

# Increased Coho production to accompany new netpen facility

Will Henderson - In August of 2020, the Natural Resources department will take delivery of a new net pen facility structure for the Coho fishery enhancement program. The department has worked hard the past couple years to secure grants and other funding sources to make this purchase. This replacement has been needed for several years. The current structure is almost 40 years old and has become dilapidated. This raised concerns about possible equipment failure and an unsafe work environment for staff. The new structure will be double in size, adding an extra eight (40ft x 40ft) pens. This size increase will give us the capacity to rear up to an additional 800k fish.

This year, the enhancement program saw an increase in Coho production. Just over 2.1 million fish were transferred to the pens in January, reared and then released in May. This was an increase from the previous release years of 1.8 million. The program will receive 2.4 million coho for the 2020 rearing season and for 2021, we expect Coho numbers to be somewhere between 2.4 and 2.5 million fish.

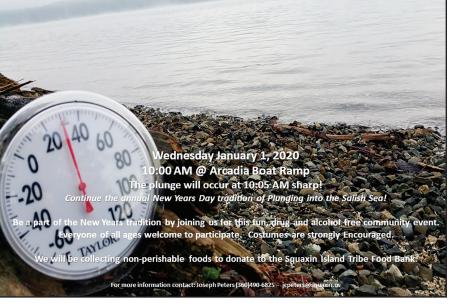
Along with the Coho increase, we have an experimental project planned for Chinook production. This pilot project will begin during the 2021 rearing season and the initial duration will be one to two years. We will transfer up to 500k Chinook to the pens for rearing and eventual release. Multiple groups of these fish will be tagged before release for future study and monitoring purposes. This will allow us to evaluate project success, the various size and release timing strategies, along with marine survival rates and fishery contribution rates.

**Continued on Page 4** 









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

Winter General

**Body Meeting** & breakfast with Council!

## Saturday, January 11, 2019

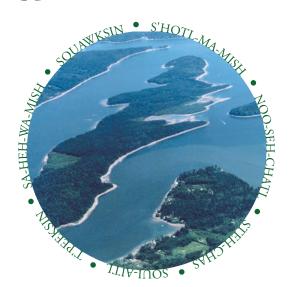
9:00 a.m. in the Squaxin Community Kitchen Breakfast will be ready by 8:30 a.m.



Any questions? Please call 360-426-9781







### S q u a x i n I s l a n d RIBAL NEWS 10 S.E. Squaxin Lane

Shelton, WA 98584

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

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

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

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

Submissions Deadline: 15th of each month

#### SQUAXIN ISLAND TRIBAL COUNCIL:

ARNOLD COOPER:ChairmanCHARLENE KRISE:Vice ChairmanJEREMIE WALLS:SecretaryVICKI KRUGER:TreasurerBEV HAWKS:1st Council MemberDAVE WHITENER:2nd Council MemberVINCE HENRY:3rd Council Member

Klah-Che-Min Staff: THERESA M. HENDERSON: EXT. #3945 thenderson@squaxin.us

### Andrea-Wilbur Sigo, Celebrated Squaxin Carver, Tells Stories Through Wood, Stone and Shell

By Jerica Pender, Thurston Talk - There are many ways to tell the stories of our ancestors, and Andrea Wilbur-Sigo does it with her hands. Through adzes and handmade tools, her blades of repurposed, antique cross saws bear handles made of yew wood from a tree her grandfather felled. Andrea brings ancestral stories of the Coast Salish people, mythology and even the story of the wood itself to life in the traditional way – through carving.

Layer upon layer, Andrea removes only what is necessary for the story to emerge. Whether the final product takes the form of a story pole, welcome figure or house post, the red and yellow cedar logs that Andrea works with shape a narrative where words never could.

Carving is in Andrea's blood. She comes from a long line of artisan storytellers – at least seven that have been documented – but she's sure there are more. Andrea is the first woman carver in her family, taking up an artform that tradition has long said is the work of men.

Through her celebrated works of art, Andrea demonstrates her mastery of the craft, proving time and again that art and storytelling know no bounds. She has been in the studio since around three years old and sold her first international work at age eight.

She gives credit to several family members for teaching her: her father Andy Peterson, her mother Ruth Peterson, her grandfathers Bert Wilbur and Dennis Allen, and her great uncle Pete Peterson. Andy is also a celebrated carver whose work can be found at The Evergreen State College. He helped carve the welcome figure at the top of the College's Red Square, along with the two figures that adorn the front of the Longhouse. Andreas's work is set in stone inside the Longhouse – a wolf figure carved into granite tiles and sandblasted.

Over the years, Andrea has been expanding her repertoire and using technology to her advantage. To create her stone carvings, she sketches an image by hand and then digitizes it on her computer. It's then outputted by laser and etched onto stones and shells of Andrea's choosing. This is a medium she and her mother, who is also a carver, enjoy working in together and they often collaborate to create some



Andrea Wilbur-Sigo poses with her massive Strong Man welcome figure. This piece, among several others (including a print by the artist in every hotel room), can be found at the Little Creek Casino. Photo courtesy: Jerica Pender Continued on Page 10



Andrea works as a full-time artist and full-time mom – at the same time! Photo courtesy: Andrea Wilbur-Sigo





## COMMUNITY-





### **Walking On**



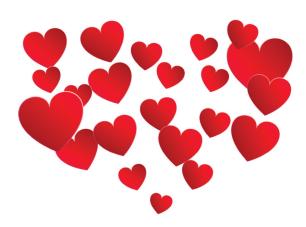
### Michael Curtis Fletcher

*August 22, 1959 - November 8, 2019* Michael Curtis Fletcher was born in Enumclaw and moved to Shelton at age three. He was an Eagle Scout, and graduated from Shelton High School. He worked for Mr. Electric for 17 years and was a member of the Squaxin Island Tribe.

He loved hunting, fishing, picking wild berries and Chanterelle mushrooms. He also enjoyed playing baseball and listening to classic rock & roll (loud).

His mother was the late Linda Dellsgard Fletcher. He is survived by his wife, Julie; father, Ron Fletcher; siblings, Doug and Renee; best friend and uncle, Wes, and aunt Evelyn; aunt Jackie; and uncle, Harold Crenshaw. He had numerous cousins and nieces, and two children, Jacob and Jessica.

A Celebration of Life will be held on January 12th from 3:00 - 6:00 at the Squaxin Island Community Kitchen. There will be a potluck following the service.



You will all be missed!



William "Billy" Lopeman

William Charles "Billy" Lopeman was born in Shelton, WA on April 29, 1946 to Mary Whitener and Ernest Lopeman. Billy grew up in rural Kamilche surrounded by his aunts, uncles, cousins and friends.

He lived in Seattle for a bit working as a mechanic and at a floor and tile company. He was a commercial fisherman most of his life and a shellfish harvester. Mike Brownfield and Bill fought for our shellfish rights on their own with no support from the Tribe. Both were arrested numerous times and argued about U and A for shellfish rights for Squaxin Island Tribe. As they continued to fight, they brought in other tribal members like Yum Krise.

Most will remember Bill as the Pull Tab Man. He started in the original Bingo Hall in the gymnasium, then continued working at Little Creek Casino Resort where he eventually retired. He spent his leisure time hanging out with his daughters and grandchildren on their daily visits. He liked having friends and relatives stop by to visit and gossip. He also enjoyed daily text messaging with Ken Selvidge, Mary Kuntz, and BJ Whitener. He's also remembered for being a prankster.

Billy is survived by his lifetime companion, Janice Lopeman; daughters, Traci Lopeman, Ruthie Lopeman (Jr. Johns), Christina Bragg (Wyatt), Angela Lopeman (Derek Hunt); four grandchildren, Justin, Gerad, Adam, Jordan, and Billie Marie; and numerous cousins and loved ones.

He was preceded in death by his parents, Ernst and Mary; brother, David Lopeman and sister-inlaw Shirley Lopeman; and grandniece, Cynthia Dorland.

Funeral services were held Thursday, December 12, at the Squaxin Island Tribe gymnasium. Viewing was at 10:00 a.m. and the funeral was at 11:00 a.m. followed by a graveside service at the Squaxin Island Sacred Grounds Cemetery. A meal followed at the Community Kitchen.



#### **Steven D Lehman** November 27, 1959 - December 07, 2019

Steven D. Lehman, Sr., age 60, a resident of Shelton, died on December 7, 2019, at his home in the Squaxin Island Village. Mr. Lehman was born on November 27, 1959, in Tacoma, Washington to Theodore Buerge and Christine Annette (Williams) Lehman.

He attended primary schools in Tacoma prior to moving to Taholah to live with his grandparents, Elmer and Eva Hayden. He graduated from North Beach High School in 1978. He then worked at Motor Village in Pacific Beach for several years before beginning work with the Quinault Nation Sanitation Department. He then worked for the Quinault Nation in Housing until 2014, when he moved to Squaxin Island and worked for the Squaxin Island Tribe Housing.

He and Margaret "Tootsie" Pickernell were married on August 14, 1982, and later divorced on September 15, 2004.

Steven loved being a part of his grandkids' lives as well as his grand-dogs. He was also a proud owner of a Harley and rode it whenever he could.

Surviving relatives include four children, Steven Lehman, Jr. of Missoula, Montana, Lisa Lehman, Anthony Lehman and Gregory Lehman, all of Shelton; three grandchildren, Anthony Lehman, Jr., Mason Lehman and Hazel Lehman; a brother Michael Lehman; and two sisters, Lori Lehman of Olympia and Debbie Kautz of Olympia.

In addition to his parents, a sister, Teri Lehman died previously.

An Indian Shaker Service was held at 10:00 a.m. at the Squaxin Island Gymnasium on Wednesday, December 11, 2019 with Wayne Barr officiating.

Cremation arrangements were by the Coleman Mortuary in Hoquiam.

## NATURAL RESOURCES





### Increased Coho production Continued from Page 1

Net pen production increases are due, in part, from funding sources our department will receive through the Governor's office and the Southern Resident Orca Task Force.

Due to continued declines in the southern resident killer whale population, this task force was conceived and is charged with developing long- term plans to help recover the Orcas. Lack of available prey is one of the key limiting factors for recovery of southern resident killer whales. Recommendations were made by the group to increase hatchery production, primarily for Chinook, but to include Coho and Chum in higher priority watersheds. Chinook salmon is the primary prey for southern resident killer whales, making up 80-90 percent of their diet. Chum and Coho salmon also make up a portion of their diet at certain times of the year.





#### WHAT IS IT?

A small intertidal shore crab that has recently invaded WA waters. Its preferred habitat is mudflats and marsh habitat, but can persist in a variety of environments. Native to the coasts around the Atlantic Ocean, it has found its way to the West Coast of the US where it has slowly invaded Northern waters along the WA Coast and Vancouver Island. Trapping studies have shown they are now in Inland waters of WA.

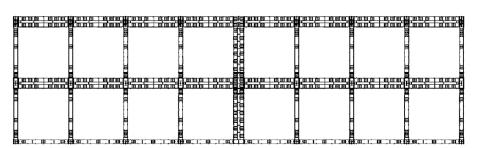
#### WHAT'S THE BIG DEAL?

As with many non-native marine species the concern is that they will disrupt the ecosystem – or negatively impact other species that are important to us. Specifically, this aggressive crab could outcompete other crab species, or become a predator of juvenile Dungeness crab – a resource that is important both economically, recreationally, and culturally. They may also become a predator of other important shellfish that we all rely on such as clams, oysters and geoducks.

#### WHAT CAN YOU DO?

Early detection is key! Many Tribes, State agencies, organizations and citizens are trapping in areas where crabs are known to exist, and in areas they have not yet colonized. Pay close attention while working or playing on the beach! Snap a picture and send to me with the location (as specific as possible) or bring me a shed carapace (back) that you might suspect to be a green crab. Many of our inlets in South Puget Sound are ideal habitats for these critters so the more eyes we have out there looking the better! Please see the following page for specific identification tips.

#### Email sightings to rbrown@squaxin.us Or call Rana Brown Lewis @ 360-432-3816

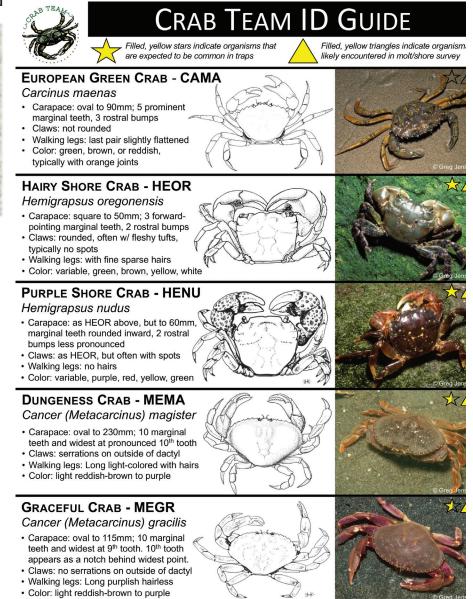


### Please Report Take of Any Marine Mammals

Please send me a take report of any and all marine mammals (seals and sea lions) during fishing season. We are required to report take of marine mammals to NOAA by January 15, 2020. This report will not include names, only total take of marine mammals during our fisheries. Please email or call in to me any incidental (death by entanglement) or lethal take of marine mammals, date of take, species (seal or sea lion), fishing gear type (gill net, beach seine) and marine area. If you happened to take a porpoise or another marine mammal, please report as well. The report form was provided in your annual regulations.

Thank you!

Joseph Chetwoot Peters, Natural Resources Policy Representative



## COMMUNITY-





### **Where Are They Now?** Russel Cooper, LCCR, Director of Security



Serving at Little Creek Casino Resort as the Director of Security for over 14 years is a pretty big deal, right? But speaking to him, Russel Cooper, you'd hardly recognize that fact because of his overwhelming humbleness.

"The Security Department is in charge of keeping the property, employees and patrons safe," he says with a gentle smile.

"What does that entail?" I ask. "Just keeping everyone safe," he says with another gentle smile.

"What are you most proud of?" I ask. The smile gets bigger as he finally begins to brag, but not about himself. Rather, he brags about his family. "My kids, the Mini Coopers, . . . Shannon, Cody, James, and Russel . . . they are my life!" he says.

Russel has also raised "countless" Native American foster children and coached numerous Squaxin Island tribal youth basketball teams, leading them to victory, not only on the floor, but in life.

"I did that for a lot of years and those were my best years," he says, grinning ear to ear. "As long as they were interested in sports, they were dong good ... We had great teams!"

Russel has a heart for foster kids because he was in the foster care system himself from age five to adulthood, living in nine different foster homes

- all over the state - and none of them tribal. Some treated him well, but not all. Sometimes state foster care system employees would pick him up at school without warning and take him to a different home in an entirely different city.

At age 16, and living in a foster home in Shelton, he decided to have himself sent to Chilocco Indian Boarding School in Oklahoma.

"I loved it there. It saved me. It made me independent. I knew I wouldn't graduate in Shelton."

He graduated from Chilocco in 1974, tried attending Haskell Indian College (which didn't work out), and moved to Omak where he got into a law enforcement reserve program and found his niche.

He eventually moved back to Shelton and was offered a position as a Squaxin Island Tribe Law Enforcement Officer under Chief Bob Gouin. He worked his way up to Sergeant and, after extensive law enforcement training, became Chief of Police.

"I love training!" Russel said.

He completed multiple trainings through the Bureau of Indian Affairs' U.S. Indian Police Academy in Marana, Arizona and also completed Washington State equivalency training and became state certified.

In 2003, he transferred to Little Creek Casino Resort because he was interested in a new challenge, he said.

"What do you want people reading this to know," I ask.

"Don't give up. Keep working hard. It will get better," he says with another one of his gentle smiles.

Although he won't brag about himself, you should know 40 people are employed under Russel's supervision. He has kept the casino, its employees and patrons safe during bomb threats and countless emergency situations.

His favorite past time? Silly question, right? Fishing of coarse! He is back on the water, even after breaking his hip a couple years ago.

Steady the coarse!

COMING NEXT MONTH: Maylynn Foster World Renowned Squaxin Island Tribal Member Artist



### **New Employee**



### Jesse Brown

Hi! My name is Jesse Brown, and I have worked for the Squaxin Island Tribe as a Hardware Technician for over two years now. I was born and raised in Shelton and graduated from Shelton High School in 2005. I recently attended South Puget Sound Community College and received a degree in Network Administration. The Information Services Department, as well as the entire Tribe, have welcomed me with open arms, and I truly enjoy what I do here. My mother, Sandy Brown, works at SPIPA, so I also get the pleasure of visiting her and occasionally having the opportunity to work with her. My background is in customer service as well as in-home care for the elderly and developmentally disabled. I have always enjoyed tinkering and technology since I was a child. I have successfully avoided doing the new employee article until now, but I think I'm about done being timid - since I'm approaching my third year with the Tribe. Getting to know the people and culture is an extremely rewarding experience which I look forward to continuing.



## PARKS & REC —



Beau Henry



We are proud of the youth for working hard and playing together as a team in the Taholah Tourney!



**Taholah 8U Champions** Back Row: Coach Larry, Samson Castellane, Benito Hernandez, Wyatt Wentworth, Janelle Krise, Carmela Valencia and Taylor Krise

Front Row: Ma'sye Taylor, Erik Andrews, Camilo Krise, Markus Synder and



Our Squaxin Team warming up be- Erik and Markus were All-Stars fore their game. Markus, Wyatt, Janelle, Benito and Camilo





Come show your support for these kids at the Squaxin/Skokomish tournament coming up January 3rd, 4th, and 5th ...



Ana and Tanalee. Ana Pinon was All-Star for the 13U Girls



13U took 2nd Place in the Taholah Tournament. In the back: Jasmine Rivera Middle Row: Niah, Tanalee Mendoza, Ana Pinon, Nyah, Ahree Allen.

Front Row: Kessliah Willams,









#### It takes 2 months to make or change a habit.

#### Consistency and accountability are key!

This challenge is designed to motivate movement and add healthy habits into your day.

- Daily goals to consider:
- Drink more water!
- Take 10 minute active break every four hours at work.
- Spent at least 30 minutes doing an activity that elevates your heartrate.
- Decrease your "screen time." Set a time in the evening to log off for the day.
- Spend 15 minutes learning something new!

Watch for class offerings at the Squaxin Fitness Center!

Buddy up- it's easier to hold someone else accountable! Sign up and commit to a better version of you for 2020!

We took the youth on a field trip to Kennedy Creek Salmon Trail on Veteran's Day. The youth were able to watch salmon make their way up the creek. It's always a nice field trip to get out and go for a little walk while talking to them about the life cycle of the salmon. We hope you all have a safe and happy holidays. If any families have an updated contact number, please stop by or call to

update your new number. When we take the youth outside, we encourage the youth to wear a sweatshirt or a coat. On the early release days, we will be taking the youth over to the new playground. Feel free to stop by and pick-up a calendar.





## LEARNING CENTER





Gordon James, Education Director - Happy New Year to everyone! On behalf of the Education Department, I share a wish that everyone has a happy, healthy and safe start to the new year. In this month's Klah-Che-Min, we are reminding tribal members that the Tu Ha' Buts Learning Center has services available for adult community members.

• Adult Education or GED provides financial assistance for Adult Basic Education, which includes expenses for basic skills acquisition. It can also help pay for GED testing fees and study materials. The GED testing itself generally takes place at either Olympic College Shelton (by appointment) or at South Puget Sound Community College (walk-in times available) in Olympia.

• Job Training and Placement is a program that provides financial assistance to Squaxin tribal member students taking vocational or job-related training classes or short courses to earn certificates, enhance their job skills, or maintain employment. That is, these funds can help if you want to take a class that helps you qualify for a job, if you want to take a class to improve your skills in the job you're in, or if you want to take a class that helps you advance in your job.

• Higher Education funding support is available for tribal members attending accredited vocational programs, colleges and universities. The amounts of funds available will vary depending on the school, college or university you are attending. Funds are available for up to 15 quarters or up to 10 semesters for





those pursuing an undergraduate degree. Funds are available for up to 9 quarters or up to 6 semesters for those pursuing a graduate degree. The Tribe does not currently provide funding for a doctoral degree, but discussion of the possibilities is ongoing in that area.

The Tribe has students currently attending colleges and universities in several states besides Washington. If you are a local student wanting to attend higher education programs out-of-state, or if you are a tribal member in another state wishing to attend your local college, these services are available to you. The Tribe's enrollment packet will describe the steps needed for you to apply for tribal funding.

If you are interested in any of these programs and services, please contact Mandy Valley at the Education Department. Call her at (360) 432-3882, or email her at mvalley@squaxin.us. Of course, students and potential students are always welcomed to drop by the TLC, Monday through Friday between 7:30 a.m. and 4:00 p.m.

For any other services of the Education Department, please call us at (360) 432-3958 and we will connect you to the right folks in the department to get you started. Next month, we will explore the many services available to pre-K youth and their families in the Squaxin community. Until next month, Happy New Year!





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

Monday	Tuesday	Wednesday		Thursday		Friday	
		Teen Center Closed Happy New year	1	Youth Council 5:00-6:00	2	Teen Room 3pm-6pm	3
6 Homework Party 3:00-4:30	7 Craft Class 4:00-7:00 Drum Group 5-7	Lushootseed Class 5:30-6:30	8	Youth Council 5:00-6:00	9	Teen Room 3pm-6pm	10
13 Homework Party 3:00-4:30	14 Craft Class 4:00-7:00 Drum Group 5-7	Lushootseed Class 5:30-6:30	15	Youth Council 5:00-6:00	16	Teen Room 3pm-6pm	1
20 MLK DAY No School TBD	21 Craft Class 4:00-7:00 Drum Group 5-7	Lushootseed Class 5:30-6:30	22	Youth Council 5:00-6:00	23	Teen Room 3pm-6pm	24
27 Homework Party 3:00-4:30	28 Craft Class 4:00-7:00 Drum Group 5-7	Lushootseed Class 5:30-6:30	29	Youth Council 5:00-6:00	30	Teen Night 8pm-12am	3







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

Native American inmates at the Washington Correction Center have made and donated Christmas gifts for Squaxin Island youth in foster care again this year.

The initiative started last year when Squaxin Island Tribal member Jay Powell thought it would be great way to help both the kids in foster care and the inmates themselves, by offering them a way to help others. After getting proper approval, he solicited help from his friends and they began creating wonderful beaded necklaces and bolos, dream catchers, etc.

A small luncheon was held at the correction center on December 17th to thank the inmates and staff as well as the Squaxin Island Tribe Family Services Department.

Jay thanked the Squaxin Island community for accepting their gifts and the correction center administration for allowing him the opportunity to do this great project.

Inmates Supervisor Stella Jennings said, "Everyone got involved, and it became a common goal that included staff at the facility as well."



Jay Powell and Stella Jennings



Jay Powell, above left, and the Tribal Sons group also host a powwow at the prison each year







## COMMUNITY



### Andrea-Wilbur Sigo Continued from Page 2

#### beautiful finished pieces.

Over the years, Andrea's ancestors had to fight to keep the vital art and stories of carving alive. When they were first forced onto the reservation, colonizers aimed to eliminate their Native art, craft and culture. Carving was not permitted, and even in a richly historically documented family such as Andrea's, there is a time period where the story went silent and no records were recorded.

Just like how each layer of cedar is carved away by Andrea's hands, her family began to carve away at any barriers to carving.

"Every generation has played a big role," Andrea says, "in keeping carving where it is, and making sure it continues."

For a long time, Andrea was the youngest carver in her family, but not anymore now that her children have begun to work in the art. Andrea is a mother to seven. Her children range in age from 27 to 1, and all of them have grown up in her carving studio. Not only is that how the artform and stories are passed down, but it is also Andrea's preference to hold her children close. She is a glowing mother, and her face lights up when she talks about her children's many successes. We share a knowing nod when she talks about nursing a baby in one arm, and continuing her work in the other.

Andrea explains that she is among the handful of traditional bentwood box makers that are left. The boxes are made by heating and bending strips of cedar that are crafted into a watertight box. These boxes were, and are, very important to Andrea's tribe, and all of the Coast Salish people. The watertight feature is key in our climate and many bentwood boxes were used in cooking.

Andrea says her first carved works were small, but now her story poles, welcome figures and house posts have achieved heights up to 18 feet tall. Though she may rough out the images with a chainsaw, each piece is finished by hand in the traditional way with an adze, which also does a major part of the sealing of the piece as it crushes the fibers of the cedar.

Cedar is hard to come by these days. Andrea shares that the price has tripled since she first started carving. Her family has always been adept at not only making do with what they have, but also turning it into something beautiful. "Carving is a living culture," Andrea says, "it adapts to whatever is there at the moment."

Her husband, Steve Sigo, is especially good at adaptation, and is highly skilled in removing rot from wood and replacing it with healthier pieces. He's also mastered stitching cedar together to make one solid piece.

Stunning examples of this can be seen in the Little Creek Casino where Andrea's Strong Man, a welcome figure, and her eight-foot-wide spindle whorl, Salmon People, are on display. Salmon People is 14 pieces of yellow cedar stitched together, and it won Best of Show and People's Choice Award in the Washington State History Museum's In the Spirit show.

Additional works by Andrea Wilbur-Sigo can be found throughout the region. Look for her pieces at the Salish Cliffs golf course, and at the Squaxin Museum in the Veteran's Memorial Garden. She has done a lot of work for the Suquamish Tribe in Silverdale, including Chief Seattle's (Sealth) gravesite memorial, and has a piece at the Brightwater Treatment Facility in Woodinville. You can even spot her art in the Cruise Terminal at the Port of Seattle where her work greets visitors in a traditional way and showcases the best of the Pacific Northwest.

To reach Andrea, contact her via email at awsigo@msn.com



Chief Seattle's (Sealth) gravesite memorial

### A Great Big - Huge - Thank you!

I would like to take the time to express my gratitude for the help and support I received these past few months, before and after my back surgery.

I am overwhelmed and humbled by the Squaxin community. Because of this situation, I am a changed person. I realize how lucky and blessed I am by you all.

Rose Davis, Misti Saenz-Garcia, and Theresa Henderson, thank you for renewing my spiritual faith in so many ways. I will forever be grateful.

Rose Davis and Marcella Cooper, thank you for surprising me and being at St. Pete's for me the morning of my surgery. I am still in awe that you drove in the early hours of the morning before work to pray with me, as you knew I was so scared. Rose, Lydia and Marty Trinidad, and the Mud Bay Shaker Church, thank you for blessing me during your Sunday service. Terri Capoeman, Marcella Cooper, Madeena Rivera and John Krise Sr., thank you for attending the blessing and being by my side.

Jolene Peters, Famie Mason, Melanie Palmer, Jamie Queen, Arnold Cooper, Vicki Kruger, Davey Whitener, Jasmine Johnson Krise, and Rene Klusman, thank you for taking the time to visit me in the hospital. Jasmine, thank you also for checking on me before and after your shifts. I love you.

Andrea and Steve Sigo, Sr., thank you for the lift chair. I have no idea how I would have managed without it. Thank you, Elizabeth Krise, for the loan of the walker.

Thank you for all the cards, gifts, phone calls, texts, and emails. My mind was totally blown by your concern and generosity. Steve Sigo, Jr. and David Michael Lewis, thank you for your conversations and the laughs you gave me.

Dr. Angela Tobias what do I say? You are the most amazing, caring doctor I have ever known. Without your care and knowledge, I would not have gotten through this. The community is so very lucky to have you.

Jolene Peters, thank you for the support you have given me all the way. You are amazing, and I will be forever in your debt. I will always be there for you.

Last, but not least, thank you, Rachel Buckle, for taking on my workload together with your own at such a busy time of the year and making it so easy for me to get back into the swing.

I am sorry if I have forgotten anyone; it isn't my intent.

Thank you, Squaxin, for adopting me into your community and showing me the true meaning of "Community."

- Julie Evenhuis



## — Elders Trips —









## **COMMUNITY DEVELOPMENT**



## HOUSE METHOD PRESENTS R C

#### LOW INCOME SENIORS

USDA SINGLE FAMILY HOUSING REPAIR GRANTS

Covers the removal of health and safety hazards for senior homeowners who are 62+ years old. living in eligible areas whose income is below 50% of their county's median income and would be unable to repay a repair loan.

#### VETERANS/SERVICE MEMBERS

whose Income is not exceeding 150% of the U.S. DHHS Poverty Guidelines and who have no other resource for housing assistance.

## THOSE AFFECTED BY NATURAL DISASTER

### STATES/NON-PROFITS

Grant is given to for states, localities, or non-profits housing purchases, construction, or rehabilitation for low-income people

HOME INVESTMENT PARTNERSHIPS PROGRAM

#### COMMUNITES



#### https://housemethod.com/maintenance/ home-repair-grants

If you need assistance filling out the application contact: Lisa Peters @ SIT Office of Housing 360-432-3871.

### **Cybersecurity Awareness**

The Internal Revenue Service urges families and teens to stay vigilant in protecting personal information while connected to the internet. Although the IRS is making huge strides in fighting identity theft and thwarting fraudulent tax returns, help is needed. During National Work and Family Month, IRS asked parents and families to be mindful of all the pitfalls that can be found by sharing devices at home, shopping online and through navigating various social media platforms. Often, those who are less experienced can put themselves and others at risk by leaving an unnecessary trail of personal information for fraudsters.

The IRS has joined with representatives of the software industry, tax preparation firms, payroll and tax financial product processors and state tax administrators to combat identity theft refund fraud to protect the nation's taxpayers. This group, the Security Summit, has found methods to help reduce fraudulent tax returns entering tax processing systems.

#### Staying safe online

Here are a few common-sense suggestions that can make a difference for children, teens and those who are less experienced:

• Remind them why security is important. People of all ages should not reveal too much information about themselves. Keeping data secure and only providing what is necessary minimizes online exposure to scammers and criminals. Birthdates, addresses, age and especially Social Security numbers are among things that should not be shared freely.

• Always use security software with firewall and anti-virus protections. Make sure the security software is always turned on and can automatically update. Encrypt sensitive files such as tax records stored on computers. Use strong, unique passwords for each account. Be sure all family members have comprehensive protection especially if devices are being shared. · Teach them to recognize and avoid scams. Phishing emails, threatening phone calls and texts from thieves posing as IRS or from legitimate organizations pose risks. Do not click on links or download attachments from unknown or suspicious emails.

• Protect personal data. Don't routinely carry a Social Security card. Keep it at home. Be sure any financial records are secure. Advise children and teens to shop at reputable online retailers. Treat personal information like cash; don't leave it lying around.

• Teach them about public Wi-Fi networks. Connection to Wi-Fi in a mall or coffee shop is convenient but it may not be safe. Hackers and cybercriminals can easily intercept personal information. Always use a virtual private network when connecting to public Wi-Fi.

The IRS does not use text messages or social media to discuss personal tax issues, such as those involving bills or refunds. For more information, visit the Tax Scams and Consumer Alerts page on IRS.gov. Additional information about tax scams is also available on IRS social media sites, including YouTube videos.

### FREE TAX PREPARATION SITE (BASIC RETURNS)

Administration Building – 2nd Floor February 10 - April 10, 2020

\* By appointment only \*

The Squaxin Island Tribe Office of Housing will be sponsoring their Annual FREE TAX PREPARATION SITE for the 2020 tax year. The site will be open to the public and operating evenings from February 10 to April 10, 2020. Don't pay high or unnecessary fees to a commercial taxpayer! Use your local free tax prep site. THINK OF THE MONEY YOU WILL SAVE!!! This site offers Visa Debit Cards for your tax refund.

Call Lisa Peters @360-432-3871 to schedule an appointment.



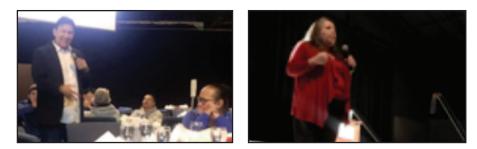
## HEALTH CLINIC





### Tobacco Cessation & Wellness Dinner

Submitted by Taylor Owens, Tobacco Cessation Specialist at the clinic - In honor of lung cancer awareness month, the Squaxin Island Tribe's Tobacco Cessation program, in collaboration with SPIPA's Comprehensive Cancer Control program, hosted the 2019 Tobacco Cessation and Wellness Dinner on November 20th, 2019. Jan Ward Olmstead presented a short piece of the American Indian Cancer Society's "Pulling Together for Wellness" framework that discusses the seven generations and the epidemics Native American populations are experiencing. Keynote speaker Darryl Tonemah, who is an award-winning artist, but also has several degrees, including a PhD in clinical psychology, spoke about intergenerational trauma and the need for a strong community to heal these wounds. Jeff Evans ended the night with an outstanding comedic magic show that the audience loved. SPIPA provided "quit kits" for anyone wanting to quit using tobacco products that contained flavored gum, fidget toys, toothpicks, inspirational quotes, Quitline cards, and additional informational pamphlets on health and wellness. We would also like to give thanks to the Northwest Portland Area Indian Health Board (NPAIHB) and the American Lung Association (ALA) for their participation and help!



L-R: Keynote Speaker Darryl Tonemah and American Indian Health Commission's Jan Ward Olmstead



L-R: Ryan Sealy (NPAIHB), Darryl Tonemah, Kerri Lopez (NPAIHB), Rosamaria Frutos (NPAIHB), Deidra Essman (SPIPA), Taylor Owens (Squaxin Island Tribe), and Antoinette Aguirre (NPAIHB)



L-R: SPIPA's Comprehensive Cancer Control Program Coordinator Deidra Essman, Squaxin Island Tribe's Tobacco Cessation Specialist Taylor Owens, and SPIPA's Community **Outreach Liason Melissa Johnson** 



Tobacco Cessation Specialist Taylor Owens at the registration table handing out "quit kits"





## Health Clinic —





### Foot Exam Afternoon was December 4th

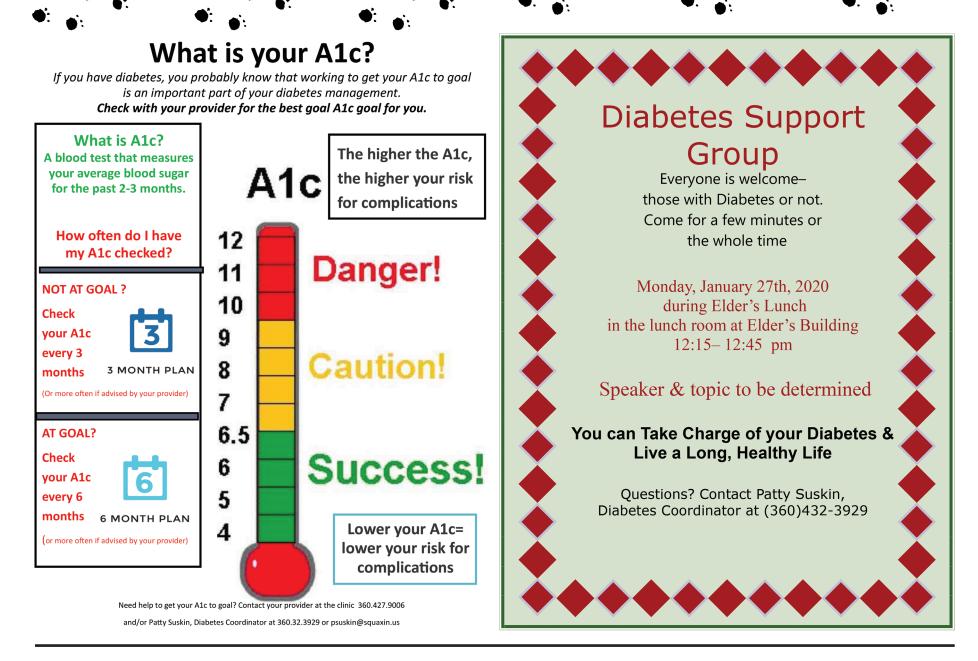
Submitted by Patty Suskin, Diabetes Coordinator - Thank you, Traci Coffey, Meloney Hause, Dodie Huff, and others for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks at our clinic so Tiff, Dr. Tobias, Dr. Ott, or Dr. Wilton can check your feet when you come to the clinic. Taking care of your feet by checking them daily can help you to know what is "normal" for you. See your provider right away for any problems or changes in your skin.







L to R: Dodie Huff and Dr. Kochhar, Traci Coffey & Dr. Kochhar, and Meloney Hause & Dr. Kochhar.



## HEALTH CLINIC -

**INGREDIENTS:** 

1 1/2cups milk





INSTRUCTIONS:

Heat a large skillet over medium high heat. Add olive oil, squash, garlic and salt. Saute until lightly browned and squash is coocked through, about 12-15 minutes.

If mixture becomes dry and starts to stick to the pan, pour in some stock a little at a time to help cook through. Place cooked squash mixture in a blender and add the milk. Blend until very smooth, about 1-2 minutes. Salt to taste, serve with your favorite toppings. its also delicious alone.

2 Tablespoons Olive oil 1 medium butternut squash peeled, seeded, and cubed (about 3-4 cups) 1 yellow onion chopped 2 cloves of garlic peeled and smashed 4 cups chicken or vegetable stock 1 1/2 teaspoons salt or more to taste 1 /2 cups milk

**Note:** when blending hot food, make sure you leave a hole for the steam to escape, otherwise it may explode!

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities.

If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call the Warehouse at Nisqually 360.438.4216 This institution is an equal opportunity provider.

## January is Glaucoma Awareness Month,

an important time to spread the word about this sight-stealing disease.



More than 3 million people in the United States have glaucoma.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

#### Glaucoma is the leading cause of irreversible blindness.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it.

Early detection, through regular and complete eye exams, is the key to protecting your vision from damage caused by glaucoma. Ask for glaucoma testing when you have your eye exam.

It is important to have your eyes examined regularly. Get a baseline eye screening at age 40. Early signs of eye disease and changes in vision may start to occur at 40. Your eye doctor will tell you how often to have follow-up exams based on the results of this screening.

Once you have an appointment, call Jaclyn at the clinic at 360.432.3922 for a purchase order (po).





Start a New Winter Fitness Tradition

with the Family

Flashlight walk:

Bundle up and take a flashlight walk after a meal or family gathering.

South Puget Intertribal Planning Agency

**USDA Foods Program** 

SERVING SQUAXIN ISLAND 1/10/20 **Butternut Squash Soup** 

Find some SNOW:

Drive to the mountains and enjoy the snow-sledding,

Snowshoeing :(free & ranger-led at Mt. Rainier through March),

#### Build a snowperson





## COMMUNITY -

Elders Menu ... Fruit and salad at every meal



WEDNESDAY 1: CLOSED Happy New Year

WEDNESDAY 8: BBQ Ribs, Mac-N-Cheese, Veggies

WEDNESDAY 15: Tacos, Spanish Rice

WEDNESDAY 22: Baked Chicken, Roasted Red Potatoes, Green Beans

WEDNESDAY 29: Enchiladas, Refried Beans

**THURSDAY 2:** Baked Ham, Scalloped Potatoes, Cauliflower

**THURSDAY 9:** Tatar Tot Casserole, Brussel Sprouts

**THURSDAY 16:** Casino Buffet

**THURSDAY 23:** Pork Chops, Stuffing, Carrots

**THURSDAY 30:** Garlic Parmesan Chicken Wings, Veggie Rice



Now recruiting Pregnant Women and Children Birth to Three







Early Head Start is a home visiting program designed to support you as your child's first and most important teacher! Families with children of all abilities are encouraged to apply. Call to hear about how this



• Parent Training

Health Screenings

### **Call Squaxin Island Child Development Center**

at 360.426.1390 for further information or to schedule an application and eligibility appointment.



**MONDAY 6:** Teriyaki Chicken, Rice, Oriental Veggies

**MONDAY 13:** French Dips, Potato Salad

**MONDAY 20:** Spaghetti, Corn, Garlic Toast

**MONDAY 27:** Baked Potato Bar, Broccoli **TUESDAY 14:** Chicken w/ Rice Soup, Tuna Melts

Tomato Soup, Grilled Cheese

**TUESDAY 21:** Beef Stew, Biscuits

**TUESDAY 7:** 

**TUESDAY 28:** Pork Pozole, Tortillas



Notice:

Kamilche Trading Post Deli is open.

There is a limited Menu at this time.

Over the next several weeks more items will be available.

Thank you for patience during this time.

## COMMUNITY —



# **R**

## **January Happy Birthdays**

#### 1

Aaron Nathaniel Evans Jessica Kay Solano Nancy A. Moore

#### 2

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

3 Nohea S. K. Robinson-Black

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

5 Christopher Wade Stewart Two Hawks Krise Young

6

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

#### 7

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

#### 8

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

#### 9

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

#### 10

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

## thon

11

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

13 Connie Renee Whitener Marvin Eugene Campbell Jr.

14 Sheena Marie Lewis Glover

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

16 Imalee Rose Tom Shelby V. Riley

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

18 David Norman Dorland John A. Ackerman Lorna Lee Gouin

19 Emily Ruth Whitener

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

21 Jacob Wesley Campbell Traci Lynn Lopeman



22

Kahsai Tiefel Gamber Percy James Welcome Shawnell Lynn McFarlane

23 Keona Anahoi Rocero Linda Kay Jones

24 Jeremy Turner Sigo Miguel Jordan Saenz-Garcia Mini Marie Gamber

#### 25

Adonis Micheal Bradley Debra Ann Brownfield Jace L. Merriman Margaret Catherine Henry Percina Erin Bradley

#### 26

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

#### 27

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

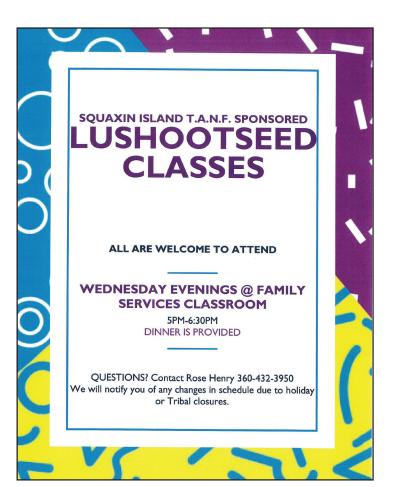
28 Eva Alexandra Rodriguez Rebeckah Jeanette Ford

29 Sharleina E. Henry

30 Buck Gene Clark Jr.

31 Alicia Ilene Obi Brandon Lee Stewart Nikolai A. Cooper







#### SATURDAY

Jan. 4 Youth Basketball Tourney Skokomish Community Center

#### SUNDAY

**Jan. 5** Youth Basketball Tourney Skokomish Community Center

#### **SATURDAY**

**Jan. 11** General Body Meeting Breakfast at 8:30 Meeting Starts at 9:00

#### MONDAY

**Jan. 6** Walk Inn Beauty 5:00 - 7:00 Fitness Center

#### MONDAY

Jan. 13 Childcare Board of Directors





#### TUESDAY

Jan. 7 Criminal/Civil Court

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

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

Jan. 14 Hunting Committee

Enrollment Committee

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

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

### Jan. 21 Criminal/Civil Court

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

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

**Jan. 28** Skookum Creek Tobacco Board

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

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



#### WEDNESDAY

Jan. 1 Salish Sea Plunge 10:00 a.m. @ Arcadia

Happy New Year

Jan. 8 Golf Advisory 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

**Jan. 15** AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

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

**Jan. 22** AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

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

**Jan. 29** AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

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



#### THURSDAY

Jan. 2 Family Court

Gaming Commission

Utilities Commission

Tribal Council

Jan. 16 Tribal Council work session with LCCR???

**Jan. 23** Tribal Council FRIDAY

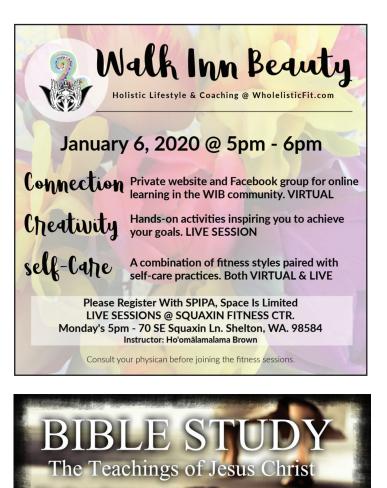
Jan. 3 Youth Basketball Tourney Skokomish Community Center

Housing Commission

Jan. 10 Education Commission

SPIPA Board

Jan. 17 Tribal Council work session with Tribal Government???



Wednesdays 5-7pm PST

> Community Kitchen 50 SE Squaxin Ln, Shelton, WA 98584



## **COMMUNITY** -







### **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

### Commission

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

#### 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.**

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

### **Council Rep.**

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

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

#### Staff Rep.

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

Staff Rep.

Marvin Campbell

Marvin Campbell

Gordan James

Dallas Burnett

#### 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

#### Meetings

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

### Meetings

As needed 2nd Monday

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

Charlene Krise Liz Kuntz Vacant Vacant **Council Rep.** Staff Rep.

## Nathan Schreiner

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

#### Squaxin Island Tribe - Klah-Che-Min Newsletter - January 2020 - Page 19

### Help Protect Our Kids, Families and the Environment



Clean Out Your Medicince 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



## **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 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





Happy · New · Year