

Candidate Forums

March 25th @ 5:00 p.m.

Community Kitchen

April 16th @ 5:00 p.m.

Elders building

** Light Dinner provided*

Hosted by Elections Committee

Elections will take place for Tribal Council Chair, currently held by Arnold Cooper, Council Member One, currently held by Beverly Hawks, and Council Member Two, currently held by Dave Whitener, Jr.

Tribal members who are running for a Council position at this year's General Council meeting are encouraged to attend and participate in these Election Committee hosted Candidate Forums

Your tribal member voters want to hear from you!

If you have any questions, please call the Election Committee Chairman, Joshua Whitener at (360) 426-9781 or electioncommittee@squaxin.us.

Election Committee Members

Joshua Whitener	Chair
Niki Ho	Vice Chair
Cassidy Gott	Secretary
Penni Giles	Member
Rachel Ford	Member
Candace Penn	Member
Liz Kuntz	Member
Mitzie Whitener	Member
Juana Nelson	Member
Monica Nerney	Member
Terri Capoeman	Member

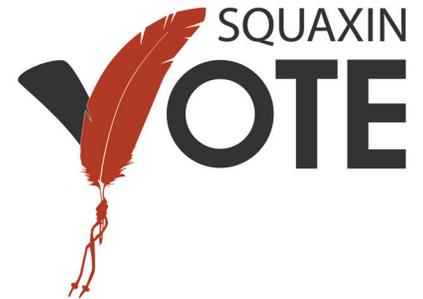
Elections Special Edition Newsletter

A special Elections Edition newsletter will be coming out in mid-April with candidates announcements and elections information. If you are planning to run for Tribal Council, you must submit your announcement by March 30th to be included in this publication. Submit to: Theresa Henderson. 360 432-3945 or thenderson@squaxin.us.

Information Guideline

What are candidate forums?

Candidate forums are hosted by the Elections Committee. These forums are an avenue for those seeking a position on Tribal Council to express their views openly so fellow Tribal members can understand their positions and make informed voting choices.



Event Moderator (Election Committee Member)

The event moderator will be a neutral participant, holding candidates to time limits and keeping them on the topics of questions raised in order to maintain dialog flow and keep tribal members engaged. The moderator will ensure each candidate has an equal and fair opportunity to express his or her position on each issue. The event moderator will pose questions to the candidates or have an open mic for community members to ask questions.

Process

Opening statements of two minutes will allow each candidate to introduce him/herself.

Tribal members will have one minute to ask a question and each candidate will be given the chance to respond.

Topics will include all issues of interest to the community.

Tribal members can ask questions when the moderator opens the mic to the audience.

Each candidate will be given two minutes for closing statements to wrap-up and cover any issues not yet discussed.

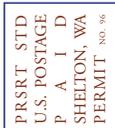
The forum is not a debate, so there won't be interaction between candidates.

A timer will be used to indicate the end of time allotments. A flash card will indicate to the candidate that his/her time has elapsed.

The candidate forums are a great opportunity for tribal members to gain a better understanding of tribal issues and the positions that Tribal Council candidates have on those issues.

Your VOTE is Your VOICE

General Council Elections are May 2nd



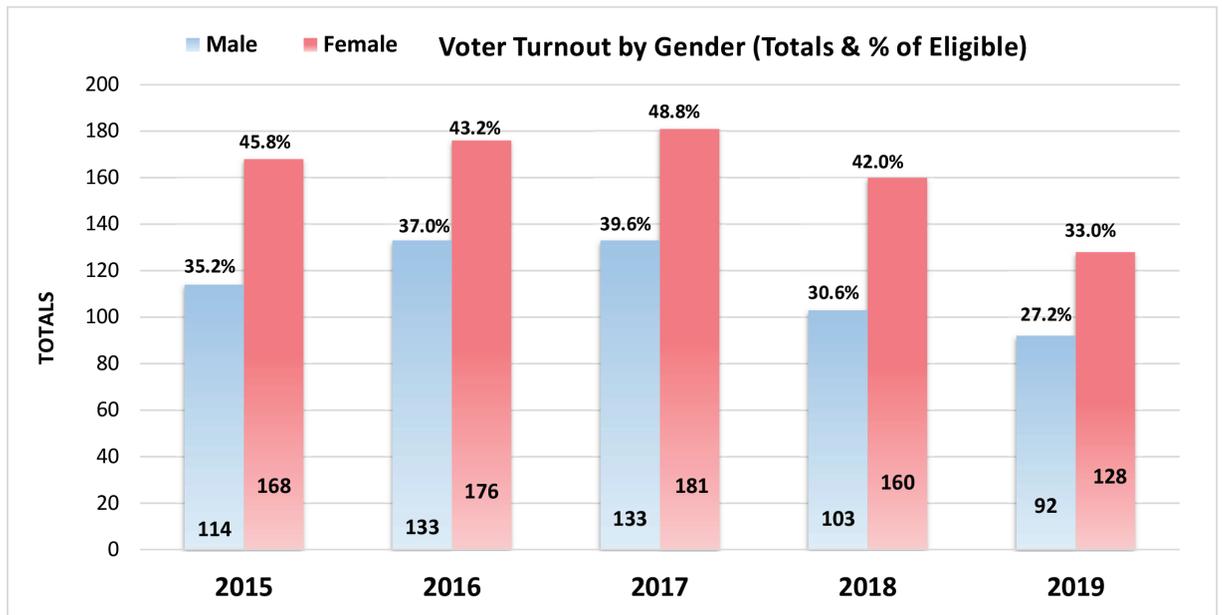


Who Turns Out to Vote?

Voter turnout is the percentage of eligible voters who cast a ballot in our election.



	Male			Female		
	Eligible	Total	% of Eligible Voters	Eligible	Total	% of Eligible Voters
2015	324	114	35.2%	367	168	45.8%
2016	359	133	37.0%	407	176	43.2%
2017	336	133	39.6%	371	181	48.8%
2018	337	103	30.6%	381	160	42.0%
2019	338	92	27.2%	388	128	33.0%



Squaxin Island TRIBAL NEWS

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Shelton, WA 98584

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

ARNOLD COOPER: Chairman
CHARLENE KRISE: Vice Chairman
JEREMIE WALLS: Secretary
VICKI KRUGER: Treasurer
BEV HAWKS: 1st Council Member
DAVE WHITENER: 2nd Council Member
VINCE HENRY: 3rd Council Member

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

Why is it important to vote?

Play to win! Election outcomes are determined by those who participate. Elected officials make important decisions that affect our community, and they often respond more favorably to the opinions of those who vote. Voting does not guarantee that your ideas and opinions will prevail, but choosing to vote does offer you a say in our tribal democracy.

How can a young person get involved in the voting process?

Come to the annual General Body meeting in May with your photo ID. All tribal members, 18 years and older, have the right to vote. For those who wish to go beyond voting, the Elections Committee is always on the lookout for volunteers. The Executive Secretary will assist on getting you started.

How do you know who to vote for?

Attending Squaxin Island tribal candidate forums is a great way to ask questions and hear what the candidates stand for. Elections seldom provide perfect choices (officials who agree with you on all issues). The first step is to prioritize your concerns and possible solutions. For example, ask yourself, "Should we be spending more money on education or community development?" There are no "right" answers to which everyone agrees. Therefore, the informed voter must understand all candidates' positions on issues important to him/her in order to make the best decision/vote. Informed voters also look at personal characteristics of candidates to help determine how they will perform in office. Are they hardworking? Honest? Moral? Skillful? We are entrusting them with decisions that affect our futures.

Sorting out information about candidates from their speeches, campaign ads, and web sites can be a challenge for tribal members in a democracy. Candidates have often served in previous positions, making it possible to assess their policy preferences and capabilities. Talking with friends and relatives about politics helps define one's own outlooks and understand the available options.



Where are they now?

Malynn Foster . . .



We all seem to gravitate toward people who are famous . . . but did you know that a famous artist is one of our very own Squaxin Island tribal members, living and working humbly right here in our midst?

To say Malynn Foster's works are world renowned seems a bit of an understatement. Her work has traveled the world, finding its way into fine art museums, galleries and showings as far away as France and the Czech Republic.

Her work is part of permanent exhibits at the Seattle Art Museum, Burke Museum, Port Gamble Sklallam Tribe and, of course, Squaxin Island Tribe. Her work has also been part of travelling museum exhibits in the U.S., Canada and France.

She is currently one of five NW artists, all women (which sparked some ire amongst male artist counterparts), who have been chosen to work on a special art project for the Washington State Convention Center entryways. Malynn and her husband, Mike, will be working together on a couple pieces that will have cultural contexts carved into stone.

Her work has also been featured in many newspapers and she is published in two books, *Contemporary Art on the Northwest Coast: Salish, Nuu-Chah-Nulth, Makah* by Karen and Ralph Norris and *S'abadeb / The Gifts: Pacific Coast Salish Art and Artists* by Barbara Brotherton and the Seattle Art Museum.

"Carving was my first love as a child," Malynn said. "I carved a lot with my grandpa and my dad. My first set of carving tools was gifted to me from my great uncle, Harold Wilbur, when I was just five years old. I continued to carve with both my grandpa and my dad until I was in my late teens, and then turned to weaving when I was 21. Materials were readily available and I figured, if I could learn to weave, I would gain patience to be a good mom. I focused on weaving for around 10 years, and then moved into computer graphics, prints,

Continued on Page 4



Malynn, third from left, at her showing in Prague, Czech Republic



Annual General Council Meeting May 2, 2020

Little Creek Events Center

Sign in starts at 8:30 a.m.

Lunch will be served at noon

Elections will be held for:

- . Tribal Council Chairman
- . Tribal Council Member 1
- . Tribal Council Member 2

Per Tribal Council, the General Council Meeting is for TRIBAL MEMBERS & SPOUSES ONLY. Enrollment will be checked at the door.

For more information contact the tribal center at 360-426-9781



Malynn

Continued from Page 3

apparel, jewelry, some wood carving, wood block print making, and stone carving with Mikie, which is my main focus right now, along with canvas painting."

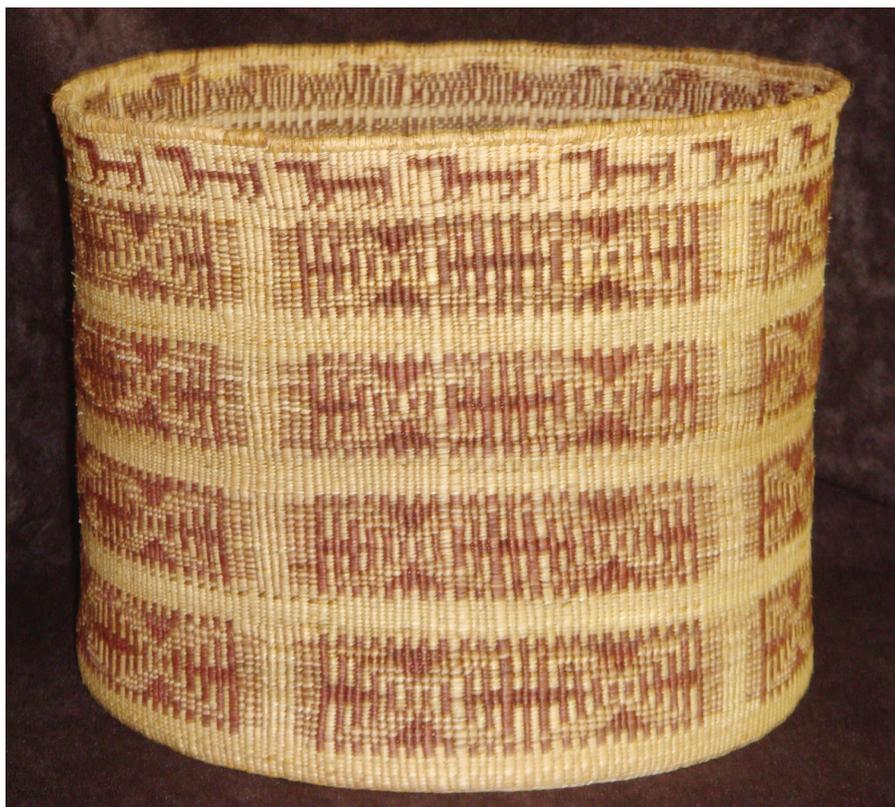
"Asking which type of art is my favorite is like asking which one of my kids is my favorite and why," she laughed. "It depends on the season and my mood, but I love all art forms I work in equally, even the ones I'm not great at. Some days those are my favorites, because I can't really strive for perfection, I know the piece is going to be what it wants to be, and I'm just there to help bring it into the world."

"I've been a professional artist for 22 years, but, really, like most of our people, this is simply something that was gifted forward to me from my parents, grandparents and ancestors, as part of my every day life growing up, with various art forms, drums, beading, weaving, carving, graphics, and painting."

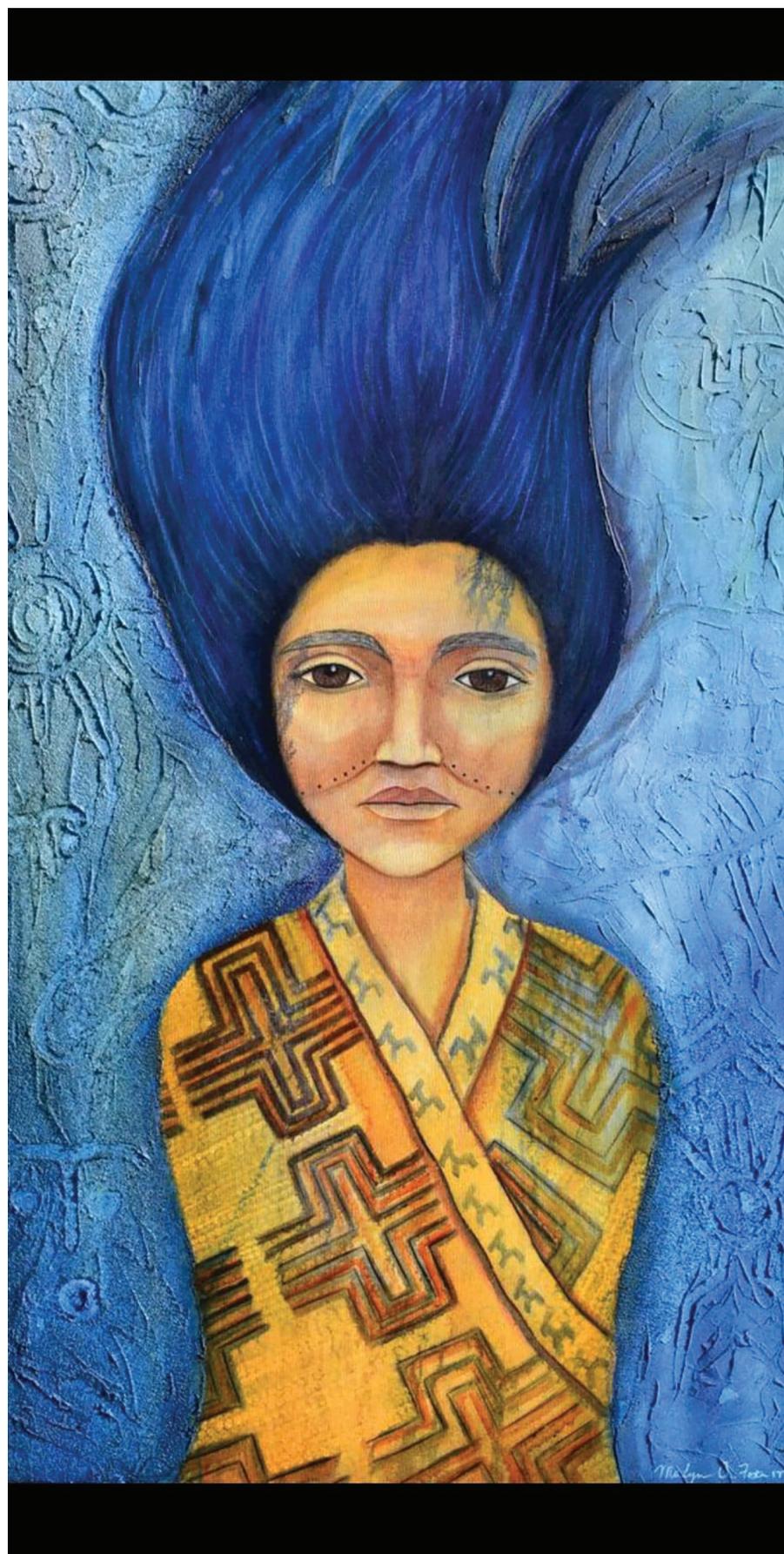
Inspiration

"I'm inspired by the spirit of our ancestors and descendants, always looking back seven generations and forward seven generations," she said. "I spend a lot of time in the woods and on the water, where the world is quiet and you can hear and feel the wisdom of all creatures, things, and ancestors on the winds. I've been blessed in this life with the ability to create art, but, really, I'm just a vessel that the spirit moves through, and it can be seen and felt in my work. There is no room for ego in spirit work. As soon as you let ego creep in, it edges the spirit out and, bam, the piece that could have been created is gone forever."

"I know most people would expect me to say I am most proud of some piece of art I have created, but what I'm truly most proud of is our people. I am most proud of the will of our people to survive, the movement to reclaim all of our ancient art forms, in the ways of our ancestors, removing the remnants of colonization. Every where you look in our communities today, we see the



On Permanent exhibit at the Burke Museum



The Power of the Underwater People at Dabob Bay



COMMUNITY



dialogue beginning, in language, art, food sovereignty, customs, and ceremony. We are reclaiming our true identity and our voice, and beginning to heal the soul wound of colonization and oppression. Every tribal person has wisdom and brings something valuable to the table. The act of sharing that in a traditional way is as beautiful as the eyes of a child or an Elder."

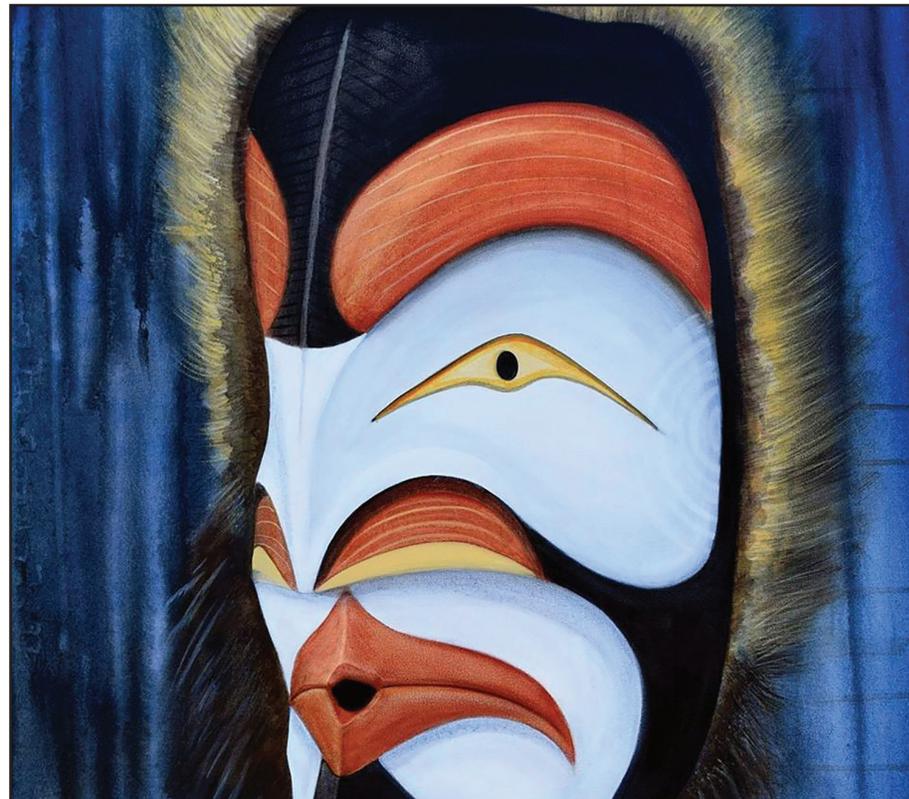
"My Squaxin/Skokomish culture impacts everything I do. I am both, I was raised both, so it's in everything I have learned and everything I do.

"I have moved into a new stage in my life and in my work. The work I create these days is about all of us. I have been given great opportunities to represent who we are and what is important and unique about us. The challenges we have faced historically, and the ones we face today, are very real. It has shaped who we are and who we will become. I hope, in my work, our people recognize themselves and the things that matter to them and to all of us."



Hummingbird Woman

Continued on Page 6



A beautiful piece at her showing in Prague, Czech Republic

Stone carving created collaboratively with husband, Mike Foster



The Point Hotel and Casino, Kingston, WA





Malynn

Continued from Page 3

"I am working on a piece for an upcoming show at the Stonington Gallery in June that I'm very excited about," she said. "I've been working on concept sketches. Since every artist is only entering one piece, I want it to be a piece that means something to all of our people."

"I have been honored to create pieces with my mom and dad over the years," Malynn said. "And nowadays, my son Randy has a hand in just about every painting and carving I do. Mikie (husband) helps me in my carving and any kind of construction that needs to be done in my work. He is always a huge support in whatever I'm doing."

Every piece of Malynn's work is unique. "I recently painted a woman representing our missing and murdered indigenous women (Page 3)," she explained. "But I also have several sketches in the works to paint one for our missing and murdered indigenous men, who are in the shadows, being overlooked, but those numbers are staggering too."

"I'm currently working on a concept for a small series of pieces that represents our orcas and salmon, all carved in stone," she said. "It will tell the stories of our treaties with the salmon, orcas, and water people - treaties that predate the written word - and how breaking these treaties impacts all of us. It's what we are seeing now in the low salmon returns and starving orcas with failing birth rates."

In addition to her art, and work as a wife and mother, Malynn is a full time student enrolled at The Evergreen State College (TESC) Native American Studies Program, learning about Indian Child Welfare and Indian education, laws, and policies, as well as lived experiences. "My focus is on historical trauma and

how we can begin to heal it culturally by reclaiming our legitimacy of thought and identity," she said. "So my artwork is packed in between classes, research, and writing. As far as art goes right now, I have very limited time. "But I make sure two days a week are dedicated to art. It's been quite the transition from doing art seven days a week, but I feel like the context of my work is so much more powerful now that I am in school. The more I know, the more I know I don't know."

When asked about advice for upcoming artists, she said, "I have learned the success is in the artwork itself, not the sale. Create what really moves you. Don't worry about sales; they'll come right on time. Art is supposed to be a conversation and provocative, so if people get on you about doing something "different" tell them art is supposed to be different, not a reflection of someone else's work. It can be hard; people can be mean, especially in our communities. Hater's are gonna hate, but you keep doing your thing. You are the legacy of your ancestors; let them guide you, not mean people. It took me awhile to get that, but once I did, it gave me the freedom and wisdom I needed . . . just knowing my ancestors have my back, and that they expect me to take a stand."

"When marketing, begin with the local community who really understand who we are and what's unique about us," she continued. "Hustle. Head around the Tribal Center; that's what I did in the beginning, and use Facebook. Build a following, and use it as a way to begin the conversation about your work. Let people know what you're up to, who you are, and what your art means."



This commissioned artwork is a story box, symbolic of a bentwood box, with all sides painted on stretched canvas. It is a collaboration between Malynn, Mike and their sons. It represents the Coast Salish legend, Lifting the Sky. It was painted in ancient Salish style.



*Sacred Belongings Sculpture
by Malynn and Mike Foster*



Let them support you. Seek out other artists in the community to build a network of support. Don't be afraid to take some work to a gallery if you think your work is ready. Participate in local shows and bazaars so you can show your work and practice answering questions and representing your work. Those are all things I've done and have worked for me."

Malynn says its her composition and commitment to ancestral roots without being afraid to tell our stories in a new way, that makes her work unique and stand out from the crowd. "I think it's important. My dad always says my work is like a thumb print, and to never lose that, because it's different from anyone else's, and stands alone."

Malynn has been asked to present and speak at many tribes, colleges, universities, and museums. "The most difficult challenge for me, so far, was when I had to speak at a couple art and history universities in Prague, where they didn't speak English and I don't speak Czech. That was pretty entertaining. The interpreter had slow me down many times, but that was fun!"

Malynn is currently mentoring a couple people in weaving and coordinating with some programs at the Tribe to do some classes this year. "I will be having a soft twined basketry class at the college longhouse sometime in April, and have spent many years volunteering at my son's schools teaching various arts and crafts.

If you are interested in purchasing Malynn's work, it can be found at the Arctic Raven and Quintana Galleries. She can also be found on Facebook.

Art Shows

Malynn's first show was at the Snowgoose Gallery in Seattle in February, 1999. At the time, she was weaving small clam baskets and miniature soft-twined clam baskets. Since then she has participated in many shows featuring many types of art, including Quintana Galleries in Portland, OR, Stonington Gallery in Seattle, Arctic Raven in Friday Harbor, an exhibit at the SeaTac airport during the Winter Olympics, Seattle Art Museum, Tacoma Art Museum, Galleri Nativ in Prague, Czech Republic, and many more.

Awards

Malynn recently received a grant from The Evergreen State College (TESC), along with some funding from the Squaxin Island One Percent Fund to help with art supplies for her teaching. She was in the top 25 finalists (out of 550) for an indigenous knowledge keepers grant from the Henry Luce Foundation in New York, earning Honorable Mention. After the interviews, which took place in Colorado, she was recognized for: Master Artist, Food Sovereignty, Environmental Stewardship, and Culture Keeper. "I really want to let people know there is no harm in trying for grants, even if it seems it's a long shot," she said. She also took a Second and Third for her basketry at Indian Art NW in Portland.



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Our Kids, Families
and the Environment**



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Medicine Cabinet**

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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




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



Squaxin Elders Host Luncheon is Coming up on May 8th

40+ Volunteers are needed to help with tasks, such as the photo booth, serving meals, gift raffles, etc. . .

If you are interested in helping, please call Traci Coffey at (360) 432-3868

or

Annie-Beth Henry at (360) 432-3892



Thank you to outgoing Elders Committee members

L-R: Elizabeth Heredia, Rose Brownfield and Carolyn Hoosier.

New officers: Dorinda Thein, Chair; Gail Colberg, Treasurer; Patti Puhn, Secretary; and Linda Jones, Vice Chair. *Photo by Meloney Hause*

Squaxin Island Parks & Rec Annual Easter Egg Hunt

Join us at the Gym for refreshments
on Saturday, April 4, 2020
from 10am-12pm

Everyone will stop at the Gym to sign in and receive their ticket for a treat bag.

Ages 0-3 hunt will take place on the field at 10:15am.

Ages 4-6 hunt will be at the TLC Park at 10:35am.

Ages 7-9 hunt will be at the Qua-ta-sat Park at 10:50am.

Ages 10-12 hunt will be at T'peeksin Park at 11:05am.

Have questions about the Saturday Event contact Jerilynn @ 360-432-3992

TEEN GLOW-N-DARK EASTER EGG HUNT

For ages 13-18

Friday, April 3, 2020 from 7:30-9:00pm

We will have snacks and drinks.

Please RSVP with Jaimie Cruz by April 1st.

Contact Jaimie if you have questions about the Teen Easter Egg Hunt @ 360-742-6527

Squaxin Island Elders Biennial Host Luncheon

Hats off to You!!!

Prizes for most creative hats

When: Friday May 8th 2020

Where: Little Creek Casino Resort Event Center

Time: 9:00 a.m. to 3 p.m.

There is a block of rooms at Little Creek Casino Resort. (800-667-7711) When making reservations with this block you must mention **Squaxin Elders Biennial Intertribal Host Luncheon** to receive the special group rate. This discounted rate is only available until **April 7th 2020.**

We will have vendors, raffle tickets for 50/50 and our free raffle. Come join us for a great lunch with friends and relatives.

Any questions please contact Traci Coffey (360)-432-3868
tc Coffey@squaxin.us or Annie-Beth (360)-432-3892 abhenry@squaxin.us.



New Employees



Kyle Ferguson

Hi, I've been hired as a Psychologist at the Squaxin Island Health Clinic. I work with primary care and behavioral health. I'm also a neuropsychologist and specialize in brain health and injuries to the brain.

I grew up in western Canada in a small town called Ponoka. Ponoka means "Black Elk" in Cree. Ponoka's largest employer to this day is a psychiatric hospital which, I suppose, sparked my interest in clinical psychology. Going anywhere downtown you are bound to run into people having conversations with themselves, as patients would go on frequent outings from the hospital. There was also transitional housing in our community for folks who still needed a little support after discharge.

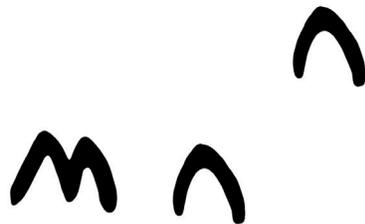
My first job, interestingly, was working for Ermineskin Cree Nation in Maskwacis ("Bear Hills"), Alberta. I was 13 years old when I first started working for the tribe on a commercial farm.

Growing up 15 minutes outside of Maskwacis, I used to frequent powwows with my father and loved watching the dancing while eating delicious pemmican and bannock bread. I even made bannock at home from time to time, though I never quite got it right! I tried making pemmican once, though I would have had better luck trying to thread a camel through the eye of a needle.

After graduating from college, I completed most of my advanced education in the United States, where I met my spouse. My spouse and our children live in the country near Gig Harbor. My children are now teens, which turned my hair grey!

I'm excited to be working with such outstanding people! The providers and staff at the clinic are incredibly nice and all-around decent human beings. The patients, as well, have also been incredible to work with!

If you need assistance making pemmican or bannock bread, I'm probably not the best person to ask! But if you have questions or concerns about your brain health or the brain health of other people in your life, please don't hesitate to drop by the clinic! I also love working with folks struggling with ADHD, anxiety, depression, sleep problems, substance use, among other behavioral health challenges.



L-R: Rory Gilliland, Russel Cooper, Todd Yeager, Barry Haggmann, Bill Reed and Dean Johnny, circa 1990s.



Barry Haggmann

Swearing in of new Chief of Police Barry Haggmann at February Tribal Council meeting: L-R: Council members Dave Whitener, Bev Hawks, Jeremie Walls, and Vicki Kruger; Barry Haggmann; and Chairman Arnold Cooper.

Hi, I've been hired as the new Chief of Police. I started my law enforcement career in 1995 here at Squaxin. I've spent 25 years in enforcement, with 22 of those years being specifically in tribal law enforcement.

I grew up in Shelton, went to the Kamilche grade school and graduated from Shelton High School. My parents are Carol and Lonnie Haggmann, and my grandfather is the late Martin Brownfield. I have two daughters and one son.

I look forward to serving our people here at Squaxin.

Photos by Brett Fish





PARKS & REC



Just a few reminders . . . please make sure to let the staff know if your child is doing something different than their normal after-school schedule. We follow what you have checked off on the back of your child's registration form. The staff must speak to the parent/guardian before we can allow the youth to leave the TLC.

During the conference weeks, please make sure to let the staff know if your child is not able to join the pool parties.

If your child is missing their coats, you might want to check our lost-and-found in the hallway.

Copies of our calendars can be picked up in the hallway by Janita's office.



March Parks & Rec Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Rec Rm: 3-6pm Culture Night: 5-6pm Open Gym: 3-5pm Open Swim: 3-6pm	3 Rec Rm: 3-6pm Gratitude Game Open Gym: 3-5pm Bball - 11 & Under 5-6pm	4 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Butterfly Puppet Open Gym: 2:30-4:30pm Bball - 12 & Up: 4:30-5:30 Open Swim: 3-6pm	5 Rec Rm: 3-6pm Irish Dirt Cake Open Gym: 3-5pm Bball - 11 & Under 5-6pm	6 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 1:30-4:30pm Bball - 12 & Up: 4:30-5:30 Open Swim: 5-8pm
9 Tribal Holiday Closed Open Swim: 3-6pm	10 Rec Rm: 3-6pm Marble Maze Open Gym: 3-5pm Bball - 11 & Under 5-6pm	11 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Paper Shamrocks Open Gym: 2:30-4:30pm Bball - 12 & Up: 4:30-5:30 Open Swim: 3-6pm	12 Rec Rm: 3-6pm Shamrock Cookies Open Gym: 3-5pm Bball - 11 & Under 5-6pm	13 <i>SSD-1.5 HR ER</i> Rec Rm: 1:30-6pm St. Patrick's Joker Tellers Open Gym: 1:30-6pm Bball - 12 & Up: 4:30-5:30 Open Swim: 5-8pm
16 Rec Rm: 3-6pm Culture Night: 5-6pm Open Gym: 3-5pm Open Swim: 3-6pm	17 Rec Rm: 3-6pm Airplane Challenge Open Gym: 3-4:30pm Bball for 11 & Under 5-6pm	18 <i>GSD-ER @ 2:30pm</i> Rec Rm: 2:30-6pm Rainbow Shaker Wands Open Gym: 2:30-4:30pm Bball - 12 & Up: 4:30-5:30 Open Swim: 3-6pm	19 Rec Rm: 3-6pm Crinkle Cookies Open Gym: 3-5pm Bball - 11 & Under 5-6pm	20 <i>SSD-3 HR ER</i> Rec Rm: 12-6pm Pool Party: 3-4:30pm Open Gym: 12-6pm Bball - 12 & Up: 4:30-5:30 Open Swim: 5-8pm
23 Rec Rm: 3-6pm Culture Night: 5-6pm Open Gym: 3-5pm Open Swim: 3-6pm	24 <i>SSD-3 HR ER</i> Rec Rm: 12-6pm Peep Challenge Open Gym: 12-5pm Bball - 11 & Under 5-6pm	25 <i>GSD-ER @ 2:30pm</i> <i>SSD-3 HR ER</i> Rec Rm: 12-6pm Saline Slime Open Gym: 12-4:30pm Bball - 12 & Up: 4:30-5:30 Open Swim: 3-6pm	26 <i>SSD-3 HR ER</i> Rec Rm: 12-6pm Caramel Apple Bites Open Gym: 12-5pm Bball - 11 & Under 5-6pm	27 <i>SSD-3 HR ER</i> Rec Rm: 12-6pm Pool Party: 3-4:30pm Open Gym: 12-6pm Bball - 12 & Up: 4:30-5:30 Open Swim: 5-8pm
30 <i>GSD-ER @ 12:20pm</i> Rec Rm: 12:30-6pm Culture Night: 5-6pm Open Gym: 12:30-5pm Open Swim: 3-6pm	31 <i>GSD-ER @ 12:20pm</i> Rec Rm: 12:30-6pm Marker Challenge Open Gym: 12:30-5pm Bball - 11 & Under 5-6pm	1 <i>GSD-ER @ 12:20pm</i> Rec Rm: 12:30-6pm Paper Plate Flowers Open Gym: 12:30-4:30pm Bball - 12 & Up: 4:30-5:30 Open Swim: 3-6pm	2 <i>GSD-ER @ 12:20pm</i> Rec Rm: 12:30-6pm Make Sherbet Open Gym: 12:30-5pm Bball - 11 & Under 5-6pm	3 <i>GSD-ER @ 12:20pm</i> Rec Rm: 12:30-6pm Wii Extravaganza Open Gym: 12:30-4:30pm Bball - 12 & Up: 4:30-5:30 Open Swim: 5-8pm
Activity Time is scheduled for 5:00-6:00pm Rec Rm: 360-432-3955 (only 3-6pm) & Jerilynn: 360-432-3992		ER = Early Release SSD = Shelton School District GSD = Griffin School District		I.T.B. - Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade

All activities are drug, alcohol and tobacco free.



Squaxin Teen Program Presents

PLANNED PARENTHOOD EDUCATION CLASSES

Squaxin Teen Program has partnered with Planned Parenthood to come to the teen room to talk about the topics below. Please join us to participate in fun and engaging presentations about sexual health and sexuality that are age-appropriate, medically accurate, traumainformed and LGBTQ inclusive.

Monday 2/17/20 **Anti-Bullying**

Monday 3/2/20 **Self Respect**

Monday 3/16/20 **Body Image**

Monday 3/30/20 **Conflict Resolution**

Wednesday 4/22/20 **Anatomy**

Monday 5/4/20 **Consent**

Middle School, 1-13 years old only

Please contact Jaimie Cruz at (360 742-6528

Squaxin Teen Program Presents

Planned Parenthood Education Classes

Squaxin Teen program has partnered with Planned Parenthood to come to the teen room to talk about the topics below. Please join us to participate in fun and engaging presentations about sexual health and sexuality that are age-appropriate, medically accurate, traumainformed, and LGBTQ inclusive,

Monday 2/10/20 **Anti-Bullying**

Monday 2/24/20 **Consent**

Wed 3/11/20 **Healthy Relationships**

Tuesday 3/24/20 **Sexual & Gender Identity**

Monday 4/6/20 **Anatomy**

Monday 4/27/20 **Abstinence & Birth Control**

Wednesday 5/13/20 **STI**

High school aged youth 14-18years old

Contact Jaimie Cruz at (360) 742-6527 to sign up.



Higher Education

Mandy Valley - If you have not sent me your final grades from fall yet, please do so as soon as possible. Scholarships are now becoming available. As soon as I receive scholarship information, I forward them to all Higher Education students. Spring quarter is quickly approaching. If you plan to attend and are not a current Higher Education student, please stop by my office or give me a call at (360) 432-3882 so I can go over the required documents with you. You could also email me at mvalley@squaxin.us. Paperwork for spring quarter is due back no later than March 13th.

Teen Program Updates

Jaimie Cruz - Squaxin Teen Program- Spring is here! Be on the lookout for spring activities. This year the Teen Program will be doing a glow-in-the-dark Easter egg hunt. In February we hosted the first youth gathering for Squaxin youth. At the event, Squaxin teens were able to vote for Youth Council members and learn about different programs throughout the Tribe. We are looking forward to seeing more youth visiting the Teen Room.

Squaxin teens joined the Skokomish youth for a night of Sla-Hal (stick-games) at their community center. For some of the teens, it was their first time playing, but they were still able to win one of the three games played. It was such great time learning something new and bonding with our neighbors and relatives. The teens would like to host a stick-game night at Squaxin, so be on the lookout!



NATIVE AMERICAN STUDENT DAY

Native American Student Day is one-day conference for American Indian/Alaska Native high school students who are interested in attending the University of Washington Seattle. NASD was created to encourage Native students to pursue higher education as well as give them the opportunity to experience the UW.

**FRIDAY
MAY 8, 2020
9AM - 4 PM**

wələbʔaltx^w
(Intellectual House)

MULTICULTURAL OUTREACH & RECRUITMENT
UNIVERSITY of WASHINGTON
Office of Minority Affairs & Diversity

Shelton's 3 Hour Early Release

Friday, March 20, 2020
Make Pigs in a Blanket & Pool Party

Conference Week

Shelton Schools - March 24-27, 2020

- Tuesday - 24th: Learn how to make butter
- Wednesday - 25th: St. Patrick's Day Games
- Thursday - 26th: Learn how to make applesauce
- Friday - 27th: Dancing worm experiment & learn about baskets

Griffin School - March 30-April 3, 2020

- Monday - 30th: Learn how to make fry bread dough
- Tuesday - 31st: Make fry bread
- Wednesday - 1st: Pool party
- Thursday - 2nd: Learn how to make butter
- Friday - 3rd: Dancing worm experiment & St. Patrick Day Games

Have any questions, contact Jerilynn @ 360-432-3992



LEARNING CENTER



Tutor News

Julie Youngs - Congratulations to Jayde Smith! The Tu Ha' Buts Learning Center is proud to announce that Squaxin Island Tribal member Jayde Smith is a recipient of the President's Scholarship from St. Martin's University, a four-year scholarship of \$84,000. Jayde was also recognized as a "Top 10%" student by the Mason County Rotary and is a member of the National Honor Society.

I sat down with Jayde to talk about her accomplishments, her challenges, her time as a Shelton High School student, and her exciting future as a St. Martin's University student. I asked Jayde what she would tell her 9th grade self, just starting her high school career. "It's worth it," she said. "Do the homework. Put in the effort. Play the sports. It pays off." Pays off indeed. Jayde has a 3.7 GPA, has lettered in two sports, and is looking forward to being the third generation St. Martin's graduate from her family - following in her father and grandfather's footsteps.

Jayde says the biggest hurdle she faced in high school was time, playing on the Shelton High School basketball and fast pitch teams, as well as an AAU basketball team and holding down a job at the Squaxin Island museum. This made it a challenge for her to keep up with her schooling. She said her work ethic and natural competitiveness helped her keep it all together. Jayde likes to challenge herself. She strives to always improve herself and holds herself to very high expectations. Achieving high grades and being successful on the basketball court and fast pitch field all mattered very much to her, and she rose to the challenge. Jayde was also the Shelton High School's varsity basketball captain for two years.

Supportive teachers were a big part of Jayde's success. She is especially grateful for Ms. Toney. Jayde said that Ms. Toney, "made learning to cook fun," and helped Jayde feel that she could accomplish what she set her mind to, that she truly mattered in her class. Jayde loved learning how to cook with Ms. Toney's



guidance. Jayde also expressed appreciation for Ms. Lennox and Mr. Peterson. She feels that these teachers went above and beyond, making it obvious that they really enjoy teaching their students. Jayde also talked about how Mr. Gregg inspired her in basketball and helped motivate her to keep pushing for more.

Jayde said she is going to miss the camaraderie of high school, cheering at sporting events with her friends, especially at the football games, "Even when we lost, it was still really fun," she said. Jayde struggled to put into words what it meant, "being a part of something bigger than yourself, a community." I am guessing she will take that school spirit with her to St. Martin's where she will find a new community of students to cheer with.

Jayde hasn't chosen a path of study yet. She is eager to get to St. Martin's to see what subjects she dives into, and figuring out what direction she would like to take when she chooses a major. But right now she knows she has plenty of time to have all sorts of experiences before she figures out her major. Part of her excitement is her genuine love of learning. She is excited at the idea of studying abroad, possibly in Italy or Spain, and can't wait for the college experience - meeting new people, seeing new places and learning new things.

We can't wait to see what the future holds for Jayde!



March 2020

Squaxin Teens

Jaimie Cruz teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Craft Class Community Kitchen 4:00-7:00	4 Lushootseed Class 5-6:30pm Family Services	5 Youth Council 5:00-6:00 @ Teen Room Drum Group 5:00-7:00 @ Museum	6
9 CLOSED Billy Frank Jr, DAY	10 Craft Class Community Kitchen 4:00-7:00	11 Lushootseed Class 5-6:30pm Family Services	12 Youth Council 5:00-6:00 @ Teen Room Drum Group 5:00-7:00 @ Museum	13 1 1/2 Hour Early Release SSD
16	17 Craft Class Community Kitchen 4:00-7:00	18 Lushootseed Class 5-6:30pm Family Services	19 Youth Council 5:00-6:00 @ Teen Room Drum Group 5:00-7:00 @ Museum	20 3-hour early release SSD
23	24 Craft Class Community Kitchen 4:00-7:00	25 Lushootseed Class 5-6:30pm Family Services	26 Youth Council 5:00-6:00 @ Teen Room Drum Group 5:00-7:00 @ Museum	27 1 1/2 Hour Early Release SSD
30	31 Craft Class Community Kitchen 4:00-7:00	Jaimie takes Monday's off and Friday activities vary. Below is the link to the Squaxin Teen Group https://www.facebook.com/groups/1437056869847814/ 360-742-6527 text or call Jaimie for questions/comments		



2020 Button Robe Schedule

The Workshop Will Be Held Tuesdays

5:00pm-7:00pm

Button Robe Workshop Starting

Tuesday February 25th

CHOICE High School Room 211, up the stairs

Enter through the front entrance at 807 W. Pine Street



Designs and Robe Workshop
February 25th March 10th
March 31st April 14th
April 28th May 5th

No Class March 24th

Indian Education Banquet and Button Robe Ceremony on Friday
May 15th from 6pm-9pm

This workshop will provide help for Shelton School District graduating seniors and their families to design and construct button robes. Seniors will be presented with their finished robes at the banquet and be able to wear them at graduation. This is a non-profit organization which is run by volunteers who are supporting Native students.

Donations are gladly accepted.

If you have questions please call Jenna Adams (360)463-9688 or e-mail Diva Roberts droberts@sheltonschools.org.



CALL TO SQUAXIN ARTISTS!

Conference logo wanted: \$1,000 award for selected artwork!

Squaxin Natural Resources is seeking a logo for an upcoming science focused training *EPA Tribal Clean Water Act Training*, June 9-10, held at the Little Creek Casino. This is a tribally directed training sponsored by the Environmental Protection Agency for scientists & field technicians from Idaho, Oregon & Washington.

Training topics include water quality of the Puget Sound, Pacific Ocean and Salish Sea, and how it affects plants, animals & humans.

As part of this conference artwork is needed to depict the connection between healthy waters, first foods and tribal culture. The artwork will be used as a logo for this conference. The logo can be an existing piece, or designed specifically for this event.

SUBMISSION PROCESS:

The artwork must fit within a 4" x 4" space. The artwork will be used only for the purposes of this conference and will be printed on a sticker / decal for attendees, conference materials, and used for souvenir purposes to be determined.

Please deliver in a hardcopy or USB drive along with your name, email address & phone number to:

Squaxin Natural Resources
ATTN: Conference Logo Submission
200 SE Billy Frank Way
Shelton WA, 98584

Or email jpg file to suepatnude@gmail.com

SUBMISSION DEADLINE MARCH 20 AT NOON

A three person panel will review and select the artwork. Artists will be informed by April 1st. For more information or questions, contact Sue Patnude, Conference Coordinator at 360-432-9439 landline; 360-470-0806 cell; or email suepatnude@gmail.com

FITNESS INSTRUCTORS NEEDED

Do you teach Group Fitness Classes?

Weigh training Yoga Pilates
CrossFit ZUMBA Bootcamp
...or others??

Do you want to teach at the Squaxin Fitness Center?

Submit a proposal of your class plan by March 31 to Janita Raham at jraham@squaxin.us

Questions?
360-432-3869





Attention Housing Applicants

If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application was mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Lisa Peters at (360) 432-3871. If applications are not updated by March 31, 2020, your name will be removed from the housing waiting list (per policy).

Your Spring Home Maintenance Checklist Family Handyman

When winter departs, it's time to check for damage and prepare for the hot weather ahead. With the days lengthening and weather warming, spring is a good time to get outdoors and tackle some larger home projects. Now that the threat of winter storms has passed, you can look for damage and make any needed repairs, as well as prep your home and garden for summer. We spoke with an expert to get helpful tips on what to watch for this season, from proper irrigation to mosquitoes and termites.

1. Clean gutters and downspouts. After the last frost has passed, it's important to have your gutters and downspouts cleaned and repaired. Clogged gutters and downspouts can cause the wood trim at the eaves to rot, and that can invite all kinds of critters into your attic space. Having your gutters and downspouts cleaned early in the season can also help prevent damage from spring rains. Gutters and downspouts should be clean and running free. If your downspouts are installed properly, water is diverted away from the house so that no water collects around your foundation.'

2. Reseal exterior woodwork. Wood decks, fences, railings, trellises, pergolas and other outdoor structures will last longer and stay in better condition if they're stained or resealed every year or two. Take this opportunity to make any needed repairs to woodwork as well.

3. Check for signs of termites. Beginning in March and going through May or June, be on the lookout for these winged insects. Termites swarm in the spring. If there's a bunch of winged insects flying out of a hole in the woodwork, that's probably termites. Call a licensed professional pest control company. You'll save money and trouble in the long run.'

4. Inspect roof. Winter storms can take quite a toll on the roof. When spring arrives, start by making a simple visual inspection of your roof. It doesn't require a ladder, and you certainly don't have to get on a roof to look. Use binoculars or a camera or smartphone with a telephoto feature if you need to. Look for missing shingles, metal pipes that are damaged or missing or anything that simply doesn't look right. If you notice anything that needs closer inspection or repair, call a roofer.

5. Paint exterior. If you're planning to repaint your home's exterior this year, spring is a good time to set it up. Want to paint but can't decide on a color? Explore your town and snap pictures of house colors you like, browse photos on Houzz or work with a color consultant to get that just-right hue.

6. Inspect driveways and paths. Freezing and thawing is rough on concrete, asphalt and other hardscaping materials. Take a walk around your property to look

for damage to walkways, paths and driveways, and schedule repairs as needed. Asphalt can often be patched, but damaged concrete may need to be replaced entirely.

7. Check sprinkler and irrigation systems. Checking your sprinklers or irrigation systems in the spring can save water – and save your plants.

Tips for checking your watering system:

- Run the system through all the zones manually and walk the property.
- Make sure none of the heads are broken or damaged.
- Adjust any heads that are spraying the house, especially windows, as this can cause moisture problems.
- Adjust heads that are spraying the street, sidewalk or porches to avoid wasting water.
- If you don't know how to maintain your sprinkler system, call a professional to do it. You'll save money on your water bill and protect one of our most valuable natural resources.

8. Prevent mosquitoes. In recent years, we've become more aware of the potential danger mosquitos can pose to our health. West Nile virus and Zika virus are just the latest diseases caused by these winged pests. The best way to prevent mosquitos around your home is simply by getting rid of any standing water. 'Walk around your property [and peek at your neighbors]. If you see anything or any area where water stands, fix it, tip it, get rid of it or maintain it regularly.

9. Check screen doors and windows. Screens are designed to let the breeze flow in and keep bugs out – but they can only do their job if they're free from holes and tears. Before setting up your screens for the warm months ahead, be sure to carefully check each one and repair any holes or tears, no matter how small. You can find screen repair kits at most hardware and home improvement stores.

10. Schedule air-conditioning service. Home inspectors see a lot of air-conditioning systems that are just not taken care of. Just because it gets cool doesn't mean it's working efficiently. To get the longest life out of your cooling system and keep it running as efficiently as possible, change the filters at least once each season, and hire a licensed professional to service the equipment before the start of summer.

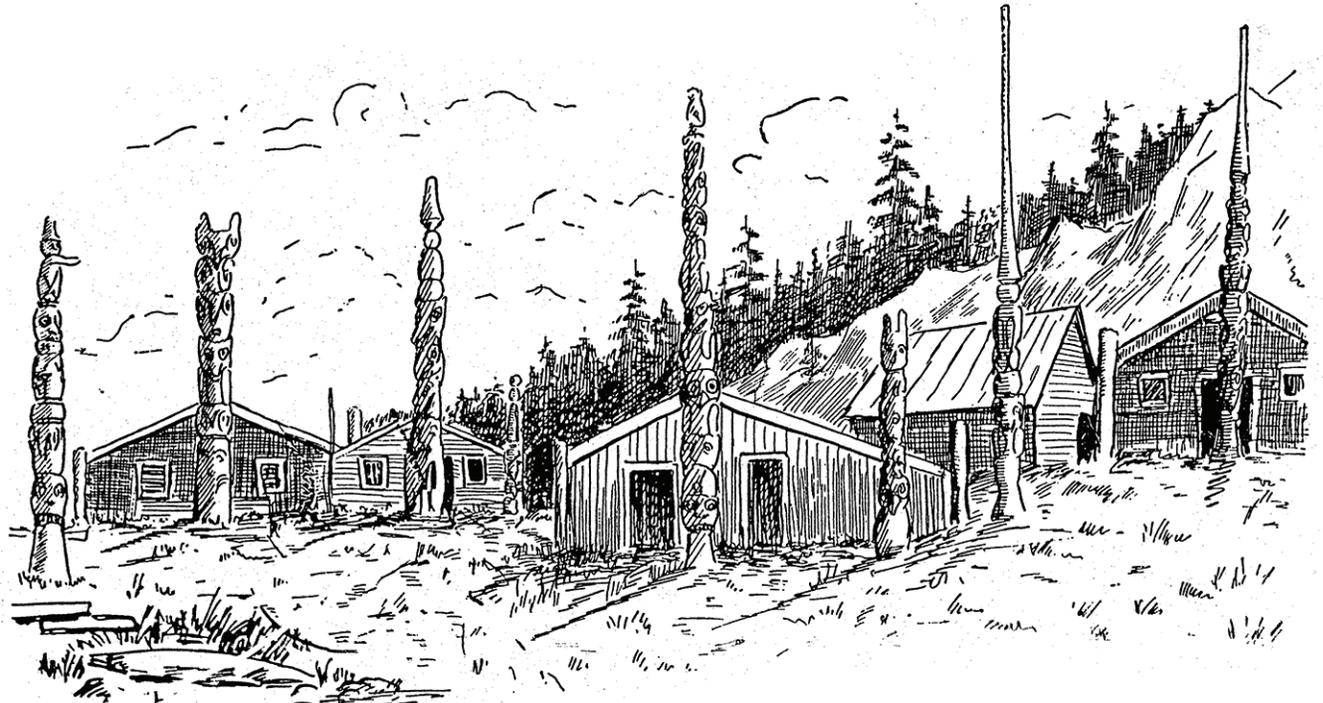
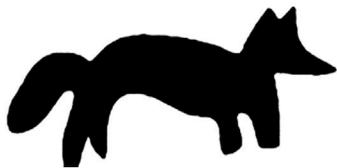


Weather Cautions Protect Your Animals

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



Syringe Exchange Naloxone (Narcan) Recovery Services Peer Support

Tuesdays

11 am to 1 pm
Community Food
Pantry of Belfair
71 NE Old Belfair Hwy

Tuesdays

2 pm to 4 pm
Lot just north of the
new supportive housing
19670 N. HWY 101
Skokomish Nation

Thursdays

11 am to 1 pm
Kamilche
Empty Lot next to KTP Express
3850 SE Old Olympic Hwy,
Kamilche WA

Thursdays

2 pm to 4 pm
Park N Ride
at the City Center Exit
Shelton WA

Substance Use Mobile Outreach of Mason County

Look for an RV with a "Mobile Outreach" sign. Locations and times subject to change.
Call (360) 427-9670 Ext. 128 for a recorded message with up-to-date information.

www.healthymasoncounty.com

GET YOUR TAXES DONE FOR FREE

SQUAXIN ISLAND TAX SITE

(Basic returns)

February 10, 2020 —
April 8, 2020

By appointment only

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

Tax Site located at Squaxin Island Tribe
Administration Bldg.

WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents, 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)
- A copy of last year's federal and state returns, if available
- 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
- Proof of bank account routing and account numbers for direct deposit such as a blank check



IRS Certified Volunteers Providing
FREE TAX PREPARATION

Sponsored by Squaxin Island Tribe—Office of Housing



Emergency Preparedness Food & Water

By Squaxin Island CERT - In a major disaster you probably don't want to depend on others to meet your basic needs or comfort. Even if you must depend on others, it often takes them three days or more to get mobilized to begin to meet the needs of the community, and that will begin where the greatest population is living.

An emergency can be something as basic as loss of employment or a brief power outage, or something catastrophic such as "the big one." In recent modern times, we haven't experienced a catastrophic event, that we can remember in the Mason/Thurston county area, but it could happen, and every day that goes by is a day closer to it happening.

Emergency preparedness doesn't have to be expensive. Break it down into small steps. Every small step you take today is a step closer to where you want to be, and a step ahead from where you were yesterday.

We would like to cover preparedness of food and water this month.

Food:

The most important thing to remember about food is you don't have to buy expensive freeze dried meals that will last 5-25 years to be ready for an emergency or disaster. It is important to build up your reserves with food that you normally eat day-to-day, so you avoid digestive issues by drastically changing your diet. It is important to try to include foods from all of the food groups for good nutrition and, with a little planning ahead of time, you can accomplish this.

Things to consider: If the power goes down, do you have food you can prepare without a heat source? If not, what type of heat source do you plan to use to cook with? Are you educated to use the heat source safely before the event? You don't want to be trying to learn how to use a new portable stove during a major event; this is a recipe for disaster or possibly death. Do you have the necessary fuel on hand? The time to check is before an emergency happens. Fuel will disappear from store shelves very quickly after an emergency. Do you have enough food and fuel on hand to meet your family's needs and for how long? What if others, family and friends, showed up at your door for assistance... do you have enough for them?

With these types of scenarios, you can quickly see why you should plan for more than three days. To find a 52-week food storage checklist to build up your food reserves, go to <https://squaxinland.org/community/community-emergency-response-team-cert>. Feel free to edit it to meet your needs. If you don't use yeast, replace it with something you do eat, etc.

Canned food should be stored in a cool, dark place. Make sure cans are in good condition and are not dented. It is important to rotate your food using the "First In, First Out" (FIFO) method so none of it goes past its expiration date. Although canned foods traditionally last for one to four years, you can likely double the shelf life upwards to six years if you follow these rules. If in doubt, toss it out!

Water:

A 2012 poll of U.S. adults indicated 53% do not have a minimum three-day supply of non-perishable water at home. It is irresponsible to be in the 53% category.

Water is the number one item that we should have stored for an emergency. We cannot live without water. On average, our organs will begin to die after only three days without water, while it will take about three weeks without food.

Living in the Pacific Northwest, water is all around us in the form of Puget Sound, Hood Canal, snow on the Olympics or Mt. Rainier, the Pacific Ocean, and lakes and rivers. It falls on us frequently in the form of rain throughout the seasons, so it is hard to imagine not having access to clean, drinkable water. Just because water is freely flowing and clear, it doesn't mean it's safe to drink. There could be poison or parasites lurking in the water.

At a bare minimum, you should store one gallon of water per person in your household for three days; so if you are a family of four, you should have a minimum of 12 gallons of water stored for human consumption and basic personal needs. You should probably have more than that stored, depending on your family's needs and comfort level. Your minimum goal should probably be for two to three weeks. For example, what about flushing toilets, shaving, cleaning up after a baby, spit baths, or washing dishes? Will Brendze at SkilledSurvival.com says, "In a real nasty emergency, you can never have too much water on hand."

It is important to store water in food-grade containers, preferably designed for water storage. There are lots of articles that say two-litre pop bottles are good water storage containers, and that is true - if you want to flush the toilet with it, but not particularly for drinking. The previous content is impossible to totally remove and it could contaminate or alter the flavor of your water.

Water should be stored in a cool dark place. You should remember that water is heavy, and, if you need to grab-and-go, you will want to take your own physical abilities into consideration when selecting your containers for storage. Even if it is only used at your house, there will probably be the need to move it to a usable location.

You should sanitize your container by first washing it with warm, soapy water. Then you should sanitize the container by using one teaspoon of household liquid bleach that has 5.25 percent sodium hypochlorite in one gallon of water. Do not use bleaches that are scented, color safe, or have added cleaners. Let the container soak for two minutes and then rinse. Fill container with water and add 12 drops or 1/8 teaspoon of bleach per gallon of water. Let the water sit for half an hour. If it doesn't have a faint scent of chlorine, repeat again. You can use purification tablets, but they should be used sparingly, because excessive use can impair your thyroid function. You can also use purchased bottled water, but again, it is important to rotate the water out.

Don't forget you have water available from your hot water heater if the line hasn't been compromised with contaminated water backfilling it. If you get your water from a treated source that uses chlorine, no treatment is necessary to store the water. If your water is not from a treated source, such as a well, you should use 1/8 teaspoon of chlorine per gallon of water.

Water will go flat by losing its oxygen, therefore, causing a strange taste. This is normal, and you can add the oxygen back in by either dumping the water back and forth between two containers or by shaking it up in a jar or bottle. You may want to have some drink flavor packets on hand if you are finicky. Again, if you get your water out of storage and it smells or tastes awful, DON'T SWALLOW IT! Use it for the toilets.

There are lots of free articles online that can help you with ideas about water storage. Again, anything you do today will help you be better prepared in the case of a major catastrophic event. Good Luck.





HEALTH CLINIC



Elizabeth Heredia - Squaxin Island's BHOP Suicide Awareness Program hosted another family-oriented event on February 10th at the Community Kitchen.

"Love is in the Air" was the name of the event and providing a super fun atmosphere for making Valentine's Day cards and crafts was what we did!

Parks and Rec got us a chocolate fountain for this event and we brought in the strawberries, pineapples, bananas, Oreo cookies and Rice Krispy treat squares to dunk in the chocolate!!

We also had some veggie trays and cracker and cheese snacks for everyone as well.

A fun picture booth was available with a Valentine's backdrop with fun props. A big thank you to Jennifer Motteler from IS for helping us with the that fun activity.

BHOP's Suicide Prevention Program has been hosting family-oriented activities to encourage everyone to come together as a community and a family and have fun. Communication while working together doing fun activities promotes healthy relationships, and that's what mental health is all about.

We strongly encourage everyone to attend all of the different activities offered by Squaxin Island Tribe as well as the Mental Health First Aid classes.

The next MHFA class is scheduled for March 27th at the Community Kitchen from 8:30-5:00 p.m. Please call BHOP at (360) 426-1582 to sign up.



Photos by Connie Whitener





What makes a relationship unhealthy?

You deserve to feel safe in your relationship. Emotional, verbal or physical abuse is not your fault. Here's how to recognize the signs of an unhealthy relationship.

How do I know if my relationship is unhealthy?

Sure, nobody's relationship is perfect, and people make mistakes. But if you feel like you're being treated badly, you probably are. Listen to your gut. Healthy relationships make you feel good about yourself, unhealthy relationships don't. Lying, cheating, jealousy, and disrespect are signs of an unhealthy relation. So is trying to control a partner. That includes:

- Keeping track of where they are and who they hang out with.
- Checking their phone or e-mail without permission.
- Keeping them away from friends or family.
- Telling them they can't do certain activities.
- Preventing them from having money.

What are the signs of an abusive relationship?

Anyone can find themselves in an abusive relationship, no matter their age, gender, or sexual orientation. Movies and TV shows that depict abuse might give you the impression that an abusive relationship is only when someone is getting hit or physically hurt. But there are different types of abuse that can affect your body, your emotions, and your self-esteem.

- Physical abuse means hitting, kicking, pushing, or hurting someone in any way.
- Sexual abuse is forcing your partner to do anything sexual from kissing to having sex. When you don't consent to sexual activity, it's considered sexual assault or rape, whether you're in a relationship or not.
- Verbal abuse is name-calling, put-downs, and using words to hurt someone.
- Emotional abuse is when your partner tries to make you feel bad about yourself. That can mean hurting your feelings on purpose, jealousy, blaming you for the abuse, cheating or continually criticizing you. Emotional abuse affects your self-esteem.
- Threats and intimidation use the threat of violence or abuse control a partner. Threatening children, suicide or physical violence are ways to control your behavior.
- Isolation is controlling who you see, what you do, and limiting your access to friends, family and other forms of emotional and financial support.

Each relationship is different, and the signs of an abusive relationship can vary. But all of these behaviors are ways that one person tries to maintain all of the power in a relationship and control their partner.

Sometimes abusive behaviors begin slowly and get worse as time goes on. If you've been feeling devalued, afraid, or controlled, get help. Everyone deserves to be in a relationship where both people feel safe and are respected, trusted, and loved.

How do I get out of an abusive relationship?

If you're in an abusive relationship, know that you're not alone and you deserve better. If your partner hurts you physically, emotionally, or sexually, remember: nothing you said or did justifies their behavior. Everyone gets mad sometimes, but talking things through is the way to deal with problems-not hurting you or putting you down.

Abuse doesn't happen because you did something wrong, or weren't good enough to prevent it from happening. Domestic abuse happens because someone made a choice to manipulate and control you to make themselves more powerful. Remember, you deserve healthy, happy relationships. Abuse of any kind is never OK!

If you need someone to talk to, come see me or call me.

Gloria J Hill
360-432-3927
Domestic Violence Advocate

I am not here to break up relationships. I am here to help. If you and your spouse/partner would like to talk, come see me.

Next month my topic will be:

What is a healthy relationship?/Tips for having a happy relationship

Stinging Nettle Harvest

March 9, 2019

10:00 am– 1:00 pm

Meeting at

At the Squaxin Community Garden

541 SR 108 Shelton, WA 98584

<p style="text-align: center;">Together we will make:</p> <p style="text-align: center; color: #2e7d32; font-weight: bold;">Nettle Pesto Pasta</p> <p style="text-align: center; color: #2e7d32; font-weight: bold;">&</p> <p style="text-align: center; color: #2e7d32; font-weight: bold;">Lemon Nettle Cupcakes</p> <p style="text-align: center; font-size: small;">Both with Gluten-Free Options</p> <p style="text-align: center; margin-top: 20px;">Nettle Benefits:</p> <p style="text-align: center; font-size: small;">It's an anti-inflammatory, adrenal booster meaning it battles fatigue, it's a bone builder, gout healer, and it helps to regulate blood sugar levels.</p>	<p style="text-align: center;">What to Bring:</p> <ul style="list-style-type: none"> ◇ Gloves ◇ Harvest Bag/Basket ◇ Scissors ◇ Water Bottle ◇ Snacks <p style="text-align: center; font-size: small;">To sign up or for more information please contact the Garden at:</p> <p style="text-align: center; font-size: small;">360-432-3984 or at</p> <p style="text-align: center; font-size: small;">tribalgarden@squaxin.us</p>
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Happy Anniversary Mike and Rhonda Foster



50 Years! on March 20th

Because of your love, we know how to love and be loved. For 50 years you have walked this path together, with love and beauty. You have held each other up during difficult times, and encouraged and supported each other through all of these years together. You have modelled for us a love that lasts for all lifetimes. You have raised two boys that are gentle and strong and supported your girls, because they were born straight from your hearts. Our children will grow up to be gentle and strong, courageous and loving, because you have taught us this. Thank you. We love you to the moon and back. Wishing you many more years of happiness and love, filled with memories that make your hearts soar.

Love,
All your kids and grandkids.



1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5 SQUAXIN ISLAND TRIBAL COURT
6 YOUTH COURT
7 SQUAXIN ISLAND RESERVATION

7 IN RE: Case No.: CW-2015-1503-0079
8 CW-2015-1503-0080
9 CW-2015-1503-0081
10 Indian children NOTICE OF SHOW CAUSE HEARING

13 THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Juanita Pugel and Anton Pugel
14 YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court
15 has set Show Cause Hearings in the above captioned matters for Juanita Pugel Anton Pugel. The
16 hearing on this matter shall be held on April 16, 2020 at 9:30 am at 10 SE Squaxin Lane, Shelton,
17 Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY
18 RESULT IN A FINDING OF CONTEMPT OF COURT, AND SUBJECT YOU TO CIVIL
19 PENALTIES. File your written response with Squaxin Island Tribal Court at the above listed address
20 or call 360-432-3828 for more information.
21 Dated: _____, 2020.
22
23 JUDGE ANITA ESTUPIÑAN NEAL

25 NOTICE OF SHOW CAUSE HEARING-- PAGE 1 OF 1 SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.432.1771

1
2 THE HONORABLE ANITA ESTUPIÑAN NEAL
3
4 SQUAXIN ISLAND TRIBAL COURT
5 YOUTH COURT
6 SQUAXIN ISLAND RESERVATION

7 IN RE: Case No.: SQI CW-2020-01-23
8 K.K.
9 DOB: Indian Child NOTICE OF FACT FINDING AND
10 DISPOSITIONAL HEARINGS

13 THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO THE SAID Jill Kenyon Krise
14 YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth
15 code, Fact Finding and Dispositional Hearings for the above named youth has been set in the Squaxin
16 Island Youth Court. The hearing on this matter shall be held on the April 16, 2020 at 10:30 am at 10 SE
17 Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND
18 IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR
19 RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the above
20 listed address or call 360-432-3828 for more information.
21 Dated: _____, 2020.
22
23
24
25 NOTICE - PAGE 1 OF 1 SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771



Every
65
seconds
someone in the United States
develops Alzheimer's disease.

Are My Memory Problems Normal or Not?

Submitted by Kyle Ferguson, PhD (Clinical Psychologist) at the Clinic - Tribal members born in 2010 can expect to live to 74 years. That is 30 years longer than members born in 1969. The number of tribal elders, therefore, aged 65 and older are expected to triple over the next three decades. And the oldest members, 85 years and older, is expected to increase by way more than that – a whopping 7 times the current rate by 2050.

On the one hand, we will have more elders around to mentor the young and show them the way (not to mention free babysitting!). On the other hand, unfortunately, we will have more tribal members with memory conditions. The biggest risk of memory conditions like Alzheimer's disease is age, and that risk goes up the longer we walk the earth. The risk of getting Alzheimer's, in fact, doubles every five years after you turn 65.

A diagnosis of Alzheimer's disease means you have problems with your thinking caused by abnormal brain changes. You might have heard these referred to as plaques and tangles. Essentially, these are "junk piles" that continue to pile up in your nervous system over time, making it harder for your brain to work right.

With Alzheimer's disease, memory and word-finding problems are expected to get much worse over time. Thinking can get so muddled that, at some point, an elder might not be able to care for their basic care needs like shopping, preparing meals, paying bills, or bathing or dressing. That's when family members usually step in to take over things elders used to do on their own.

The idea of getting Alzheimer's disease is very, very scary. But what kinds of thinking changes are normal and what are not normal? And why should you even care?

Forgetting names, occasional memory lapses, and some absentmindedness are more common when we are in our 40s, 50s, 60s and beyond. You might say this is "typical" aging. But when these problems happen on a regular basis – so much so that you yourself start to worry about it, or family members and friends express concerns about it – this might mean that your brain is changing in an "unusual," "not-so-typical" way.

Things to look for are: (1) Memory loss that interferes with daily life: Forgetting events, repeating yourself, misplacing things; (2) Being confused about time or place; (3) Balance problems or clumsiness; (4) New problems using words in speaking or writing (e.g., the words sound "funny" or are "made up"); (5) Withdrawing socially; or (6) Changes in mood and personality (e.g., getting frustrated easily, being more fearful, being more tearful), among other things.

If you've noticed any or some of these problems in yourself, your

spouse, parent, or grandparent, please don't hesitate to come in to the clinic. There are benefits to identifying these problems early. First, there are treatable (reversible) medical conditions that share the same symptoms as Alzheimer's disease and related dementias. Second, if you or your loved one has Alzheimer's disease, it is important to build a care team of family, community members, healthcare, and social service providers. Third, identifying Alzheimer's or other dementias early can help get needed support services. Fourth, it allows you and your family to plan for the future regarding health, financial, legal needs, and end-of-life choices.

Call the clinic at (360) 427-9006 if you'd like to meet with Dr. Ferguson to discuss your concerns about possible memory conditions.





Mother's Milk = Baby's First Food

Tips for Successful Breastfeeding

Breastfeed early and often
When a baby begins breastfeeding in the first hour, the mom's breast begin making milk. It also helps babies begin to breastfeed while they are alert and ready to learn.

Breastfeed 8-12 times per day
Breastfeeding 8-12 times per day assures that the baby is getting enough calories, and tells mom's body to make lots of milk. The more the baby suckles at the breast, the more milk a mom makes.

Avoid formula, bottles, pacifiers
Babies use their tongues differently when they breastfeed than when they take a bottle or pacifier. Babies need time to learn how to breastfeed before offering other nipples.

How to Know Baby Is Getting Enough

Mothers can be sure babies are getting enough when:

- Their breast soften during the feeding
- The baby breastfeeds 8 to 12 times every 24 hours, including night feedings
- The baby awakens on his own to feed
- The mother can hear her baby swallowing in a rhythmic way
- The baby seems satisfied and content after feeding
- The baby has plenty of wet and dirty diapers
 - ◊ At least 5-6 wet and 3 soiled diapers per day in the first 3-5 days of life
 - ◊ At least 6 or more wet and 3-4 soiled diapers per day by days 5-7
 - ◊ Less than 4 soiled diapers by day 4 is an indication the baby is not getting enough to eat.

How much milk does the baby need?

Babies' stomachs are small. They don't need much milk. **These beads show the size of baby's stomach.**



Small bead= stomach of a newborn can hold 1/2 tablespoon to 1 tablespoon at a feeding.

Medium bead= stomach of 3 day old baby can hold 1-1/2 to 2 tablespoons at a feeding.

Large bead= stomach of 10 day old baby can hold 2 to 2-1/2 ounces at a feeding.



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





March 24th is Diabetes Alert Day!

Could you have diabetes and not know it?
 Want to know if you're at risk? Take this diabetes risk test to see if you're at risk.
 Make an appointment at the clinic to get tested for diabetes.
 You can live a long, healthy life with diabetes. Catch it early and treat it.
 Contact Patty Suskin, Diabetes Coordinator 360.432.3929 or psuskin@squaxin.us

ARE YOU AT RISK FOR TYPE 2 DIABETES?



Diabetes Risk Test

- How old are you?**
 Less than 40 years (0 points)
 40—49 years (1 point)
 50—59 years (2 points)
 60 years or older (3 points)
- Are you a man or a woman?**
 Man (1 point) Woman (0 points)
- If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)
- Do you have a mother, father, sister, or brother with diabetes?**
 Yes (1 point) No (0 points)
- Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)
- Are you physically active?**
 Yes (0 points) No (1 point)
- What is your weight status? (see chart at right)**

Write your score in the box.

Add up your score.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
	You weigh less than the amount in the left column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
 Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:
 You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at www.diabetes.org or call 1-800-DIABETES

Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



Lower Your Risk
 The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.
 If you are at high risk, your first step is to see your doctor to see if additional testing is needed.
 Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

Walk. Have fun. Prevent diabetes.



Walking will help you prevent and manage diabetes.

Take these steps:

- Start by walking 3 days a week.
- Walk for 30 minutes each day. You can break it into three 10-minute sessions.
- Make it a habit to walk at least 30 minutes, 5 days a week.



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

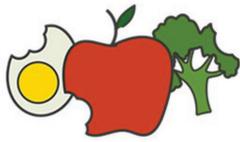


HEALTH CLINIC



March is National Nutrition Month

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

What's MyPlate All About?



Want to know more about nutrition?

Contact Patty Suskin, Registered Dietitian Nutritionist at the clinic:

360.432.3929 or psuskin@squaxin.us



USDA 'commodity' Foods Program

What do you think of when you hear the word Commodities?

Cheese right? Or cans and packages of food with black and white labels? These were what our 'commodities' used to look like.

We now are referred to as USDA foods. We are the FDPIR, which stands for Food Distribution Programs on Indian Reservations. It is a nationwide program serving Indian tribes all across the U.S.



The program went from providing pantry staples of canned fruit, vegetables, meat, flour and peanut butter (which is where 'commodities' came from) to more nutritious choices.

We now offer fresh fruits and vegetables, some in season and others year around. A variety of frozen meats such as boneless chicken breasts, ground bison (buffalo) and sockeye salmon fillets to name a few.

Remember those silver cans of beef and pork? While the beef is still available, we now offer canned chicken and tuna fish just like you can buy in the grocery store.

The silver cans of juice are no more as well, several varieties of juice are available from grape to cherry apple.



In recent years USDA has been trying to incorporate traditional foods by adding frozen sockeye salmon from the northwest, catfish fillets from the Midwest, wild rice from Minnesota and blue cornmeal from the south.



As for the cheese, yes we still have those big blocks of cheese! We also have sliced cheese available. Among other dairy products, we now offer fresh eggs by the dozen and 1% milk besides the powdered milk we're all used to. We've recently added frozen blueberries, strawberries and peas to the fruit and vegetable list with frozen carrots coming in the near future.

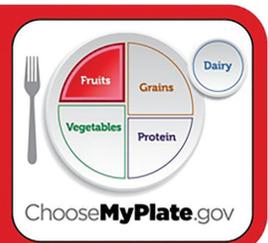
During the holidays we have been able to offer frozen Hams and cranberry sauce. So next time you hear the word commodities remember, it's no longer is just cheese.

To find out how to apply or if you qualify, call:

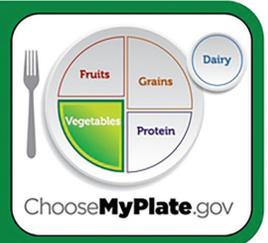
**SPIPA office: 360-426-3990 or
Warehouse cell: 360-490-3060**



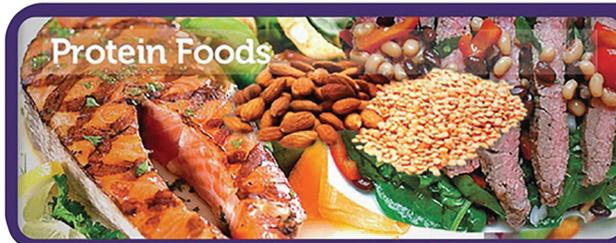
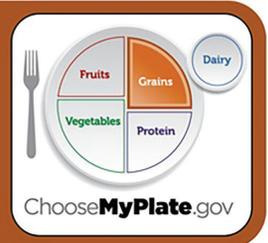
Fruits



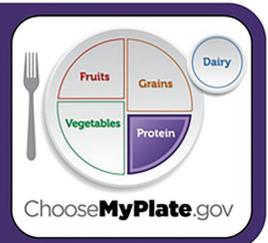
Vegetables



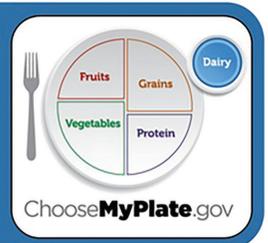
Grains



Protein Foods



Dairy



 United States Department of Agriculture
Center for Nutrition Policy and Promotion



COMMUNITY



Elders Menu . . . Fruit and salad at every meal

MONDAY 2:

Chicken Pot Pie

MONDAY 9:

Billy Frank Jr. Day - CLOSED

MONDAY 16:

Chicken Burgers, Potato Salad

MONDAY 23:

Tatar Tot Casserole, Green Beans, Biscuits

MONDAY 30

Chicken Alfredo, Peas

TUESDAY 3:

Chili, Corn Bread

TUESDAY 10:

Tomato Basil Ravioli Soup, Grilled Cheese Sandwiches

TUESDAY 17:

Cabbage Soup w/Corn Beef, Biscuits

TUESDAY 24:

Baked Potato Soup, Chicken Salad Sandwiches

TUESDAY 31:

Split Pea Soup, Roast Beef Sandwiches

WEDNESDAY 4:

Mediterranean Pasta Saute

WEDNESDAY 11:

Pork Lo Mein w/Veggies

WEDNESDAY 18:

Pork Chops, Stuffing, Carrots

WEDNESDAY 25:

Baked Ham, Scalloped Potatoes, Cauliflower

THURSDAY 5:

Chicken Fried Steak, Mashed Potatoes w/Gravy, Mixed Veggies, Rolls

THURSDAY 12:

Tacos, Spanish Rice

THURSDAY 19:

Tuna Melts, Chips Casino Buffet

THURSDAY 26:

Fried Rice w/Chicken



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!



CHEHALIS TRIBAL LOAN FUND

2020 NATIVE CARVERS SHOWCASE



Calling all catering businesses!

Chehalis Tribal Loan Fund Team is searching for a caterer to serve at our 2nd annual Native Carvers Showcase

Dates: May 29th—30th



For More Information Please Contact Diana Pickernell @ (360)709-1631 OR email dpickernell@CTLF-empowers.org

Requirements are the following:

- the person needs to be a licensed caterer with their tribe or county
- Be able to obtain a Thurston County Temporary Kitchen Permit
- Be able to obtain a Thurston County food handler's card
- Have event insurance for up to a \$1,000,000 (policy is between 100 and 300).

Hosted by The Evergreen State College Longhouse in collaboration with Chehalis Tribal Loan Fund



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



March Happy Birthdays

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

2
Christy Marie Peters Block
Raven Haaq Roush-Lizotte

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

4
Adolfo Douglas McFarlane
Angela Renee Lopeman
Mayella Frankie Jean Roberts

5
Cedar Michael Korndorfer
Faith Elizabeth Pughe
Jamaal Jason Byrd

6
Evan Taylor Cooper
Kodiak Draven-Wolf Masoner

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

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

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

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

11
Alexandrea Rodriguez
Chenoa Reed Peterson
Susan Faye Henry

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

13
Sara Marie Naranjo-Johns

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

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

16
Adarius Terell Coley
Rebecca Lottei Lezon-Ferreira

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

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

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

20
Joelene Elaine Tamm
Lachell Marie Johns
Nathaniel B Bisson

21
Doyle Raymond Foster
Tayla Rose Logan

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

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

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

25
Johnathan Draven Seymour

26
Christina L. Henry
Elsie Jeanne Gamber
Jerad Charles Lopeman-Fry

27
James Jeffrey Coxwell
Kameron Marshall Weythman
Lucke Robert Newell

28
Brittany F McFarlane
Jon D. Brownfield

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

31
Christina Marie Lopeman
Stephen William Henry



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



MONDAY

March 9

Childcare Board of Directors



Veterans Committee

The Veteran's Committee will be meeting on March 5th at 11:00 a.m. in the large conference room on the second floor in the Tribal Center. If you have been on the committee before, or would like to start, all are welcome!



TUESDAY

March 3

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

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

March 10 Criminal/Civil Court

Enrollment Committee

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

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

March 17 Criminal/Civil Court

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

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

March 24 Criminal/Civil Court

Skookum Creek Tobacco Board

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

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

March 31

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

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



WEDNESDAY

March 4

Shellfish Committee

Elders Committee

AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

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

March 11

Fish Committee

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

March 18

AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

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

March 25

Candidate Forum

5:00 @ Elders building

AA & ALANON: 7:30 p.m.

Lushootseed Class: 5:00 - 6:30

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

THURSDAY

March 5

Family Court

Veterans Committee

Tribal Center Conference Room at 11:00 a.m.

Gaming Commission

Utilities Commission

Tribal Council

March 12

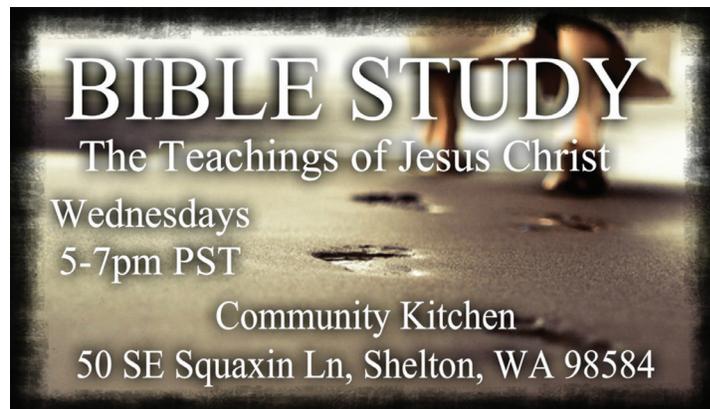
*Tribal Council
work session with LCCR*

March 19

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
Joshua Whitener
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

WIC WOMEN, INFANTS & CHILDREN

Tuesday, March 10 is WIC day at SPIPA (date may change)

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



South Puget Intertribal Planning Agency

USDA Foods Program
March Dates

PT. GAMBLE S'KLALLAM 3/4/20
CHEHALIS 3/5/20
SQUAXIN ISLAND 3/11/20
SKOKOMISH 3/20/20
NISQUALLY 3/24/20

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.



LITTLE CREEK CASINO RESORT
 Presents

The
SPINNERS



APRIL 3 | 8PM

TICKETS \$50/\$45/\$35

SKOOKUM CREEK
 EVENT CENTER

FOR TICKETS GO TO LITTLECREEK.COM
 OR CALL 1.800.667.7711
 MUST BE AT LEAST 21 YEARS OF AGE TO ATTEND

LITTLE CREEK
 CASINO • RESORT™
 LIVE a little

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

BINGO **MARCH SESSIONS**
 CHECK WEBSITE FOR DETAILS

Thursday | March 19th | 6:30pm
 Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday | March 20th | 8:30pm
 Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday | March 21st | Noon
 Doors Open 9am | Early Birds 11:30am | Session Starts Noon

Saturday | March 21st | 4:30pm
 Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday | March 22nd | 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 22nd | 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.

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