Native American Inmates at Washington Correction Center Make Gifts for Squaxin Island Youth in Foster Care

It began in the heart of Squaxin Island Tribal member Jay Powell who was looking for a way to give back to his community and make amends for crimes of his youth. Looking at a flyer published in the Klah-Che-Min late last year that called for people to sponsor Christmas gifts for foster kids, Jay thought it would be great for inmates to help others by making gifts to donate. After getting proper approval, he solicited help from his friends and they began creating wonderful beaded necklaces and bolos, dream catchers, etc. From there they started using pallets to make wooden boxes and each one was hand painted with unique designs. They also added socks, hats, scarves, gloves, and stockings filled with candy.

A small luncheon was held at the correction center on December 4th to thank the inmates and staff as well as the Squaxin Island Tribe Family Services Department (Marcella Cooper, Terri Capoeman, and Lyssa Wier). Jay thanked the Squaxin Island community for accepting their gifts and the correction center administration for allowing him the opportunity to do this great project. "I’m so honored to do this," he said. "It has been a privilege. Thank you to everyone who made this possible."

Continued on Page 2
Inmates Supervisor Stella Jennings said, "Everyone got involved, and it became a common goal that included staff at the facility as well . . . all from one simple flyer."

Other Native American inmates shared about how important it was for them to do this project, saying things such as, "At the end of the day we are all fathers, brothers and sons, and we are happy to give something back to the community. We want to be of value. Doing something to give back - that's what's of value to us."

Another man said, "We have lost our identities. Some people look for their identities in drugs or gangs. We find it in healing journeys. This helps young guys more than you can ever imagine. It means so much to us . . . men acting as men."

Another said, "Many inmates were brought up in foster care and we know how hard it is growing up in a tough way."

And yet another said, "It makes me feel like I'm not forgotten to do good, traditional work."

Tribal Chairman Arnold Cooper said, "I'm honored - to the bottom of my heart. My hands go up to each and every one of you for giving to our kids and to their futures. Some aren't as fortunate as others. There are no words for how happy I am on behalf of the Tribe. Just because you are in here, you are not forgotten. For you and for the correction center to do this warms my heart. There are no words for the appreciation I feel. I hope we can work with staff here to make more of these things happen in the future."

Superintendent Dan White said, "I am extraordinarily proud of you guys for the finished product made by talented individuals. Whatever we can do to support things like this, I'm in."
Community

Jay Powell and mother, Brenda Powell

Walking On

Chuck Bloomfield passed away in December. Watch for more details next month.

Artists
We Need a Logo for the Squaxin CERT!

Drop off your submissions to Millie at the Tribal Center front desk

Closing Date: January 10, 2019

For additional information please call:
John Taylor at jtaylor@squaxin.us or 360-463-0903
or
Diane Deyette at 360-432-1771 ext. 0 or email ddeyette@squaxin.us

12th Annual Squaxin Island Drug & Alcohol Awareness Dinner

January 13, 2019
2:00 - 5:30 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. More information as the event draws nearer.

Questions? Please call Kimberly Peters, Janita Raham or Marcella Cooper at 360-426-9781.
Community Emergency Response and Preparedness
Sadie Whitener - The Squaxin Island Community Emergency Response Team welcomed Mike Evans to its December meeting. Mike talked about radio communications, explained basic operations, and shared some Do's and Don'ts when using radios.

On December 8th, some of the team took the first course on the Incident Command System at the Emergency Operations Center. They all aced the ICS 100 test!! Way To Go Team!! ICS 100 is the baseline course for higher level training. It describes the history, principles, and organizational structure of the system, which would be used during an incident.

If you’re interested in learning more about your CERT, we plan to have an Emergency Preparedness table at the Winter General Body Meeting. If you’re interested in being on the team, join us any time. You do not have to wait until the next 20-hour CERT Training. Let John Taylor or Diane Deyette know so we can add you to the distribution list for notifications about training opportunities and regular meetings.

Winter weather is here! Plan. Prepare. Practice!
Create a family emergency plan. Stock up on emergency supplies that meet your family’s needs, talk about how you would communicate in an emergency, and practice going to your designated meeting place. During severe weather, power outage, or an emergency event cell phones may not call out, but texting often will work. Also, it’s a good idea to find out what the emergency plan is at your child’s school. You will find lots of good information at Ready.gov.

Be Safe!

Communications Training (Photos by Diane Deyette)

CPR & FIRST AID TRAINING
Get trained. Save a life. You’ll be glad you did.
When was last time you were trained? Don't remember? Sign up!
Upcoming classes will be offered:
January 16, 2019 April 24, 2019
July 24, 2019 October 23, 2019
Classes will be held at the
Squaxin Community Kitchen
8:00 a.m.—4:00 p.m.
$50 per person, includes First Aid Book & CPR card
All Tribal Government employees are strongly encouraged to be trained in First Aid, CPR & AED.
• Government employees: check with your supervisor regarding funding.
• Tribal members: inquire with Janita for possible assistance for funding.
Please sign up with Janita Raham
at 360-432-3869 or jraham@squaxin.us

Squaxin Island Tribe - Klah-Che-Min Newsletter - January 2019 - Page 4
Chum Salmon Conservation
Emmett O’Connell, NWIFC - This fall, the Squaxin Island Tribe carefully con- strained its chum fisheries to protect weak runs. “When we started counting chum in the creeks early in the season, we weren’t seeing enough to justify opening any fisheries,” said Joe Peters, the Tribe’s Harvest Management Biologist.

By keeping a close watch on salmon returns to streams, the Tribe can decide whether to open fisheries in adjoining bays.

“If we want to open a chum fishery in Eld Inlet, for example, we need to make sure enough chum salmon are making their way to Perry and McClane Creeks, which flow into Eld,” Joe said.

After a few weeks, tribal spawning surveyors counted enough chum to open two small fisheries. The Tribe still kept fisheries closed in bays connected to creeks with weak returns.

While the Squaxin Island Tribe curtailed its fisheries, state salmon managers opened chum fisheries in Puget Sound. "They were still impacting the few fish trying to make it back to our area,” Joe said.

“We expressed our frustration to them, but they still kept fishing,” he said. “Their decision was tragic given our historically great track record of co-managing chum.”

Past sacrifices by the Tribe and the state have ensured healthy South Sound chum runs until now.

In the early 1980s, the co-managers agreed to drastic steps – including a four-year tribal fishing closure – to rebuild deep South Sound chum stocks.

The most significant step was negotiating with non-Indian commercial fisherman farther north in Puget Sound to create a window in their fisheries to allow South Sound chum to pass. “For decades now, there has been a week to 10-day break in those northern fisheries,” Joe said.

Toward the end of the chum season, tribal and state surveyors finally counted enough chum in Kennedy Creek to ensure healthy future runs. “The only reason we are seeing enough fish in Kennedy, which is a major chum producer for us, is because we stayed off the water,” Joe said.

Thank you Squaxin Island Tribal Fishers for your sacrifice!

Meeting with Church Point Neighbors
The Natural Resources Department took a different approach to shellfish beach closures last weekend by hosting a very local neighborhood meeting at Church Point. Squaxin DNR and Mason County Public Health generated a flyer and mailed it to about eighty neighbors in the Church Point area and Leeds Road Loop Road area, where there many beaches closed to shellfish harvest. The hope was that neighbors would drop in on the event, because it was close and easy and scheduled for a weekend.

About 24 neighbors did drop in, and they were treated to Squaxin clams with garlic and butter, along with hot cocoa and coffee. Neighbors picked up information on water quality sampling, septic system maintenance, and managing animals waste (pets, livestock, and geese). They asked good questions about their homes and property and also about how Washington State decides which shellfish beaches are safe to harvest.

Taylor Shellfish also sent a representative with much knowledge to help answer these questions. As a result of the meeting, Mason County got some volunteers for septic system dye tests and some referrals for neighbors who might need assistance with septic systems and animal management. With the past couple years of diligent water sampling, along with this neighborhood outreach, it is our hope that Church Point will re-open to shellfish harvest within the year.

Participants: Rana Brown and Erica Marbet from Squaxin Island Tribe DNR, Linsey Fields from Mason County Public Health, and Erin Ewald form Taylor Shellfish.
Disabled American Veterans representatives introduced their organization to the Squaxin Island Tribal Council in November and asked that their information be shared with the community, especially tribal veterans.

The group has established one, five and ten year goals to establish a Memorial Hall in Shelton, raise awareness and donations to support the needs of disabled veterans, have an office open five days per week, provide transportation to VA facilities, and eventually open a VA medical facility somewhere on the Olympic Peninsula.

For more information on joining the organization, contact tribal member Kimble Kenyon at 360-451-8714 or Commander George Radovich at 360-427-7696.

(Photos by Charlene Krise)

**Community Emergency Response Team (CERT)**

All Community Members are Invited and Encouraged to Attend the Monthly Meetings!!!

**Third Wednesday of each month at 2:00 p.m. at Emergency Operations Center (EOC)**

Learn Squaxin’s Comprehensive Emergency Management Plan and Participate in Emergency Training Exercises

**CERT training teaches community members how to prepare for, respond to and recover from disasters**

- Household/personal emergency preparedness, fire safety, light search and rescue, team organization, and disaster medical operations

**You may be our HERO in case of an emergency!**

For additional information please call:

- John Taylor at 360-463-0903 or email jtaylor@squaxin.us
- OR
- Diane Deyette at 360-432-1771 ext. 0 or email ddeyette@squaxin.us
Utilities Infrastructure Expansion Underway

Equipment and software upgrades underway at the Water Reclamation and Treatment Plant

Margaret Foley - Since early 2018, the Department of Community Development (DCD) has been working on the long-overdue upgrade of the water reclamation and treatment plant. This is a complex project that involves coordination of several specialized engineering firms, expert plumbing and electrical contractors and the selection, installation and testing of new operating equipment. An additional benefit of this first phase of plant expansion is the incorporation of new safety structures and equipment into the scope of work.

The team assembled for this ambitious undertaking included DCD’s Construction, Utilities, and Program Services staff, with support from Finance, Legal and Executive Services. Concurrently, and in collaboration with Information Services, the DCD team worked with equipment and software vendors to upgrade the electronic communication system that monitors performance of the water and wastewater systems.

With the interior upgrade essentially complete, the plant is now operating at its highest level of efficiency and has additional capacity needed to manage unexpected events.

Next step: Expand capacity to support community and economic development.

The full expansion of the plant’s capacity will be construction of two new holding tanks on the existing footprint of the site. The addition of these new tanks will double the capacity of the plant from 150,000 gallons per day to 300,000 gallons per day. This work will begin when funding is secured.

The upgrade and expansion project was planned during the original design of the treatment plant. Now it is critical for new community and economic development to occur. Before the Tribe can bring new water into its system, the treatment plant has to have the capacity to process additional volumes.

About “The Plant”

In 2007, the Tribe expanded its utility system with a membrane bioreactor water reclamation and treatment plant. The plant produces approximately 100,000 gallons per day of Class A re-use water that is delivered to a 23-million-gallon reservoir and used for irrigation of the Tribe’s golf course.

The upgrade and expansion of the plant was planned during the original design of the facility. After nearly 12 years of operation and significant community and enterprise growth, the plant is now running at capacity.

Today, this investment in critical infrastructure is essential for new community and economic development.

Pictured: Alan Cooper (bottom L) and Jeromy Meyer

Weather Cautions

Protect Your Animals

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

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

Thank You.
- Gus
The Year in Review
The Squaxin Island Community Garden would like to issue a public “Thank you!” to the amazing Garden staff - whether they were here for the whole season, or just a few weeks - here they are: Kezia Wentworth, Patrick Braese, Tyrone Krise, Shannon Cooper, Dawne Elam, Rodney Krise, Morningstar Ackerman, Josh Mason, Yarden Solomon, Lena Sances, Kelly Johnson, and Elizabeth Campbell. Another “Thank you!” to the hundreds of volunteers who have come to support the efforts of the Garden.

As an ongoing effort to restore tribal wellness within our community, the Garden is committed to collaboration between other tribal and non-tribal programs and organizations to enhance planting, growing, harvesting, and educational practices. It is the goal of the program to increase access to organic, non-GMO (Genetically Modified Organisms), and culturally relevant foods to the Squaxin Island people. After years of community input, the Squaxin Island Tribe dedicated property to sustain a Community Tribal Garden as a preventative measure against dietary related illnesses and cancer causing foods. Along with this, the Garden has become a place where tribal members can harvest and learn to grow plants that are used for medicinal purposes. The garden beds are managed by a dedicated team of tribal members, who tend to the needs of each individual plant. After harvest, the produce is washed and distributed to community members.

A year in review, quick facts for the 2018 growing season. This year the Squaxin Community Garden team:
- Grew 5,059 pounds of produce and distributed directly to the Squaxin community including, the daycare center, the Elders’ program, the Canoe Journey, and other tribal entities.
- Donated 550 pounds of pumpkins to the daycare center for their 3rd annual Pumpkin Day.
- Hosted 15 guided tours to The University of Washington, Washington State University Master Gardeners, The Evergreen State College, Upward Bound, Camp Waya, and the Master Gardeners’ Tour - which brought in hundreds of visitors in July. We spoke to the groups about food sovereignty, food justice, cultural food revitalization, and engaged many students in a day of service.
- Partnered with TANF and SPIPA to host 4 consecutive weeks of cooking classes with all organic, non-GMO, Squaxin grown and harvested culturally-relevant foods.
- Organized 11 outings with Squaxin tribal members to gather significant cultural foods such as, sea asparagus, mountain huckleberry, stinging nettles, fiddlehead fern, camas, and berries.
- Hosted 3 community-requested food preservation classes to preserve foods like garlic, sea asparagus, green beans, radishes, cucumber, cauliflower, beets, apples, and pears.
- Met the requirements to become Salmon Safe Certified.
- Presented to the South Puget Sound Community College Slow Foods Group, the University of Washington, The Evergreen State College, Northwest Indian Treatment Center, Healing Roots Apprenticeship Program, and South Sound Science Symposium to spread knowledge surrounding the significance of cultural foods, protection and enhancement of fragile ecosystems, food sovereignty, and strengthening community relationships.
- Expanded the growing area with the help of Island Enterprises, Skookum Creek Tobacco Factory, Natural Resources and Salish Cliffs Golf Course. Island Enterprises and Skookum Creek Tobacco Factory workers helped to build the new greenhouse. Thank you guys! Salish Cliffs and Natural Resources donated material and time to reinstall the new water lines for the greenhouse.
- Partnered with Evergreen State College to recruit 4 interns, who spent the entire Spring quarter, and part of the Summer quarter tending the Garden.
- Hosted workshops to enhance the traditional and modern use of medicinal herbs for pain and inflammation, decadent herb-filled chocolates, healing salves, massage oils, and body cream.
- Rallied over 40 volunteers on Earth Day to enhance the half-mile First Foods Trail to Skookum Creek with over 100 native plants donated by longtime friend to Squaxin, Bob Barnes.
- Partnered with the Tribe’s Stepping Stones Youth Program, who decorated the Garden with their beautifully painted signs and helped to pull out invasive species growing in the trail.
- Celebrated the harvest season with a Harvest Party where the community was able to press apples for cider. Apples were gathered from Skookum Construction’s Site (thanks to Jeremie Walls). We also held a pie contest (winner was Isaac Ackerman), and challenged everyone to guess the weight of our biggest pumpkin, named Max, (winner was Grace Ann Byrd from Nisqually, with the correct weight of 92 pounds!).
- Met with Brian Zierdt of South Puget Sound Salmon Enhance Group and Natural Resources on the Skookum Creek Restoration Project to provide input on enhancing the garden’s riparian buffer zone with native plants that can be used for food and medicine in the future. Come down and check it out!

We are excited to see the community visit the Garden or stop in to the Farm Stand in the New Year. The Farm Stand will set up in the bus shed on Klah-Che-Min Drive: Wednesdays from 3:00-6:00 p.m. June through October 2019.

Thanks again for all of your support and guidance! Please watch out for upcoming events in the Daily Scoop, and on our Facebook page: Squaxin Island Tribal Garden. Feel free to contact us with any questions or comments at: tribalgarden@squaxin.us.

Aleta Poste
Program Manager

Elizabeth Campbell
Production Supervisor
COMMUNITY GARDEN
### TLC | Community Garden

**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.*

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>Tribe is Closed</td>
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| 7 | Rec Rm: 3-6pm  
Team Building: 5-6pm  
Open Gym: 3:4-30pm | 8 | Open Swim: 3-6pm | 9 | GSD-ER @ 2:30pm  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 3:4:30pm |
| 11 | SSD-1.5 HR ER  
Rec Rm: 1:30-6pm  
Pool Party 3:4-15pm  
Open Gym: 3:4-30pm | |
| 14 | Rec Rm: 3-6pm  
Team Building: 5-6pm  
Open Gym: 3:4:30pm | 15 | Open Swim: 3-6pm | 16 | GSD-ER @ 2:30pm  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 3:4-30pm |
| 18 | SSD-3 HR ER  
Rec Rm: 11:45am-6pm  
Pool Party: 1:30-3pm  
Open Gym: 11:45am-6pm | |
| 21 | No School - MLK  
Rec Rm: 7:3:0am-4pm  
Pool Party 1:3:30pm  
Open Gym: 7:30-4pm | 22 | Open Swim: 3-6pm | 23 | GSD-ER @ 2:30pm  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 3:4-30pm |
| 25 | Rec Rm: 3-6pm  
Movie Night: 5-7pm  
Open Gym: 3:6pm | |
| 28 | Rec Rm: 3-6pm  
Team Building: 5-6pm  
Open Gym: 3:430pm | 29 | Open Swim: 3-6pm | 30 | GSD-ER @ 2:30pm  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 3:4-30pm |
| 31 | Rec Rm: 3-6pm  
Crafty Kitchen: 5-6pm  
Open Gym: 3:4-30pm | | |

**After School Snacks:**  
- 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

**L.T.B. - Inter-Tribal B-Ball**  
- High School: 9-12 Grade  
- Middle School: 7-8 Grade  
- Elementary: 4-6 Grade
# TLC | Community Garden

## January

**Squaxin Teens**

Jaimie Cruz teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

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<td>Lushootseed Class 5:30-6:30</td>
<td>Youth Council 5:00-6:00</td>
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<td>Happy New year!</td>
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<td>Craft Class 3:00-5:00 Drum Group 5-7</td>
<td>Lushootseed Class 5:30-6:30</td>
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<td>1½ hour early release Shelton Schools</td>
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<td>Youth Council 5:00-6:00</td>
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**Teen Room hours 3pm-6pm**
Shelton School District is calling all parents/caregivers of birth to 5-year-olds to attend a free parent workshop, Ready! for Kindergarten. This workshop will help you, as a parent, prepare your child for school success when they enter kindergarten.

- Workshops are FREE - At Olympic Middle School
- FREE childcare will be offered during the workshops (next door at Mountain View Elementary)
- Parents/caregivers will go home with FREE materials and toys
- Classes offered in both English and Spanish

Be ready when the bus comes the first day of kindergarten! Sign up for a class today, class sizes are limited. Registration is required, register online and find out more information about the program at https://www.readyforkindergarten.org/sheltonsd/sign-in

If you have questions about the program or need help registering, email Kristen Fendley: kfendley@sheltonschools.org

January 8, 2019- 5:30 p.m. - 7:30 p.m. (English)
January 10, 2019- 5:30 p.m. - 7:30 p.m. (English)
January 12, 2019- 9:30 a.m. - 11:30 a.m. (English)
January 16, 2019- 5:30 p.m. - 7:30 p.m. (Spanish)
January 19, 2019- 9:30 a.m. - 11:30 a.m. (Spanish)

Classes will take place at Olympic Middle School. Free childcare will be provided next door at Mountain View Elementary.

---

**New Employee**

**Jaimie Cruz**

"Desesieblu"

**Teen Advocate**

Hi! I am the Teen Advocate at the Tū Ha’but Learning Center.

My mother is Leanora Krise. My grandparents are Evelyn Krise and Walter Mesplie. I am super stoked to work with our young people. The Learning Center has always been here for me throughout the years. It feels good to be able to mentor.

I look forward to working with our community and uplifting our youth.

---

**New Employee**

**Keesha Vigil**

**Youth Activities Manager Assistant**

Hi! I’ve been hired as the Youth Activities Manager Assistant at the TLC.

My grandparents are Lila and Jose Vigil. My mother is Alexsii Vigil.

I am excited to learn from this opportunity and gain more skills to help me in my future.

I look forward to working with all the youth!
As we start the new year, there are always a lot of things going on at the Tu Ha’ Buts Learning Center. Please check out the activity calendars for the Afterschool Program (ages 5-12), the Teen Program (ages 12-18), and the Youth Sports Program to see what’s planned for January.

**Higher Education Updates**
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 right away. If you have not competed your FAFSA for the 2019-2020 school year, please do so ASAP. FAFSA launched on October 1, 2018 and is open until June 30, 2019. Some funding resources are first come, first served, so the sooner you complete and submit the FAFSA online form, the more federal funding resources you may have available to you. I hope everyone has a great winter quarter/spring semester. If you have any questions regarding Higher Education or need assistance, please feel free to call me at (360)432-3882, or email me at mvalley@squaxin.us.

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### Sports Calendar 2019

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Have any questions - contact Jerilynn @ 360-432-3992
TANF Awareness Dinner

OPEN TO ALL

WHAT IS TRIBAL TANF?
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? What services does TANF provide? Who can we help? How is one eligible?

WANT TO KNOW MORE ABOUT TANF SUPPORTIVE SERVICES?
Some services we offer are Education, Adult Basic Education and GED preparation and completion, Vocational training, Job readiness training, Work experience, subsidized employment and job training and other identified resources to meet the needs of the family.

DATE/TIME
January 18th, 2019 @ 5:30 PM Squaxin Island Community Kitchen

RAFFLE
We have TANF program promotional items giveaway and raffle items donated from IEInc and Little Creek Casino & Resort

Lushootseed Classes

Wednesday Evenings
EVERYONE IS WELCOME

5:30-6:30 PM MLRC

Squaxin Island TANF is pleased to announce we are bringing the Lushootseed Language back to the community. Come and bring the whole family. Let’s get all of our people speaking our own Native Language! Beverages and light snacks will be provided.

SPONSORED BY
Squaxin Island T.A.N.F.
360-432-3950

A Few More Photos from the Garden
Doctor's Corner

Coughs and Colds
When to Stay Home and When to Get Checked

Angela Tobias, MD at the Clinic • It’s cold and flu season! As I write this article there is a bad virus going around, causing a lot of congestion and sinus drainage and body aches. So when can you just stay home and support your body’s efforts to fight it off, and when should you really be checked out? What are the best medicines to take to make you feel better as fast as possible? In general, you should be seen for any of these symptoms:

• Fever above 101.0 (or 100.5 in a child) for more than 48-72 hours
• Difficulty breathing (in a child, using the muscles of the rib cage with each breath, or inhaling with such force that the skin caves in above the collarbone while breathing in; in an adult, any wheezing or getting short of breath with normal daily activities or minimal exertion)
• Unable to keep fluids down for 24 hours or more, especially if also having diarrhea
• Children without at least 3 wet diapers in 24 hours
• Children crying inconsolably or not acting/playing normally (after they are given fever reducing medicine)
• Any time you are worried or have questions
• Any time your illness is worsening one of your chronic medical conditions, like diabetes or COPD

As far as medications go, I recommend targeting your specific symptoms. If you have a favorite combination medication that usually works for you, it’s fine to continue taking it, but if you only have a cough it’s better to take a single medication product to target your cough. For adults with chronic medical conditions, you may have special considerations to think of when it comes to cold medications so please ask your doctor. Don’t discount old fashioned home remedies either. Things like salt water gargles, hot tea with honey, and chicken soup relieve cold symptoms sometimes just as well as most OTC medications.

For kids, keep in mind that we don’t generally recommend cold medications for kids younger than 3 years old, and that babies under one year old should not have honey. But other than honey, kids can use all the same home remedies that help adults feel better. Helping kids clear their noses before bed can mean a better night’s sleep for them and their parents. And even with a low grade fever, they might feel better with a dose of fever reducer on board. It’s ok if they don’t eat a lot for a couple of days while they’re sick, as long as they’re still taking in fluids.

For both kids and adults, a big part of recovering from viral illnesses like colds and the flu is REST. Do your best to resist the urge to keep going at full speed in spite of your illness. Rest, sleep, and stay well hydrated so that your body is free to do its job and fight off that infection.

And please don’t neglect to get your flu shot! An ounce of prevention is worth a pound of cure. This is especially important for people in high risk groups, and anyone who spends time with people in high risk groups: children, elders, people with chronic medical conditions, and pregnant women.

And when in doubt, it’s always ok to get checked out!
Tobacco Cessation and Cancer Awareness Event

Submitted by Diedra Essman, Comprehensive Cancer Control Program Coordinator with SPIPA - On November 16th, the Tribe hosted a beautiful event in the Community Kitchen which addressed tobacco cessation and cancer awareness. The evening began with a gift of tobacco cessation products and contact information for Taylor Owens (who is the point of contact if you are in the market for help with your journey on quitting).

Guest speaker Jacob Abbott (author, fitness trainer, motivational speaker, and life coach), stated, “When we make a commitment to ourselves, we are not as disappointed when we do not follow through. If we add an accountability factor (such as another person holding us accountable), we are more likely to stick to it.

Instead of New Year’s resolutions, he recommends choosing a realistic healthy habit. Suggestions include cutting back or quitting smoking, drinking more water, eliminating sugary drinks, and/or even snacking on fresh healthy foods rather than processed snacks.

We then broke bread with prayer led by Vicki Kruger, giving blessings over the wonderful spaghetti dinner. Post meal, we played an interesting version of Bingo with the winner taking home a beautiful basket with goodies.

Special thanks to the services programs that were involved in this event: Squaxin Tobacco Cessation, SPIPA’s Native Women’s Wellness Program, and SPIPA’S Comprehensive Cancer Program. A special thank you to Julie & Darrell Owens for graciously helping cook a wonderful dinner. Be sure to keep your eyes open for the next fun event!
Elders Menu  . . . Fruit and salad at every meal

1/1 – 1/3
TUESDAY:  Closed - New Year’s Day
WEDNESDAY:  Tator Tot Casserole, Brussel Sprouts
THURSDAY:  Pork Chops, Stuffing, Green Beans

1/7 – 1/10
MONDAY:  Chicken Fettuccine, Peas
TUESDAY:  Chicken Noodle Soup, Egg Salad Sandwiches
WEDNESDAY:  Fish-N-Chips, Coleslaw
THURSDAY:  Beef Enchiladas, Refried Beans

1/14 – 1/17
MONDAY:  Goulash, Corn, Garlic Flatbread
TUESDAY:  Beef Stew, Rolls
WEDNESDAY:  Baked Chicken, Rice Pilaf, Spinach
THURSDAY:  Casino Buffet

1/21 – 1/24
MONDAY:  Teriyaki Chicken, Rice, Oriental Vegetable
TUESDAY:  Italian Sausage, Potato Soup, Breadsticks
WEDNESDAY:  Burger Dips, Potato Wedges
THURSDAY:  BBQ Ribs, Mac-N-Cheese Mixed Veggies

1/28 – 1/31
MONDAY:  Baked Potato Bar, Broccoli
TUESDAY:  Navy Bean Soup, Tuna Sandwiches
WEDNESDAY:  Garlic Parmesan Chicken Wings, Veggie Rice
THURSDAY:  Baked Ham, Scalloped Potatoes, Cauliflower

January Happy Birthdays

1  Aaron Nathaniel Evans
   Jessica Kay Solano
   Nancy A. Moore

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

3  Nohea S. K. Robinson-Black

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

5  Christopher Wade Stewart
   Two Hawks Kris 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. Valdoras

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

12 Connie Renee Whitener
    Marvin Eugene Campbell Jr.

13 Sheena Marie Lewis Glover

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

15 Imalee Rose Tom
   Shelby V. Riley

16 Barbara Eileen Cleveland
   Charlotte Sky Bradley
   Leanora Christine Krise
   Tristan Isaiah Coley
   Whitney Amber Jones

17 David Norman Dorland
   John A. Ackerman
   Lorna Lee Gouin

18 Emily Ruth Whitener

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
   Mycisha Marie Pearl Little Sun
   Nutella Natt Obi
   Robert Charles Lacefield

27 Alojina 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
**Community**

**What's Happening in January**

**1 - Tuesday**
ALANON & AA
3:00 - 5:00 p.m.

Tobacco Cessation
3:00 - 4:00 p.m.

Culture Night
3:00 - 5:00 p.m.
Drum Group 5:00 - 6:00

**2 - Wednesday**
Elders Committee

Lushootseed Language Class
5:30 p.m. - 6:30 p.m.

**3 - Thursday**
Utilities Commission

**4 - Friday**
Housing Commission

**7 - Monday**
Childcare Board of Directors

Bible Study, Elders Building 6:00 - 7:00

**8 - Tuesday**
WIC - SPIPA

Enrollment Committee

Hunting Committee

ALANON & AA - 3:00 - 5:00 p.m.

Tobacco Cessation - 3:00 - 4:00 p.m.

Culture Night
3:00 - 5:00 p.m.
Drum Group 5:00 - 6:00

**13 - Sunday**
Drug and Alcohol Awareness Dinner

LCCR Event Center 2:00 - 5:30 p.m.

**14 - Monday**
Gaming Commission

Bible Study at Elders Building
6:00 - 7:00 p.m.

**15 - Tuesday**
ALANON & AA
3:00 - 5:00 p.m.

Tobacco Cessation
3:00 - 4:00 p.m.

Culture Night
3:00 - 5:00 p.m.
Drum Group 5:00 - 6:00

**16 - Wednesday**
CERT Training
2:00 p.m.

CPR/First Aid Training
8:00 a.m. - 4:00 p.m.

Lushootseed Language Class
5:30 p.m. - 6:30 p.m.

**18 - Friday**
Pool Party 3:00 - 4:30

SPIPA Board

Education Commission

**19 - Saturday**
General Body Meeting
9:00 a.m.
Community Kitchen

**20 - Monday**
Bible Study at Elders Building
6:00 - 7:00 p.m.

**21 - Tuesday**
ALANON & AA
3:00 - 5:00 p.m.

Tobacco Cessation
3:00 - 4:00 p.m.

Culture Night
3:00 - 5:00 p.m.
Drum Group 5:00 - 6:00

**22 - Wednesday**
Culture Night - 7:30 p.m.

Lushootseed Language Class
5:30 p.m. - 6:30 p.m.

**24 - Thursday**
Tribal Council

**29 - Tuesday**
ALANON & AA
3:00 - 5:00 p.m.

Tobacco Board of Directors

Tobacco Cessation
3:00 - 4:00 p.m.

Culture Night
3:00 - 5:00 p.m.
Drum Group 5:00 - 6:00

**30 - Wednesday**
Lushootseed Language Class
5:30 p.m. - 6:30 p.m.
Support needed for LGBTQ asylum seekers at the southern border

There is a huge and desperate need to find sponsors and support for LGBTQ asylum seekers at the southern border. There has been a request to people in the Northwest to open our doors, hearts, wallets and time. So a group of us, the Rabble Rousers, here in Thurston County, thought that if we can get a village of us to support one person, we could seriously consider doing this.

Immigration Attorneys are looking for sponsors who are legal permanent residents or US citizens with a steady source of income and no criminal record. They’re also looking for people with “LGBTQ+ competencies” and an awareness of “trauma-informed care.”

Some asylum seekers presently in detention have family members and friends willing to take them in, but a majority of those would-be sponsors are not in the United States legally, and ICE is hesitant to release asylum-seekers to them. They are in constant danger of being beaten, isolated and harassed. Others are at the border waiting to get in.

A sponsor has to submit proof that they’re a citizen or legal permanent resident, a copy of a state-issued ID, and proof of income. In addition to providing a “safe and stable home” during someone’s immigration proceedings, a sponsor, and/or our “village” will also be responsible for going to ICE check-ins and appointments, coordinating transportation, helping to secure legal representation, if necessary, and helping the asylum-seeker access health care.

The refugee/asylum seeker, will arrive with nothing, which means they will need everything. They may not speak English, and will have suffered immense trauma which is why they are leaving their country in the first place. They will not be allowed to work legally for 6 months. They will most likely need medical help and will need legal support as well and major social support.

The “family/persons” identified as “the sponsor” must commit to the asylum seeker (AS) living in their home for at least 6 months. This is preferably someone who lives near a bus line.

ARE YOU INTERESTED? Are you able to be a sponsor? Can you commit to time and/or money to support an LGBTQ asylum seeker? It will take a village. Can we get 40 – 50 folks helping?

Please email Lynngrotsky@gmail.com to offer your interest and support. Thank you!

Committees Commissions & Boards With Infrequent Meeting Times

<table>
<thead>
<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>Charlene Krise, Vince Henry, Vicki Kruger</td>
<td>Kris Peters</td>
<td>Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elections Committee</td>
<td>None</td>
<td>Tammy Ford</td>
<td>March, April, May</td>
</tr>
<tr>
<td>Explorers Program Committee</td>
<td>None</td>
<td>Rene Kluzman</td>
<td>May and June</td>
</tr>
<tr>
<td>Elders Committee</td>
<td>None</td>
<td>Rhonda Foster</td>
<td>Not yet determined</td>
</tr>
<tr>
<td>Fish Committee</td>
<td>None</td>
<td>Kevin Lyon</td>
<td>Not currently meeting</td>
</tr>
<tr>
<td>Gathering Committee</td>
<td>Charlene Krise</td>
<td>Glen Parker</td>
<td>June and August</td>
</tr>
<tr>
<td>Law Enforcement Committee, Law and Order</td>
<td>None</td>
<td>Kris Peters</td>
<td>As needed</td>
</tr>
<tr>
<td>Veterans' Committee</td>
<td>None</td>
<td>Charlene Krise</td>
<td>Sept., Dec., March, June</td>
</tr>
<tr>
<td>Budget Commission</td>
<td>None</td>
<td>Leslie Johnson</td>
<td></td>
</tr>
<tr>
<td>Business Administration Board (TC 6.24.010)</td>
<td>None</td>
<td>Dave Johns</td>
<td></td>
</tr>
<tr>
<td>Little Creek Oversight Board (TC 2.26.010)</td>
<td>None</td>
<td>Mike Araiza</td>
<td></td>
</tr>
<tr>
<td>Museum Library and Research Board</td>
<td>Bev Hawks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tourism Board (TC 2.34.010)</td>
<td>Vacant</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Island Enterprises Board</td>
<td>Arnold Cooper</td>
<td></td>
<td></td>
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<tr>
<td>Skookum Creek Tobacco Board</td>
<td>Vacant</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Committees and Commissions Listed on Calendar

<table>
<thead>
<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics Committee</td>
<td>Arnold Cooper</td>
<td>Jeff Dickison</td>
<td>2nd Wednesday in Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elders Committee</td>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
<td>1st Wednesday or Thursday</td>
</tr>
<tr>
<td>Enrollment Committee</td>
<td>Charlene Krise</td>
<td>Tammy Ford</td>
<td>2nd Tuesday</td>
</tr>
<tr>
<td>Fish Committee</td>
<td>Vicki Kruger</td>
<td>Joseph Peters</td>
<td>2nd Wednesday in March, June</td>
</tr>
<tr>
<td>Golf Advisory Committee</td>
<td>Arnold Cooper</td>
<td>Kris Peters</td>
<td>2nd Wednesday or Thursday</td>
</tr>
<tr>
<td>Hunting Committee</td>
<td>Arnold Cooper</td>
<td>Joseph Peters</td>
<td>2nd Tuesday of July, Oct., Jan., April</td>
</tr>
<tr>
<td>Shellfish Committee</td>
<td>Vince Henry</td>
<td>Eric Sparkman</td>
<td>1st Wednesday of March, June, Sept., Dec.</td>
</tr>
<tr>
<td>Education Commission</td>
<td>Vacant</td>
<td>Gordon James</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>Gaming Commission (TC 6.08.090)</td>
<td>(Per Tribal Code) None</td>
<td>Dallas Burnett</td>
<td>3rd Monday</td>
</tr>
<tr>
<td>Housing Commission</td>
<td>Charlene Krise</td>
<td></td>
<td>1st Friday</td>
</tr>
<tr>
<td>Child Care Board of Directors</td>
<td>Vicki Kruger &amp; Charlene Krise</td>
<td>Bert Miller</td>
<td>2nd Monday</td>
</tr>
<tr>
<td>Tobacco Board of Directors</td>
<td>Vacant</td>
<td>Ray Peters</td>
<td>4th Tuesday</td>
</tr>
<tr>
<td>Utilities Commission (TC 11.08.010)</td>
<td>None</td>
<td>Vacant</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>SPIPA Board of Directors</td>
<td>Vicki Kruger</td>
<td>Patti Puhn</td>
<td>2nd Friday</td>
</tr>
</tbody>
</table>
Happy 2019!!!

South Puget Intertribal Planning Agency

WIC Program
January Dates

SHOALWATER BAY 1/3/19
SQUAXIN ISLAND 1/8/19
NISQUALLY 1/9/19
CHEHALIS 1/10/19
SKOKOMISH 1/23/19

This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.

USDA Foods Program
January Dates

NISQUALLY 1/4/19
SQUAXIN ISLAND 1/8/19
SKOKOMISH 1/11/19
CHEHALIS 1/17/19
PT. GAMBLE S’KLALLAM 1/22/19

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.
If you’re unable to make the date, please call and schedule an appointment with appropriate staff.
For USDA Food, call the Warehouse at Nisqually 360.438.4216

BINGO BINGO BINGO

Thursday • January 3rd
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • January 4th
Daubin’ in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • January 5th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • January 6th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

All Level 3 payout $1,199
$100 Hot Seat Drawings
Donate canned food for a free Level 3 (3-on)

BINGO BINGO BINGO

January 4 | Open @ 6PM
Early Birds @ 8PM | Session @ 8:30PM

Daubin’ in the Dark

Buy-in is $50

All Level 3 payout $1,199
$100 Hot Seat Drawings
$400 payouts for 4-ons
$500 payouts for 6-ons

$1,199 black out
with a $500 lead up.

$7,900
IN PAYOUTS

Cocktail Specials
Ages 21 and over only

Live DJ
Opening at
7:30pm

Little Creek Casino • Resort
LIVE a little

Little Creek Casino • Resort
LIVE a little