15 p.m. - 7:30 p.m.

By appointment only

Contact Lisa Peters to schedule an appointment 360-432-3871

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

Sponsored by SIT — Office of Housing

FREE Tax Prep Get more, spend less

No hidden fees, no high interest tax refund loans, use 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 Credits (EITC) dollars go unclaimed. If your family earned less than \$53,505 in 2017 than you might qualify for the EITC when you file your return. You could get up to \$6,269 depending upon 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.

First Nations Oweesta Corporation oweesta.org



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.

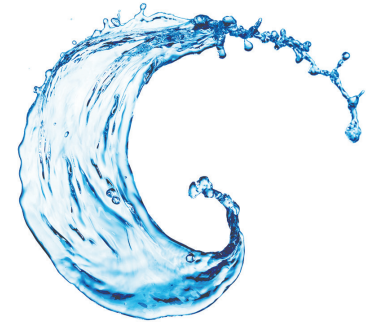
Water Aerobics

(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.



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.



Ouh là là Valentine's Day Makeovers*

It's that time of year! Let's get pretty!!

Squaxin Island Museum
Tuesday February 13, 2018
2:00 p.m. - 6:00 p.m.

- Morningstar Green (you know she looks goooooood♥) gives tips and tricks.
- Come in for a new look, or
- Improve your technique with hair, nails and make-up tutorials.
- Olympia Cosmetology students will show you how! SMOKEY CAT EYE ANYONE?
- Even if you don't have a date, do this for you. Really! You'll feel great!
- Bring your own makeup to see how to make it work for you. (Not required).

For more information:

Lisa Johns (360) 432-3839

*** French for "Wow you look pretty!"**



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. He 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.



MyPlate Snowman Scene

Submitted by Patty Suskin, Diabetes Coordinator

Source: <https://www.choosemyplate.gov/seasonal-winter>

Before getting started, be sure to wash your hands.

- 2 slices whole-grain bread
- peanut butter
- 1 banana
- a handful of raisins
- 5-6 pretzel sticks
- 2 slices low-fat cheese
- your favorite green veggie (we used a bell pepper)
- ½ cup air-popped popcorn (or light-colored cereal)
- cutting board
- snowman cookie cutter
- small snowflake cookie cutter
- plate (solid color works best)

butter knife



**Love
with all
your heart.**



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

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



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



Directions

1. Make a peanut butter and banana sandwich. Then, cut out a snowman from the center.*
2. Cut snowflakes from the cheese slices.* (Tip: Don't have a snowflake cookie cutter? Use a plain circle and create snowballs instead!)
3. Now let's create the scene! Move your snowman to the plate and give him a face, hat, buttons, and arms. If it's cold outside, he may need a scarf too.
4. Add a background by covering the ground in "snow" and planting "trees."
5. Let it snow! Add cheese snowflakes or snowballs to complete the scene on your plate.
6. Have fun and make it your own. Try orange or yellow low-fat cheese to add stars or a sun to the sky. Plant extra trees, build a house, or make a snowman family!



Tobacco Cessation News:

Change in Program

Bobbie Bush - January 25, 2018 was my last day full time here at Squaxin Tobacco Cessation Program. I accepted a position at SPIPA again. The new job will be 28 hours per week. Because I have made a commitment to the Youth Council to help them with their Cultural Day for the Northwest Indian Youth Conference here in April 2018, my work here is not done.

One day a week, Thursdays, I will work for Squaxin Island in the Tobacco Cessation Position. That way we will still have our Tobacco Cessation Group meetings on Thursdays at Noon, and I will be able to fulfill my commitment to the Youth Council.

So, if you want to quit smoking, but are not sure of the process, please come and see me or call me and leave a Message. I will be here from 8:00 AM to 4:30 on Thursdays. My phone number is 360-432-3933, and email address is bbush@squaxin.us. Please call and leave me a message or send me an email. Hope to see you all commercial Tobacco Free!



Beans: Simply delicious. Naturally Nutritious. (And really cheap, too!)

Black, great northern, kidney, navy, pinto, chickpeas & more! Check out the beans available with WIC or USDA Foods/Commodities

Nutritional benefits:

- High in fiber
- Good source of protein & iron
- Cholesterol-free

U.S. Dietary Guidelines recommends eating about 3 cups of legumes (eg lentils, beans) a week. (That translates to about 1/2 cup every day)

What to do with beans?

- Add to soups
- Add to salads
- Add to burritos, tacos, and quesadillas
- Mash into spaghetti sauce
- Make a 3-bean salad
- Make your own bean burgers
- Make bean dip with smashed beans & salsa or spices

Ask for the bean book at WIC or download it:

<https://here.doh.wa.gov/portals/14/Materials/961-134-BeanBook-en-L.pdf>

Check out this website for more bean info & recipes:

<http://beaninstitute.com/>

Google "bean recipes"



To schedule an appt for SPIPA WIC,
call & leave a message at 360.462.3224



Basic Vegetarian Chili

Ingredients:

- 1# red beans
- 1# black beans
- 1 chopped bell pepper
- 1 large chopped onion
- 5 cloves garlic, crushed
- 1/2 cup fresh parsley, chopped
- 2 Tablespoons chili powder
- 2- 28 ounce cans tomatoes
- 2 Tablespoons salt
- 1 1/2 teaspoons pepper
- 1 1/2 teaspoons cumin

Directions:

1. Cook beans, drain, & set aside
 2. Saute pepper & onion in large pot
 3. Add garlic & parsley to onion mixture
 4. Add chili powder
 5. Add tomatoes, salt, pepper, beans and cumin
 6. Add water to cover about 2 inches.
 7. Simmer covered one hour
 8. Then simmer uncovered for 30 minutes
- Recipe could be adapted to a crockpot



New Year's Resolutions?

Bobbie Bush, Tobacco Cessation Specialist - Starting the year with New Year's Resolutions is a tradition. But why do we think a calendar which marks the passage of time and the transition of seasons can influence our lives? Over 4,000 years ago Babylonians made promises to their Gods that they would return borrowed objects and pay all their debts at the start of the New Year. This has carried over to the popular, but hardly successful, New Year's Resolution phenomena. I say hardly successful because barely 8% of people who make New Year's Resolutions attain fulfillment of their resolutions.

So, why do it? Most of us, all know what we need to do to improve our lives and behaviors: I.E. Quit Gambling, Quit Smoking, Quit Eating Fried Foods, and/or Quit Drinking. Maybe we find it hard to maintain our resolutions and make those needed changes because of the way we think. When we think we need to "quit," something that is to let go of something or stop something our brains think we reduce something enjoyable. As humans, we do not want to stop behaviors that we think give us pleasure.

Today, in a flash of inspiration, it came to me, that I need to think of the increased pleasure, and enhanced value of my life with a needed behavior change. I need to focus on how the change will help me feel better physically, mentally, and spiritually. When thinking of a new diet, for instance, I need to focus on foods I "can" eat, not obsess on the foods I "cannot" eat. Reframing the way I think about it is not easy and takes focus and consistent effort.

So, a refocus on the benefits of the needed change can lend impetus to the CHANGER! Obsessive thoughts about what the CHANGER is giving up (getting less) will only hinder progress on the new path. When we move up a new trail, we do not focus our attention on where we were, on what we lost, or what we feel has been removed or reduced; we focus on the path before us, make sure it is clear of any obstacles.

If we are changing our smoking behaviors, have we cleaned out the house, have we cleaned out the car, or our work place? If we are changing our eating behaviors, have we filled the cupboards with healthy food choices? Have we informed our important support people (Family and Friends) of our desire to change our behaviors and our need for their supports?

Change is scary and we resist. Change is necessary and we must do it. If everything always remained the same, we would be so bored and fed up. Challenge yourself to change. Use the new season to give yourself momentum up the path of Change to a Healthier, Happier Future.

Native Infusion:

WATER
IS LIFE



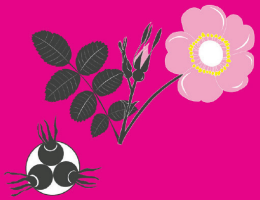
FOOD IS OUR
MEDICINE



TASTE
THE SEASON



PROTECT
WHAT YOU LOVE



BUILD
STRENGTH



Authors: Valerie Segrest & Elise Krohn

Funding support provided by First Nations Development Institute
and the Muckleshoot Tribe's Traditional Foods Program



Text copyright Valerie Segrest and Elise Krohn, Creative Commons

You can find this publication at firstnations.org, specifically:
https://firstnations.org/sites/default/files/FDPIRToolkit/NativeInfusion.pdf?_ga=2.221543768.1938122427.1513108489-406005721.151310848



Tuesday,
February 13th is
WIC DAY at
SPIPA

WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

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



Keep Moving!



New Year, New checklist! Stay Healthy with Diabetes

Submitted by Patty Suskin, Diabetes Coordinator - For those with diabetes, now is the time to get started on your checklist to stay healthy.

Many of you know to:

- Get blood pressure checks,
- Check your weight,
- Get fasting blood work plus urine to check your kidney function,
- Have depression screening and, eye, foot and dental exams,
- Update your smoking status, and, of course;
- Check in with me about nutrition, activity, and other diabetes questions.

(Wow! Quite a list, but worth it to stay healthy!)

Rose Davis is a busy woman, but she still finds time to take care of her diabetes. When Rose found that her A1c (a measure of diabetes control) was climbing, Rose got back to her exercise DVD and watching her portions. Rose's numbers are in a safe range now. Thanks, Rose, for taking care of your diabetes!

Remember, you can also schedule your "diabetes physical" with Dr. Ott or Tiff & they can complete your annual foot exam at that time, too.

Questions? Contact:

Patty Suskin
360.432.3929
psuskin@squaxin.us



Rose Davis and Dr. Kochhar, (Podiatrist/Foot Doctor) get Rose's feet checked.



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



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...

SheltonTimberline 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	

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

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



Mason County
Snap-Ed
WASHINGTON STATE UNIVERSITY
EXTENSION

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.



Acceso disponible para discapacitados.



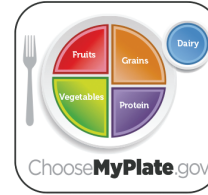


10 tips Nutrition Education Series



get the facts to feel and look better

10 tips for men's health



Take charge of your eating habits by choosing the types and amounts of foods you need. Make your food choices a priority and be physically active so you can be the healthy man you want to be.

1 magic foods do not exist

There's no magic food or way to eat. There are some foods men need to eat such as vegetables; fruits; whole grains; protein foods like beans, eggs, or lean meats; and dairy like 1% milk. You'll get nutrients you need for good health—including magnesium, potassium, calcium, vitamin D, fiber, and protein.



2 if it's there, you'll eat it

Keep healthy foods in your kitchen that need little preparation. Keep your fridge filled with carrots, apples, oranges, low-fat yogurt, and eggs. Stock up on fresh, canned, or frozen vegetables and fruits, lean meats, canned beans, and tuna or salmon. Find healthier heat-and-eat options to replace heating up a frozen pizza.

3 whole grains help you feel full

Make sure half your grains are whole grains. Whole grains can help give a feeling of fullness and key nutrients. Choose whole-wheat breads, pasta, and crackers; brown rice; and oatmeal instead of white bread, rice, or other refined-grain products.



4 build habits that don't add pounds

Cut calories by skipping foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Cakes, cookies, candies, and ice cream should be just occasional treats. Use smaller plates to adjust the amount of food you eat.

5 water is your friend

Water is a better choice than many routine drink choices. Beverages can add about 400 calories a day to men's diets. So limit high-calorie beverages, including those with alcohol. Skip soda, fruit drinks, energy drinks, sports drinks, and other sugary drinks.



6 find out what men need to eat

Men's energy needs differ from women's needs. Find exactly *how much* and *what* foods you need, based on your height, weight, age, and physical activity level at www.SuperTracker.usda.gov.

7 get beyond survival cooking

Start cooking more often. Try steaming vegetables, roasting a chicken, and making a tasty veggie sauce for spaghetti from scratch. Eating your own home-cooked meals allows you to control what and how much you eat.



8 wise-up about what's in food

Use both Nutrition Facts and ingredient labels to discover what nutrients foods and beverages contain. Cut back on foods that have sugar or fat as the first ingredient. Use SuperTracker's **Food-A-Pedia** to compare more than 8,000 foods.

9 sweat is not bad

Be active whenever you can. Have friends or family join you when you go for a long walk, bike, or jog. Vary activities to stay motivated. Set a goal of 2½ hours or more of moderate physical activity a week. Include strengthening your arms, legs, and core muscles at least 2 days a week. Being active just 10 minutes at a time makes a difference.



10 fill your plate like MyPlate

Learn more at www.ChooseMyPlate.gov. MyPlate is based on the Dietary Guidelines for Americans (www.DietaryGuidelines.gov).

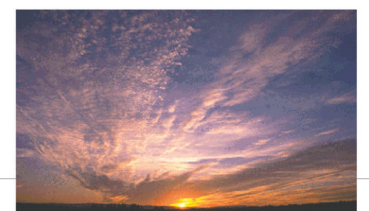


Numbers

Health Clinic	427-9006
Purchase Referred Care	432-3922
Pharmacy	432-3990
Dental	432-3881
Behavioral Health	426-1582

*It's not too late to get
your Flu Shots!*

*Available for adults and children
at the clinic*



Call Eric at the Clinic
(360) 427-9006 to schedule your shot.



Winter Recreation at Mount Rainier through mid-March (weather dependent)

Submitted by Patty Suskin, Diabetes Coordinator

Snowplay - Sledding and Sliding

The snowplay area at Paradise is generally open late December through mid-March, depending on snow. Sufficient snowpack is required to protect the meadow vegetation before the snowplay area can be opened. Sledding and sliding are permitted only in the designated snow play area at Paradise. Trees, tree wells, and cliffs make other areas dangerous. For everyone's safety, use "soft" sliding devices-flexible sleds, inner tubes, and saucers. No hard toboggans or runner sleds. Note: Check the status of road and avalanche conditions before leaving home. Remember all vehicles are required to carry tire chains when traveling in the park in winter. *The snowplay/sledding area in Paradise has not yet opened due to lack of snow (as of late December). Check if its open before you go.*

Ranger-Guided Snowshoe Walks

Join a park ranger to learn the art of snowshoeing and discover how plants, animals, and people adapt to the challenging winter conditions at Mount Rainier.

WHEN: First-come, first-served guided snowshoe walks at Paradise are currently running through March 25, 2018, conditions permitting. The walks are generally offered on Saturdays, Sundays, holidays, and daily during winter break from December 22 to January 1. Walks start at 11:00 a.m. and 1:30 p.m. and meet inside the Jackson Visitor Center (near the information desk) in Paradise. Sign-ups begin 1 hour in advance of scheduled time.

DISTANCE & TIME: Snowshoe walks cover approximately 1.8 miles in 2 hours.

GROUP SIZE: Snowshoe walks are limited to 25 people, eight years old or older, on a first-come, first-served basis. A sign-up sheet is available at the Jackson Visitor Center information desk one hour before each walk. All snowshoe walk participants must be present at sign-up.

ORGANIZED GROUPS: Reservable snowshoe walks for groups begin in January 6, 2018, with reservations accepted starting in November. Snowshoe walks are available to organized groups of 15 to 25 people by reservation only. Group snowshoe walks begin at 2:00 p.m. on the days that snowshoe walks are offered to the general public. For more information, or to make reservations for a group snowshoe walk, call (360) 569-6575 between 9:30 a.m. - 4:00 p.m., or visit the Longmire Information Center or Jackson Visitor Center.

EQUIPMENT: For an enjoyable snowshoe walk, you will need:

1. Snowshoes - Snowshoes are provided by the park only for those attending the ranger-guided snowshoe walks, and only for the duration of the walk. A \$5.00 donation from each snowshoe walk participant helps the

park provide snowshoe walks and repair and replace snowshoes. Additionally, the park concessioner rents snowshoes to anyone wishing to snowshoe in the park; check at the Longmire General Store for availability and rental rates. Or you may use your own snowshoes.

2. Hat
3. Mittens/Gloves
4. Suitable boots (you will sink into the snow even wearing snowshoes)
5. Sunscreen
6. Sunglasses



Cancer Support Groups

Comprehensive Cancer Control Program



Date: February 19, 2018
Time: 12:00 p.m. (Noon)
Where: Health Promotion Building (across From the clinic)

All are welcome. A light meal will be provided.
Contact Traci Lopeman 360-432-3930 for more information.



February Happy Birthdays

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

3
Donald John Briggs
Mistifawn Andi Martinez
Tatum Jeanette Guijosa-Bryson

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

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

6
Stephanie Jeanne James

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

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

9
Michael Sheldon Henderson
Stefanie D. Kenyon

10
Aries Mae Blueback
Crisaleena Nevaeh- Marie Rees

11
Aleí Leslie- Renea Henderson
Hunter Merriman
Shaelynn Dawn Peterson

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

13
Addison Maralee Henry
Eugene R. Cooper
Ramona Lee Mosier

14
Michael James Furtado

15
Alicia Nicole Boyette
Sean Daniel Jones
Sonja Mae Clementson

16
Jean Deanna Henry
Jennifer Lynn Reboin
Justine Susan Vandervort

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

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

19
Benjamin Q. Parker
Katalina Michelle Lewis
Rachel Fame Ford
Robert Wesley Whitener Jr.

20
Cheryl Louise Sept

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

22
Grace Marie Pughe
Kimberly Ann Allen

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

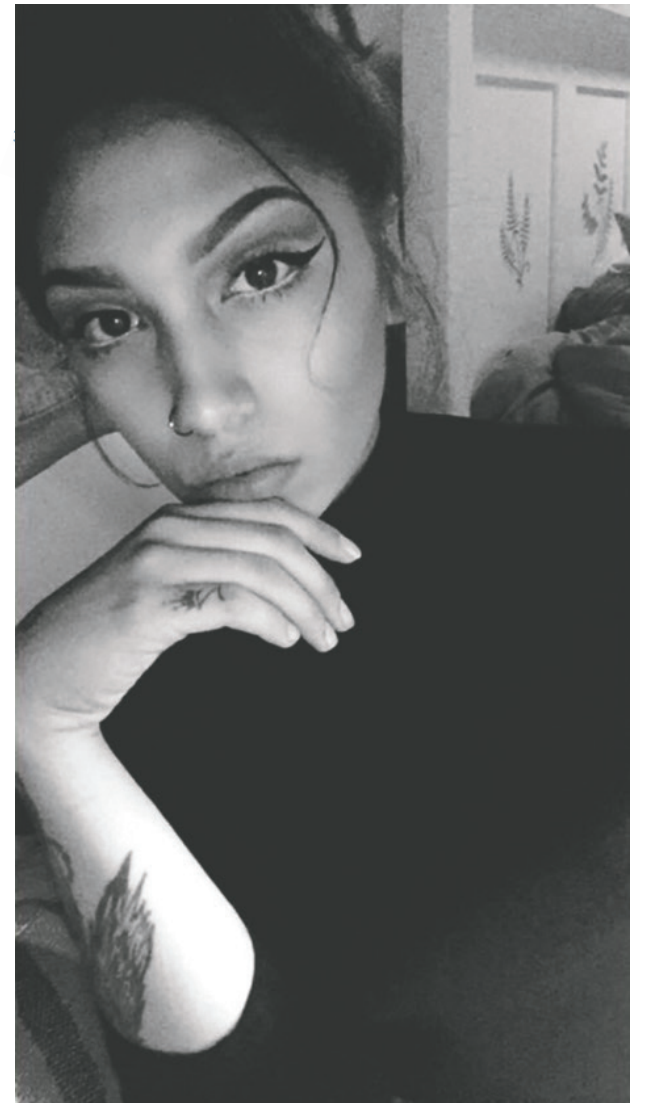
25
Jonathon Joseph Fry
Miriam R. Whitener
Zachariah Ashton Mirka

26
Katrina F. Parker
Samuel Joseph Penn

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

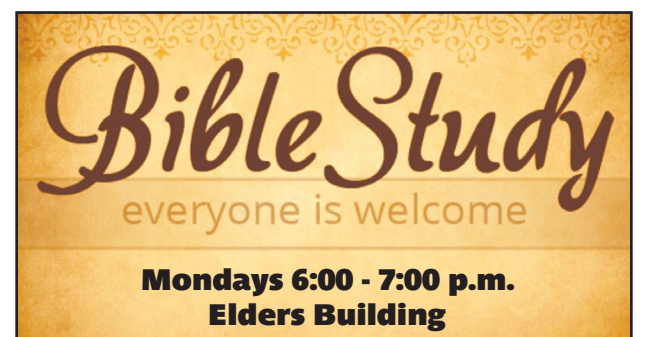
28
Katherine Mae Ackerman

29
Dennis Lloyd Sigo



Happy Belated 20th birthday Shila Mae (1/8)

Just yesterday you were in diapers.
We are so proud of the strong, beautiful young lady
you've become!
Your daddy, Wilson, is smiling down
as proud as a father can be!
Love Mom & Dad





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.

Charlene Krise, Vince Henry, Vicki Kruger
None
None
None
Charlene Krise
None
None
Vicki Kruger
None
Arnold Cooper, Vicki Kruger, Charlene Krise
Bev Hawks
Steven Dorland
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

Smoking Cessation Classes Tuesdays (Adult 5-7) & Wednesdays (Adult noon & Teen 3:15-4:15)				<i>Blood Drive</i> 1	2	3
AA & ALANON Wednesdays 7:30				Family Court	Housing Commission	
				Utilities Commission		
4	5	6	7	8	9	10
		<i>Herbal Trauma Balm Workshop</i>		Family Court	SPIPA Board	
		Elders Committee		<i>Tribal Council</i>	Education Commission	
11	12	<i>Valentine's Makeovers</i>	14	15	16	17
<i>Drug & Alcohol Awareness Dinner</i>	<i>Cupid's Workshop</i>	Criminal/Civil Court	Aquatics Committee		<i>Ties & Tiaras Chehalis</i>	<i>Sa-Heb'Wa-Mish Days</i>
	Child Care Board of Directors	Enrollment Committee	Golf Advisory Committee			
18	19	20	21	22	23	24
<i>Sa-Heb'Wa-Mish Days</i>	Gaming Commission			<i>Tribal Council</i>		
25	26	27	28	Culture Night and Drum Group Tuesdays 3-5		
<i>Mary Whitener's 80th Birthday party</i>		Criminal/Civil Court		Bible Study at Elders Building Mondays 6:00 - 7:00 p.m.		
		Tobacco Board				



Elders Menu . . . Fruit and salad at every meal

1st
THURSDAY:
Salisbury Steak, Potatoes,
Spinach, Rolls

5th - 8th
MONDAY:
Garlic Parmesan Chicken Wings,
Veggie Rice

TUESDAY:
Clam Chowder, Fry Bread,
Jell-O

WEDNESDAY:
Beef Chow Mein, White Rice

THURSDAY:
Country Ribs, Mac-N-Cheese,
Mixed Veggies

12th - 15th
MONDAY:
Fish & Chips, Cole Slaw

TUESDAY:
Chicken Noodle Soup

WEDNESDAY:
Shrimp Scampi, Asparagus

THURSDAY:
Casino Buffet

19th - 22nd
MONDAY:
Lasagna, Caesar Salad,
Garlic Toast

TUESDAY:
Beef Stew, Rolls, Jell-O

WEDNESDAY:
Chicken Fajitas,
Black Beans

THURSDAY:
Chicken Alfredo,
Parmesan Flat Bread,
Broccoli

26th - 28th
MONDAY:
Baked Ham, Roasted Red
Potatoes, Peas

TUESDAY:
Italian Sausage Potato
Soup, Meatball Subs

WEDNESDAY:
Corn Beef Brisket
Cabbage and Carrots

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
Charlene Krise
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

Ties & Tiaras

FEBRUARY 16TH 2018

6:00 p.m. to 9:00 p.m.

@ The Chehalis Tribal Community Center

Theme of the dance is *Ties and Tiaras*

Finger foods, desserts, crafts & dancing!

Music provided by DJ Ocho!

Girls of all ages & tribes are welcome to join us for a magical evening.
Girls may be escorted by Dad, Grandpa, Uncle or another male guardian.

EARLY BIRD TICKETS are \$15.00 per couple/ 5.00 per additional daughter.
PURCHASES AT THE DOOR are \$20.00/ 5.00 per additional daughter.

Pictures will be available for \$5.00 per photo.

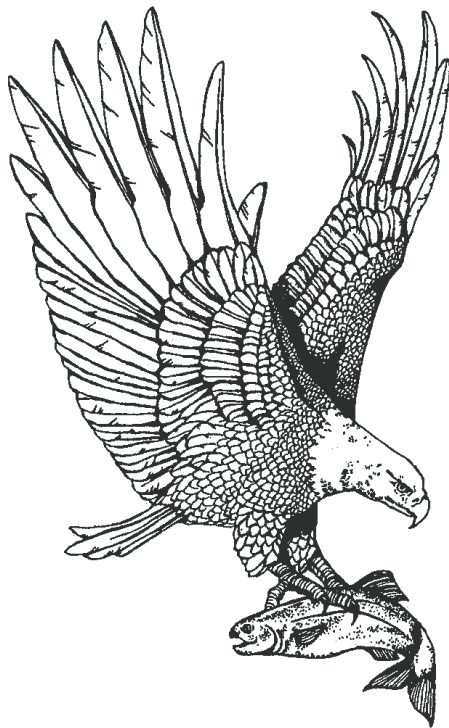
All proceeds for this event will go towards The Chehalis Tribes Cancer walk.

Please contact Orinda Goddard at 360-709-1735 (ogoddard@chehalistribe.org)

or Erika Pickernell 360-709-1872 (epickernell@chehalistribe.org)

For advance purchases or any other questions.

Notice: Information displayed on this flyer, in email or on our website calendar is subject to change without notice. The IT Department sends out the flyers at the Department Directors request. IT Department assumes no responsibility for the content of the flyers. Please refer to the Events Department for the latest update.



SKOOKUM CREEK
TOBACCO

Factory Blowout In FEBRUARY

We currently have
**Factory 2nds In
COMPLETE FF 100'S
Only**
(For a limited time)

**\$25.00 plus tax
Per Carton**

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

(\$10.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

NOT INCLUDED IN MONTHLY SPECIALS

FEBRUARY 23 | OPEN @6PM
EARLY BIRDS @8PM | SESSION @8:30PM



OVER
\$7,900
IN PAYOUTS

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

\$400 payouts for 4-ons | \$500 payouts for 6-ons

\$1,199 black out

with a \$500 lead up. Buy-in is \$50

Cocktail
SPECIALS

Ages 21 and over only.

LITTLE CREEK
CASINO • RESORT
LITTLECREEK.com

See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions!

Live DJ
Spinning at
7:30pm

Thursday • Feb 22nd
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • Feb 23rd Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • Feb 24th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • Feb 25th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

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

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

LITTLE CREEK
CASINO • RESORT
LITTLECREEK.com

*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions! *Ages 21 and over only for 8:30pm session
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate.
Customers can call in advance to book rooms. Must be 21 or older for Bingo Specials