Tribe Receives Grant to Preserve Land in Skookum Valley

In 2019, the Natural Resources Department was awarded federal and state grant money to preserve and restore wetland habitat in the Skookum Creek watershed. Using funds from the Salmon Recovery Funding Board and National Coastal Wetlands, the Tribe recently purchased Skookum Ranch, the first property in the project.

The ranch is 164 acres consisting of over 100 acres of high-quality wetlands that provide valuable habitat for salmon, birds, and amphibians. Additionally, the property has over 1/2 mile of mainstem Skookum Creek and over one mile of tributary streams that can be accessed by salmon.

Skookum Creek is an 11-mile stream flowing through the heart of the Squaxin Island reservation, supporting runs of coho, chum, and cutthroat trout. Problems have been caused by extensive logging, removal of stream riparian plants, and the digging out and straightening of the stream channel for farming.

Over the last decade, the Natural Resources Department has conducted numerous studies, including monitoring of juvenile and adult salmon populations, habitat surveys, and water quantity and quality investigations. These efforts led to prioritization for the conservation of the Skookum Valley and numerous restoration projects, including riparian plantings along the edge of the stream, adding wood log jams for salmon habitat, widening the stream to provide slow water so salmon can rest, and increasing the amount of water in the stream.

As part of the project, the Tribe has used grant funds to remove six derelict structures and tons of trash and debris. The next step for the Skookum Ranch property is to complete restoration designs that will improve salmon habitat. Thousands of trees and bushes will be planted to shade the stream, provide habitat, and control invasive species such as blackberry.
Supervisory &
Non-supervisory
positions available in
Mason County, WA
$16.00 - $17.50 per hour

JOIN THE 2020 CENSUS TEAM

APPLY ONLINE!
2020census.gov/jobs

2020 Census jobs provide:
• Great pay
• Flexible hours
• Weekly pay
• Paid training

For more information or help applying, please call 1-855-JOB-2020 (1-855-562-2020)

Federal Relay Service:
1-800-877-8339 TTY/ASCII
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer

For more information about the census, see the Community Bulletin page on squaxinisland.org (under Tribal Member menu link)
Community

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 Millie Wagner at the Tribal Administration Building front desk at 360-426-9781, by February 10, 2020. 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.

- **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 general body meetings, and as requested by Tribal Council also conducts the election portion of the General Body Meeting.

- **Fish Committee**: The Fish Committee provides advice and recommendations concerning the management and harvest of fish related resources.

- **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.

- **Hunting Committee**: The Hunting Committee provides advice and recommendations concerning the management and harvest of hunting and wildlife related resources.

- **Shellfish Committee**: The Shellfish Committee provides advice and recommendations concerning the management and harvest of inter tidal shellfish related resources.

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Cultural Center Boardwalk Reconstruction

Reflection Pond Boardwalk: For phase 1, there will be temporary fencing up for the removal and installation of a new boardwalk alongside the Cultural Center (Tribal Center (administration building), Elders building and the museum).

Please be advised to avoid the south end of the pond.

The entrance to the museum will not be affected from either the east side or south parking lot.

Phase 1 construction will last about six weeks, through most of February.

In advance we thank the entire community for their understanding and patience.
Erika Thale - The 2020 Winter General Body meeting took place on Saturday, January 11th. About 40 Squaxin Island Tribal members gathered together in the Community Kitchen to receive administrative updates and discuss community insights.

Marvin Campbell, Squaxin Island Tribal Administrator, began the meeting by providing updates on organizational changes, enrollment, and moratorium impacts from a departmental perspective. Departmental reports will be presented at the General Body in May. The reports will outline the impacts of what lifting the moratorium may have on community services such as natural resources, healthcare, childcare, and family services.

Thank you to those who attended and participated in the discussions.

See you at the next General Body meeting on May 2nd, 2020

*Photos by Charlene Krise*
VOCA Program
2750 S.E Old Olympic Hwy
Shelton, WA 98584
360-432-3872

If you feel you are a victim of a crime or are not sure, VOCA may be able to assist in finding resources and knowledge in a confidential and professional manner.
Traditional and personal assistance are priorities in assisting for a stable and healthy future.

VOCA is based on self referrals.
Walk-ins and phone calls are always welcome!

LUNCH WITH THE LAWYERS
HOSTED BY THE SQUAXIN ISLAND TRIBE LEGAL DEPARTMENT
OPEN FORUM
BROWN BAG LUNCH
*PIZZA AND REFRESHMENTS PROVIDED*
SQUAXIN TRIBAL CENTER
TRAINING ROOM
Tuesday, Feb. 11th & Feb. 25th
at 12:30 pm
Forum is open to whatever topic you might like to discuss.
Limit 15 People per day
Please RSVP to: lharrell@squaxin.us

Other topics may include:
- General Welfare
- Tribal Benefits
- Estate Planning
- Voting & Elections
- Cops on the Reservation
- Committees, Commissions & Boards
- Bylaws and the Constitution
- Tribal Government
- Financial Frauds
- Probate
- Hunting & Gathering
- Fish & Shellfish
- Family Planning

Looking Forward Together:
Elders’ Supports & Services

Save the Date
May 21, 2020
Billy Frank Jr. Center

An intertribal gathering of Tribal members, caregivers, and service providers.

Lunch Provided!
For more information call: 360.426.3990
South Puget Intertribal Planning Agency
Did you know we have a Squaxin Island Parks and Recreation Department Facebook page? We post calendars, updates and fliers, so, if you haven’t already done so, be sure to like our page. We always have flyers and calendars on-site to take home. Our lost-and-found is starting to grow again. If your youth is missing a coat or sweatshirt, you might want to stop by and take a look.

Don’t forget Mid-Winter Break is coming up! We will be open from 7:30 a.m. - 4:00 p.m. When we take the youth outside, all youth must wear a coat or heavy sweatshirt due to the cold weather. Since the new playgrounds are ready, we take the youth to a playground in the afternoon.

If any parents/guardians have an updated contact number, please make sure to let one of the after-school staff know. We only can release youth to the names the parent/guardian have listed on their emergency contacts.

We partnered with Skokomish for our Annual Youth Winter Tournament. Skokomish hosted the games in their facility. Both our 9U Co-ed and 13 U Girls teams won and were the champions!! They play hard and worked together! Great job to the players and Coach Larry!! We hosted a pizza party to celebrate their hard work!

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### Squaxin’s Parks & Rec Calendar for February 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
<td>GSD-ER @ 2:30pm</td>
<td>Rec Rm: 3-6pm</td>
<td>SSD-1.5 HR ER</td>
</tr>
<tr>
<td>Team Building: Crowns</td>
<td>Craft Class: 4:45-5:45</td>
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<td>Rice Krispies: 5-6pm</td>
<td>Rec Rm: 1:30-6pm</td>
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<tr>
<td>Open Gym: 3-6pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Pool Party 3-4:30pm</td>
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<tr>
<td>Open Swim: 3-6pm</td>
<td>11U Practice: 4:30-6pm</td>
<td>12 &amp; Up Practice: 4:30-6pm</td>
<td>11U Practice: 4:30-6pm</td>
<td>Open Gym: 1:30-4:30pm</td>
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<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
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<tr>
<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
<td>GSD-ER @ 2:30pm</td>
<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
</tr>
<tr>
<td>BHOP-Valentine’s 4:45-6</td>
<td>Craft Class: 4:45-5:45</td>
<td>Rec Rm: 2:30-6pm</td>
<td>Valentine’s Popcorn: 5-6</td>
<td>Valentine’s Party: 5-6</td>
</tr>
<tr>
<td>Open Gym: 3-6pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Heart Chains: 5-6pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Open Gym: 1:30-4:30pm</td>
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<tr>
<td>Open Swim: 3-6pm</td>
<td>11U Practice: 4:30-6pm</td>
<td>12 &amp; Up Practice: 4:30-6pm</td>
<td>11U Practice: 4:30-6pm</td>
<td>12 &amp; Up Practice: 4:30-6pm</td>
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<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
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<tr>
<td><strong>Mid-Winter Break</strong></td>
<td><strong>Mid-Winter Break</strong></td>
<td><strong>GSD-ER @ 2:30pm</strong></td>
<td><strong>Rec Rm: 3-6pm</strong></td>
<td><strong>SSD-1.5 HR ER</strong></td>
</tr>
<tr>
<td>Rec Rm Open: 7:30-4pm</td>
<td>Rec Rm Open: 7:30-4pm</td>
<td>Rec Rm: 2:30-6pm</td>
<td>Make Apple Teeth: 5-6pm</td>
<td>Rec Rm: 1:30-6pm</td>
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<tr>
<td>Pool Party: 10:30-12pm</td>
<td>Cupcake Wars: 10-11am</td>
<td>Heart Wreaths: 5-6pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Pool Party 3-4:30pm</td>
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<tr>
<td>Open Gym: 7:30-4pm</td>
<td>Open Gym: 7:30-4pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>11U Practice: 4:30-6pm</td>
<td>Open Gym: 1:30-4:30pm</td>
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<tr>
<td>Team Games: 1:00-2:00</td>
<td>Golf: 12:45-2:00pm</td>
<td>12 &amp; Up Practice: 4:30-6pm</td>
<td>12 &amp; Up Practice: 4:30-6pm</td>
<td>12 &amp; Up Practice: 4:30-6pm</td>
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<tr>
<td><strong>Movie Night: 4-6pm</strong></td>
<td><strong>Play @ new Playground</strong></td>
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<tr>
<td>Open Swim: 3-6pm</td>
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<td>25</td>
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<tr>
<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
<td>GSD-ER @ 2:30pm</td>
<td>Rec Rm: 3-6pm</td>
<td>Rec Rm: 3-6pm</td>
</tr>
<tr>
<td>Team Building: Dragons</td>
<td>Craft Class: 4:45-5:45</td>
<td>Rec Rm: 2:30-6pm</td>
<td>Make Pizza: 5-6pm</td>
<td>Pool Party 3-4:30pm</td>
</tr>
<tr>
<td>Open Gym: 3-6pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Forky: Toy Story: 5-6pm</td>
<td>Open Gym: 3-4:30pm</td>
<td>Open Gym: 1:30-4:30pm</td>
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<tr>
<td>Open Swim: 3-6pm</td>
<td>11U Practice: 4:30-6pm</td>
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<td>11U Practice: 4:30-6pm</td>
<td>12 &amp; Up Practice: 4:30-6pm</td>
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<tr>
<td>Open Swim: 3-6pm</td>
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<tr>
<td>Activity Time is scheduled for 5:00-6:00pm</td>
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</tbody>
</table>

**ER = Early Release**

SSD = Shelton School District

GSD = Griffin School District

Rec Rm: 360-432-3955 (only 3-6pm) & Jerilynn: 360-432-3992
Parks & Rec

[Images of basketball teams and games]
Mid-Winter Break - February 17-18, 2020

Breakfast: 7:30-8:30am
Lunch: 12:00-12:45pm
PM Snack: 3:30-4:00pm

Monday
Basketball Games: 8:45-9:45am
Pool Party: 10:30-11:45am
Team Competition Bowl: 1:00-2:00
Explore new Playground: 2:15-3:15pm

Movie Night: 4-6pm

Tuesday
Basketball Drill: 8:45-9:45am
Cupcake Wars: 10:00-11:00am
Salish Cliffs & Ironing Beads: 12:45-2:00pm
Explore new Playground: 2:15-3:15pm

Have questions, contact Jerilynn @ 360-432-3992

Squaxin Teen Program and Parks & Rec presents
Squaxin Youth Gathering

We would like to invite the Squaxin Youth ages 12 & up to join us for the first annual youth gathering. We will vote on youth council officers, voice concerns, and work on team building!

Enrolled Squaxin, Squaxin descendants, and Squaxin community members

12 PM Lunch Meeting to Follow

When: FEBRUARY 17, 2020
Where: Squaxin Community kitchen
50 SE Squaxin Lane
SHELTON, WA 98584
RSVP JAIMIE CRUZ 360-432-3842
jcruz@squaxin.us or 360-742-6527
Tutoring Information
Peggy Peters - The Tu Ha’ Buts Learning Center (TLC) has tutors to help students with their educational needs. The Squaxin Island Tribe provides in-school tutoring services at Bordeaux Elementary, Olympic Middle School, Oakland Bay Junior High, and Shelton High School. After school, the Tutors are scheduled here at TLC on the following days: Mondays 3:00-4:00; Tuesdays 4:00-5:00; Wednesday 3:00-4:00; and Thursdays 3:00-4:00. The high school tutor is also available at Shelton High School when school gets out until 4:00 PM on Mondays and Tuesdays. We are also able to schedule student/tutor time directly with the Tutors by calling 360-432-3958.

Higher Education Update
Mandy Valley - If you haven’t done so already, please turn final grades and any receipts that you may have from fall quarter/semester in ASAP. Also, if you have not competed your FASFA (2020-2021 school year) please do that right away. FAFSA launched on October 1, 2019 and is open until June 30, 2020. I hope everyone has a great winter quarter/spring semester.

If you have any questions regarding Higher Education or need assistance, please feel free to contact me at 360-432-3882, or by email at mvalley@squaxin.us. If you prefer, please stop by the TLC and see me during office hours.

School Attendance Reminder
The Squaxin Island Tribal Council and Education Commission value and support the importance of education. The Education Department is responsible for monitoring truancy, and the Public Safety Department, through the tribal court, is responsible for enforcing the Truancy Code. The Tribe’s Truancy Code reflects that education is an important priority of the Tribe. But for a family whose child is often absent or tardy from school, it is important that you understand how these changes can affect you.

**Significant points of the Squaxin Island Truancy Code include the following:**

- The provisions of this Truancy Code apply to all person aged five (5) years or older and to their parent(s) or guardian(s) as necessary to enforce the provisions of this Truancy Code.
- This Truancy Code applies to the full extent of the sovereign jurisdiction of the Squaxin Island Tribe. This specifically includes, without limitation, all enrolled members of the Squaxin Island Tribe and their descendants wherever domiciled; all persons domiciled on the lands of the Squaxin Island Tribe and to any person who participates in or receives assistance from any program operated by the Squaxin Island tribe or its departments.
- Any student who has either five (5) unexcused or excused absence, in any calendar month, or ten (10) unexcused or twenty (20) excused absences accumulated throughout the school year, whichever comes first, shall be considered truant under this code.

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**February**

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<tbody>
<tr>
<td>3:00 – 6:00</td>
<td>Craft Class 3:00-7:00</td>
<td>Lushootseed Class 5-630pm</td>
<td>Youth Council 5:00-6:00</td>
<td>Teen Room 3:00 – 6:00</td>
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<tr>
<td>3:00 – 6:00</td>
<td>Drum Group 5-7</td>
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<td>Lushootseed Class 5-630pm</td>
<td>Youth Council 5:00-6:00</td>
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</tr>
<tr>
<td>Squaxin Youth Gathering</td>
<td>Craft Class 3:00-7:00</td>
<td>Lushootseed Class 5-630pm</td>
<td>Youth Council 5:00-6:00</td>
<td>F.I.R.E SUMMIT At SPSCC</td>
</tr>
<tr>
<td>12 pm Lunch Community Kitchen</td>
<td>Drum Group 5-7</td>
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<td>3:00 – 6:00</td>
<td>Drum Group 5-7</td>
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<td>3:00 – 6:00</td>
<td>Drum Group 5-7</td>
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**Squaxin Teens**
Jaimie Cruz Teen Advocate
Check Facebook @ Squaxin Teens for updates to Calendar!

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Squaxin Island Tribe - Klah-Che-Min Newsletter - February 2020 - Page 9
It's Not About Disabilities . . .
It's About Possibilities

What is Vocational Rehabilitation?
To provide culturally appropriate Vocational Rehabilitation services to Native Americans with disabilities who have a functional limitation and need assistance maintaining, obtaining and regaining employment.

What is a Disability?
A “disability” can be a physical, mental, sensory learning or emotional condition that constitutes or results in a substantial impediment to employment.

Who is eligible?
Member of a federally recognized tribe, residing on or near the reservation, with a documented disability hindering employment potential and/or outcomes.

Types of Services Provided
A variety of services can be provided to assist eligible participants to prepare for, obtain and/or to retain jobs. These types of services may include but not limited to:

- Assessments, evaluations and diagnostic services.
- Vocational and technical services and devices.
- Job placement and retention services.
- Post employment services.
- Transition services.

Mission
“To assist Native American People with disabilities in making informed choices that encourage the achievement of gainful employment while promoting personal empowerment, independence and integration into family, community and workplace with respect to individual cultural and traditional values.”

For more information, contact:
June K. (360) 432-3821 or Will Marchant (360) 432-3949
Squaxin Island Tribe Family Services Building

New Employee

Hi! I am the new Dental Hygenist at the clinic.

I live in Lacey with my three children and our menagerie of pets, which includes dogs, horses, snakes, birds and more!

As I have been working as a contractor at the Squaxin Island dental clinic since August, I am very excited to get to work with my fantastic team while continuing to get to know and treat the members of the community.

I look forward to working with you and helping with your oral health needs!

Carly Goltiani, RDH

Weather Conditions
Protect Your Animals

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

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

- Thank You. Gus

Winter Alert

Pet owners need to be reminded this each year but it can never be said often enough: Keep pets away from antifreeze. Even a small amount of antifreeze, as little as one single teaspoon, can be deadly if ingested.

If you suspect that your pet may possibly have consumed even a taste of antifreeze, get him to your veterinarian immediately.
FREE TAX PREPARATION SITE
(BASIC RETURNS)

February 10 – April 10, 2020
* By appointment only *
Call Lisa Peters @ 360-432-3871 to schedule an appointment.

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

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 Identification Number
• Forms 1095-A, B and C, Health Coverage Statements
• Copies of income transcripts from IRS and state, if applicable

Just a friendly reminder...

Office of Housing, Planning Community Development
Attention Housing Applicants
REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last 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 you do not update your application by March 31, 2020, your name will be removed from the housing waiting list.

Office of Housing, Planning Community Development
Just a Reminder:
Tenants shall not allow any individual to reside or dwell within a trailer, RV, out-building, or other structure on the premises. This applies to all homes on the Squaxin Island Reservation and in all Tribal Rental Homes.

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 Identification Number
• Forms 1095-A, B and C, Health Coverage Statements
• Copies of income transcripts from IRS and state, if applicable
Few things brighten up a dull, cold winter like a robust tax refund from Uncle Sam. In 2019, the average tax refund was $3,068—that's a lot of extra dough. But before you go on a shopping spree or otherwise splurge with your refund, you might want to consider some other more responsible options like using that cash for home improvements or paying down your student loans. Don't know what to do with a tax refund? We've got you covered.

Here are the 10 best ways to use a tax refund:

1. **Pay Down Existing Debt**
   
   The average interest rate on new credit cards is just over 16%, and many credit card companies charge even higher rates. If you’re stuck with a credit card that has a high interest rate, one of the smartest ways to use your tax refund is to pay down your balance. Interest fees from credit cards can snowball quickly into overwhelming debt. But by using your return as a lump sum to pay off the balance, you'll reduce the financial and psychological burden of debt. You might even see your credit score rebound as a result of this, as well.

   If you don’t have any debts sitting on your credit cards, you can pay down other financial obligations like your car loan or student loan, for example. Just make sure you know the terms of your loan so you don’t get hit with a prepayment penalty for paying early.

2. **Build Up Your Emergency Fund**
   
   Ideally, three to six months’ worth of income should be stashed away in an emergency fund at all times. But even if you can’t swing that much, any emergency fund is better than none. Open a savings account if you don’t have one and squirreled away at least part of your tax refund. You’ll be glad you did when your car breaks down or an unexpected medical expense occurs.

3. **Fund Your Individual Retirement Account**
   
   Even if you have a 401(k) through your employer, you can open your own individual retirement account (IRA) to supplement that plan. As long as you and your spouse have a modified adjusted gross income of less than $203,000, you can contribute up to $6,000 to a Roth IRA in 2019, or $6,500 if you’re age 50 or older. This long-term money management is something you’ll thank yourself for when you’re older - especially when you consider experts recommend savings 10-12 times your current income to have a comfortable retirement.

4. **Invest in Stocks**
   
   So, you’re in a good place financially, with an emergency fund, a retirement fund, and little to no credit card debt. Maybe it’s time to open a brokerage account and start investing with your tax refund! To do so, you can research on your own and invest in a tech startup or stock you believe has the potential for growth. Or, you can consult a financial professional to build a portfolio that matches your personal risk tolerance and financial goals. You can also use Mint’s investment tracker feature to evaluate your stocks’ performance and tweak your strategy as time goes on. It’s smart to use the extra money from your return to take this calculated risk rather than taking money out of your savings or checking account.

5. **Consider Buying Flood Insurance or Increasing Liability Coverage**
   
   Everyone’s heard of a rainy day fund — but what about when that rain continues to pour? With less than $1,000, you can purchase flood insurance from the National Flood Insurance Program if you live in a low to medium risk area. For under $500, you can buy an umbrella liability policy with $1 million in coverage beyond the limits of your car or homeowner’s insurance. Sometimes, good money management means addressing the painful “what if” questions and using your tax return to protect your property and loved one’s future.

6. **Start a Savings Account for Something Big**
   
   If you want a great vacation or you’ve decided it’s time to get serious about saving up the down payment for a house, open an account just for these big expenses and use your tax refund to kick start your financial goal. Keeping the money separate from your regular bank accounts makes money management for major purchases easier and means you’re less likely to dip into it for splurges.

7. **Make Home Improvements**
   
   For under $1,000, you can make home improvements that will improve your daily quality of life. You could repaint one or more rooms, install new bathroom faucets, buy a programmable thermostat, add new landscaping, or de-junk and organize your garage. Not only will these enhancements make you feel a little happier at home, but they’ll also add value to your house if you decide to sell it later.

8. **Donate to Charity**
   
   Receiving your tax refund gives you a perfect opportunity to donate money to a cause that’s close to your heart. Be sure to save your receipts from donating, so you’ll have the proper documentation if you itemize your deductions next year.

Continued on following page
9. Replace an Inefficient Appliance
If you’re still using an old refrigerator or washer-dryer combo that’s energy inefficient, consider donating your old appliances to a charitable organization and buying a replacement that’s greener. You’ll enjoy a new appliance and your utility bills could be lower as a result.

10. Invest in Yourself
Perhaps you’ve wanted to take a college course or learn how to use Photoshop. Consider using your tax refund to make an investment in yourself. For example, you could learn a new skill that’s relevant to your job or take cooking lessons to lower your going-out expenses.

Sure, you’ve probably had your eye on a pair of shoes or a couple of console games when your tax refund arrives but a wiser choice is to think beyond the lure of instant gratification.

How to use a tax refund
How can I use my tax refund wisely?
Resist the urge to splurge. We constantly hear the phrase, “Treat yourself,” and while it’s not a bad idea to spend money on yourself for fun here and there, it’s not the smartest way to use a tax refund. Instead, take a hard look at your finances and figure out what to do with your tax refund so it improves your financial standing.

What should I use my return for?
The best way to use a tax refund depends on your personal financial goals. If you have outstanding debts, take care of those first. If your emergency fund is looking a little low, top up the account with all or part of your refund. And if you’ve covered all your financial bases, consider donating the funds from your return or investing in promising stocks.

Where can I invest my tax refund?
If you’re curious about how to invest a tax return, the best place to start is by doing your own research. Stick to simple investments before taking on a complicated portfolio by yourself. And remember, investing in stocks is making a calculated risk - never invest money you can’t afford to lose.

Resource: MINT
How to Love your Heart

Submitted by Patty Suskin, Diabetes Coordinator

Source: https://www.cdc.gov/features/heartmonth/index.html

Heart disease doesn’t happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages.

Are you at Risk for Heart Disease?

Risk factors include: High blood pressure, high blood cholesterol, smoking

Other conditions that increase your risk include: obesity, diabetes, physical inactivity, unhealthy eating patterns

4 Ways to Take Control of Your Heart Health

You’re in the driver’s seat when it comes to your heart. Learn how to be heart healthy at any age.

Don’t smoke. Smoking is the leading cause of preventable death in the United States. If you don’t smoke, don’t start. If you do smoke, contact Taylor Owens, Tobacco Cessation Specialist at towens@squaxin.us or 360.432.3933 or https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html?c_id=OSH_tips_D9385

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Patty can give you ideas now to make healthy choices. 360.432.3929 or psuskin@squaxin.us

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about physical activity: https://www.cdc.gov/physicalactivity/basics/index.htm

Foot Exam Day with Dr. Kochhar (Foot Doctor)

Wednesday, February 26, 2020

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

Happy Valentine’s Day
Stop by Patient Registration Before Medical/Dental Appointments

This helps us keep your personal files up-to-date with the most current information.

**Why is it important to update registration?**
- We are federally funded and get audited annually for compliance.
- Keeping your file up-to-date determines your PRC (Purchase Referred Care) eligibility. *For more information regarding PRC eligibility, please contact Jaclyn Meyer at (360) 432-3922.

**What is the process and what is required?**
- We require PAO-21 and HIPAA forms along with a current proof of address to be provided with each fiscal year. This is in addition to updating insurance and photo ID, as needed, and having your Social Security card, birth certificate and proof of tribal affiliation on file.

**Who is able to help?**
- See Eric Ellerbe in Patient Registration for any registration questions (360) 432-3915.
- If Eric is not available, you can also see Kimy Peterson at the clinic front desk.

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Do you have diabetes? Protect Yourself!

Get your pneumonia shots!

Submitted by Patty Suskin, Diabetes Coordinator

**Why should you get a pneumonia shot?**
People with diabetes are about three times more likely to die with pneumonia. Yet only one-third get a simple, safe pneumonia shot.

**A pneumonia shot is recommended for anyone with diabetes aged 2 or older.**

**Is there a season when I should get a pneumonia shot?**
You can get a pneumonia shot anytime during the year.

**Do I need more than one pneumonia shot?**
You should get vaccinated again if you are older than 65 years of age if the vaccine was given over 5 years ago. A pneumonia shot can also protect you from other infections caused by the same bacteria.

Call the clinic at 360.427.9006 or ask for the shot at your next appointment.

Source:
**Elders Menu** . . . Fruit and salad at every meal

**MONDAY 3:**
Sausage Potato Bake, Broccoli

**MONDAY 10:**
Veggie Quiche

**MONDAY 17:**
 Twice Baked Potato Casserole, Mixed Veggies

**MONDAY 24:**
 Shrimp Scampi, Asparagus

**TUESDAY 4:**
Taco Soup, Turkey Sandwiches

**TUESDAY 11:**
Italian Sausage Potato Soup, Breadsticks

**TUESDAY 18:**
Clam Chowder, Fry Bread

**TUESDAY 25:**
Baked Potato Soup, Chicken Salad Sandwiches

**WEDNESDAY 5:**
Chalupas

**WEDNESDAY 12:**
Stroganoff, Brussel Sprouts

**WEDNESDAY 19:**
Hamburgers, Macaroni Salad

**WEDNESDAY 26:**
Beef Fajitas, Black Beans

**THURSDAY 6:**
Chicken Quarters, Roasted Red Potatoes, Carrots

**THURSDAY 13:**
Spam and Cabbage, Rice

**THURSDAY 20:**
Casino Buffet

**THURSDAY 27:**
Tuna Casserole, Peas

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**Fences for Fido** is an award-winning, non-profit organization that builds donor-funded fences free of charge for families who keep their dogs on chains, tethers and in small enclosures. We also provide:

- A warm, insulated dog house
- Spay/neuter services
- Critical vet care

In the past 10 years, Fences For Fido has unchained over 2,000 dogs in NW Oregon, central Oregon and SW Washington!

You can apply for help with fencing, volunteer to help, or donate!

One Squaxin Reservation resident has already been assisted!

https://www.fencesforfido.org
February Happy Birthdays

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

3. Donald John Briggs
   Mistifawn Andi Martinez
   Taturn 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 Witzcraft
    Steven Ray Peters
    Timothy Lee Linn

22. Grace Marie Pughe
    Kimberly Ann Allen

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

24. Jonathon Joseph Fry
    Zachariah Ashton Mirka

25. Katrina F. Parker
    Samuel Joseph Penn

26. Alex Ryan Salgado
    Amar’e Lucio Carrington
    Cameron Fitzgerald Henry
    Juana Cherati Rose Nelson
    Leilani Georgia Blueback

27. Katherine Mae Ackerman

28. Dennis Lloyd Sigo

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Squaxin Island Tribe - Klah-Che-Min Newsletter - February 2020 - Page 17
**Veterans Committee**
The Veteran’s Committee will be meeting on February 13th at 10:00 a.m. in the large conference room in the Tribal Center. If you have been on the committee before, or would like to start, all are welcome!

**MONDAY**
**Feb. 10**
Love is in the Air Valentine's Day event
4:00 - 6:00 p.m.
Community Kitchen

Childcare Board of Directors

**TUESDAY**
**Feb. 4**
Criminal/Civil Court

Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions

Culture Night
4:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

**Wed. 11**
Lunch w/ Lawyers
12:30
Tribal Center Training Room

Enrollment Committee

Freedom from Smoking
Noon - 1:00 p.m.

Culture Night
4:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

**WEDNESDAY**
**Feb. 5**
Elders Committee

AA & ALANON: 7:30 p.m.
Lushootseed Class: 5:00 - 6:30
Bible Study: 5:00 - 7:00
Community Kitchen

**THURSDAY**
**Feb. 6**
Family Court

Gaming Commission

Utilities Commission

**FRIDAY**
**Feb. 7**
Housing Commission

Education Commission

**Feb. 14**
SPIPA Board

**Feb. 21**
Tribal Council work session with Tribal Government

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**General Body Mtg**

May 2nd

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**BIBLE STUDY**
The Teachings of Jesus Christ

Wednesdays
5-7pm PST
Community Kitchen
50 SE Squaxin Ln, Shelton, WA 98584
## COMMITTEES COMMISSIONS & BOARDS

### Committee

<table>
<thead>
<tr>
<th>Committee</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics Committee</td>
<td>Arnold Cooper</td>
<td>Jeff Dickison</td>
<td>2nd Wednesday in Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elders Committee/Inc.</td>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
<td>1st Wednesday or Thursday</td>
</tr>
<tr>
<td>Elections Committee</td>
<td>None per code</td>
<td>Tammy Ford</td>
<td>March, April, May</td>
</tr>
<tr>
<td>Enrollment Committee</td>
<td>Charlene Krise</td>
<td>Joseph Peters</td>
<td>2nd Tuesday</td>
</tr>
<tr>
<td>Fireworks Committee</td>
<td>None per code</td>
<td>Rhonda Foster</td>
<td>May and June</td>
</tr>
<tr>
<td>Fish Committee</td>
<td>Vicki Kruger</td>
<td>Marvin Burnett</td>
<td>2nd Wednesday in March, June TBD</td>
</tr>
<tr>
<td>Gathering Committee</td>
<td>Charlene Krise</td>
<td>Marvin Campbell</td>
<td>2nd Wednesday or Thursday</td>
</tr>
<tr>
<td>Golf Advisory Committee</td>
<td>Arnold Cooper</td>
<td>Joseph Peters</td>
<td>2nd Tuesday of July, Oct., Jan., April</td>
</tr>
<tr>
<td>Hunting Committee</td>
<td>Charlene Krise</td>
<td>Eric Sparkman</td>
<td>1st Wednesday of March, June, Sept., Dec. TBD</td>
</tr>
<tr>
<td>Shellfish Committee</td>
<td>Arnold Cooper</td>
<td>Kim Kenyon</td>
<td></td>
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<tr>
<td>Veterans’ Committee</td>
<td>Vince Henry</td>
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### Commission

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<tr>
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<tbody>
<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>C.Krise, V. Henry, V. Kruger</td>
<td>Marvin Campbell</td>
<td>Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Budget Commission</td>
<td>Vicki Kruger</td>
<td>Gordon James</td>
<td>June and August</td>
</tr>
<tr>
<td>Education Commission</td>
<td>Vacant</td>
<td>Dallas Burnett</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>Gaming Commission</td>
<td>None per code</td>
<td>Liz Kuntz</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Housing Commission</td>
<td>Charlene Krise</td>
<td>Vacant</td>
<td>1st Saturday</td>
</tr>
<tr>
<td>Utilities Commission</td>
<td>Vacant</td>
<td></td>
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### Board

<table>
<thead>
<tr>
<th>Board</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business Administration Board</td>
<td>None per code</td>
<td>Nathan Schreiner</td>
<td>As needed</td>
</tr>
<tr>
<td>Child Care Board of Directors</td>
<td>Vicki Kruger, Charlene Krise</td>
<td>Bert Miller</td>
<td>2nd Monday</td>
</tr>
<tr>
<td>Island Enterprises Board</td>
<td>Arnold Cooper</td>
<td>Dave Johns</td>
<td>Sept., Dec., March, June</td>
</tr>
<tr>
<td>Museum Library and Research Center Board</td>
<td>Bev Hawks</td>
<td>Charlene Krise</td>
<td>4th Tuesday</td>
</tr>
<tr>
<td>Skookum Creek Tobacco Board</td>
<td>Vinny Henry</td>
<td>Mike Araiza</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>SPIPA Board of Directors</td>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td>TBD</td>
</tr>
<tr>
<td>Tourism Board (TC 2.34.010)</td>
<td>Vacant</td>
<td>Leslie Johnson</td>
<td></td>
</tr>
</tbody>
</table>
If you have been denied Social Security benefits because you receive a “Per Capita” distribution or other Tribal assistance, please contact Diane at the Squaxin Legal Department for assistance. (360) 432-1771 ext. 0