JANUARY 2019

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COMPLIMENTARY

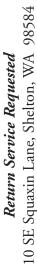
# Native American Inmates at Washington Correction Center Make Gifts for Squaxin Island Youth in Foster Care

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.



Jay Powell

PRSRT STD J.S. POSTAGE A 1 D HELTON, WA







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

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

Winter General Body Meeting

Saturday, January 19, 2019

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



Any questions? Please call 360-426-9781



## Community —





## Squaxin Island RIBAL 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
JEREMIE WALLS: 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

## **Foster Care Gifts** *Continued from Page 1*

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."

Superintendant 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."















Jay Powell and mother, Brenda Powell



# **Artists** We Need a Logo for the **Squaxin CERT!**

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

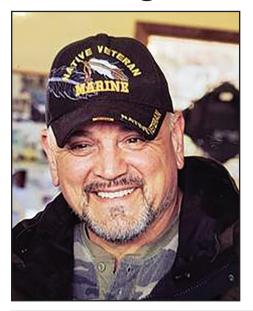
Closing Date: January 10, 2019

#### For additional information please call:

John Taylor at jtaylor@squaxin.us or 360-463-0903

Diane Deyette at 360-432-1771 ext. 0 or email ddeyette@squaxin.us

## **Walking On**



## **Chuck Bloomfield**

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



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 ——



## **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.

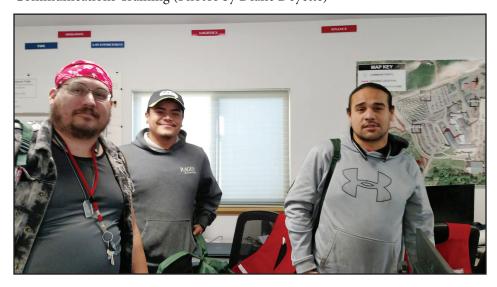
Winter weather is here! Plan. Prepare. Practice!

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)





Logging on for ICS 100



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



## NATURAL RESOURCES-



#### **Chum Salmon Conservation**

Emmett O'Connell, NWIFC - This fall, the Squaxin Island Tribe carefully constrained 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 fishermen 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 Shell-fish.









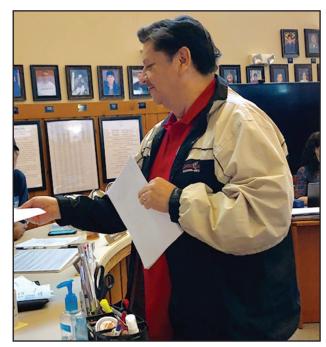
Disabled American Veterans representatives introduced their organization to the Squaxin Island Tribal Council in November and asked that their information be shared with the community, especially tribal veterans.

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)





Tribal member Kimble Kenyon

# M / /





## **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





## COMMUNITY DEVELOPMENT -



## **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



## COMMUNITY GARDEN -



#### 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 culturallyrelevant 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.
- Stephanie Bishop of South Sound Green led a demonstration on water quality testing on Skookum Creek for the Natural Resources youth, Camp WAYA, and our garden crew.
- 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———

























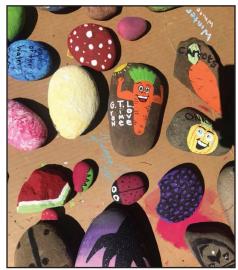




## TLC | COMMUNITY GARDEN ——











## **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.

| <u>Monday</u>  | <u>Tuesday</u>   |                       | Wednesday   | Thurs   | day         | <u>Friday</u>   |
|--|--|-----------------------|---|---|-------------|---|
|  | 1  | 2                     |   | 3   |             | 4   |
|  | Tribe is Closed  |                       | Closed  | Rec Rm: 3-6pm<br>Crafty Kitche<br>Open Gym: 3-4       | en: 5-6pm   | Rec Rm: 3-6pm<br>Fun Day Friday: 5-6pm<br>Open Gym: 3-6pm                     |
|  |  | Open                  | Swim: 3-6pm   |   |             | Open Swim: 5-8pm  |
| 7 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm                      | 8 Rec Rm: 3-6pm Culture Night 4:45-5:30 Open Gym: 3-4:30pm           | Rec R<br>Arts<br>Open | SD- ER @ 2:30pm<br>m: 2:30-6pm<br>s-n-Crafts: 5-6pm<br>Gym: 2:30-6pm            | Rec Rm: 3-6pm<br>Crafty Kitche<br>Open Gym: 3-4       | en: 5-6pm   | 11 SSD-1.5 HR ER Rec Rm: 1:30-6pm Pool Party 3-4:15pm Open Gym: 1:30-6pm      |
| Open Swim: 3-6pm   |  | Open                  | Swim: 3-6pm   |   |             | Open Swim: 5-8pm  |
| 14 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm                     | Rec Rm: 3-6pm<br>Culture Night 4:45-5:30<br>Open Gym: 3-4:30pm       | Rec R<br>Art          | GSD- ER @ 2:30pm<br>m: 2:30-6pm<br>s-n-Crafts: 5-6pm<br>Gym: 2:30-6pm           | Rec Rm: 3-6pm<br>Crafty Kitche<br>Open Gym: 3-4       | en: 5-6pm   | 18 SSD-3 HR ER Rec Rm: 11:45am-6pm Pool Party: 1:30-3pm Open Gym: 11:45am-6pm |
| Open Swim: 3-6pm   |  | Open                  | Swim: 3-6pm   |   |             | Open Swim: 5-8pm  |
| 21 No School - MLK   | 22   | _                     | SD- ER @ 2:30pm   | 24  |             | 25  |
| Rec Rm: 7:30am-4pm<br>Pool Party 1-3:30pm<br>Open Gym: 7:30-4pm              | Rec Rm: 3-6pm<br>Culture Night 4:45-5:30<br>Open Gym: 3-4:30pm       | Art                   | m: 2:30-6pm<br>s-n-Crafts: 5-6pm<br>Gym: 2:30-6pm                               | Rec Rm: 3-6pm<br>Crafty Kitche<br>Open Gym: 3-4       | en: 5-6pm   | Rec Rm: 3-6pm<br>Movie Night: 5-7pm<br>Open Gym: 3-6pm                        |
| Open Swim: 3-6pm   |  | Open                  | Swim: 3-6pm   |   |             | Open Swim: 5-8pm  |
| 28 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm                     | 29<br>Rec Rm: 3-6pm<br>Culture Night 4:45-5:30<br>Open Gym: 3-4:30pm | 30<br>Rec R           | GSD- ER @ 2:30pm<br>m: 2:30-6pm<br>s-n-Crafts: 5-6pm<br>Gym: 2:30-6pm           | 31<br>Rec Rm: 3-6pm<br>Crafty Kitche<br>Open Gym: 3-4 | en: 5-6pm   |   |
| Open Swim: 3-6pm   |  | Open                  | Swim: 3-6pm   |   |             |   |
| After School Snacks:<br>Computer Lab:<br>Sylvan:<br>Homework Help, GED Prep: | M-F 3-4:45pm<br>M-Th 3-7, F 3-5pm<br>M-Th 4:30-6:30pm<br>T-TH 4-7pm  |                       | ER = Early Release WHL = Wa-He-Lut In SSD = Shelton School GSD = Griffin School | l District  | High School | B. – Inter-Tribal B-Ball<br>I: 9-12 Grade<br>bol: 7-8 Grade<br>I: 4-6 Grade   |



## TLC | COMMUNITY GARDEN —







# **January**

## **Squaxin Teens**

Jaimie Cruz teen advocate: 432-3842
Check Facebook @ Squaxin Teens for updates to Calendar!

| Monday                           | Tuesday                                      | Wednesday  | Thursday                         | Friday                                    |
|----------------------------------|--|--|----------------------------------|---|
| Teen Center Closed               | Teen Center Closed<br>Happy New year!        | Lushootseed Class<br>5:30-6:30<br>Museum Classroom | Youth Council<br>5:00-6:00       | Ice Skating in Oly                        |
| 7<br>Homework Party<br>3:00-4:30 | 8<br>Craft Class 3:00-5:00<br>Drum Group 5-7 | 5:30-6:30 Museum Classroom                         | 10<br>Youth Council<br>5:00-6:00 | 11 1 ½ hour early release Shelton Schools |
| Homework Party<br>3:00-4:30      | Craft Class 3:00-5:00<br>Drum Group 5-7      | Lushootseed Class<br>5:30-6:30<br>Museum Classroom | 17<br>Youth Council<br>5:00-6:00 | 3 hour early release<br>Shelton Schools   |
| MLK DAY No School TBD            | Craft Class 3:00-5:00<br>Drum Group 5-7      | Lushootseed Class<br>5:30-6:30<br>Museum Classroom | 24<br>Youth Council<br>5:00-6:00 | Teen Night<br>TBD                         |
| Homework Party<br>3:00-4:30      | Craft Class 3:00-5:00<br>Drum Group 5-7      | Lushootseed Class<br>5:30-6:30<br>Museum Classroom | Youth Council<br>5:00-6:00       |   |

Teen Room hours 3pm-6pm



## LEARNING CENTER -



## **New Employee**



READY

## Jaimie Cruz "Desesieblu"

#### Teen Advocate

Hi! I am the Teen Advocate at the Tu Ha' Buts 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.

Parent

Workshops

FREE

Child

Care!

FREE

Materials

& Toys!

## **Kindergarten Readiness**

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.









## ₩∰ Shelton School District

for Kindergarten®



http://www.readyforkindergarten. org/sheltonsd/sign-in

Class size is limited — sign up now!

January 8 & 10-Required Orientation: 5:30pm Class: 6pm

January 12-Required Orientation: 9:30am Class: 10am

Classes are located at Olympic Middle School (free childcare will be provided at Mountain View Elementary)

Be **READY!** when the bus comes the first day of school!

Calling all parents! Birth to age 5 is the time to get your child...

Birth to Age 5: Prepare Your Child for School Success
These FREE workshops will show you how.

www.ReadyForKindergarten.org

## **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!



## LEARNING CENTER



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 FASFA 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.







#### **What's Happening Here**

Friday the 11th: Pool Party from 3-4:30pm

Friday the 18th: Pool Party from 3-4:30pm and Karaoke Party from 5-6pm

Monday the 21st: No School - MLK Day We will be open from 7:30am to 4pm

Friday the 25th: Movie Night from 5-7pm



Have any questions - contact Jerilynn @ 360-432-3992

## **Sports Calendar**

2019

| Sunday | Monday                          | Tuesday             | Wednesday                                       | Thursday            | Friday         | Saturday                        |
|--------|---------------------------------|---------------------|---|---------------------|----------------|---------------------------------|
|        |                                 | 1<br>Vacation       | 2<br>Vacation                                   | 3<br>Vacation       | 4<br>Vacation  | 5                               |
| 6      | 7<br>8U practice<br>4Pm-<br>6PM | 8<br>12 u practice  | 9<br>Open Gym<br>Tentative<br>Inter- Tribal     | 10<br>16 U Practice | 11<br>Open Gym | 12<br>City league Basketball    |
| 13     | 8 u Practice<br>4PM- 6PM        | 15<br>12 u Practice | 16<br>Open Gym<br>Tentative inter- tribal       | 17<br>16U practice  | 18<br>Open Gym | 19<br>City league<br>Basketball |
| 20     | 21<br>8 U practice 4PM-6PM      | 22<br>12 Practice   | 23<br>Open Gym<br>TBA<br>Tentative Inter Tribal | 24<br>16 U practice | 25<br>Open Gym | 26<br>City league<br>Basketball |
| 27     | 28<br>8 Upractice               | 29<br>12 U practice | 30<br>Open Gym<br>TBA                           | 31<br>16 U practice |                |                                 |



## -Family Services | Community Garden-







## A Few More Photos from the Garden









## HEALTH CLINIC -







#### **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)
- Getting winded doing much less activity than it normally takes to get you winded
- Unusual fatigue lasting more than a couple of days or not responding to a good night's sleep
- 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!







## -Health Clinic ——



#### **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.

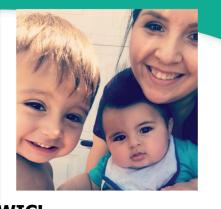
Instead of New Year's resolutions, he recommends choosing a realistic healthy habit. Suggestions include cutting back or quitting smoking, drinking more water, eliminating sugary drinks, and/or even snacking on fresh healthy foods rather than processed snacks.

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!





# Are you pregnant? Breastfeeding? A family with a child under age 5?



## You may be eligible for WIC! It is easy to get started at WIC with SPIPA:

- 1. Call WIC's direct line 360.462.3224 and leave your contact information.
- We will call back and set up an appointment.
- Bring your child with ID, bring your photo ID with address, proof of income, and WA Medical/Provider One Card.
- 4. At your appointment, we will:
  - · Check to see if you qualify
  - Check your child's growth
  - Talk about your family's health and nutrition needs
  - Tell you about other programs that may be able to help you
  - Teach how to shop with WIC checks you receive at your visits
- 5. You only need to bring your child to WIC twice a year for measurements.

## 2018-2019 WIC Income Eligibility Standards Effective May 2018 TABLE OF WIC ELIGIBILITY BY GROSS INCOME AND HOUSEHOLD SIZE

| Household Size | Weekly | Bi-Weekly | Twice Monthly | Monthly | Annual   |
|----------------|--------|-----------|---------------|---------|----------|
| 1              | \$432  | \$864     | \$936         | \$1,872 | \$22,459 |
| 2              | \$586  | \$1,172   | \$1,269       | \$2,538 | \$30,451 |
| 3              | \$740  | \$1,479   | \$1,602       | \$3,204 | \$38,443 |
| 4              | \$893  | \$1,786   | \$1,935       | \$3,870 | \$46,435 |
| 5              | \$1047 | \$2,094   | \$2,268       | \$4,536 | \$54,427 |

This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate





## COMMUNITY —



## **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**

Aaron Nathaniel Evans Jessica Kay Solano Nancy A. Moore

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

3 Nohea S. K. Robinson-Black

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

Christopher Wade Stewart Two Hawks Krise Young

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

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

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

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

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

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

Connie Renee Whitener Marvin Eugene Campbell Jr.

Sheena Marie Lewis Glover

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

16 Imalee Rose Tom Shelby V. Riley

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

David Norman Dorland John A. Ackerman Lorna Lee Gouin

Emily Ruth Whitener

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

Jacob Wesley Campbell Traci Lynn Lopeman

Kahsai Tiefel Gamber Percy James Welcome Shawnell Lynn McFarlane

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

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

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

Eva Alexandra Rodriguez Rebeckah Jeanette Ford

Sharleina E. Henry

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

#### Criminal/Civil Court

#### 9 - Wednesday

Golf Advisory Committee

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

## **10 - Thursday** Tribal Council

#### 11 - Friday

Pool Party 3:00 - 4:30

SPIPA Board

**Education Commission** 



#### 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.

#### **Family Court**

#### 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 Karoke 5:00 - 6:00

TANF Awareness Dinner 5:300 p.m.

## **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.





## COMMUNITY -



## 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 "traumainformed 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**

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

## **Committees and Commissions Listed on Calendar**

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



To contact a Squaxin Island Police Officer Call: 360-426-4441

> If it is an EMERGENCY CALL 911

# Happy 2019!!!







