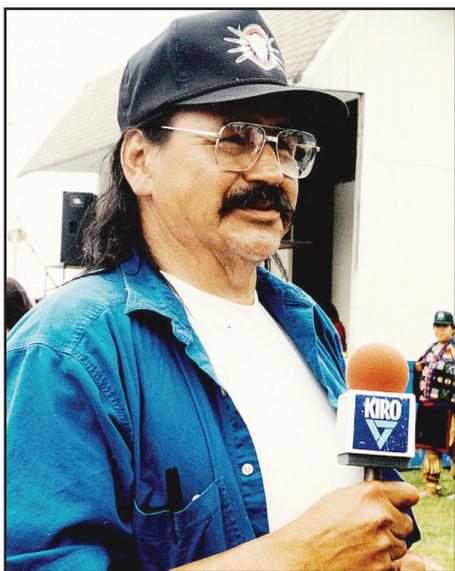


Tribe Grieves Loss of Three Tribal Members, Including Longtime Tribal Chairman David Lopeman



David Lopeman

Tribal Chairman

1987 - 1995

1999 - 2004

2008 - 2016

PSRST STD
U.S. POSTAGE
P A I D
SHELTON, WA
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Return Service Requested
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David E. Lopeman, longtime Chairman of the Squaxin Island Tribe passed away peacefully on January 9, 2019 at his residence in Kamilche. He was 75.

David was born in Shelton on September 27, 1943 to Ernest (Osage) and Mary Whitener Lopeman (Squaxin Island). He was raised and lived most of his life in Kamilche.

He married the love of his life, Shirley Ann Rogers, in 1967.

David served on the Squaxin Island Tribal Council for 30 years, 24 of those years as the Tribal Chairman. David was a commercial treaty fisherman. He and longtime friend Mike Brownfield also had a business making fire trails for the federal forest service and an automobile repair business. After becoming Chairman, he gave all that up to devote his time and attention to the Tribe.

David loved old cars and had many trophies from car shows in recent years.

He also loved watching sports, especially the Seahawks and Mariners. He had many adventures out hunting, providing for his family. One of his most memorable times was hunting buffalo with his grandson, David (they each got one!). He showed great pride in both of his grandsons, and was very happy when Steven was elected to the Tribal Council.

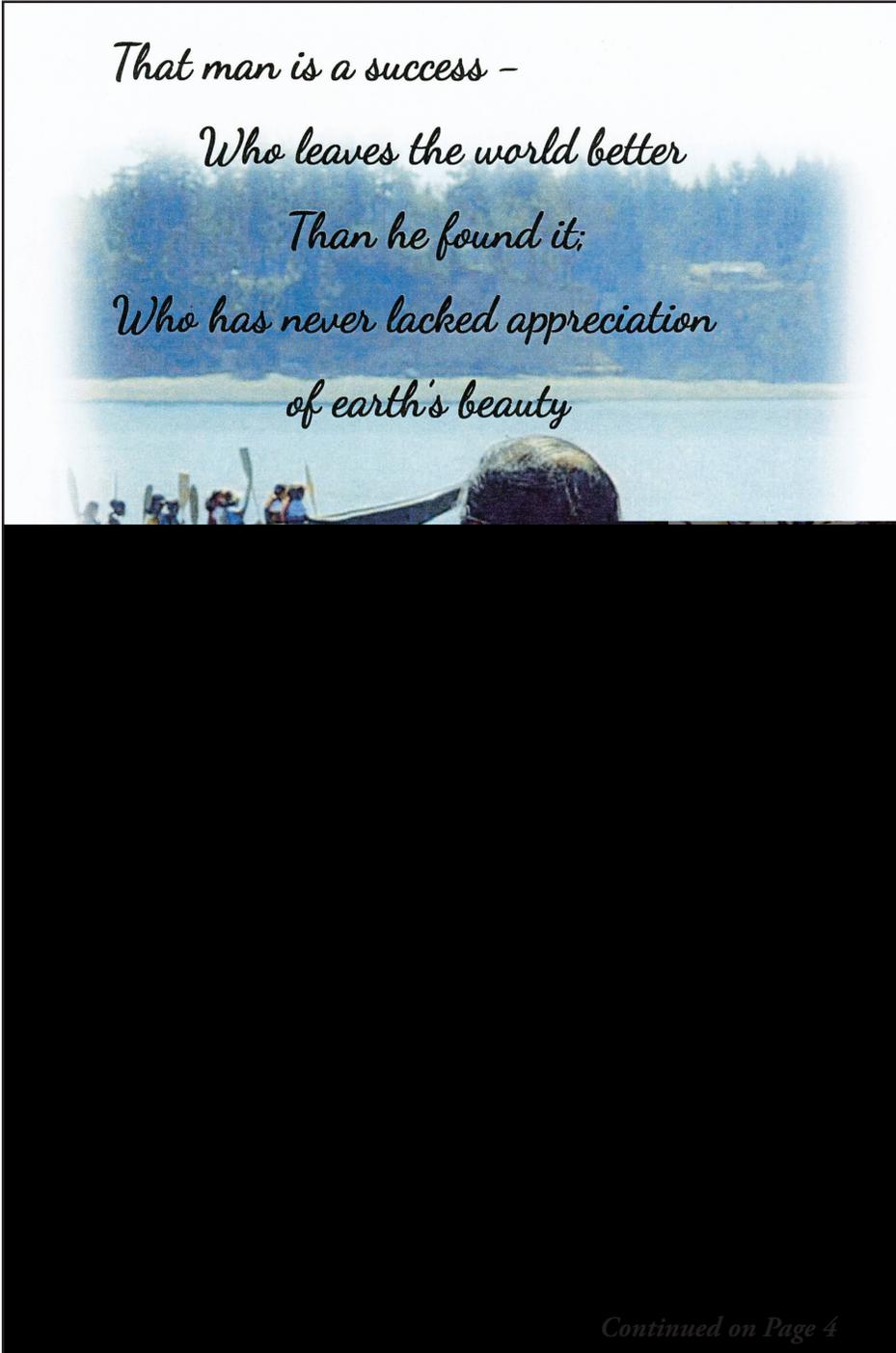
David fought for tribal fishing rights as far back as the late 1960s and was first elected to Tribal Council in 1981.

He led Squaxin Island Tribe through some turbulent times working with federal, state, and local governments to uphold federal treaty rights and responsibilities.

During his tenure on the Tribal Council, the Tribe saw an enormous amount of growth in enterprises and services to the people.

He was at the helm during planning and construction of the Tribal Center, the Elders building, Little Creek Casino Resort, the Sally Selvidge Health Center, the Museum Library and Research Center, the childcare center, the Veterans Memorial, and Skookum Creek Tobacco Factory.

He was also Chairman during the implementation of the shellfish ruling, and repatriation laws, the transition into tribal self-governance, tribal/state tax agreements, resurgence of Canoe Journeys, development of Northwest Indian



Continued on Page 4



Walking On



Mary Whitener Fletcher

Miriam Ramona (Whitener) Fletcher, aka Mary Bell, of Kamilche, WA, passed away on Wednesday, December 26, 2018, peacefully at her home, after a long journey with Cancer. She was 80 years old.

Mary was born on February 25, 1938, to Percy and Ethel (Richards) Whitener of Kamilche Washington.

Knowing Mary was a blessing. Her love for God, family and community was always evident in her actions. She wrote to God every single day of her life, grateful for a new day, and everything it would bring. She asked for guidance, strength and wisdom.

As a child, she came to be known as Mary Bell because of her aunt Belle. She loved to climb trees, be in nature, ride bikes, roller-skate and swim in Little Creek with her brother, sisters and cousins. She so enjoyed the water.

Mary was a Kamilche girl through and through. She loved to run around with her friends and family all over Kamilche. If you couldn't find her at home, she was at her aunt and uncles' or at her grandmother's house getting spoiled. On Sunday you would find her at the creek where her mother, Ethel Whitener held Sunday school.

Mary was the second of four children and loved her parents very much. In her late teens, she lost her father in a car accident and her grief was profound. She was, however, always grateful that at least one of her children, Donald Lynn, was able to meet her father and be a very big part of his life.

One time, her sister Martha invited Mary to go to the dance hall on the Lewis-McCord Army base. It was there that she met her future husband,

Harold Ford. The first song they danced to was White Lightning. She held this dance dear to her heart.

She moved to Houston with her husband where she had five children. When they got divorced, Mary returned to Kamilche and opened THE famous "Mary's INDIAN Fireworks," on Steamboat Island Road which she operated for 35 years. She and Harold remained friends their entire lives.

She later married Irvin Fletcher. She was very happy to extend her family with him and his boys whom she loved very much. They enjoyed fishing, clam digging and garage saleing.

She was the mother of the tribe, many came to her for guidance, love and support. She endlessly helped our community members who were in need, and opening doors for AA meetings was her passion.

I don't know if there's anyone who loved the Casino as much as Mary did. Her favorite thing to do was to get a room and gamble a bit, visiting with her friends. Here she saw the despair of so many and always had a helping hand for those less fortunate. Sometimes, she would spend three weeks at a time at the hotel. I think her nephew once told her: "I should see if I can make a permanent

Squaxin Island Tribe

Legal Community Education

February 2019:

**Committees, Commissions, and Boards:
Membership, Attendance, and
How to Introduce Issues**

Tuesday, February 5th - 4:00 pm

**Building Strong Families Through Culture,
Community Kitchen**

Tuesday, February 19th - 12:00 pm

**Brown Bag Lunch,
Legal Department Conference Room**

All those attending, bring your lunch with you!

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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



parking spot just for you Aunt Mary.”

She had the privilege to meet Martin Sequak with whom she lived until the day she passed. Martin was her very special friend until the end, and she often said he kept her young.

Mary kept a JOURNAL of prayers and daily doings. Her prayers to God were very personal, but there are some prayers that we would like to share:

First, she always began with “Dear God, I thank you for this day,” and she continued from there.

In 1989, Mary wrote, “Today is what I have, and Father I ask not my will, but Thy will be done on my life today. Let me pray as you would have me pray. Say and do what you would have me do. I pray for my children, my community, my leaders, that you have your way in their lives.”

On her birthday, February 25, 2011, she wrote, “Thank you father for another day, thank you for your love, mercy and grace. You are lord of lords and king of kings, there is nothing impossible for you. Thank you, thank you, thank you, for giving me another birthday. I really feel that you have blessed me more than I’ve deserved. Thank you, thank you, thank you, for my health, my family and friends. Jesus you are king of kings and lord of lords. You have the whole world in your hands, and yet you have time for my wants and needs. Thank you for loving us so much. We can cast all our cares on you. I commit my life, my work to you. I ask that you be with me always to help me in every decision. I want to be where you want me to be and do and say what you want me to. Father, I pray for our children, our grandchildren, the hungry, the homeless and the sick.”

Mary was a strong person and this strength shone through during her long fight with cancer. Even though she was in tremendous pain, she always remained strong and never wanted attention focused on her disease. She wanted everyone to continue with their lives and was more concerned with how we were doing and if we were happy.

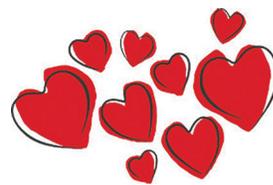
We learned a lot from Mary. We learned how important family is, and to enjoy spending time with parents and relatives. We learned an appreciation for the outdoors. We learned how important a strong work ethic is, and how remaining positive can help us get through life’s biggest challenges. She often said, “This too shall pass.” May she rest in peace with God and the angels.

Mary is survived by her sister Ruby Fuller, her son Donald L. Whitener, her daughters, Rebeckah Ford, Tammy Ford, Teresa Ford Pfaff, and Rachel Ford, step-children Jamie Fletcher, Daniel Fletcher, Jason Fletcher, six grandchildren, four great grandchildren, and numerous nieces, nephews and cousins. She is preceded in death by her parents, by husbands Harold Ford and Irvin Fletcher, brother David W. Whitener,

*If roses grow in heaven,
Lord please pick a bunch for us,
Place them in our Mother's arms
and tell her they're from us.
Tell her we love her and miss her,
and when she turns to smile,
place a kiss upon her cheek
and hold her for awhile.
Because remembering her is easy,
we do it every day,
but there's an ache within our hearts
that will never go away.*



sister Martha, and son Darren W. Ford.



Thank You!

The family would like to thank Lydia Trinidad for making Mary's favorite two cakes, Kevin Lyon for serving, Brooks for singing and Davey for being the emcee. They would also like to thank Tully Kruger and all of the maintenance crew for setting up the gym and taking care of all the preparations at the burial site. Thanks to Patti Puhn, Pam, Tracy, Sarah, Cassidy, Mayling, Vicky and Vicki, Holly, Alfred, Lydia, Tonya, Rosie, Steven, Morgan and all of the IS staff, TLC, Keesha, Julie. Thanks to all of you who attended the services and helped in so many ways showing your love to our family. We appreciate, love and thank you all!

God grant me the
Serenity
to accept the things I
cannot change...
Courage to
change the things I can
Wisdom to
know the difference...

*Mary was resilient.
She wasn't just a sparkler or
a little bitty firecracker; but a
cherry bomb. She was the
grand finale, blazing bright
till the end.*





Walking On



Charles "Chuck" Bloomfield

Charles (Chuck) Eugene Bloomfield III, age 57, passed away unexpectedly on Saturday December 8th, in his Shelton home.

He was born June 28, 1961, in Port Townsend, WA, to Charles Eugene Bloomfield II (JR) and Carolyn Knivila. Chuck grew up in Jefferson County and graduated in 1979 from Quilcene High School. Chuck joined the Marine Corps in 1981 and served until 1984, including service in Okinawa, Japan. After the Marine Corp, Chuck got his maritime license and worked as a Tug boat Captain in Ketchikan, AK from 1985 to 1991.

In 1991, Chuck moved back to the Pacific Northwest and worked for Wild Olympic Salmon doing stream restoration for several years with his Father, Charles Eugene Bloomfield II.

He then began operating his own logging and excavation business in which he continued to service the Olympic Peninsula and Hood Canal areas up until his death.

He was a proud member of the Squaxin Island Tribe near Shelton, WA and gave back to the community through many projects over the years. Chuck was an active hunter and fisherman; and was an avid outdoors man who enjoyed hiking with his daughters and grandchildren. From the time he could

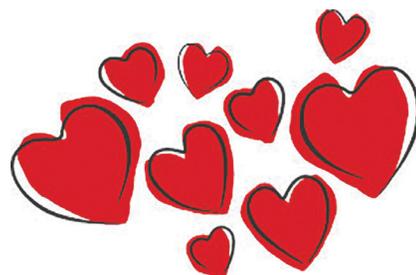


walk he wanted to be outside

He was predeceased by his sister Darlene Bloomfield and his father Charles Eugene Bloomfield II.

He is survived by his mother, Carolyn Knivila (and husband, Ted) of Port Orchard; son, Kevin M. Bloomfield of Shelton, MT; daughter, Blair J. Bloomfield of Ketchikan, AK; daughter, Danielle L. Bloomfield of Spokane, WA; brother, Rocky Bloomfield of Brinnon, WA; niece, Trilaina Ledbetter [Bloomfield] of Port Orchard, nephew, Chris Bloomfield of Bremerton, WA; and four grandchildren, Taylor, Summer, Ryin, and Blaike.

A celebration of life was held at the Squaxin Island Gymnasium at 1:00 p.m. January 5th.



David Lopeman



Treatment Center, and expansion of Island Enterprises and its many branches of business.

One of David's main priorities was increasing the tribal land base. Hundreds of acres have been added since 1981, including Church Point, where the Indian Shaker Church originated.

As David went about his council work he would often mention that he hoped future generations would look back and say, "I'm sure glad they did that."

His door was always open - not just his office door, but his home as well - to hear concerns of the people. David was not pretentious - whether you

were a tribal member, the governor or other federal/state government official, another tribal leader, or a person down on their luck, or in prison - he was there for everyone; he listened and treated everyone the same. He didn't dress up for anyone.

David was instrumental in forging the only agreement in the country between a Native American Tribe and a state government that allows Native American inmates to pay last visits to family members who are passing away and attend their funerals under tribal jurisdiction.

David was preceded in death by his parents; wife, Shirley; and granddaughter, Cynthia.

He is survived by daughter, Donna Baker; grandsons, Steven Dorland and David (and Melanie) Dorland; brother, Billy Lopeman; and five grandchildren, Owen, Zane, Finn, Lilly, and Totten, all of Kamilche.

Services were held at 10:00 a.m. on January 13th, 2019 at Little Creek Casino Resort Event Center with viewing at 9:00 a.m. Graveside burial followed at the Squaxin Island Tribe Sacred Grounds.

He was laid to rest next to his wife, Shirley, and granddaughter, Cynthia.

Arrangements were made by McComb & Wagner Family Funeral Home and Crematory.

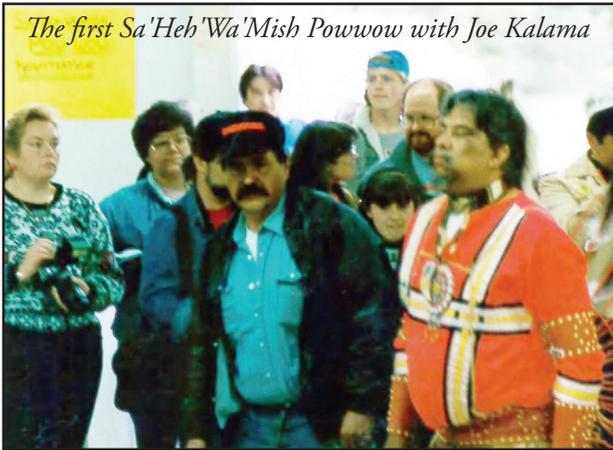
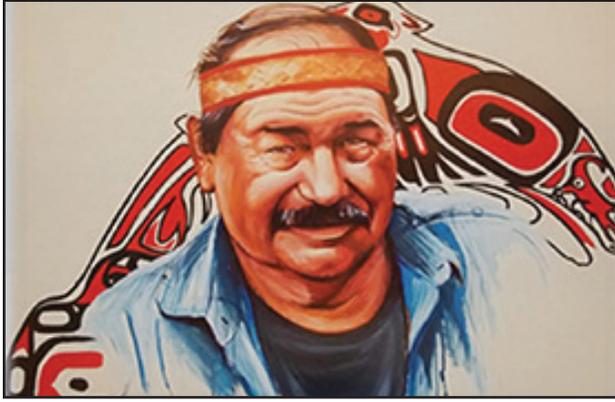
The family would like to thank Kenny Farmer for officiating the service, Chairman Cooper for speaking on behalf of the Tribe, Squaxin Island Drummers and Singers and the Sundance Drummers and Singers, the maintenance crew for setup and burial preparations, Sally Brownfield, Mary Williams and others for cooking, Jenna and Dickie Adams, Poncho and Jimmy, Heidi and Mariah Williams, Hattie Keith, Sydney, Rose Henry, Patti Puhn, Margaret Foley, LCCR staff, other tribes for donating delicious seafood (including 100 pounds of Dungeness crab), NR for cooking salmon, and everyone who attended the services and sent prayers and gifts.

Pall Bearers: Kenny Selvidge, David Dorland, Poncho, Terry Patten, Dennis Poitra, and Justin Lopeman.





DAVID LOPEMAN



The first Sa'Heh'Wa'Mish Powwow with Joe Kalama



Planting a tree to dedicate the new Sally Selvidge Health Center

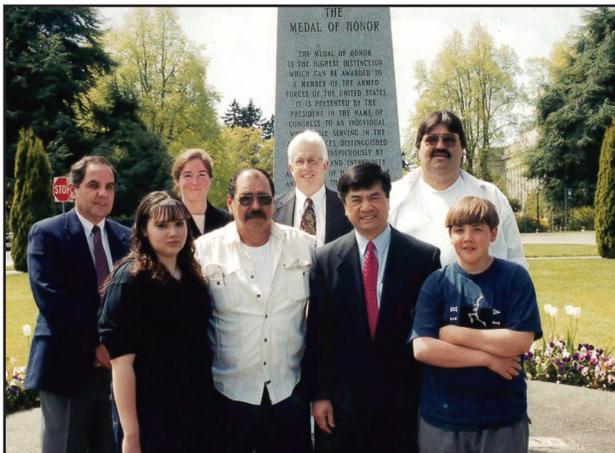




DAVID LOPEMAN



David presents Governor Lowry with a Theresa Nason basket at the Indian Health Care Reform Summit in 1994



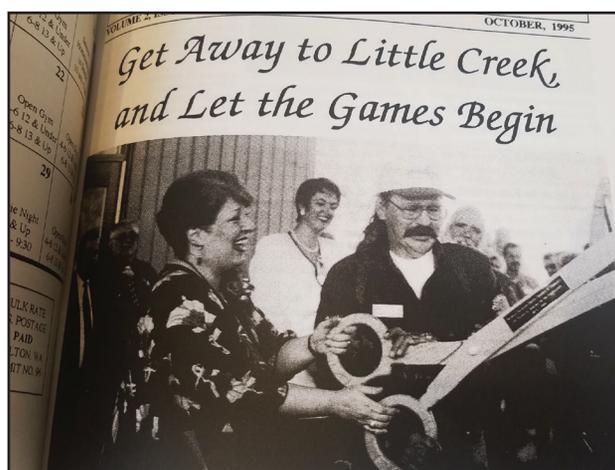
Governor Locke (red tie)



Tribal Chairman David Lopeman and guests of the groundbreaking ceremony prayed with Shaker Minister Rose Algea as she lit a spiritual candle to bless the Little Creek Casino site on January 14.

KLAH-CHE-MIN
 SQUAXIN ISLAND TRIBAL NEWS
 monthly publication produced by the Squaxin Island Tribal Council, Tribal Administration and Island Enterprises.
 1430, Shelton, WA 98584 Phone: (206) 426-3442

AUGUST, 1993



Tribal Chairman, David Lopeman, signs a loan agreement with West One Bank officials for the Cultural Center



GOVERNOR LOWRY SIGNS GAMING COMPACT

ing technical contributions of the State Gambling Commission staff.

Also attending the meeting were State Gambling Commission Director Frank Miller, Squaxin Island council members Mike Peters and Arnold Cooper and Tribal policy representatives Bruce Johnson, David Whitener Jr. and Calvin Peters.

From the Governor's office, the compact will travel the office of the Secretary of the Interior in Washington D.C. where it will become finalized after a 45 day waiting period. There is an allowance of 15 days for review and 30 days for publication.

"I would like to thank the Squaxin Island Tribe for its approach to casino negotiations," the Governor said. "This shows how the government to government relationship works well."

Squaxin Island Tribal Chairman David Lopeman returned the Governor's salutation by thanking him for his support of the compact and acknowledg-



Governor Locke



Tribal Chairman David Lopeman and Regional Support Network Director Kasey Kramer sign a Mental Health Services Agreement. Also pictured are Squaxin Mental Health Counselor Brenda Dorsey and Youth at Risk Liason Tom Simon.



Governor Gregoire and her husband

The Flu is Here

I just saw my first confirmed case of the flu here. Please get your flu shot, if you haven't already. Strictly follow precautions like frequent hand washing and hand sanitizing, not sharing drinks or cups, and making sure your kids do these things as well. Thanks!

- Angela Tobias



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LITTLE CREEK CASINO RESORT & SQUAXIN ISLAND TRIBE PRESENT THE 11TH ANNUAL

SA'HEH'WA'MISH DAYS POW-WOW

FEBRUARY 16-17, 2019

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

OPEN TO THE PUBLIC

Masters of Ceremony:

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

Arena Directors:

Marcus Wallahee - Yakama | Jack ScabbyRobe - Blackfeet/Cree | Ethan Wallahee - Yakama

Drumming Contest - ALL DRUMS WELCOME

First drum roll call Saturday, February 16 @12:45 SHARP!!!

1st \$10,000.00 · 2nd \$8,000.00 · 3rd \$7,000.00 · 4th \$6,000.00



Head Man Dancer:
Chad Browneagle
Spokane Tribe, Usk, Washington



Head Woman Dancer:
Amanda Ironstar
Nakota/Lakota
Ocean man First Nation SK, Canada

"Women's Jingle Wopila Special"

Sponsored by: Head Woman Dancer - Amanda Ironstar
Old Style-First Round

Contemporary Style Second Round
Finalist Spotlight their own style

"Mr. Smooth" Spotlight Grass Dance Special

Sponsored by: Head Man Dancer - Chad Browneagle
1st Place Champion Jacket, Blanket Beaded Wallet + prize money
2nd & 3rd Place Jacket/Sweatshirt, Blanket, Beaded Wallets + prize money

"Mother's with Daughter ages over 10+ year old"

Sponsored by: The Family of Ato Win Pratt
1st Place \$600 + Jacket + Blanket + Trophies
2nd Place \$400 + Sweaters + Blanket + Trophies + Gift
3rd Place \$200 + Sweaters + Blanket + Trophies + Gift
3 consolations- \$100 + Blanket + Gift

"Mother's with Daughter under 10+ years old"

Sponsored by: The Family of Ato Win Pratt
1st Place \$300 + Jacket + Blanket + Trophies
2nd Place \$200 + Sweaters + Blanket + Trophies + Gift
3rd Place \$100 + Sweaters + Blanket + Trophies + Gift
3 consolations- \$50.00 + Blanket + Gift

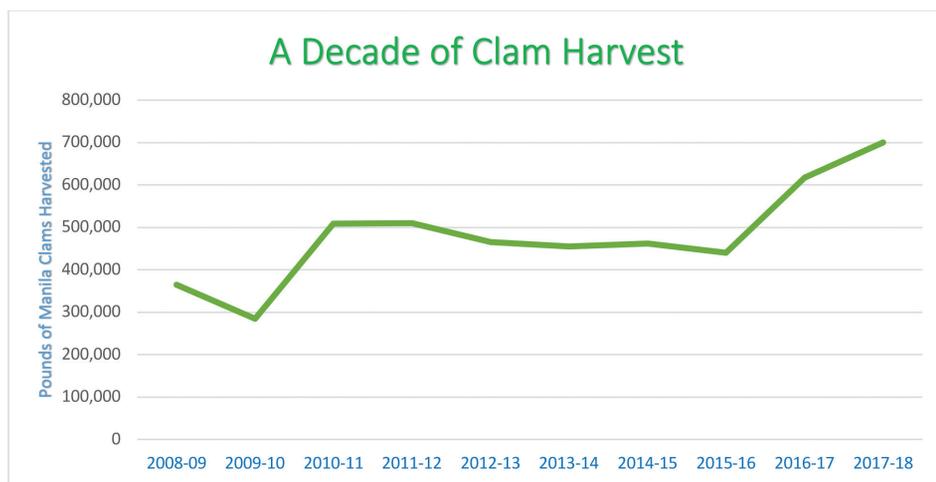
"Men's 250 lbs.+ All Around Special"

FANCY, GRASS, CHICKEN/ROUND BUSTLE, CLOWN
\$5000.00 + Star Quilts, Horses, Trophy's
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Clams! Clams! Clams!

The 2017-18 clam season ended well with a new record Manila clam harvest for the Tribe. For the twelve months running from December 2017 through November 2018 the total Manila clam harvest reached just over 700,000 pounds. To put that in perspective, just 8 or 9 years ago we were harvesting around half of that amount. This was no small task considering reaching this mark took 152 different harvests on 79 different beaches. Every single week there were clam harvests and most weeks had 2 or 3 digs. Digging every week means that we are having to dig not just on the lowest of the tide runs but on whatever tides are available each week. Maybe you have experienced a dig where all of the clams aren't exposed until right at low tide only to have them get covered up as the tide rushed back in? We schedule around this as much as possible by saving the beaches with clams higher on the beach for these not so low tides - Squaxin Island and our beaches in Totten Inlet are good for this.



This past season we had 28 regular “Group” digs for each group. For the “List or Lease” digs each group had 21 digs which provided from 438 to 440 individual harvester opportunities per each group. This past season there were also 14 Senior harvest in Little Skookum, the Clam Fresh Nursery and Blakely beaches, as well as on the Senior beach in Oakland Bay.



Squaxin Island Projected to split in two by 2100

“We know we’re losing a lot of our island,” said Candace Penn, Climate Change Ecologist for the Tribe.

The Tribe used Light Detection And Ranging (LIDAR) technology to produce a detailed digital elevation map of Squaxin Island, a model of predicted future sea levels, and maps of shellfish and forage fish habitats.

The Tribe is looking at the effect sea level rise will have on the natural resources tribal members depend on. “The beaches on Squaxin Island sustain us with their shellfish,” Candace said. “Sea level rise is going to damage shellfish populations, and we want to understand how. If there are no clams to harvest, we can’t teach the next generation those traditional harvest techniques.”

The Tribe estimates that a third of the shellfish habitat on the island is going to disappear. “This will be a major loss for us and for everyone that depends on shellfish harvesting,” said Andy Whitener, Natural Resources Director for the Tribe.

The Tribe will expand its analysis to predict the loss of shellfish habitat in nearby Oakland Bay. Oakland Bay supplies more than half of the nation’s Manila clams and will likely see a similar habitat loss as Squaxin Island.

“Sea level rise will impact everyone, not only tribal members,” Andy said. “Shellfish harvesting supports hundreds of tribal and non-tribal households in our community.”

The Tribe has used the projections to assess risk associated with sea level rise and to develop an adaptation plan. “Now that we know what is at risk, we can plan today to help have a better tomorrow,” Candace said.

“We’re going to be here long after sea level rise,” Andy said. “We need to start figuring out how to survive.”

“We see the island as a place that brings us together,” Candace said. “Fishermen camp out there during the fishing season, we dig clams out there and we hunt on the island.”



Squaxin Island Tribe's Committee/Commission Advisory Boards

The public's trust in their government may be sustained only as long as the public remains involved in the deliberations essential to responsible decision-making by that government. The Tribal Council wishes to preserve this public trust by openly seeking advice, ideas and recommendations from the Squaxin Island Tribal Community. Accordingly, the Council wishes to provide equal opportunities for public service and encourages Tribal members to serve on commissions, committees, and special advisory boards to the Council.

The following committees and commissions have vacancies available. If you are interested in serving on one of these committees/commissions please contact Cassidy Gott at 360-426-9781, or cgott@squaxin.us by February 11, 2019. If you are interested in serving on a Committee, Commission or Board that does not currently have vacancies you may still submit a letter of interest.

One Percent Commission: Implements the one percent distribution provisions of Appendix X of the Tribal-State Compact for Class III Gaming. Distributes revenues derived from the TLS to nonprofit charitable organizations.

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

Business Administration Board: To incorporate new businesses in Indian country, and to regulate commerce in Indian county.

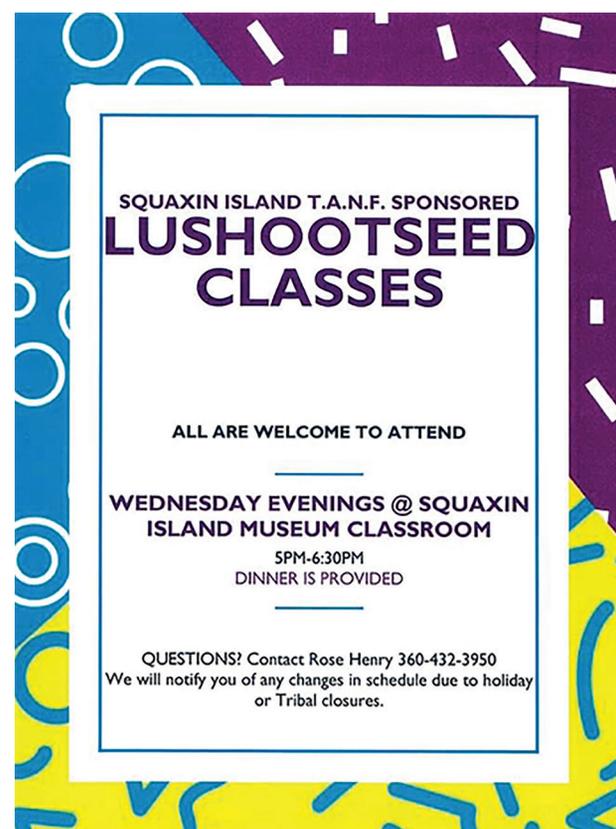
Childcare Board: The Childcare Board provides advice and recommendations concerning the Child Development Center.

Education Commission: Provides representation for all eligible students participating in educational programs. Determines and grants monetary awards assisting tribal members to reach their educational goals.

Elections Committee: The Elections Committee helps the Executive Staff prepare for and conduct the election portion of the General Body Meeting.

Gaming Commission: The Squaxin Island Gaming Commission, as established under the Tribal/State Compact between the Squaxin Island Tribe and the State of Washington, shall ensure on-site regulation, control and security of the gaming operation, and protect the health, welfare and safety of the Squaxin Island Tribe, its members, and guests.

Housing Commission: Provide recommendations and advice to the Tribal Council and to the Tribal Department of Community Development. The commission is authorized to define policies, identify rules and regulations to the Tribal Council for enactment.





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

Building Infrastructure for Squaxin's Future

The sustainable growth of the Tribe depends on a secure, affordable supply of water and power.

- During the summer of 2015, it became clear that the Tribe was using more water than it could reliably produce during periods of drought.
- We can't increase the volume of water going through our water and wastewater treatment plant without increasing its processing and reclaimed water storage capacity.
- Additionally, a significant amount of new electrical power will be needed for casino and enterprise expansion.

To address these critical needs, in early FY 18, Council directed that Tribal government, LCCR and IEI form a work group charged with the roughly 5-year process of acquiring these essential resources.

The team assembled for this ambitious undertaking includes Executive Services, DCD's Construction and Utilities units, Natural Resources, Finance, Legal and Information Services, and executive leadership from LCCR and IEI.

At appropriate times, members of the Tribe's working group engaged external partners where our interests intersect and align. These partners are Taylor Shellfish and Mason PUD 3.

Water

We have to develop a new water supply before we can build new housing, community facilities or grow our enterprises.

The Tribe is now dependent on production wells that draw from a single water source, the Kamilche Valley aquifer. We can't solve the water shortage issue by drilling new wells—it would be like putting one more straw in the same glass of water, hoping to get more water out of it.

For a number of years, the Tribe has been in informal talks with Taylor Shellfish about partnering in the development of a private well on their property at Taylor Town that could support the growth of both the Tribe and Taylor's operations.

In 2017, we began formal negotiations and pursuit of a water rights permit from the Department of Ecology. A Memorandum of Understanding between the Tribe and Taylor was executed October 6, 2017.

Natural Resources has the lead on working with Ecology through the process of obtaining a water rights permit. Our application has been submitted and NR will continue to monitor its progress and expedite approval to the extent possible. The Department of Ecology controls the timing of the water rights permit approval. This process can take a year or more.



As our application moves forward, we will begin to design and build the infrastructure to deliver and integrate the new water supply into our existing system. This will involve construction of a pipeline from Taylor Town to a connection point with our water storage tank on the hill above the Clary property.

Power

Representatives from the Tribe and LCCR began to meet with Mason PUD 3 in September 2017 to discuss the Tribe's future power needs. Based on current and projected usage, PUD 3 determined that a new substation is needed to secure the capacity we will need.

To bring the new substation online by late 2019, the Tribe entered into an agreement with PUD 3 to provide the district with the funding needed to initiate the project. Going forward, PUD 3 will credit the Tribe for services until those costs are equal to our up-front investment. At that point, the Tribe will pay for services per Mason PUD 3 policy.

In a separate negotiation with Taylor Shellfish, the Tribe will purchase land from Taylor Shellfish for the Skookum Substation site.

Water Reclamation and Treatment ("The Plant")

With funding allocated by Tribal Council, DCD has been working since early 2018 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 and safety equipment.

With the upgrades and expansion of the interior processing components, the plant is now not only operating at its highest level of efficiency; it has additional capacity needed to manage unexpected events.

Construction of two new holding tanks on the existing footprint of the site will be the final phase in the expansion of the plant and 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.

Attention

Housing Waiting List Applicants...

REMINDER: If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The application update was mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address please call Lisa Peters, Housing Counselor at (360) 432-3871. Per policy, if you do not update your application by March 31, 2019, your name will be removed from the housing waiting list.

**Squaxin Island
Tax Site**
(Basic returns)



Administration Bldg.
February 12 - April 5
(Tuesday and Thursday evenings)
3:00 p.m. - 7:30 p.m.
By appointment only

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

This site offers Prepaid Visa Debit Cards for your tax refund.
Sponsored by SIT - Office of Housing

Unbelievable

Gus the Doggie Guy - There are millions and millions of dogs and cats in the world, and no wonder. Consider the reproductive power of these animals:

DOGS are able to reproduce twice a year, from as young as six months old. In just six years, two dogs and their offspring can theoretically produce 67,000 puppies.

CATS can have three litters a year. In that same six-year period, two cats and their offspring may produce as many as 390,000 kittens.

These statistics are certainly a testimonial for spaying and neutering!



Checklist for Free Tax Return Preparation

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if available
- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer ID#
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable



South Puget Intertribal Planning Agency



WIC Program February Dates

CHEHALIS 2/7/19
SQUAXIN ISLAND 2/12/19
NISQUALLY 2/13/19
SKOKOMISH 2/20/19

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.





10 Ways to Love, Honor & Respect Your Elders

Our blessed elders certainly deserve our respect. Though traditions and ways of life vary from tribe to tribe, showing respect to our elders is a way to remember tradition, pay homage to our ancestry, and to carry our beliefs forward to our upcoming generations of new leaders.

With this in mind, Indian Country Today, has compiled a list of ways we can continue to show our elders that we respect them, honor them, care about them, and will take their advice forward to be the best we can be.

Listen More

The old adage “We have two ears and one mouth for a reason” applies here. When in the presence of an elder, make sure to listen more than you speak as an elder’s words come from a place with many decades of experience.

Be Polite

Acting in a polite way to an elder is a demonstration of respect. If you’re in the presence of an elder, be polite. This means if they are talking, listen, if they ask you a question, respond respectfully and with a calm tone. Do not interrupt them, and always ask if they need anything.

Ask for Advice

It’s a shame to think an elder, who has had a lifetime of experience, would ever be overlooked for their advice. If you are ever in need of advice about how to respond in a life situation, take some time out of your day to seek the counsel of an elder. Their advice may be better than what the doctor ordered.

Visit With Them

Sometimes our elders may spend time without the benefit of their communities because they may be at home, in an elder retirement facility or simply sitting alone during a pow wow or other social occasion. It is a great show of respect to visit with them and bring the community to them.

Let Them Eat First

In many tribal communities it goes without saying that at any social event, the elders eat first. In any case you can show an elder respect by offering to get them a plate before you get anything for yourself. This is especially true if they are not able to stand for a period of time or could use any sort of assistance.

Ask About Traditions

It’s a great show of respect to ask the elders of the tribe to tell you about your traditions and culture. You can also learn from them in the process, which not only is respectful, but to benefit to learning the ways of your ancestors---a definite win-win. If they speak your tribe’s traditional language---speak with them. Whether you know the language of your tribe or not, offering to speak words, learn words and share the language is a nod of respect for the ways of your tribe. You will learn in the process no matter how well you speak, if you don’t speak the language it is a great way to start.

Ask About Their Lives

By asking an elder about their life, you can hear some of the most amazing stories. It also shows that you’re interested in them, and that you care. Something as simple as asking an elder to tell you their stories shows a great deal of respect and reverence for an elder who deserves it.

Give Them a Call

Sometimes we are not close enough to see an elder in person, but this certainly does not mean we cannot reach out to them in a personal way. In our busy lives it’s easy to forget the amount of meaning an elder will experience if we take time out of our day to say hello.

Tell Them You Respect and Appreciate Them

Though we may practice respect to our elders by listening, being polite or visiting, how often do we actually say, “I respect you greatly and appreciate that you are here.” This may seem simple, but it can be overlooked. If possible the next time you see an elder that has been a positive force in your life, tell them this message of respect.



Mental Health First Aid

Join the movement.

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is YOU.

Sign up Now!
Friday, February 1, 2019
8:30am-5:30pm
RSVP: Elizabeth Heredia -
Eheredia@squaxin.us
(360) 426-1582

A person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.** You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Squaxin Island Community Kitchen

Take a course. Save a life

Stop Violence and misunderstanding

Strengthen your Community
www.MentalHealthFirstAid.org



LEARNING CENTER



Teen Program News

Jaimie Cruz - I hope everyone had a wonderful holiday. In December, the Teen Program and Smoking Cessation Program partnered to take teens to dinner and the Zoolights exhibit in Tacoma. Eight teens accompanied Taylor Owens and I on Saturday, December 15th. The youth enjoyed watching the boats that had Christmas lights on them as they paraded around Anthony's. That was a great way to kick off our evening. We ventured up to the Point Defiance Zoo to find it crowded, but the teens were still able to have a great time. Thank you to all the teens who signed up and came. Please be on the lookout for more collaborations between the Teen Program and the Smoking Cessation Program.

For the month of January, Skokomish youth reached out to do songs and dances for the Jam being hosted by Skokomish on January 26, 2019. We would like to open the invitation to the Squaxin community to come support our youth on that day.

The teens and I enjoyed watching Shelton High girls' basketball against Capital High School. Squaxin has members on both teams, and we were happy to be able to support all the players. The Teen Program is always looking for adult volunteers, so please contact me to fill out the appropriate forms. My email is jaimiecruz1@gmail.com

Youth Afterschool Program

Jerilynn Vail-Powell - If any parents need to speak with their youth in the after-school program the number to the Rec Room is 360-432-3955. If you wish to speak to a staff member, they arrive at 3:00 p.m., or you can call Jerilynn at 360-432-3922. Please remind your youth to clean out their cubbies here at the TLC. We have a lost and found bin in the hallway if your youth is missing any coats or sweatshirts. If you need to update any contact information on your youth registration form, please stop by or call.

A couple other things to note for February:

- Mid-Winter break for Shelton School District is this month, February 18th and 19th. We have some fun activities planned for the youth and will be open from 7:30 a.m. to 4:00 p.m. those dates.
- Our youth will be participating in Session Three of Inter-Tribal Basketball, with a focus on grades 4-6 of the elementary grades. When we have home games, we will still offer arts-n-crafts for the youth.

Homework Support and GED Preparation Classes

Jamie Burris - Homework Support is here, and GED Preparation classes have resumed! I will be here to help you study Tuesday and Wednesday from 4:00 - 7:00 p.m. Please note that there will be no homework support and no GED preparation classes during school breaks.

The GED test has 4 subjects: language arts (reading/writing), math, science and social studies. The test is made up of multiple choice, drag and drop, fill in the blank, short answer and extended response type of questions. Each test has a different amount of time allotted for it – ranging from 70 to 150 minutes. If you are a tribal member, the Tribe will pay for your testing (saving you at least \$30 per test!). For study tips, go to: www.test-guide.com. For more information, please email me at jbarris@mcclary.wednet.edu or go online at www.ged.com.



SHELTON SCHOOL DISTRICT
2019 - 20

I N F O R M A T I O N

K - 4
ELEMENTARY



2019-20



5 - 6
MIDDLE
SCHOOL



7 - 8
JR.
HIGH



9 - 12
HIGH
SCHOOL



**A PARTNERSHIP BETWEEN SHELTON SCHOOL DISTRICT & THE SQUAXIN ISLAND TRIBE
EDUCATION AND FAMILY SERVICES DEPARTMENTS**

The Shelton School District is currently undergoing several construction projects. When these projects are completed in early September the school district will look different. When school begins on September 16, 2019, Bordeaux, Evergreen and Mt. View Elementary Schools will be K - 4 schools. Olympic Middle School will hold grades 5 & 6. Oakland Bay Jr High will educate 7th & 8th-grade students and Shelton High School will once again become a 9 - 12 campus.

With these transitions, many of our children will be attending new schools in the fall and the Squaxin Island Tribe Education and Family Services Department has partnered with the Shelton School District to answer your questions.

Shelton School District representatives will be available to answer your questions

TUESDAY, FEBRUARY 5TH
4 - 5:30 PM
COMMUNITY KITCHEN





Higher Education Update

Mandy Valley - Each month I will be highlighting a different technical or vocational college in Washington State. This month, we take a closer look at Bates Technical College in Tacoma.

Bates Technical College

Located in Tacoma, Washington Bates Technical College has been providing education and job training for 65 years. Bates is the largest technical college in Washington State, serving more than 5,000 full-time career training students annually at three campuses. Nearly all degree programs are skills-based and self-paced, with open enrollment throughout the college's 11-month academic year: Fall, Winter, Spring, and a 33-day Summer Quarter. Career training students may register Monday through Friday, and begin on any Monday, provided there is a program opening.

Bates' career specialists understand the importance of your career decision, and work with students to help match strengths, interests, and abilities with appropriate career choices in the following categories:

- Advanced Technologies
- Automotive Mechanical Technologies
- Business and Office
- Commercial Driving
- Communications Technology
- Computer Sciences
- Construction Trades
- Engineering Design and CAD
- Fire Protection
- Health and Medical
- Marketing and Sales
- Personal and Public Services

Students learn in classroom settings that mirror the workplace, providing opportunities to practice and develop skills to levels required for successful employment. Most students attending Bates enroll to advance their job skills through career training programs. The college works closely with industry to continually review and refine curriculum and validate elements covered in more than 350 career areas ranging from apparel construction to the high tech industry. For a complete listing of career training programs, please visit their website at <http://www.bates.ctc.edu>.

Students in career training programs are with their instructors six to eight hours each day. The faculty are industry experts who bring a unique blend of industry knowledge and commitment to education. Students may, with appropriate approval, supplement

their program instruction with paid and unpaid work-based learning experiences in businesses throughout the Puget Sound area. The purpose of these work-based learning experiences is to use the workplace environment to apply the skills and workplace behaviors required in the program, and to prepare for lifelong learning.

Bates has among the highest job placement rates of any college in the area, in part, because of strong links with business and industry. On average, more than 90 percent of graduates find jobs in their chosen field with average starting salaries that surpass the state average.

If you have any questions about Bates Technical College or any other college, please feel free to contact me at (360)432-3882 or by email at mvalley@squaxin.us.

What's Happening Here:

February 8th: Pool Party from 3-4:30pm

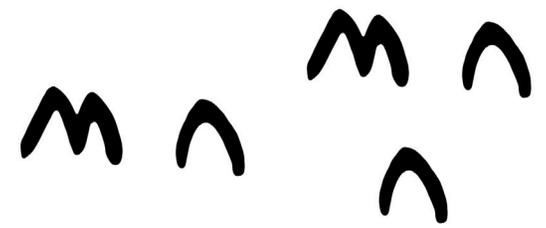

February 14th: Valentine's Day Party from 5-6pm


February 15th: Movie Night from 5-7pm


Mid-Winter Break - 18th & 19th Open from 7:30am-4pm


February 22nd: Pool Party 3-4:30pm


Call Jerilynn @ 360-432-3992 if you have any questions.



<h2 style="margin: 0;">February 2019</h2> <div style="display: flex; justify-content: space-between; align-items: center;"> Youth Sports Program Larry McFarlane, Sr., Youth Sports Coach </div> <div style="display: flex; justify-content: space-between; align-items: center;"> lmcfarlane@squaxin.us or (360) 432-3986 </div>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All practices are afterschool and 4-6pm unless noted below.			1 Closed for Service	2 Closed for Service
4 10U Basketball Practice 4:30-6:00 pm	5 12U Basketball Practice	6 Intertribal League games	7 10U Basketball Practice	8 11U Basketball Practice	9 City League Basketball
11 10U Basketball Practice	12 11U Basketball Practice	13 Intertribal League games	14 10U Basketball Practice	15 11U Basketball Practice	16 City League Basketball
18 10U Basketball Practice	19 11U Basketball Practice	20 Intertribal League games	21 10U Basketball Practice	22 11U Basketball Practice	23 City League Basketball
25 10U Basketball Practice	26 11U Basketball Practice	27 Intertribal League games	28 10U Basketball Practice		



LEARNING CENTER



Christmas Caroling

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 360-432-3958 Rec Rm: 360-432-3955 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-4:30pm Open Swim: 5-8pm
4 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm Open Swim: 3-6pm	5 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm 11 & Up Practice: 4:30-6pm	6 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Basketball Elem-Bye & Jr High-Away Open Swim: 3-6pm	7 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm	8 SSD-1.5 HR ER Rec Rm: 1:30-6pm Pool Party 3-4:30pm Open Gym: 1:30-4:30pm 11 & Up Practice: 4:30-6pm Open Swim: 5-8pm
11 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm Open Swim: 3-6pm	12 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm 11 & Up Practice: 4:30-6pm	13 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Basketball Elem / Jr High - Away Open Swim: 3-6pm	14 Rec Rm: 3-6pm Valentine's Party: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm	15 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-4:30pm 11 & Up Practice: 4:30-6pm Open Swim: 5-8pm
18 Mid-Winter Break Open 7:30-4pm 10U Practice: 4:30-6pm Open Swim: 3-6pm	19 Mid-Winter Break Open 7:30-4pm 11 & Up Practice: 4:30-6pm	20 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Basketball Elem / Jr High - Away Open Swim: 3-6pm	21 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm	22 SSD-1.5 HR ER Rec Rm: 1:30-6pm Pool Party 3-4:30pm Open Gym: 1:30-4:30pm 11 & Up Practice: 4:30-6pm Open Swim: 5-8pm
25 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm Open Swim: 3-6pm	26 Rec Rm: 3-6pm Drum Group: 4:45-5:30 Open Gym: 3-4:30pm 11 & Up Practice: 4:30-6pm	27 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm ITL Basketball Elem-Bye & Jr High-Away Open Swim: 3-6pm	28 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm	
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-6:30pm M-Th 4:30-6:30pm T/W 4-6:30pm & Th 3-5pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	ITL - Inter-Tribal Basketball League High School: 9-12 Grade Jr. High: 7-8 Grade Elementary: 4-6 Grade	



LEARNING CENTER



Youth Council



Presenting to Tribal Council

FEBRUARY

Squaxin Teens

Jaimie Cruz Teen Advocate

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CultureFest @ UW Saturday February 2 nd 3-pm-10pm
5 Homework Help 3:00 – 6:00	Craft Class 3:00-5:00 Drum Group 5-7	Lushootseed Class 5-6pm	Winona LaDuke @ SPSCC TBD Youth Council 5:00-6:00	8 1 1/2 Hour Early Release
12 Valentines Gift Making 3:00-6:00	13 Craft Class 3:00-5:00 Drum Group 5-7	14 Lushootseed Class 5-6pm	15 Youth Council 5:00-6:00	15 Basketball Practice 3:30-4:30
18 No School	19 No School	20 Lushootseed Class 5-6pm	21 Youth Council 5:00-6:00	22 F.I.R.E SUMMIT At SPSCC
26 Homework Help 3:00 – 6:00	27 Craft Class 3:00-5:00 Drum Group 5-7	28 Lushootseed Class 5-6pm		



2019 FIRE Summit
 Friday, Feb. 22, 2019
 SPSCC Olympia Campus | 8 a.m. - 2 p.m.
 Keynote Speaker: Gyasi Ross



The FIRE Summit started as an annual event 11 years ago. It has grown into a partnership between SPSCC and the four surrounding tribes - the Nisqually Tribe, the Squaxin Island Tribe, the Confederated Tribes of the Chehalis Reservation, and the Skokomish Tribe. The FIRE Summit is a day-long experience designed to ignite Native youth, giving them a place to start dreaming while exploring their future academic possibilities.

Gyasi Ross is a Native American speaker, author, and musician from the Blackfeet Nation. A mentor and luminary, he travels the country speaking on issues of race, historical trauma, social justice, privilege and their unique intersections with Native American culture. Ross' unique and authentic form of storytelling brings forward a vital message of hope, resilience, and purpose.



At Zoolights



At a Basketball Game



In the Classroom

South Puget Sound
COMMUNITY COLLEGE

Background art by Heather Johnson-Jock (Jamestown S'Klallam)

THE CHEHALIS TRIBE

SKOKOMISH

Squaxin Island Tribe

Color GRAPHICS an Alaska Native-Centered Company
SCREENPRINT • EMBROIDERY • AWARDS • PROMO PRODUCTS



HEALTH CLINIC




WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.
Please bring:
Your child, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org

or **Patty Suskin 360.462.3224**,
wicnutrition@spipa.org

Tuesday, Feb 12th is WIC day at SPIPA

This institution is an equal opportunity provider.
Washington State
WIC Nutrition Program doesn't discriminate.



Foot Exam Day with Dr. Kochhar (Foot Doctor)

Friday, February 8th, 2019

1—4 pm
At the Clinic

Priority for people with Diabetes
Others will be seen if space is available.



Contact **Patty Suskin**,
Diabetes Coordinator for an appt.
360. 432.3929
psuskin@squaxin.us



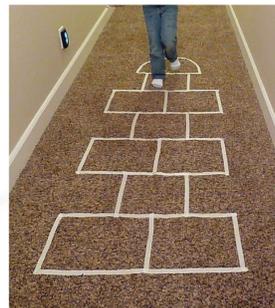
Tips to Keep your Family Active in Cold, Rainy Weather

1. Put 2 long strips of **masking tape on the floor** about 2 feet apart. Is it a river? A trail? A road? Let your child decide. Travel down the tape. Jump over it. Drive something down it.



2. Put one strip of tape on the floor. Put a **laundry basket** or bucket a few feet away. Have your child stand behind the tape & throw bean bags, a soft ball into the basket. Keep moving the basket further away.

3. Create your own masking tape game— even **hopscotch!**



4. **Box Mania:** Find boxes with many sizes. Stack them and knock them down. Build a building, jump over them.



5. **Dance, Dance, Dance!** Move to your favorite tunes.

6. Create an **obstacle course** & compete for shortest time.

7. Walk inside your **local mall**— maybe even make it a competition to see how long you can walk without stopping to shop!

8. Don't wait for spring for a thorough **house cleaning**. Wash the inside of your windows, vacuum or shampoo the carpet, or clean out your closets.

9. Get outside at a break in the rain & **puddle jump!**

10. Follow an **exercise DVD** or video online instead of a movie



11. Go **ice skating**

<https://www.co.pierce.wa.us/1310/Sprinker-Recreation-Center>

12. Head to the **mountains** for sledding, snow angel-making, snow-ball fights.

13. Ranger-Led **snowshoe walks** at Mt Rainier details:

<https://visitrainier.com/ranger-led-snowshoe-walks/>



This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn't discriminate.



Diabetes and Your Heart: What about those statin drugs?

Everyone is welcome— those with Diabetes or not. Come for a few minutes or the whole time

Monday, February 11th during **Elder's Lunch** in the lunch room at Elder's Building 12:15– 12:45 pm

Angela Tobias, MD, guest speaker

You can Take Charge of your Diabetes & Live a Long, Healthy Life

Questions? Contact **Patty Suskin**,
Diabetes Coordinator at (360)432-3929



Doctor's Corner Should I Be Screened For Lung Cancer?

Submitted by Angela Tobias, MD - **Cancer is always a scary topic.** Our knowledge of cancer and how it works has expanded remarkably over the last few decades, though. Many types of cancer are much more survivable than they used to be, but it's still universally true that catching a cancer early gives you your best shot.

This is especially true of lung cancer. For many years, we didn't have an effective means to screen for very early lung cancer. Chest x-rays miss too many small tumors, and while CT scans can detect small tumors, it is not practical to do regular CT scans on everyone who has ever smoked. But a new recommendation came out a couple of years ago, designed to catch the group of people at the highest risk of lung cancer for screening with CT scans.

If you are between the ages of 55-80, are still smoking or quit less than 15 years ago, and have at least a 30 pack year smoking history (one pack per day for 30 years, or two packs per day for 15 years, etc.), then you qualify for an annual screening lung CT scan. Like other cancer screening tests, this should be covered with no out of pocket cost if you have insurance.

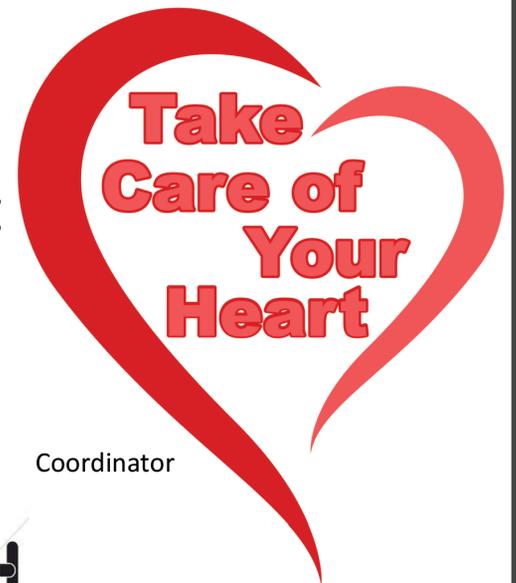
As with all screening tests, it's important to know that these tests are not perfect, and that something may be found that leads us to recommend further testing. But you have the option to decide at each point whether or not you want to continue with further testing. You should always have a conversation with your provider about the risks and benefits of any test for your specific situation, but getting screened is a good idea for almost everyone who qualifies for screening.

If you don't fit into this category but are still worried about lung cancer, there are still things you can do. If you smoke, of course it's good to think about quitting. There are a lot of options to help you with this, and we're always happy to see you to figure out the best way to support your efforts to quit smoking.

And of course, everyone is always welcome to come in for a checkup. We can be sure you are up to date with all the other preventive health screenings that are recommended for your age and health status, if we haven't already reviewed this at another visit. Good medicine is just as much about prevention as it is about treatment!



February is American Heart Month

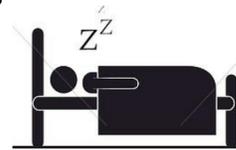


Tips to Keep your Heart Healthy

Submitted by Patty Suskin, Diabetes

Coordinator

Source: WebMD



1. **Sleep 7-8 hours**
2. **Get an annual physical**
3. Keep your **blood pressure** in a healthy range
4. **Move more & sit less** —aim to be active for 30 minutes a day. 5 days a week
5. **Limit fatty meats;** choose leaner cuts, reduced fat options
6. **Get screened** for diabetes
7. **Eat less of processed foods** (white bread, pasta, crackers, cookies)
8. **Try infused water** instead of sugary beverages
9. **Ditch the cigarettes,** real and electronic
10. Do more of what you love
11. **Celebrate your progress**— making changes takes time & effort



For more details, see Source: Webmd : <https://www.webmd.com/a-to-z-guides/prevention-15/heart-healthy/12-tips-for-better-heart-health>

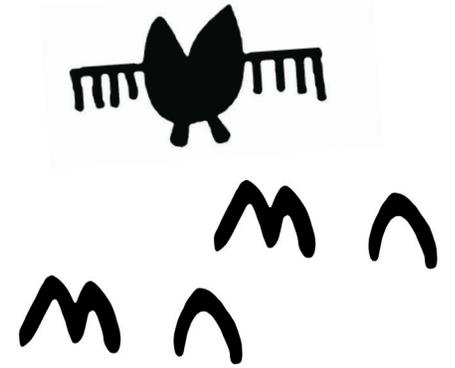


Credit: © Copyright Indian Health Service, California Area
<https://www.ihs.gov/california/offices/oph/hpdp/resources-for-hpdp/2016-jmi-campaign/>



Zoolights 2018

On December 15th, 2018, Taylor Owens, the Tobacco Cessation Specialist, and Jaimie Cruz-Lehman, the Teen Advocate, teamed up to take eight Squaxin youth to Anthony's at Point Defiance restaurant and Zoolights afterward. If you did not know, Zoolights is when the Point Defiance Zoo in Tacoma lights up the entire zoo with Christmas lights at night. The trip was meant to promote adventure and having fun without the use of any substances and discourage the use of tobacco, drugs, and alcohol. The teens signed a pledge to not use any substances while participating in this program and forever. The kids had a blast from seeing the animals, the beautiful view from the restaurant, and a couple even got to ride a camel! We all had a lot of fun and hope to have a lot more fun in 2019!



**Love
with all
your heart.**

February is American Heart Month.

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

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



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



February Happy Birthdays

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

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

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

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

6
Stephanie Jeanne James

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

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

9
Michael Sheldon Henderson
Stefanie D. Kenyon

10
Aries Mae Blueback
Crisaleena Nevaeh- Marie Rees

11
Alei Leslie- Renea Henderson
Hunter Merriman
Shaelynn Dawn Peterson

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

13
Addison Maralee Henry
Eugene R. Cooper
Ramona Lee Mosier

14
Michael James Furtado

15
Alicia Nicole Boyette
Sean Daniel Jones
Sonja Mae Clementson

16
Jean Deanna Henry
Jennifer Lynn Reboin
Justine Susan Crone

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

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

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

20
Cheryl Louise Sept

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

22
Grace Marie Pughe
Kimberly Ann Allen

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

25
Jonathon Joseph Fry
Zachariah Ashton Mirka

26
Katrina F. Parker
Samuel Joseph Penn

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

28
Katherine Mae Ackerman

29
Dennis Lloyd Sigo



Ouh là là* Valentine's Day Makeovers

It's that time of year Ladies and Gentlemen! Let's get gorgeous!!

Squaxin Island Museum
Tuesday February 13, 2019
2:00 p.m. - 6:00 p.m.

- Malia Henry & Alisa Ramirez (you know they look goooooood♥) will give tips and tricks.
- Come in for a new look, or
- Improve your technique with hair, nails and make-up tutorials.
- Olympia Cosmetology students will show you how! SMOKEY CAT EYE ANYONE?
- Make it a date, do this for him and for her. Really! You'll feel great!
- Bring your own makeup to see how to make it work for you. (Not required).

For more information:
Lisa Johns (360) 432-3843

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





COMMUNITY



What's Happening in February

1 - Friday

Housing Commission

4 - Monday

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

5 - Tuesday

Tobacco Cessation
Noon - 1:00 p.m.

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

Criminal/Civil Court

Shelton School District Information Night

4:00 - 5:00 p.m.
Community Kitchen

6 - Wednesday

AA & ALANON - 7:30 p.m.

Elders Committee

Lushootseed Language Class
5:00 p.m. - 6:30 p.m.

7 - Thursday

Utilities Commission

Family Court

8 - Friday

SPIPA Board



11 - Monday

Childcare Board of Directors

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

12 - Tuesday

Enrollment Committee

Tobacco Cessation
Noon - 1:00 p.m.

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

Criminal/Civil Court

13 - Wednesday

AA & ALANON - 7:30 p.m.

Golf Advisory Committee

Aquatics Committee

Lushootseed Class 5:00 p.m. - 6:30 p.m.

14 - Thursday

Tribal Council

15 - Friday

Education Commission

16 - Saturday

Sa'Heh'Wa'Mish Days

Powwow
LCCR Event Center

17 - Sunday

Sa'Heh'Wa'Mish Days

Powwow
LCCR Event Center

18 - Monday

Gaming Commission

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

19 - Tuesday

Tobacco Cessation
Noon - 1:00 p.m.

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

20 - Wednesday

AA & ALANON - 7:30 p.m.

CERT Training
2:00 p.m.

Lushootseed Language Class
5:00 p.m. - 6:30 p.m.

22 - Friday

25 - Monday

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

26 - Tuesday Criminal/Civil Court

Tobacco Board of Directors

Tobacco Cessation
Noon - 1:00 p.m.

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

27 - Wednesday

AA & ALANON - 7:30 p.m.

Culture Night - 7:30 p.m.

Lushootseed Language Class
5:00 p.m. - 6:30 p.m.

28 - Thursday Tribal Council



USDA Foods Program February Dates

NISQUALLY 2/6/19
SQUAXIN ISLAND 2/12/19
SKOKOMISH 2/15/19
CHEHALIS 2/21/19
PT. GAMBLE S'KLALLAM 2/26/19

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





Medical Emergency Training

The Squaxin Island Tribe, in conjunction with the Skokomish Tribe co-sponsored Medical Countermeasures, Point of Dispensing (POD) training for two days, January 8th and 9th, 2019. The training was conducted by Texas A&M Engineering Extension Services (TEEX). The purpose of the training is to prepared both Tribal Governments to participate in the Statewide Washington State Department of Health's Full Scale Exercise, which consists of establishing a Tribal POD and performing a mock medication distribution point. For more information, please contact John Taylor at (360) 432-3947 or email at jtaylor@squaxin.us.



Photos: Diane Deyette

Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions

- 1% Committee (Bylaws & Appendix X2)
- Elections Committee
- Explorers Program Committee
- Fireworks Committee (TC 6.04.040)
- Gathering Committee
- Law Enforcement Committee, Law and Order
- Veterans' Committee
- Budget Commission
- Business Administration Board (TC 6.24.010)
- Little Creek Oversight Board (TC 2.26.010)
- Museum Library and Research Board
- Tourism Board (TC 2.34.010)
- Island Enterprises Board
- Skookum Creek Tobacco Board

Council Rep.

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

Staff Rep.

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

Months

- Feb., May, Aug., Nov.
- March, April, May
- May and June
- Not yet determined
- Not currently meeting
- June and August
- As needed
- Sept., Dec., March, June



Committees and Commissions Listed on Calendar

Committee and Commissions

- Aquatics Committee
- Elders Committee
- Enrollment Committee
- Fish Committee
- Golf Advisory Committee
- Hunting Committee
- Shellfish Committee
- Education Commission
- Gaming Commission (TC 6.08.090)
- Housing Commission
- Child Care Board of Directors
- Tobacco Board of Directors
- Utilities Commission (TC 11.08.010)
- SPIPA Board of Directors

Council Rep.

- Arnold Cooper
- Charlene Krise
- Charlene Krise
- Vicki Kruger
- Arnold Cooper
- Arnold Cooper
- Vince Henry
- Vacant
- (Per Tribal Code) None
- Charlene Krise
- Vicki Kruger & Charlene Krise
- Vacant
- None
- Vicki Kruger

Staff Rep.

- Jeff Dickison
- Traci Coffey
- Tammy Ford
- Joseph Peters
- Kris Peters
- Joseph Peters
- Eric Sparkman
- Gordon James
- Dallas Burnett
- Bert Miller
- Ray Peters
- Vacant
- Patti Puhn

Meetings

- 2nd Wednesday in Feb., May, Aug., Nov.
- 1st Wednesday or Thursday
- 2nd Tuesday
- 2nd Wednesday in March, June
- 2nd Wednesday or Thursday
- 2nd Tuesday of July, Oct., Jan., April
- 1st Wednesday of March, June, Sept., Dec.
- 2nd Friday
- 3rd Monday
- 1st Friday
- 2nd Monday
- 4th Tuesday
- 1st Thursday
- 2nd Friday



Elders Menu . . . Fruit and salad at every meal

2/4 – 2/7

MONDAY:

Sausage Pasta Bake, Broccoli

TUESDAY:

Baked Potato Soup,
Chicken Salad Sandwiches

WEDNESDAY:

Stroganoff, Brussel Sprouts

THURSDAY:

Chicken Quarters,
Roasted Red Potatoes,
Baby Carrots

2/11 – 2/14

MONDAY:

Twice Baked Potato Casserole,
Mixed Veggies

TUESDAY:

Taco Soup, Turkey Wraps

WEDNESDAY:

Hamburgers, Macaroni Salad,
Baked Beans

THURSDAY:

Shrimp Scampi, Asparagus

2/18 – 2/21

MONDAY:

Tuna Casserole, Peas, Biscuits

TUESDAY:

Italian Sausage Potato Soup,
Breadsticks

WEDNESDAY:

Chalupas

THURSDAY:

Casino Buffet

2/25 – 2/28

MONDAY:

Chicken Enchilada Casserole

TUESDAY:

Clam Chowder, Fry Bread

WEDNESDAY:

Indian Tacos

THURSDAY:

Flank Steak, Baked Potato,
Cauliflower



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

If it is an
EMERGENCY
CALL 911

Bible Study

everyone is welcome

Mondays 6:00 - 7:00 p.m. - Elders Building
For more information, call Aaron Lake at 360-426-0276

BINGO

Thursday • February 7th
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

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

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

Sunday • February 10th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

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

*Multiple winners split the payout.
See Keno or call (360) 427-3005 for more details
*Ages 21 and over only for Friday session
Must be 21 or older for Bingo Specials

LITTLE CREEK CASINO • RESORT.
LIVE a little

15 MINUTES NORTH OF OLYMPIA ON HWY 101
LITTLECREEK.COM ♦ 1.800.667.7711

BINGO

DAUBIN IN THE DARK

February 8 | OPEN @6PM
EARLY BIRDS @8PM | SESSION @8:30PM

Buy-in is \$50

OVER \$7,900 IN PAYOUTS

Valentine Heart drawings every hour containing Cash Prizes of \$50 - \$150
\$400 payouts for 4-ons
\$500 payouts for 6-ons
\$1,199 black out with a \$500 lead up.

See Keno or call (360) 427-3005 for more details

LITTLE CREEK CASINO • RESORT.
LIVE a little

15 MINUTES NORTH OF OLYMPIA ON HWY 101
LITTLECREEK.COM ♦ 1.800.667.7711

Cocktail SPECIALS
Ages 21 and over only.

Live DJ Spinning at 7:30pm