

Tribe and Mason County Reach Agreement on Water & Fish

Sharon Haensly - On February 22, 2019, Tribal Council members and the Mason County Board of Commissioners met at the Little Creek Casino and Resort to sign an important agreement. The agreement is a significant step towards the goal of achieving sustainable development in the county while ensuring sufficient stream flows for healthy salmon populations. Both governments worked hard to find common ground. Ultimately they chose collaboration over litigation to tackle the hard issues of sustainable development and natural resource protection.

For years, the Tribe has voiced concerns about ever-increasing rural development that uses groundwater connected to fish-bearing streams. Over time, this can dewater streams at the expense of salmon. Protecting and restoring natural stream flows is vital for healthy fish populations.



Signers in front: Squaxin Island Chairman Arnold Cooper (R) and Mason County Commissioner Kevin Shutty.

First Row: Squaxin Island Attorney Sharon Haensly, Mason County Chief Prosecutor Michael Dorcy, Mason County Chief Deputy Prosecuting Attorney Tim Whitehead, Mason County Commissioner Sharon Trask, Squaxin Island Natural Resources Director Andy Whitener, Squaxin Island Water Resources Biologist Erica Marbet, Mason County Planning Manager Kell Rowen, Mason County Commissioner Randy Neatherlin, and Tribal Administrator Kris Peters.

Back Row: Mason County Community Services Director David Windom, Mason County Prosecutor Tim Higgs, Squaxin Island Legal Department Director Kevin Lyon, Squaxin Island Natural Resources Assistant Director Jeff Dickison, Mason County Environmental Health Manager Alex Paysse, and Squaxin Island Tribal Council Members David Whitener, Jr. and, Vince Henry.

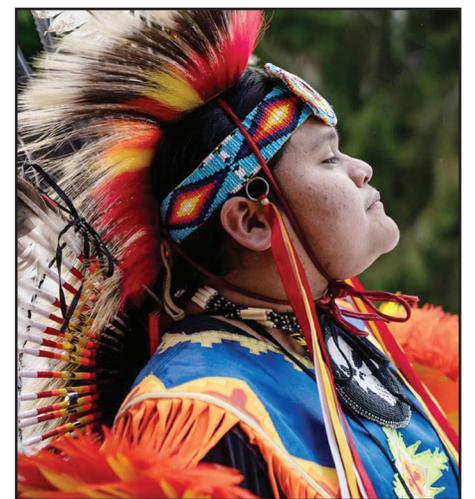
For the Tribe, it is a matter of preserving its history, heritage and economy.

“Working together with Mason County officials is in the best interests of the Tribe,” said Chairman Arnold Cooper at the signing ceremony. “Our mutual goals are to better the watersheds, and secure a sustainable future for our communities.” Andy Whitener, Director of the Tribe’s Natural Resources Department said, “Our government-to-government relationship is strengthened by this agreement. And it is an important step for the future of our salmon.”

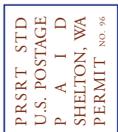
According to Mason County’s Comprehensive Plan, the county expects a 22% increase in rural population from 2016 to 2036. More people means more wells that pump groundwater, which often redirects water that should otherwise feed fish-bearing streams. Climate change will also bring drier summers and falls, times when salmon need more, not less, freshwater.

Under the agreement, the County will collect and share information about current and future water uses connected with development. The Tribe will share scientific data about stream flows and fish habitat. All of this will lead to more informed decisions about where to locate development without harming fisheries.

Additionally, both governments will work collaboratively towards a watershed restoration plan that is due in 2021 under a new state law. They will look for projects that restore and enhance streams and fish habitat, using money made available by the Washington Legislature. The Tribe has already secured some of that money to help the City of Shelton expand its reclaimed water system to benefit stream flows. Finally, Mason County will update its Comprehensive Plan and development regulations at the completion of the watershed planning process.



Sa-Heb-Wa-Mish Days: Pages 7-9



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



Walking On



Alan Krise

May 11, 1960 - February 13, 2019

Squaxin Island Tribal Elder Alan Krise passed away on February 13th at St. Peters Hospital in Olympia. More details will be in next month's edition.

Drug and Alcohol Awareness Dinner

The 12th Annual Squaxin Island Tribal Drug and Alcohol Awareness Dinner was held on Sunday, February 24, 2019 in the Event Center at Little Creek Casino.

The theme of this annual event is "New Beginnings," which highlights the opportunity folks in recovery - and their families - have to celebrate a new life in recovery. Chairman Arnold Cooper welcomed the gathering and David Whitener, Jr. provided opening remarks.

About 350 attendees received a t-shirt with a Taylor Krise design, "Journeys," printed on the back, shared a lasagna dinner and heard community guests Madeena Rivera and Meloney Hause share their stories of recovery.

The Keynote Speaker was Native American Grammy Winner/Recording Artist/Native American Music Awards (NAMA) Winner/Actress/Professional Entertainer/National Motivation Speaker, Star Nayeia. She shared her touching story, provided a message of encouragement to all, and shared a couple of songs she wrote.

The event also offered a photo booth where many attendees had their photos taken with family members and friends in celebration.

A craft and activity area were provided by the Christian Motorcycle Association; they were assisted by TLC staff and several JROTC cadets, who helped with the activities.

Information booths reflecting the numerous services available to those seeking or who are in recovery were available to provide resources and information.

This event, inspired by Wilson Blueback, was planned and organized by Christine Semanko for the first 10 years. We lift our hands in appreciation to Christine for her many years of service in hosting and coordinating this event.

This year's celebration was sponsored by the Squaxin 1% Committee, Behavioral Health Outpatient, Family Services, TANF, Planning and Community Development, Parks and Recreation, Health and Human Services, Northwest Indian Treatment Center, Public Safety and Justice, the Tu Ha' Buts Learning Center, Skookum Creek Tobacco and the Little Creek Casino Resort. Volunteers from many of the tribe's departments and members of the Youth Council assisted in hosting this great event.

SAVE THE DATE

**Annual Youth
Easter Egg
Hunt**

**SATURDAY,
APRIL 13, 2019**

10:00-11:00am

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:
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thenderson@squaxin.us

K L A H - C H E - M I N



— DRUG AND ALCOHOL AWARENESS DINNER —



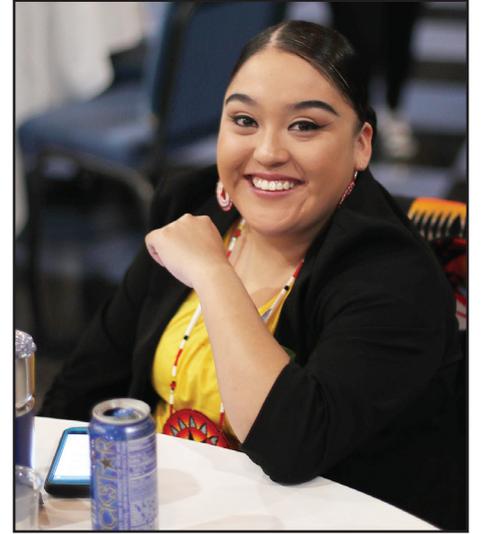
Dee Hawks



Star Nayeia



Meloney Hause



Madeena Rivera



Photos by Brett Fish

Janita Raham



Journeys by Taylor Krise



Chief of Police Alex Ehler



Shaker Church bells





Tribal Culture Threatened by Declining Quality of Environment

Emmett O'Connell, NWIFC - The health, culture and community connections of the Squaxin Island Tribe are threatened by the declining quality of the natural environment, according to a recent study.

The multi-year, community-based study included dozens of interviews and workshops with Squaxin tribal members. Washington Sea Grant and the Squaxin Island Tribe conducted the research together.

"We feel a close connection between our physical health and the health of natural resources," said Aleta Poste, the Tribe's traditional garden manager, who helped conduct the research.



Squaxin Island Job Club

Squaxin Island Job Club will be a culturally developed club that will focus and address issues on an individual's knowledge, skills and abilities to attain and sustain employment. Our Job Club will be held for approximately five weeks, meeting once a week in the Family Services classroom. The scheduled start time will be:

2019

March 21, 2019	9:00am to 10:30am
March 28, 2019	9:00am to 10:30am
April 4, 2019	9:00am to 10:30am
April 11, 2019	9:00am to 10:30am
April 18, 2019	9:00am to 10:30 Session wrap-up

While the weekly structure may be the same, the varied topics of discussion and handouts mean that no two meetings are exactly alike. We will tackle a number of issues including but not limited to: Application process (important documentation) and how to retrieve this information, cover letter and thank you notes, interview preparation, barriers, strengths and weaknesses, soft skill awareness, communication, confidence building and medicine wheel life skills. Each participant will receive an individual thumb drive to record data. We will encourage a less structured environment, open discussion on Tribal insight & legitimate job leads with self and peer affirmations.

Eventually this job club will help navigate career challenges, and looking for work is beneficial when you are not alone. This job club is rooted in the belief that each member has something valuable to contribute and that everyone benefits from the advice and encouragement from the diverse group dynamic.

For more information and to sign up contact:

June Krise (360) 432-3821
Will Marchant (360) 432-3949



The study began five years ago as an exploration of how the Tribe's sense of place and identity are connected to shellfish. "We sat down with tribal members and had frank discussions about the changes they're seeing and what those could mean to the Tribe," said Melissa Poe, a social scientist with Washington Sea Grant.

While the researchers found that the act of shellfish gathering was still vital to individual tribal members, they also realized that the ongoing degradation of the natural environment was putting shellfish at risk. That is when the researchers decided to broaden their view to look at what damage to natural resources was doing to the Tribe's well-being.

"We wanted to figure out what a healthy life and well-being meant for a Squaxin Island tribal member," Melissa said.

While the results were just recently published, the conversations over five years inspired tribal members to take action. The most tangible result of the study was the Tribe's traditional garden program, launched a few years ago. The program now includes a garden that provides food to the elders' lunch program, as well as a traditional plants garden, an orchard, and a classroom facility.

In addition to the garden, the Tribe's Natural Resources department works to expand tribal members' access to shellfish and salmon. The Squaxin Island Tribe is enhancing beaches throughout deep South Sound with funding from a 2007 agreement between treaty tribes and private shellfish growers. More than 30 percent of the nearly 1,100 Squaxin Island tribal members are active shellfish harvesters.

"It doesn't take a lot of money to get out on the beach and dig clams, just some time and a fork," said Andy Whitener, the Tribe's Natural Resources Director.

In the last decade, the Tribe has planted tens of millions of juvenile shellfish, leading to the harvest of more than 1 million pounds of clams from enhanced beaches.

The Tribe has been actively protecting and restoring salmon habitat throughout their treaty-protected area. Coho salmon, an important species to tribal fishermen,



have been on a regional decline for the past few decades.

The Tribe releases more than 2 million hatchery coho each year to provide for harvest, and they're also engaged in habitat restoration aimed at naturally spawning coho.

The Tribe has worked to remove a dam, build logjams and restore the estuary on Goldsborough Creek. They have also had a hand in protecting and restoring habitat on several other small creeks. "We've seen coho begin to turn around on Goldsborough, which shows us that we can pull salmon back from the brink if we work hard enough," Andy said. "Our community stretches back across generations of tribal members who gathered shellfish, who fished for salmon and gathered traditional plants. It has always been important for us to protect these resources."

Skookum Creek Restoration

Emmett O'Connell, NWIFC - The Squaxin Island Tribe reshaped the banks of a South Sound creek to make it friendlier for salmon. Decades after landowners removed logs from Skookum Creek, its creekbed degraded from meandering and shallow to a fast-moving trench. "Without the wood, the creek eroded down to the point where we don't have much habitat here," said Scott Steltzner, salmon habitat biologist for the tribe. "Juvenile and adult salmon have a hard time when water moves too fast. They can't find places to eat or hide from predators." The tribe worked with the South Puget Sound Salmon Enhancement Group to dig out the banks of the creek. Instead of a steep 10-foot wall, the streambank is now a gentle slope. "Now when the creek floods, water will be able to flow out over the banks instead of being forced down a narrow canyon," Steltzner said. The partners are also building logjams to recreate natural conditions. Logjams help create pools where adult salmon can rest while making their way upstream. They also provide shelter and food for juvenile salmon that haven't made their way out to sea. A newly planted streamside forest will lead to even more logjams as wood falls into the creek over time. After an initial planting of a few hundred willows this fall, the partners will plant hundreds more trees along the creek. "Logjams provide habitat now, and a streamside forest will mean salmon have habitat in the future," Steltzner said. Tribal restoration projects in the Skookum Creek watershed have especially benefited a troubled coho run. Wild coho salmon spend more than a year in fresh water before moving out to sea and are on a downward trend in the region. "Improving freshwater habitat is important if we want to restore these coho runs," Steltzner said.

New Employee



Brent R. Dehning

Hi! I have been in law enforcement for 28 years. I have been married for almost 33 years and have three children.

What excites me most about this opportunity is getting back to where I started. I started my career at Skokomish and have worked with several of the officers here. Working in a small department again will be very gratifying.

I look forward to getting acquainted with the community and for the community to get acquainted with me.




Dr. Seuss
Family Fun Night
Please join us to celebrate Dr. Seuss's Birthday
Friday March 1st 6pm-8pm

We will have:

- Fun STEAM & Literacy Activities
- Dinner
- Reading & Books
- LOTS OF LAUGHS & FUN

Child Development Center





FREE SHOWING

RUMBLE
The Indians Who Rocked The World

CINEMA

Hosted by Shelton School District's Native American Education Program

Saturday, March 16, 2019	Doors open at 9:30am, movie begins at 10am	Free popcorn, drink and movie for the first 185 people	Shelton Cinemas- 517 W Franklin St
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PLEASE RSVP ON SHELTON SCHOOL DISTRICT'S FACEBOOK PAGE OR BY EMAILING KFENDLEY@SHELTONSCHOOLS.ORG

Mark you calendars for March 16th!

A free showing of the movie Rumble will be playing at Shelton Cinemas, hosted by Shelton School District's Native American Education Program. Included with the show is a free popcorn and drink! This is event is open to everybody.

Doors to the cinema open at 9:30 a.m. and the movie begins at 10:00 a.m. The movie/popcorn/drink are on a first come, first serve basis to the first 185 people, so make sure to arrive early.

To learn more about the movie, follow this link: <https://www.rumblethemovie.com/home>

Please RSVP by emailing kfendley@sheltonschoools.org or mark that you are attending on the Facebook event: <https://www.facebook.com/events/2294382887268215/>

* RSVPing will NOT guarantee you a seat, but it is very much appreciated, as it will help Shelton Cinemas staff accordingly.

Attention

Housing Waiting List Applicants...

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

Appreciation

I'm not Native, but I attended the pow-wow for about six hours on Saturday and really enjoyed it. I've been to six pow-wows in AZ, NM, MN, and this was my first one in WA. I thought that you guys had this one very well organized and the acoustics were great. I only teared up in the beginning, and then I pulled it together. I'll be back next year. That was a job well done. Enjoy your week.

- Wade Christy in Olympia, WA



Free Quality Preschool for Your Child

ECEAP helps all children enter kindergarten ready to succeed.

Who is eligible?

Children 3 years old or 4 years old by August 31 who are:

- From a family with a low annual income; or
- Qualify for school district special education services; or
- Have developmental or environmental risk factors that could affect school success.

Questions?

Ask Bert or Sabrina!
Call (360) 426-1390

ECEAP provides:

- ✓ Preschool
- ✓ Nutritious meals & snacks
- ✓ Health screenings
- ✓ Family support

We are committed to high-quality preschool.

Ask us about: WASHINGTON EARLY ACHIEVERS
PREPARING CHILDREN FOR SUCCESS IN SCHOOL



SA-HEH-WA-MISH DAYS



Jennifer Billedge
PHOTOGRAPHY

Coast Salish Dinner & Gathering

Leslie Johnson - The Coast Salish dinner and gathering is a popular event. Western Washington Tribes look forward to attending the Salish singing & dancing. This year, MLRC and Tourism staff engaged Squaxin youth to assist with hosting the Coastal Salish event which usually is free from agendas and follows the spirit of the Coast Salish people. Chris Sigo, Development Officer, represented the MLRC staff as the emcee.

Little Creek Casino Resort staff know how to make an event important with the professional service they provide. Salmon and shellfish from Squaxin ancestral waters were gifted to nearly 500 participants as they dined on the first foods while listening to prayer songs to honor the foods. The dinner was a good reminder of the importance of salmon to the ancestral ways of being *People of the Water* and to the Medicine Creek Treaty.

Tribal Youth Council set the pace for an evening of jamming by requesting that each song be announced, as well as who gifted each song. Their active participation made the evening go smoothly and assured everyone had a great time sharing our culture. The Youth Council also represented the Tribe through introductions, many speaking Lushootseed. They received an enthusiastic reception from the Coast Salish community. One participating Elder said, "This is medicine for my soul," after hearing the introductions.

Sa'Heh'Wa'Mish Days Pow Wow

The energy coming from the Squaxin Island Tribe and the pow wow participants was incredible. Everyone wanted to be there. Tribal Council welcomed and spoke eloquently after each of the Grand Entries. The Squaxin Veteran's Color Guard proudly brought in the dancers at Grand Entry. The Squaxin Island Museum and Tourism staff warmly greeted all at the raffle booth.

Squaxin Island Tribal Youth Council led the Squirrel Dance and then, on Saturday as part of Grand Entry, started with the Huya Oyah dance. It was quite a sight to see the entire gathering of pow wow dancers dancing a Coast Salish Song at Grand Entry. While this was the first one, it should become a tradition from 2019 onward for a great blending of cultures. First year Squaxin Island youth Jingle Dancers spent every Sunday for two months working on their regalia. We're looking forward to increased youth pow wow dancing and judging participation in 2020!

We often talk about "the team," but this year, the Tribe's casino, tourism department, museum, and pow wow staff were on the same page, and it showed. Special thanks go to Norma Eaglespeaker (Puyallup) and her awesome pow wow staff from registration, to arena directors to the emcees. Tiana Johns, Squaxin Island Tribal member, spent the weekend learning how to judge as a Squaxin Island representative. The Tribe is seeking additional Tribal Member judges for 2020. (An honorarium is paid to Tribal member judges.) This year the museum booth was lucky enough to be staffed by Lisa Johns, Dodie Nelson and her husband Jimmy, Evelyn Payne and Michelle Joe and the tourism director. Kurt Poste has been instrumental in our setup and teardown for several years now. Many thanks to the staff who make the museum booth a success.

2020 Sa'Heh'Wa'Mish Days & Coastal Gathering Committee

Tribal Council and casino executives asked that the Tourism Department and Squaxin Island Museum work with a newly established committee to assure that the Tribe's representation at this wonderful weekend remains strong. Squaxin Island royalty contests and increasing other Tribal Member involvement is on the planning fore-

front for this committee. An especially important suggestion is that the Tribal identity continues to strengthen for all days of the weekend.

The first meeting will be held in early March. The committee should include the Tribal Community, Elders, and the Tribal Youth Council. If you are interested in being on this committee, please let Tribal Council know you'd like to be appointed.

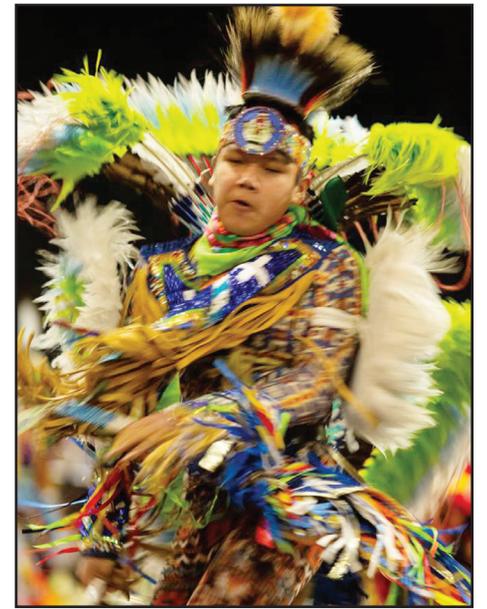
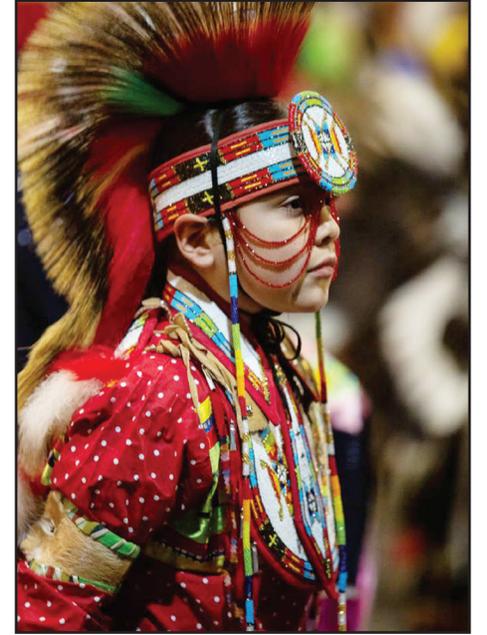




SA-HEH-WA-MISH DAYS



Jennifer Killedey
PHOTOGRAPHY





SA-HEH-WA-MISH DAYS

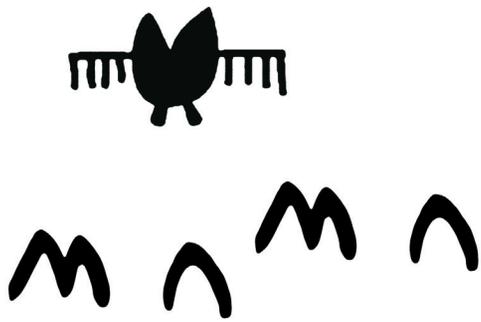


Jennifer Billedge
PHOTOGRAPHY





LEARNING CENTER



Elementary Schools K - 4

In September 2019 our Elementary Schools will educate students from Kindergarten through 4th grade. The K - 4 configuration will relieve overcrowding in our classrooms, on the playground and in the lunch room. We will continue our current educational programs as we begin work to extend the academy model into the elementary schools.

Kindergarten Registration Begins February 1

Students who are 5 on or before August 31 can enroll at their local school.



OLYMPIC MIDDLE SCHOOL GRADES 5 - 6



Olympic Middle School will see big changes in the Fall of 2019. The school will transition from grades 6 - 7 to grades 5 - 6. As we eliminate overcrowding at the elementary schools it will allow us to create a more age appropriate school environment at the middle level.

Students and teachers will be organized into three teams at each grade level to provide a personalized school experience. Students will participate in core classes (English Language Arts, Math Social Studies, and science), specialist classes (Music, Art, PE, Health and other electives) and have the opportunity for interventions and enrichment during the school day.

OAKLAND BAY JR HIGH GRADES 7 - 8



Oakland Bay Jr High will serve students in grades 7 - 8 beginning in September. This will allow us to create a comprehensive, seamless 5 - 8 educational program in Shelton.

Students in grades 7 - 8 will begin preparation for a rigorous high school experience. They will have opportunities to continue studies in core and speciality areas - as well as being introduced to new electives in Career and Technical Education.

2019-2020 Start/Release Times

	Regular Start Time	2 Hour Late Start	Regular Release Time	90 Minute Early Release	3 Hour Early Release
Elementary Schools	9:00 am	11:00 am	3:30 pm	2:00 pm	12:30 pm
Olympic Middle School	8:05 am	10:05 am	2:40 pm	1:10 pm	11:40 am
Oakland Bay Jr High	7:55 am	9:55 am	2:30 pm	1:00 pm	11:30 am
CHOICE High School	7:55 am	9:55 am	3:16 pm	12:40 am	11:10 pm
Shelton High School	7:45 am	9:45 pm	2:20 pm	12:50 pm	11:20 am

Bus Routes Available



www.sheltonschools.org



LEARNING CENTER



Youth Afterschool Program

Jerilynn Vail-Powell - March will be busy in the after-school program. Due to early release days, our snack times will be just a little different, offering three snack times throughout those days. Feel free to stop by to pick up an activity calendar to see what we have planned for the youth. Remember - We have a tribal holiday coming and will be closed on Friday, March 8th for Billy Frank Jr. Day.

As a reminder to any parents or guardians who may have had a change in their contact information, please stop by or call to update your youth's registration form. The Rec Room number is 360-432-3955 and Jerilynn office number is 360-432-3992.

Higher Education Update

Mandy Valley - Higher Education students - If you have not sent us your final grades from fall yet, please do so as soon as possible. A variety of scholarship information is now becoming available. I'm constantly on the lookout for information on possible scholarship opportunities and I will forward what I learn to all Higher Education students.

Spring quarter is quickly approaching. If you plan to attend and are not a current Higher Education student, please stop my office or give me a call at (360) 432-3882 so I can go over the required documents with you. Paperwork for spring quarter is due back no later than March 15th and can be emailed to me at mvalley@squaxin.us if that is most convenient for you.

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3255 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-4:30pm 11 & Up Practice: 4:30-6pm 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/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 Tribal Holiday 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 - TBD Open Swim: 3-6pm	14 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm	15 <i>SSD-3 HR ER</i> Rec Rm: 11:45-6pm Pool Party 1:30-3pm Open Gym: 11:45-4:30pm 11 & Up Practice: 4:30-6pm Open Swim: 5-8pm
18 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4:30pm 10U Practice: 4:30-6pm Open Swim: 3-6pm	19 <i>SSD-3 HR ER</i> Rec Rm: 11:45-6pm Drum Group: 4:45-5:30 Open Gym: 11:45-4:30pm 11 & Up Practice: 4:30-6pm	20 <i>SSD-3 HR ER</i> <i>GSD-ER @ 2:30pm</i> Rec Rm: 11:45-6pm Arts-n-Crafts: 5-6pm Open Gym: 11:45-6pm ITL-Basketball - TBD Open Swim: 3-6pm	21 <i>SSD-3 HR ER</i> Rec Rm: 11:45-6pm Crafty Kitchen: 5-6pm Open Gym: 11:45-4:30pm 10U Practice: 4:30-6pm	22 <i>SSD-3 HR ER</i> Rec Rm: 11:45-6pm Fun Day Friday: 5-6pm Open Gym: 11:45-4:30pm 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 <i>GSD-ER @ Noon</i> Rec Rm: 12-6pm Drum Group: 4:45-5:30 Open Gym: 12-4:30pm 11 & Up Practice: 4:30-6pm	27 <i>GSD-ER @ 2:30pm</i> Rec Rm: 12-6pm Arts-n-Crafts: 5-6pm Open Gym: 12-6pm ITL-Basketball - TBD Open Swim: 3-6pm	28 <i>GSD-ER @ 2:30pm</i> Rec Rm: 12-6pm Crafty Kitchen: 5-6pm Open Gym: 12-4:30pm 10U Practice: 4:30-6pm	29 <i>GSD-ER @ 2:30pm</i> Rec Rm: 12-6pm Fun Day Friday: 5-6pm Open Gym: 12-4:30pm 11 & Up Practice: 4:30-6pm Open Swim: 5-8pm
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	<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	<i>L.T.L. - Inter-Tribal Basketball League</i> High School: 9-12 Grade Jr. High: 7-8 Grade Elementary: 4-6 Grade	



LEARNING CENTER

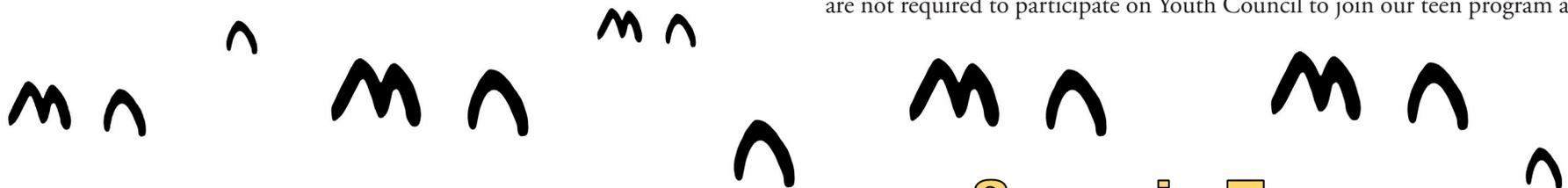


Teen Program News

Jaimie Cruz - Thanks to the Squaxin TANF Program and IEI! The Squaxin Island Youth Council would like to thank IEI for supporting us yet again! The 2018-2019 Youth Council were able to get sweatshirts and jackets. The Squaxin Island Youth Council also wants to acknowledge the support for our teens offered by the TANF Program. We really appreciate their help with our activities.

February flew by! The teen program partnered with Taylor Owens and Patricia Green this month, and the teen program enjoyed a field trip to the UW Culturefest in Seattle. Five teens were able to be in the front row while various groups were showcasing their cultural dances. Several of our teens worked on powwow regalia leading up to the Tribe's Powwow last month at Little Creek.

We are planning a movie night for March 1st and a teen night for March 29th. Please be on the lookout for flyers for both activities! March 1st we will be having a movie night from 6:00-8:30 then we will be headed over to Menchie's on the west side of Olympia for \$5 FROYO. March 29th will be Teen Night in the gym, with video games, snacks, music, and games from 7:00 p.m. - 11:00 p.m! Keep up with the latest through our Facebook page, just search "Squaxin teens". Other upcoming events are being planned – intertribal youth gatherings, conferences, field trips and more. Please contact me for eligibility criteria and signing up. I will also be sharing information on upcoming Coastal Jams and powwows for families to take youth to attend. All teens are welcome to attend Youth Council meetings and activities. You are not required to participate on Youth Council to join our teen program activities!



March 2019

Squaxin Teens

Jaimie Cruz teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Basketball Practice 4:30-5:30 Movie Night in the TEEN ROOM 6-8
4 Homework Help 3:00 – 5:00	5 Basketball Practice 4:30-5:30 Craft Class 3:00-5:00 Drum Group 5-6	6 Lushootseed Class 5-6:30pm ITL- TBD	7 Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	8 CLOSED Billy Frank Jr, DAY
11 Homework Help 3:00 – 5:00	12 Basketball Practice 4:30-5:30 Craft Class 3:00-5:00 Drum Group 5-6	13 Lushootseed Class 5-6:30pm ITL- TBD	14 Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	15 Basketball Practice 4:30-5:30
18 Homework Help 3:00 – 5:00	19 Early Release SSD Basketball Practice 4:30-5:30 Craft Class 3:00-5:00 Drum Group 5-6	20 Early Release SSD Lushootseed Class 5-6:30pm	21 Early Release SSD Youth Council 5:00-6:00	22 Early Release SSD Basketball Practice 4:30-5:30
25 Homework Help 3:00 – 5:00	26 Basketball Practice 4:30-5:30 Craft Class 3:00-5:00 Drum Group 5-6	27 Lushootseed Class 5-6:30pm ITL- TBD	28 Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	29 Basketball Practice 4:30-5:30 TEEN NIGHT 7pm-11pm



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.



<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="font-size: 2em; font-weight: bold; color: white;">March 2019</div> <div style="text-align: right; color: white;"> Youth Sports Program Larry McFarlane, Sr., Youth Sports Coach lmcfarlane@squaxin.us or (360) 432-3986 </div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Beginning of Powwow and Coastal Jam	2 Nisqually Basketball Tournament
3 Nisqually Basketball Tournament	4 Grades 3-6 practice	5 Grades 7-10 practice	6 Intertribal game at Skokomish, Grades 7-8	7 Grades 3-6 practice	8 Taholah Basketball Tournament	9 Taholah Basketball Tournament
10 Taholah Basketball Tournament	11 Grades 3-6 practice	12 Grades 7-10 practice	13 Youth Open Gym	14 Grades 3-6 practice	15	16
17	18 Youth Open Gym	19 Grades 7-9 practice	20 Youth Open Gym	21 Grades 3-6 practice	22 Tulalip Tournament Tentative 14U Boys	23 Tulalip Tournament Tentative 14U Boys
24 Tulalip Tournament Tentative 14U Boys	25 Boys 18U practice	26 Grades 7-10 practice	27 Youth Open Gym	28 Grades 3-6 practice	29 Puyallup Tournament Tentative 14U girls	30 Puyallup Tournament Tentative 14U girls
31 Puyallup Tournament Tentative 14U girls						



Happening Here in March

1st - Movie Night 5-7pm

15th - Pool Party 1:30-3pm

Shelton 3 Hour Early Release

19th - Raffia Basket

20th - Dr. Seuss Projects & Pool Party 3-4:30pm

21st - Chili Cook-off

22nd - Dr. Seuss Flapjacks Flappers

Griffin Early Release Week

25th - Funfetti Waffles

26th - Raffia Baskets

27th - Dr. Seuss Projects

28th - Dr. Seuss Flapjack Flappers

29th - Pool Party 1:30-3:00pm

Have any questions call Jerilynn @ 360-432-3992

Mental Health Resources

Do you know someone who may be suffering from a mental illness or psychosis that you think may need an evaluation? Do you know someone that might be a danger to themselves or to others, and whose behavior has been erratic? There are resources in both Mason and Thurston County that we have access to that can assist you in time of need (crisis.) We have a community that is suffering; seen and unseen, and there is help readily available to assist those in a crisis.

To report a crisis, please call: 360-584-2800 to get connected to confidential services that can help you or a family member.

The Crisis Clinic of Thurston and Mason Counties:

Confidential, Anonymous, Crisis Intervention, Resources and Referrals
No Crisis is too Small to Make the Call

Available 24/7, 365 days a year: <http://www.crisis-clinic.org/>

Crisis Intervention Overview

What do we do? The clinic provides a 24-hour 7-day a week service to anyone who calls, offering crisis intervention and emotional support, as well as information and referrals.

If it's a crisis to you, it is a crisis.

What can we help with?

- Listen
- Emotional support
- Assistance in identifying problems
- Locating resources
- Identifying steps to resolve problems

What do people talk about?

- Stress
- Job loss
- Loneliness
- Drugs and Alcohol
- Depression
- Domestic violence
- Relationships
- Child abuse/neglect
- Anger
- Suicide issues
- Illness
- Single parenting
- And much more

Community resources we can refer to:

- Shelters
- Emergency material needs
- Support groups
- Financial assistance
- Safety
- Employment assistance
- And many more



Squaxin Island Tribe

Legal Community Education

March 2019:

Estate Planning:

Power of Attorney, Advanced Directives and Wills

Tuesday, March 5th- 4:00 pm

Building Strong Families Through Culture, Community Kitchen

Tuesday, March 19th - 12:00 pm

Brown Bag Lunch,

Legal Department Conference Room

All those attending, bring your lunch with you!




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

If it is an **EMERGENCY** CALL 911



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



We Survived the Great 2019 Snowpocalypse!

SIT CERT - Several of your neighbors as well as tribal government staff are committed to helping the Squaxin Island community be better prepared before a disaster hits. You will see more opportunities to learn how to prepare your family at home or work in the near future. Your Community Emergency Response Team (CERT) is ready and willing to help during an event. The CERT was not deployed during this event, but we have already made adjustments so we can be in the future.

As the snow continues to melt away, please take a few minutes to consider what you feel worked well, either in your household or on the hill, and what would have made life a bit easier, if only. We learn something from every event. Lessons learned are an important part of planning for the next event. We need to hear from you! Please send your thoughts to us at CERT@squaxin.us.

Also, we'd love to hear stories of random acts of kindness you witnessed or experienced during the Great Kamilche Snowpocalypse.



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





Is Dog Flu Something to Worry About?



Can dogs get the flu? Should you have your dog vaccinated against the “dog flu”? The answer, it turns out, depends on your dog's lifestyle.

You just picked up your dog from boarding after a lovely vacation. Everything seems fine – and then your canine companion starts coughing. He has some nasal discharge. He feels warm, and he doesn't want to eat. You remember that you just saw on the news that canine flu was causing problems. Oh no! You panic. Has he contracted the flu during his stay at the boarding facility?

It's certainly possible; boarding kennels and other places where high numbers of dogs congregate are the most common place for dogs to come into contact with one of the flu viruses.

Currently, two strains of flu have been identified in dogs within the United States: H3N2 and H3N8.

The initial outbreak in 2003-2004, identified as H3N8, was restricted to Greyhounds in Florida and had a high mortality rate (38 percent). There was then a lull in cases until 2015; then, in Chicago, another outbreak occurred and was later identified as a new strain of canine flu: H3N2.

The most recent flare-up starting in mid-2017 and into spring of 2018 included both strains, though H3N2 was more prevalent and found to be more virulent. As of now, canine influenza has been reported in 40 states.

Dog Flu Symptoms

Symptoms of flu include sneezing, coughing, runny nose, fever, lethargy, and loss of appetite. About 80 percent of the dogs who are infected with the virus will have only mild symptoms, with about 20 percent of infected dogs showing no symptoms whatsoever (these dogs, however, are still able to spread the virus). Most dogs recover in two to three weeks.

In severe cases, however, the flu can progress to pneumonia. Symptoms of pneumonia are high fever; thick, purulent nasal discharge; and difficulty breathing. In severe cases, the illness can be fatal.

Unfortunately, flu represents a diagnostic challenge. The clinical symptoms cannot be distinguished from those of other common canine respiratory diseases such as bordetella bronchiseptica, parainfluenza, respiratory coronavirus, and distemper virus.

Further, there are no point-of-care tests currently available to veterinarians. Unlike in human medicine, where a quick bedside test can be conducted to diagnose flu, testing for canine flu can be difficult. Careful specimen collection and handling is essential, and tests must be sent to outside laboratories. Due to the expense and difficulty of this, often canine influenza is not definitively diagnosed; instead, it's treated like other canine respiratory diseases.

How to Treat Dog Flu

There isn't a specific treatment for dog flu; rather, general supportive care is given, especially if your dog is only mildly affected.

If your dog has more severe symptoms or evidence of pneumonia, he may be treated in the hospital with antibiotics (in case of secondary bacterial infection), intravenous or subcutaneous fluids, oxygen therapy, and fever-lowering NSAIDs. Your dog may also be isolated in a low-stress environment to prevent further spread and to help minimize his anxiety.

Canine Influenza Transmission

Influenza is highly contagious and spreads rapidly in social situations. Transmission is via aerosolized droplets (coughing, sneezing) and direct contact. It can also be spread on contaminated objects such as food or water bowls, leashes, and kennels. The flu virus can live up to 48 hours on these surfaces, so proper disinfection is a critical part of prevention. The most common places for a dog to catch the flu virus include dog parks, grooming facilities, kennels, and daycares.

Continued on Page 17

**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

The Squaxin Island Tax Site still has appointments available for March and April. Contact Lisa Peters at 360-432-3871 to schedule your appointment.

Tax Prep Checklist

- 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



Mauricio the Pharmacist recommends:

Take A Healthy Hike at Miller Peninsula State Park

Miller Peninsula State Park, between Sequim and Port Townsend on the Olympic Peninsula shore, offers many miles of forest, bluff, and beach trails for hikers, horseback enthusiasts, and bike riders.



At nearly 3,000 acres, the up and coming state park provides a diamond patchwork of trails through scenic forested land.

Tip: With so many trails, bringing a map or taking a cell phone picture of the trailhead kiosk map at the newly minted Diamond Point Road parking lot so as not to lose one's way.

From there, take the four mile trail that leads to a pebbled beach decorated with smooth driftwood at rest along with restless wild birds. On the way, descend into a cool and misty wooded ravine nourished by ancient fallen logs adorned with bright dabs of orange jelly fungus, a ravine that leads to a view of the Salish Sea and Protection Island, a Puget Sound bird sanctuary. Returning by way of the east side of the park, the trail passes through woods dominated by graceful olive-skinned Madrona trees with few conifers in between and muffin-sized mushrooms dotting the forest floor. The hike to the beach and back is a full 8 miles with less than a 400 foot elevation change.

Directions:

Allow about 2 hours from the Squaxin Island Tribe Tribal Center.

Take 101 N or Hwy 3 toward Sequim. About 10 miles before reaching Sequim or about 2 miles after passing Gardiner, WA, near milepost 275, look for Diamond Point Rd on the right. Turn right or north onto Diamond Point Rd and drive north about 1 mile watching for park signage on the left.

Bring your \$10 Discover Pass <https://www.discoverpass.wa.gov> or visit on one of the 12 free days: <https://www.discoverpass.wa.gov/136/State-Parks-Free-Days>

Enjoy the spectacular views while benefitting from a heart healthy activity.

Dog Flu Continued from Page 16

Dog Flu Vaccines

Could you have prevented your dog from contracting the flu? There are vaccines available that protect against both strains. All of the canine influenza vaccines contain killed viruses.

As with the human influenza vaccine, it is important to remember that the flu vaccine doesn't always prevent your dog from getting sick. In the event that he does contract the flu, the vaccine helps lessen the duration and severity of symptoms, including pneumonia and lung lesions. Dogs who were vaccinated against the flu but still transmitted the disease will shed the virus into their surroundings for a shorter period of time than unvaccinated dogs.

Side effects of the vaccine are uncommon and generally similar to other vaccine reactions: lethargy, low-grade fever, a lump at the site of injection, hives, and itching. In very rare cases, severe reactions can occur.

Pregnant dogs should not be vaccinated against the flu.

The influenza vaccination has been described by the American Veterinary Medical Association as a "lifestyle" vaccination, not a "core" vaccine (core vaccines are recommended for all dogs). A lifestyle vaccine is recommended for dogs who are at a higher risk due to their increased exposure to other dogs – such as dogs who attend daycare, boarding, or group classes, or frequent dog parks or dog shows. The first vaccine can be given as early as six weeks of age, and in all cases, it is critical that a booster is received two to four weeks later.

Don't wait until a few days before boarding to get the vaccine. The dog should not be considered protected from disease until two weeks after his second vaccination. After the initial series, the flu shot is given annually.

If your dog is not in social situations or flu has not been reported in your state, the flu vaccine is not necessary. If you're uncertain whether your dog should receive the vaccine, your veterinarian can help guide you.

Conclusion

Overall, while canine influenza can be serious, in most cases the symptoms are mild and self-limiting. Even in severe cases, the mortality rate is low – but some dogs do die from the illness. Vaccination is very effective and should be pursued for dogs in highly social environments.





American Cancer Society Updates Colorectal Cancer Screening Guideline

Submitted by Traci Lopeman, Patient Navigator - New screening age recommendations for those at average risk

People at average risk of colorectal cancer should start regular screening at age 45.

- People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75.
- People ages 76 through 85 should make a decision with their medical provider about whether to be screened, based on their own personal preferences, life expectancy, overall health, and prior screening history.

It's important that everyone talk to their health care provider about which tests might be good options, and to check insurance coverage for each test option. The guidelines stress that these screening tests must be repeated at regular intervals to be effective. And, if you choose to be screened with a test other than colonoscopy, any abnormal test result must be followed up with a timely colonoscopy to complete the screening process.

What about those at higher than average risk?

The guideline also says that people at higher than average risk might need to start colorectal cancer screening before age 45, be screened more often, and/or get specific tests. People at higher or increased risk are those with:

- A strong family history of colorectal cancer or certain types of polyps
- A personal history of colorectal cancer or certain types of polyps
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer or HNPCC)
- A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer

Doctors Corner

March is Colorectal Cancer Month

Angela Tobias, M.D. at the Clinic - Most of us know someone who has been affected by colorectal cancer. It's one of the most common cancers in the US, and it's the third most common type of cancer in Alaska Natives and American Indians. While rates of colon cancer have declined in Caucasian populations, rates have stayed the same among native populations, and in certain regions like the Northern Plains, the rates are significantly higher. Native people also tend to be diagnosed later and have more severe disease. **But this is preventable!**

Colon cancer is one of those cancers that is curable, if it's caught early enough. So screening is critical. **Most people should begin screening at age 50.** If you have someone in your family who had colon cancer before age 55-60, screening would begin for you at 10 years younger than your relative was diagnosed. The American Cancer Society recently changed their recommendation to start screening at age 45, but this is still being debated by other groups who issue screening guidelines.

You have several options for screening. **The gold standard is colonoscopy.** I almost always recommend that people get a colonoscopy because if anything is found, like a precancerous polyp, they will biopsy it during the procedure and then it is not still in your colon, trying to grow into something. And if the colonoscopy is completely normal, you won't need to repeat it for 10 years. That's a lot of mileage from one procedure! But a colonoscopy is an invasive procedure. You'll need to plan on two days off work, because you need to drink the prep the day before, and you'll need to stay close to the bathroom. Most people say the prep is the worst part of the whole thing though. There is a very small risk of colon rupture during the procedure, but in the hands of an experienced operator, this is very, very small. Because you are sedated for the procedure, you also will need someone to drive you to and from the procedure, and you'll probably nap most of the rest of the day afterward. Some people who have heart or lung disease may not be able to undergo the sedation needed for the procedure.

Another option for screening is much less invasive but also must be done annually - **stool testing.**

This test looks for microscopic amounts of blood in your stool. You collect the stool at home and bring the sample container back to the clinic for lab testing. It is also much less expensive than a colonoscopy, even though it has to be repeated annually. If it is negative you can be reasonably sure that you don't have colon cancer, but if it comes back positive for blood, you will need to have a colonoscopy to find out why. This test is only appropriate for someone without any history of colon cancer in the family, or a personal history of colon polyps.

You may also have seen commercials on TV for something called **Cologard.** This is a stool test you do at home that looks for microscopic amounts of blood in the stool, as well as DNA fragments that are frequently shed by cancer growing in the bowel. This increases the diagnostic accuracy of the test, but if it comes back positive, you will still need to have a colonoscopy to find out why. It is also more expensive than regular stool testing, although insurance may pay for it. Like regular stool testing, it is only appropriate for people without colon cancer in the family or a personal history of colon polyps.

You may also have heard about something called a **virtual colonoscopy.** This is where the colon is pumped full of air and then a CT scan is performed to look for polyps. It takes less time than a colonoscopy and does not require sedation. It is often not covered by insurance, and if a polyp is found, you would still need to have a colonoscopy to biopsy the polyps. It is not commonly used.

So you see, there are many options for screening, and very good reason to be screened. If you're over 45-50 or have colon cancer in your family, please call or come into the clinic today to find the option that fits you best for screening. If you've been screened before and aren't quite sure when you're due next, we'll be happy to help figure that out too!



Colon Cancer

SCREENINGS

 Scope	 Scan	 Stool
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HEALTH CLINIC



University of Washington Cultural Fest 2019

On February 2nd, 2019, a group of Squaxin youth were taken to the University of Washington Seattle's Cultural Fest. This event was sponsored by the Teen Advocate (Jaimie Cruz) and the Tobacco Cessation Program. Although Jaimie Cruz could not attend the event, Patricia Green stepped in for the evening and was a great help. This trip was planned in an effort to give the Squaxin youth more opportunities to learn about other cultures and hopefully spark interest in universities, but to also promote abstinence from tobacco, drug, and alcohol use. Because the theme of the event was cultural, we discussed the difference between traditional tobacco vs. commercial tobacco and gave the youth information on sacred tobacco and its importance.

The annual Cultural Fest provides the opportunity to learn about several different cultures in one evening. At 5:30 p.m., once the doors opened, we were able to walk around and interact with all of the cultural booths. The youth were especially interested in the booths that provided snacks from different cultures but were also excited to have had their fortunes read from the Mongolian booth.

Once the show began at 7 p.m., there were eleven different cultural performances, from an Indian dance group telling an ancient story, to a Mexican mariachi band, all the way to an Irish Riverdance. The youth had a great time and enjoyed learning about these different cultures.





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, March 12th is WIC day at SPIPA

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





SPRING



Plan your garden now to grow healthy fruits and vegetables this summer! Learn by volunteering at the community garden!



March is National Nutrition Month

Nutrition Tips for you & your baby or toddler

Source: <https://vegyvida.com/national-nutrition-month-kids-5-ways/>

Tips to starting a lifetime of good health for your kids:



1. **Don't tell kids what they like (or dislike):** Kids' palates change fast, so treat every approach to a new food or vegetable as if it is the first. This means avoiding telling your children that they may dislike a certain food – they'll believe you even if they do like it. Similarly, your child might not trust you when you suggest she or he will like something new. They may, however, be willing to try that same food with friends or peers.

2. **Set a good (munch, crunch) example:** Your kids are not only watching you, they are following your lead. So set a good one. Eat lots of veggies, including ones you aren't crazy about. Then invite your kids to join you. Tell them, "You know, I'm in the mood for some celery. How about you?" If they decline, surprise them by preparing the veggie in an unexpected way, such as a different shape or with a nut butter. They may change their minds and ask to join you.



3. **Start early – and early:** Good nutrition begins in the high chair, and often early in the day. Research shows it is best to introduce babies to solid foods, including veggies, first thing in the morning or after a nap, because they will be hungrier. Also, make the food

the center of attention – avoid distractions such as the television and energetic siblings.

4. **Bite the veggies, and bite your tongue:** When enjoying a meal or snack with your kids, resist the urge to comment about what and how much they are eating. If you say things like, "Eat your vegetables," your kid will more likely push them away. Similarly, if you feel a need to talk about your kid's eating habits with friends or others, try not to do so in earshot of the child. What you say has influence.

5. **Offer vegetables several times a day-at snacks and meals.** The more exposure the better. Your WIC checks allow you to choose fresh or frozen vegetables. Consider having your child help to pick out a new vegetable to try!



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



National Nutrition Month® 2019

Word Search for Kids

1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini



eat right. Academy of Nutrition and Dietetics

NATIONAL NUTRITION MONTH®

MARCH 2019



A	S	D	Y	G	H	J	K	L	M	N	B	V	C	P
H	E	C	A	U	L	I	F	L	O	W	E	R	W	A
J	A	N	L	W	E	A	F	E	T	A	Z	O	L	P
I	I	M	D	U	M	O	J	F	E	S	U	G	O	R
N	A	C	B	I	T	V	U	T	A	A	C	O	B	I
Y	S	Y	A	S	Q	A	S	B	A	B	C	Z	S	K
A	L	A	L	M	O	N	D	E	P	I	H	C	T	A
M	A	K	E	W	A	I	I	W	A	J	I	W	E	M
T	O	M	A	T	I	L	L	O	K	J	N	U	R	L
O	Y	U	L	O	C	L	L	U	Q	U	I	N	O	A
K	R	S	Q	G	E	A	I	R	O	W	V	O	J	L
R	O	H	U	U	A	S	U	B	A	S	I	L	E	E
A	K	R	C	M	Z	C	I	L	E	D	K	A	S	G
J	I	O	Y	B	A	K	M	V	D	N	I	Z	U	G
A	C	O	Z	O	S	M	A	S	H	O	O	S	A	S
U	T	M	E	G	W	K	I	W	I	L	R	I	H	G
F	L	C	A	B	B	A	G	E	S	G	E	A	N	D



March Happy Birthdays

1
Alyssa Mary Ida Henry
Jennine Marie Jacob
Luke Grey Falcon Rodriguez
Sapphire Pricilla Ward

2
Christy Marie Peters Block
Raven Haaq Roush-Lizotte

3
Arnold E. Cooper
Bichsel Stephan Set
Chazmin K. Peters
Clayton John Briggs
Daniel Rodney Snyder
Serena Rae Phillips
Vincent Gene Henry Jr.

4
Adolfo Douglas McFarlane
Angela Renee Lopeman
Mayella Frankie Jean Roberts

5
Cedar Michael Korndorfer
Faith Elizabeth Pughe
Jamaal Jason Byrd

6
Evan Taylor Cooper
Kodiak Draven-Wolf Masoner

7
Andrienne J. Baldwin
Cody Francis Cooper
David Josiah Seymour
Massiah Angel Manu-Saenz

8
Belinda Gail Colberg
Glen Woodburn Parker
Millie Faye McFarlane
Stella Jean Sicade

9
Finn Michael Dorland
Kai'in Blumoon Tucker
Marjorie L. Tusso
Michaela Alina Lynn Johnson

10
Adrian Jose Julio Garcia
Billy Dave Yocash
Jay Dee Powell Jr.
Joseph Daniel Rivera
Terrah Maria Jackson

11
Alexandrea RaeAnna Rodriguez
Chenoa Reed Peterson
Susan Faye Henry

12
Abigail Mae Bell
Cindy Lee Ehler
Steven Duane Lehman Jr.

13
Sara Naranjo-Johns

14
Andrew Dean Whitener
Chantel Dawn Peterson
Justin Daniel Kenyon
Lois Colleen Woodard

15
Brandon Carl Blueback
Kaleonahe Tadios-Tahkeal
Nikki Marie Farron
Tashina M. Ackerman

16
Adarius Terell Coley
Rebecca Lezon-Ferreira

17
Anthony Dushuyay Johns
Jaimie Renee Henderson
Kenneth Michael Green
Monte Morris
Rachele Dawn Roberts

18
Jolene Rae Peters
Thomas Blueback Jr.
Victoria Dennis-Horn
Winter Snow White

19
Cherry Teresa Armstrong
Michael Alfred Bloomfield
Raymond M. Castro
Vicky Belle Engel

20
Joelene Elaine Tamm
Lachell Marie Johns
Nathaniel B Bisson

21
Doyle Raymond Foster
Tayla Rose Logan

22
Charlene Ann Krise
Jose Francisco-Coley
Lorane D. Gamber

23
Evelyn Angel Hall
Nora Jean Coxwell
Ronin Sharky Edwards
Troy Gelacio Orozco

24
Jaelynn Elise Moliga
Joanna Ruby Fuller
John Brady Whitener
Taylor Randolph Krise
Tucker Blaine Hindley

25
Johnathan Draven Seymour

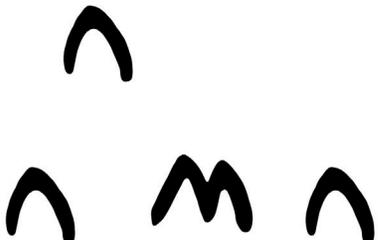
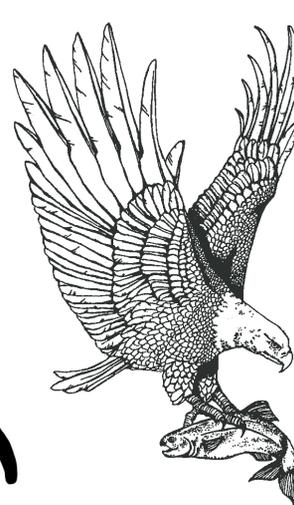
26
Elsie Jeanne Gamber
Jerad Charles Lopeman-Fry

27
James Jeffrey Coxwell
Kameron Marshall Weythman
Lucke Robert Newell

28
Brittany F McFarlane
Jon D. Brownfield

30
Benjamin Naranjo-Johns
Eric Lee Ellerbe
Felicia E. Thompson
Josephine Marie Sabo
Matthew James Pugel
Ronald Andrew Whitener

31
Christina Marie Lopeman
Stephen William Henry



**SQUAXIN ISLAND T.A.N.F. SPONSORED
LUSHOOTSEED
CLASSES**

ALL ARE WELCOME TO ATTEND

**WEDNESDAY EVENINGS @ FAMILY
SERVICES CLASSROOM**
5PM-6:30PM
DINNER IS PROVIDED

QUESTIONS? Contact Rose Henry 360-432-3950
We will notify you of any changes in schedule due to holiday
or Tribal closures.





COMMUNITY



What's Happening in March

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

Legal Community Education

4:00
Community Kitchen

Criminal/Civil Court

6 - Wednesday

Shellfish Committee

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

Education Commission

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

WIC
SPIPA

13 - Wednesday

Fish Committee

AA & ALANON - 7:30 p.m.

Golf Advisory Committee

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

14 - Thursday

Tribal Council

15 - Friday

16 - Saturday

Rumble
Shelton Cinemas

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

Legal Community Education

12:00
legal Conference Room

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.

21 - Thursday

Job Club
9:00 - 10:30
Family Services Classroom

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

Job Club
9:00 - 10:30
Family Services Classroom



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



Elders Menu . . . Fruit and salad at every meal

3/4 – 3/7

MONDAY:
Chicken Pot Pie

TUESDAY:
Chili, Corn Bread

WEDNESDAY:
Chicken Fried Steak,
Mashed Potatoes and Gravy,
Mixed Veggies

THURSDAY:
Spaghetti, Green Beans,
Garlic Toast

3/11 – 3/14

MONDAY:
Chicken Casserole, Veggies

TUESDAY:
Tomato Basil Ravioli Soup,
Grilled Cheese Sandwiches

WEDNESDAY:
Chicken Alfredo, Peas

THURSDAY:
Tacos, Spanish Rice

3/18 – 3/21

MONDAY:
Chicken Burgers, Potato Salad

TUESDAY:
Italian Sausage Potato Soup,
Breadsticks

WEDNESDAY:
Baked Potato Bar, Broccoli

THURSDAY:
Casino Buffet

3/25 – 3/28

MONDAY:
Twice Baked Potato Casserole,
Mixed Veggies

TUESDAY:
Taco Soup, Turkey Sandwiches

WEDNESDAY:
Hamburgers, Macaroni Salad

THURSDAY:
Lasagna, Parmesan Flat Bread



Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions

1% Committee (Bylaws & Appendix X2)
Elections Committee
Exploratory 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





South Puget Intertribal Planning Agency



USDA Foods Program March Dates

- NISQUALLY** 3/6/19
- SQUAXIN ISLAND** 3/12/19
- SKOKOMISH** 3/15/19
- CHEHALIS** 3/21/19
- PT. GAMBLE S'KLALLAM** 3/26/19

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



South Puget Intertribal Planning Agency



WIC Program March Dates



- SQUAXIN ISLAND** 3/12/19
- CHEHALIS** 3/14/19
- NISQUALLY** 3/13/19
- SKOKOMISH** 3/20/19

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.




**FAT TUESDAY
MARCH 5TH
6PM - 10PM**

TICKETS \$10
INCLUDES SOUVENIR GLASS
WHILE SUPPLIES LAST

Mardi Gras PARTY

SKOOKUM CREEK EVENT CENTER
LIVE ENTERTAINMENT
SPECIALTY FOOD AND DRINKS,
GIVEAWAYS AND MORE!

FOR TICKETS GO TO LITTLECREEK.COM
OR CALL 1.800.667.7711

MUST BE AT LEAST 21 YEARS OF AGE TO ATTEND

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

LITTLE CREEK CASINO • RESORT
LIVE a little



BINGO BINGO

Join us for SMOKE-FREE Bingo in the grand ballrooms!

Friday • March 22nd
Doors Open 4pm | Early Birds 6pm | Session Starts 6:30pm

Saturday • March 23rd
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • March 24th
Doors Open 4pm | Early Birds 6pm | Session Starts 6:30pm

All Level 3 payout \$1,199

*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

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

LITTLE CREEK CASINO • RESORT
LIVE a little