

## 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.



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10 SE Squaxin Lane, Shelton, WA 98584  
*Change Service Requested*





## TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

[www.squaxinisland.org](http://www.squaxinisland.org)

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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CHARLENE KRISE: Vice Chairman  
JEREMIE WALLS: Secretary  
VICKI KRUGER: Treasurer  
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DAVE WHITENER: 2nd Council Member  
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

## 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](https://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](http://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](http://squaxinisland.org) (under Tribal Member menu link)





## 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 country.
- **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.



## 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.





# WINTER GENERAL BODY MEETING



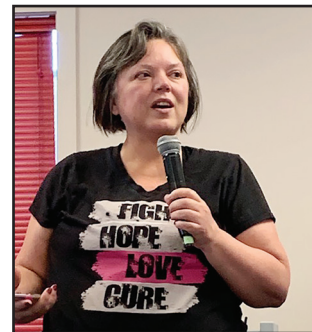
Erika Thale - The 2020 Winter General Body meeting took place on Saturday, January 11th. About 40 Squaxin Island Tribal members gathered together in the Community Kitchen to receive administrative updates and discuss community insights.

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. 11<sup>th</sup> & Feb. 25<sup>th</sup>

at 12:30 pm

Forum is open to whatever topic you might like to discuss.

Limit 15 People per day

Please RSVP to: [iharrell@squaxin.us](mailto:iharrell@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**



JOIN US IN MAKING  
VALENTINES DAY  
CARDS AND OTHER  
CRAFTS FOR YOUR  
LOVED ONES

MONDAY, FEB 10TH  
4:00PM - 6:00PM  
IN THE COMMUNITY  
KITCHEN

FREE FAMILY EVENT!  
HOSTED BY SQUAXIN ISLAND SUICIDE  
PREVENTION

**SNACKS, CARING & FUN!**  
Chocolate Fountain sponsored by Parks & Recreation

**DON'T FORGET TO VISIT THE PHOTO BOOTH!**





# PARKS & REC



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!



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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Rec Rm: 3-6pm Team Building: Crowns Open Gym: 3-6pm  Open Swim: 3-6pm	4 Rec Rm: 3-6pm Craft Class: 4:45-5:45 Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	5 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Bingo: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 3-6pm	6 Rec Rm: 3-6pm Rice Krispies: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	7 <b>SSD-1.5 HR ER</b> Rec Rm: 1:30-6pm Pool Party 3-4:30pm Open Gym: 1:30-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 5-8pm
10 Rec Rm: 3-6pm BHOP-Valentine's 4:45-6 Open Gym: 3-6pm  Open Swim: 3-6pm	11 Rec Rm: 3-6pm Craft Class: 4:45-5:45 Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	12 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Heart Chains: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 3-6pm	13 Rec Rm: 3-6pm Valentine's Popcorn: 5-6 Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	14 Rec Rm: 3-6pm Valentine's Party: 5-6pm Open Gym: 1:30-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 5-8pm
17 <b>Mid-Winter Break</b> Rec Rm Open: 7:30-4pm Pool Party: 10:30-12pm Open Gym: 7:30-4pm Team Games: 1:00-2:00 <b>Movie Night: 4-6pm</b>  Open Swim: 3-6pm	18 <b>Mid-Winter Break</b> Rec Rm Open: 7:30-4pm Cupcake Wars: 10-11am Open Gym: 7:30-4pm Golf: 12:45-2:00pm Play @ new Playground	19 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Heart Wreaths: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 3-6pm	20 Rec Rm: 3-6pm Make Apple Teeth: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	21 <b>SSD-1.5 HR ER</b> Rec Rm: 1:30-6pm Pool Party 3-4:30pm Open Gym: 1:30-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 5-8pm
24 Rec Rm: 3-6pm Team Building: Dragons Open Gym: 3-6pm  Open Swim: 3-6pm	25 Rec Rm: 3-6pm Craft Class: 4:45-5:45 Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	26 <b>GSD- ER @ 2:30pm</b> Rec Rm: 2:30-6pm Forky- Toy Story: 5-6pm Open Gym: 3-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 3-6pm	27 Rec Rm: 3-6pm Make Pizza: 5-6pm Open Gym: 3-4:30pm 11U Practice: 4:30-6pm	28 Rec Rm: 3-6pm Pool Party 3-4:30pm Open Gym: 1:30-4:30pm 12 & Up Practice: 4:30-6pm  Open Swim: 5-8pm
Activity Time is scheduled for 5:00-6:00pm		<b>ER = Early Release</b> SSD = Shelton School District GSD = Griffin School District		
Rec Rm: 360-432-3955 (only 3-6pm) & Jerilynn: 360-432-3992				









## 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 completed 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](mailto: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.

# February



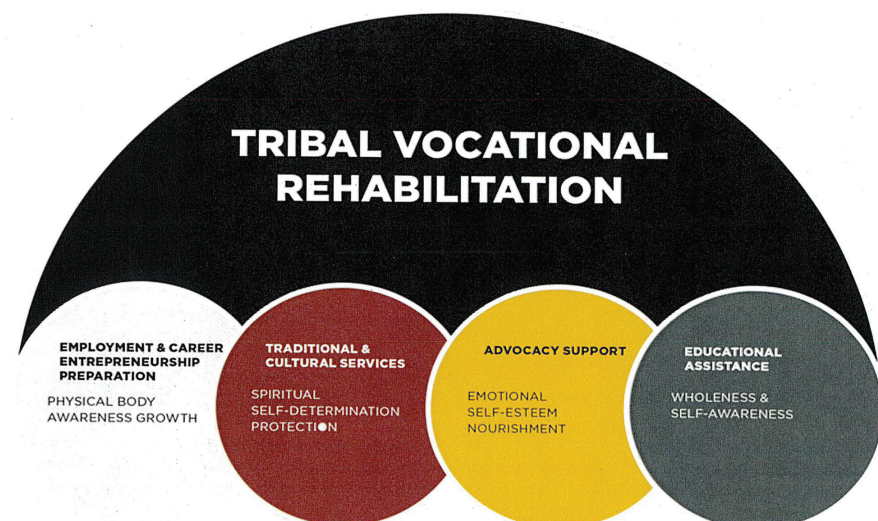
## Squaxin Teens

Jaimie Cruz Teen Advocate

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Teen Room 3:00 – 6:00	4 Craft Class 3:00-7:00 Drum Group 5-7	5 Lushootseed Class 5-630pm	6 Youth Council 5:00-6:00	7 Teen Room 3:00 – 6:00
10 Teen Room 3:00 – 6:00	11 Craft Class 3:00-7:00 Drum Group 5-7	12 Lushootseed Class 5-630pm	13 Youth Council 5:00-6:00	14 Teen Room 3:00 – 6:00
17 Squaxin Youth Gathering 12 pm Lunch Community Kitchen	18 Craft Class 3:00-7:00 Drum Group 5-7	19 Lushootseed Class 5-630pm	20 Youth Council 5:00-6:00	21 Teen Room 3:00 – 6:00
24 Teen Room 3:00 – 6:00	25 Craft Class 3:00-7:00 Drum Group 5-7	26 Lushootseed Class 5-630pm	27 Youth Council 5:00-6:00	28 <b>F.I.R.E SUMMIT At SPSCC</b>





## 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



**Carly Goltiani, RDH**

Hi! I am the new Dental Hygienist 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!



## 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.



M A

**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

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## What to Do with Your Tax Refund (10 Smart Tax Refund Investments)



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

squirrel 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 growth 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 ones' 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 Photo-shop. 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



## frozen fruits and vegetables

Same nutrition as fresh, and easy for you!

### super easy - no time to cook - just heat and serve:

Pour out enough frozen broccoli, green beans, carrots, cauliflower, corn, peas, or sugar snap peas for a meal. Close the bag tightly and put back in the freezer. Heat and serve your veggies! Or try these other ideas.

### add veggies to your favorite dishes:

- Add frozen carrots, peas, or corn to your soup. Heat and serve.
- Add frozen chopped vegetables like broccoli, carrots, and peppers to a casserole or stew.
- Top a baked or mashed potato with cooked veggies and shredded cheddar cheese.
- Add corn, chopped green beans, or carrots to a quesadilla.
- Mix thawed broccoli, carrots, cauliflower, or sugar snap peas with cooked pasta. Heat through.



### try different vegetables

Serve a new veggie with a familiar veggie:

- broccoli, cauliflower, and carrots
- cauliflower and peas
- broccoli, green beans, onions, and red peppers
- cauliflower, broccoli, and red peppers
- sugar snap peas, carrots, and onions



### Trouble getting kids to enjoy vegetables?

- Add a little butter or sprinkle with grated cheese.
- Let kids dip veggies in mayonnaise or ranch dip.



### chicken veggie stir fry

- 2 tablespoons vegetable oil
- 2 boneless, skinless chicken breasts
- 2 cups frozen vegetables of your choice
- 3 cups cooked brown rice
- 1 egg, slightly beaten
- 2 tablespoons water
- 1 tablespoon soy sauce
- 1/2 teaspoon garlic powder

**Step 1** Heat oil in a large skillet. Cut chicken into small cubes. Add chicken to skillet and cook for 4 minutes.

**Step 2** Add vegetables and rice to skillet. Cook and stir for 2 minutes.

**Step 3** Stir egg, water, and soy sauce together in a small bowl. Pour egg mixture over chicken and rice in skillet. Stir and cook for 2 minutes, until the egg is cooked.

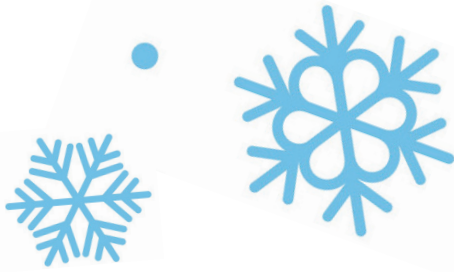
Makes 6 servings - One serving (1 cup) has 224 calories, 7 g fat, 184 mg sodium and 3 g fiber.



WOMEN,  
INFANTS,  
& CHILDREN

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





## 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](mailto:towens@squaxin.us) or 360.432.3933 or [https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html?s\\_cid=OSH\\_tips\\_D9385](https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html?s_cid=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](mailto: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)

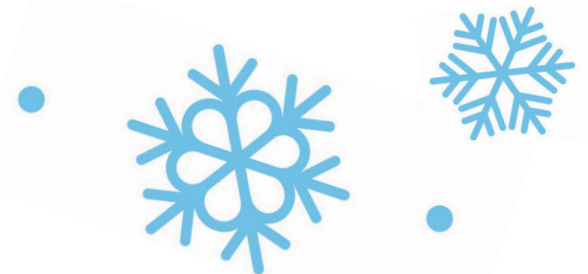
Wednesday, February 26, 2020

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](mailto:psuskin@squaxin.us)



Happy   
Valentine's  
Day





**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 at 360.462.3224,**  
**wicnutrition@spipa.org**

**Tuesday, February 11 is WIC day at SPIPA**  
(Dates may change)

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



## time to UPDATE



## 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.



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:

<https://www.diabetes.org/diabetes/medication-management/flu-and-pneumonia-shots>





# COMMUNITY



## 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

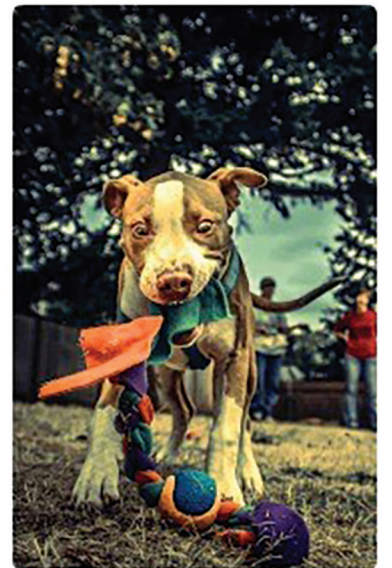
**WEDNESDAY 26:**  
Beef Fajitas, Black Beans

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

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

**THURSDAY 20:**  
Casino Buffet

**THURSDAY 27:**  
Tuna Casserole, Peas



**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	12 Che-Vonne J. Obi Emilio Hernandez-Capoeman Russ M. Addison	22 Grace Marie Pughe Kimberly Ann Allen
3 Donald John Briggs Mistifawn Andi Martinez Tatum Jeanette Guijosa-Bryson	13 Addison Maralee Henry Eugene R. Cooper Ramona Lee Mosier	23 Joshua Darryl Melton Lydia Cecile Parrott Marlo Lynice Andrews Marvin Dale Newell Jr.
4 Isaiah Lewis Rees James Arnold Cooper Kalea Anne Johns Lareciana Broussard-James Larry J. Bradley Jr. Lydia Anna Trinidad	14 Michael James Furtado	25 Jonathon Joseph Fry Zachariah Ashton Mirka
5 Anthony Andrew Pinon Dylan Lee Suarez John Clayton Briggs Shannon R Cooper	15 Alicia Nicole Boyette Sean Daniel Jones Sonja Mae Clementson	26 Katrina F. Parker Samuel Joseph Penn
6 Stephanie Jeanne James	16 Jean Deanna Henry Jennifer Lynn Reboin Justine Susan Crone	27 Alex Ryan Salgado Amar'e Lucio Carrington Cameron Fitzgerald Henry Juana Cherati Rose Nelson Leilani Georgia Blueback
7 John Edward Tobin Michael James Mosier Ruth Ann Lopeman Sebastian R. Rivera	17 Antone Hidalgo-Hawks Clayton Mc Cloud Bethea Derrick Ray Wily Micheal Scott Kenyon Raul Cristian Avalos Sophia Lynne Martin	28 Katherine Mae Ackerman
8 Apisai Taule'ale'a Moliga Jr. Barbara Lynn Knudsen Fawn Patricia Ann Tadios Justin Scott Lopeman-Dobson	18 Haley Nicole Wilson Kimberli Anne Burrow-Elam Steven Mitchell Peters	29 Dennis Lloyd Sigo
9 Michael Sheldon Henderson Stefanie D. Kenyon	19 Benjamin Q. Parker Katalina Michelle Lewis Rachel Fame Ford Robert Wesley Whitener Jr.	
10 Aries Mae Blueback Crisaleena Nevaeh- Marie Rees	20 Cheryl Louise Sept	
11 Aleí Leslie- Renea Henderson Hunter Merriman Shaelynn Dawn Peterson	21 Annie Martha Ruddell Jordan D. Sweitzer Kristopher Klabsch Peters Margaret Mary Witcraft Steven Ray Peters Timothy Lee Linn	



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

If it is an  
**EMERGENCY**  
CALL 911

**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.





# What's Happening



## 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.

### Feb. 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.

### Feb. 18 Criminal/Civil Court

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

Culture Night  
4:00 - 6:00 p.m.

### Feb. 25

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

Skookum Creek Tobacco  
Board

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

Culture Night  
4:00 - 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

### Feb. 12

Golf Advisory Committee

Aquatics Committee

**Tribal Council  
work session with IEI**

AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

Bible Study: 5:00 - 7:00  
Community Kitchen

### Feb. 19

AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

Bible Study: 5:00 - 7:00  
Community Kitchen

### Feb. 26

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

### Tribal Council

### Feb. 13

**Veterans Committee**  
10:00 a.m.  
Tribal Center  
Large conference room

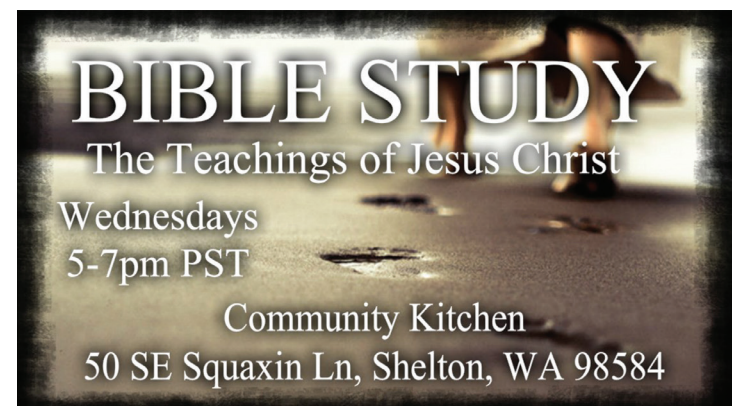
**Tribal Council  
work session with LCCR**

### Feb. 20

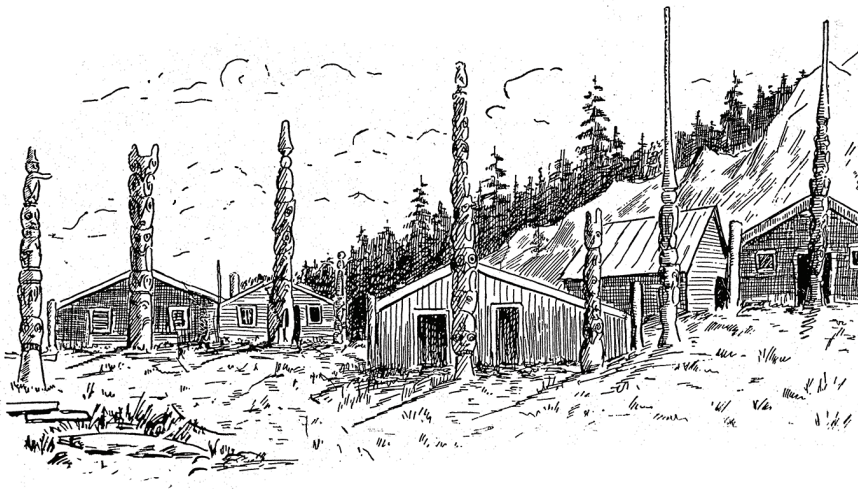
### Tribal Council



## General Body Mtg May 2nd







Please Join Us

Building Strong Families Through Culture

# BSFTC

2019-2020

## Community Kitchen

Tuesday's

4:00 pm — 7:00 pm

For the Formation and Maintenance of Two-Parent Families

## COMMITTEES COMMISSIONS & BOARDS

### Committee

Aquatics Committee  
Elders Committee/Inc.  
Elections Committee  
Enrollment Committee  
Fireworks Committee (TC 6.04.040)  
Fish Committee  
Gathering Committee  
Golf Advisory Committee  
Hunting Committee  
Shellfish Committee  
Veterans' Committee



### Council Rep.

Arnold Cooper  
Charlene Krise  
None per code  
Charlene Krise  
None per code  
Vicki Kruger  
Charlene Krise  
Arnold Cooper  
Arnold Cooper  
Vince Henry  
None

### Staff Rep.

Jeff Dickison  
Traci Coffey  
Tammy Ford  
Tammy Ford  
TBD  
Joseph Peters  
Rhonda Foster  
Marvin Campbell  
Joseph Peters  
Eric Sparkman  
Kim Kenyon

### Meetings

2nd Wednesday in Feb., May, Aug., Nov.  
1st Wednesday or Thursday  
March, April, May  
2nd Tuesday  
May and June  
2nd Wednesday in March, June  
TBD  
2nd Wednesday or Thursday  
2nd Tuesday of July, Oct., Jan., April  
1st Wednesday of March, June, Sept., Dec.  
TBD

### Commission

1% Committee (Bylaws & Appendix X2)  
Budget Commission  
Education Commission  
Gaming Commission (TC 6.08.090)  
Housing Commission  
Utilities Commission



### Council Rep.

C.Krise, V. Henry, V. Kruger  
Vicki Kruger  
Vacant  
None per code  
Charlene Krise  
Vacant

### Staff Rep.

Marvin Campbell  
Marvin Campbell  
Gordan James  
Dallas Burnett  
Liz Kuntz  
Vacant

### Meetings

Feb., May, Aug., Nov.  
June and August  
2nd Friday  
1st Thursday  
1st Friday  
1st Thursday

### Board

Business Administration Board  
Child Care Board of Directors  
Island Enterprises Board  
Museum Library and Research Center Board  
Skookum Creek Tobacco Board  
SPIPA Board of Directors  
Tourism Board (TC 2.34.010)



### Council Rep.

None per code  
Vicki Kruger & Charlene Krise  
Arnold Cooper  
Bev Hawks  
Vinny Henry  
Vicki Kruger  
Vacant

### Staff Rep.

Nathan Schreiner  
Bert Miller  
Dave Johns  
Charlene Krise  
Mike Araiza  
Marvin Campbell  
Leslie Johnson

### Meetings

As needed  
2nd Monday  
  
Sept., Dec., March, June  
4th Tuesday  
2nd Friday  
TBD







**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 at 360.462.3224,  
wicnutrition@spipa.org

**Tuesday, February 11 is WIC day at SPIPA**  
(Dates may change)

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Washington State WIC Nutrition Program doesn't discriminate.



## Social Security Disability

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



## FEBRUARY SESSIONS

CHECK WEBSITE FOR DETAILS

**Thursday | February 27th | 6:30pm**  
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

**Friday | February 28th | 8:30pm**  
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday | February 29th | Noon**  
Doors Open 9am | Early Birds 11:30am | Session Starts Noon

**Saturday | February 29th | 4:30pm**  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday | March 1st | 1pm**  
Doors Open Noon | One Hour Session Starts 1pm  
We are excited to introduce a new game to our bingo line-up! Come check out our Blazing Bingo! All the fun of regular bingo with the added lotto-style bingo add-on!

**BLAZING BINGO**  
Catch 4 out of 4 win **\$1,199**  
Catch 3 out of 4 win **\$1,000**  
Catch 2 out of 4 win **\$599**

**Sunday | March 1st | 4:30pm**  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Multiple winners split payouts.  
Must be 21 or older for Bingo Specials.

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



## Help Protect Our Kids, Families and the Environment



## Clean Out Your Medicine Cabinet

## Prescription Drug Take Back Boxes

Located At:  
**Mason County Sheriff's Office**  
322 North 3rd Street in Shelton  
&  
**Mason Regional Fire Authority**  
460 Northeast Old Belfair Highway in Belfair  
For More Information Call Mason County Public Health & Human Services  
**360-427-9670 ext. 400**







## South Puget Intertribal Planning Agency



## USDA Foods Program February Dates

**PT. GAMBLE S'KLALLAM** 2/4/20  
**SQUAXIN ISLAND** 2/7/20  
**CHEHALIS** 2/13/20  
**SKOKOMISH** 2/18/20  
**NISQUALLY** 2/21/20

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 SPIPA at 360.426.3990

This institution is an equal opportunity provider.





## Squaxin Island Tribe

### Family Justice

The Family Justice Program is here to assist people that have been incarcerated, released from Inpatient treatment for substance abuse and/or have obligations with Probation, DOC, BHR and ICW.

The primary focus is to assist clients with finding resources to remove barriers and obtain self-sufficiency and reduce the risk of reoffending.

Contact: Family Justice Services Coordinator  
Phone: (360) 432-3906  
Cell: (360) 485-5150  
Address: 2750 SE Old Olympic HWY  
Shelton, WA 98584