Covid-19
Squaxin Island Tribe continues to operate under a state of emergency in an effort to protect the community against coronavirus COVID-19.

Please be aware that we are doing everything possible to keep you safe and up-to-date. Watch squaxinisland.org/covid-19 and the Daily Scoop email newsletter for updated information.

We can not reiterate enough to isolate our Elders from younger kids. During this time, please utilize Facetime, or other virtual means to stay in touch with your family.

Per Capita Checks
Come with a Surprise
Per capita checks will be distributed on Thursday, May 7, 2020 outside the Little Creek Casino Resort Event Center. Distributions will be set up under the breezeway for you to pull up in your vehicles. Follow the map (on right).

Checks will be distributed by LAST NAMES. Do not forget - if your last name starts with A-K come by between 9:30 a.m. - 11:00 a.m. If your last name starts with L-Z come by between 11:30 a.m. - 1:00 p.m.

If, by any chance, you cannot make it, your check will be mailed. Make sure you contact Finance to update your mailing information, if necessary. Please call or email Mayling Anderson: (360) 432-3890, manderson@squaxin.us or Jenn Ogno: (360) 432-3940, jogno@squaxin.us.

Also, Island Enterprise has a gift for us while supplies last: A 50 lb. box of clams from Salish Seafoods!

Skookum Creek will be donating a 750ml bottle of hand sanitizer!

If you use direct deposit, come by to pick up your clams and hand sanitizer. You will need your tribal ID.

ONLY ONE PER VEHICLE.

These, too, will be distributed by last name.

PLEASE - REMAIN ON YOUR VEHICLES AT ALL TIMES.

MAY 7, 2020
At Little Creek Casino - Event Center (Outside)
Tribal Members will be able to pick up the following:

Per Capita Checks
Distribution by LAST NAMES:
A-K at 9:30 AM—11:00 AM
L-Z at 11:30 AM—1:00 PM

Island Enterprises will be handing out:
- 50 lb. Box of Clams from Salish Seafoods
- 750 mL bottle of Hand Sanitizer from Skookum Creek Distribution
(Only 1 per vehicle while supplies last.)

You MUST stay in your vehicles at all times
Members with Direct Deposit- you will be able to pick up a box of clams and hand sanitizer with your tribal ID.

NO EXCEPTIONS
The Squaxin Island Tribe General Council Meeting is postponed until June 27

Walking on, Pete Kruger, Sr.

Pete Kruger Sr., of Shelton, WA, passed away at his home with his family on April 19, 2020, at the age of 86. He was resident of Shelton most of his life and member of the Squaxin Island Tribe. He is survived by his wife of 28 years, Lillie Kruger of Shelton, Baby Huey (beloved 4-legged buddy), one daughter, Kathi Kruger-Neilsen (Steve) of Enumclaw; two sons, Mike Kruger (Sally) of Shelton, and Tully Kruger (Vicki) of Shelton; three step-daughters, Michelle Drengson of Olympia, Rene’ Klusman of Tumwater, and Terri Ryan-Kaeka (Dave) of Lacey.

Pete had 33 grandchildren and 22 great-grandchildren, and he will be remembered fondly by multiple cousins, nieces, nephews, other relatives, and many close friends.

He was preceded in death by Donna DeCoy, Barbara Kruger, Pete Jr. Kruger (son), Clint Kruger (son), Eric Kruger (son), Ann James-Coley (sister), Johnny James (brother), Steve James (brother), Tony James, Sr. (brother), Mose Kruger (father), and Sarah Whitener Kruger James (mother).

Pete was born October 22, 1933 in Penticton B.C, Canada to Mose and Sarah Kruger. His mother brought him to Kamilche, WA six months later, where he was looked after by his grandma, Annie Whitener. He graduated Irene S. Reed High School in 1951. While growing up, Pete loved the outdoors and was an avid baseball/softball player, boxer, and hunter. He worked in numerous packing houses from 1951-53. For the next eight years Pete worked two jobs, roofing houses by day and working at Simpson Timber Company by night. Pete served in the Army National Guard (1952-53) as Private First Class/E3 studying communications while he was stationed at the Yakima Training Center. In 1962, he started his own roofing company, named OK Roofers, and, later in 1975, changed its name to Kruger Roofing, where he retired in 1995. Pete then went to work for the Squaxin Island Tribe in 1996 as Hunting Policy Representative and served on Tribal Council from 1999-2015, where he finally retired in May of 2015. The last years of his life were spent with family and friends, pets, and many hunting trips.

A celebration of life will be held at the Squaxin Island Tribe after the Corona virus sanctions are lifted.
**Community**

### Per Capita Information Updates/Direct Deposit

During this unprecedented time, if you have any information updates, please let Finance know as soon as possible. If you need a direct deposit form, we can email you one or send it in the mail.

Please call or email Mayling Anderson:
(360) 432-3890  
manderson@squaxin.us  
or  
Jenn Ogno:  
(360) 432-3940  
jogno@squaxin.us.

Squaxin Island Tribe  
Finance Department  
10 SE Squaxin Lane, Shelton, WA 98584  
(360) 426-9781  
(360) 462-9700 Fax

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### Squaxin Island Transit

Tammy Ford - Squaxin Island Transit, along with other agencies, is navigating through these challenging times by modifying routes and dial-a-ride services.

I am proud to say we are doing our best to meet the transportation needs of our community while reducing the risk of anyone contracting the Corona-19 virus. We have coordinated with Family Services to deliver food from the Food Bank to those in need. We continue to provide the online pick-up orders from Fred Meyers, Safeway and Walmart. If you do not have the ability to order online and are homebound, we can provide transportation that will take you to one of those three grocery stores in Shelton.

Effective April 24, we have modified our schedule again. Please note the changes below. If the schedule does not meet your needs, and you have a critical appointment to attend, please call a day in advance to schedule your appointment. If possible, stay home and stay safe.

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**SQUAXIN TRANSIT**

**UPDATES:** Due to other transportation demands, we have modified our service to two routes.

**Dial-A-Ride Service** is available to our community, for transportation for times other than our normal routes.

Mason Transit Authority is still not providing Route 6 or 26 to or from Olympia due to the Olympia Transit Center closure.

We ask that everyone to limit their trips, and therefore their exposure, in accordance with Gov. Inslee’s “Stay Home, Stay Healthy” order.

**Remember:** We will continue to offer transportation to pick-up for meals, groceries and drop off/pick-up prescriptions. Including pick-up for online purchases for groceries from Shelton’s Fred Meyer, Safeway, and Walmart.

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**Friday April 24, 2020**

**Modified Routes**

<table>
<thead>
<tr>
<th>Squaxin Island Transit</th>
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<tbody>
<tr>
<td><strong>Tribal Center</strong></td>
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<tr>
<td><strong>Reservation Route</strong></td>
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<tr>
<td><strong>Kamilche Transit Center (KTP)</strong></td>
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<tr>
<td><strong>Reservation</strong></td>
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<tr>
<td>9:30</td>
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<td>12:30</td>
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</tbody>
</table>

Schedule your Dial-A-Ride,  
At least 2 hours in advance.

**Dial-A-Ride**  
call  
(360) 280-7612  
(360) 789-5936  
Monday through Friday  
9am and 4pm

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**SIT**

**WE MISS YOU!**

Come see us and get a Curbside breakfast and lunch  
Monday-Friday 9am-12pm  
3851 SE Old Olympic Hwy  
Follow our daily curriculum based activities  
on Facebook @SQUAXINISLANDCHILDDEVELOPMENCENTER  
*Do not forget to let your child’s teacher know if you would like a take home box*
Janita Raham - The Parks and Recreation Department is offering Grab-and-Go meals with the SFSP grant for residences of the Squaxin Island Reservation. The SFSP is designed to feed youth ages 0-18 years. We serve breakfast and lunch. During the COVID-19 school closure, the Office of Superintendent of Public Instruction (OSPI) has requested youth be present when distributing the meals; this is to ensure the meals are going to youth. You can drive-up; you do not have to get out of your vehicle or walk up to pick up the meals.

We pass out meals on Mondays in front of the Community Kitchen from 12:00-2:00 p.m. while supplies last. Our staff are currently preparing 300 breakfasts and 300 lunches on-site; this serves 60 participants. You do not have to sign up for this program; just show up and all youth in your vehicle will receive meals. We will be offering this program through the week of June 15th, we then hope to move into our Summer Rec program.

For the month of March, we served 388 youth breakfasts, 417 youth lunches, 52 adult breakfasts, and 55 adult lunches. April 1st through April 24th we have already served 857 youth breakfasts, 859 youth lunches, 229 adult breakfasts, and 226 adult lunches.

Starting the week of April 20th our staff will be preparing 700 meals, 350 breakfasts and 350 lunches, as our numbers continue to increase.

Parks and Recreation has also been partnering with other programs to get supplies and food out to the residences of the Squaxin Reservation. On March 30th, we started a partnership with SPIPA to offer CSP boxes, these boxes contain milk, eggs, and fresh produce. To date, we have gotten 148 boxes out to the community. The CSA boxes are available for pickup during meals distribution on Mondays, but you do not have to be coming for lunch to receive a box. We have 50 boxes available each Monday through April 27, 2020. We have also partnered with Executive Services and Little Creek Casino Resort to distribute 798 rolls of toilet paper.

If you have any questions, please reach out to me, Janita Raham, Parks and Recreation Director, at 360-432-3869.
Running for Tribal Council?

Chairman
Incumbent: Arnold Cooper
Kris Klabsch Peters
Charlene Krise

Council Position No. 1
Incumbent: Beverly Hawks
Tammy Ford

Council Position No. 2
Incumbent: David Whitener, Jr.
Misti Saenz-Garcia

If you are planning to run for Tribal Council, please send your announcement and a photo to Theresa Henderson at thenderson@squaxin.us to be included on the elections page of the Squaxin website: https://squaxinisland.org/tribal-member-info/elections. The deadline for submissions about your candidacy for the upcoming special edition of the Klah-Che-Min is May 15th.

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Tamika Green
March 27 at 11:58 AM

Thank you for you for feeding us! Also to everyone else get up there and get some grub 😊 Kasia, Kenna, Taylor, Janita, Cassidy Gott, and Jerilyn (sorry if I misspelled) also to anyone else I forgot bless you

---

Kenna Krise-Acosta is with Kasia Seymour.
Yesterday at 1:21 PM

She loves the Chocolate Milk... Went and got her Lunch and Breakfast ❤️ Already opened it before we got home!
Thank you Squaxin Island Parks and Recreation Department

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SQUAXIN TEEN PROGRAM PRESENTS
TACO' BOUT IT WITH LAUREL

Every Tuesday at 4 PM
You can call in or video chat!
For meeting ID and code contact Jaimie Cruz
360-742-6527 or jcruz@squaxin.us
2020 North of Falcon: Preseason Salmon Management Planning Process

Joseph C. Peters, Natural Resources Policy Representative, April 22nd, 2020  
- Each year, between January-April, the 20 Washington treaty tribes and Washington Department of Fish and Wildlife (WDFW) work together and negotiate to reach a final agreed upon Washington State salmon fishing package. This process, known as North of Falcon, was very extraordinary this year as the majority of our regularly scheduled in-person negotiations were completed via televideo due to the Covid-19 virus. The Pacific Fisheries Management Council was also forced to conclude the April council meeting entirely over televideo. This was the first time in the process history that either of these meetings were conducted in this manner. Although televideo presented its challenges, such as poor connections, working from home, individuals not muting microphones, inability to have side caucuses, and the value of in-person negotiation, we were successful in reaching agreement on a salmon fishing package that was submitted to NOAA for consultation to issue ESA coverage by May 1st.

Squaxin Island Tribe’s fall Chinook fishing season is scheduled to begin July 15. Preseason forecasts are predicting returns of 13,905 Tumwater Falls Chinook and 11,644 Minter Chinook.

Our Squaxin netpen Coho are forecasted to return at 34,933 and Minter Coho at 9,731.

Pre-season 2020 fall Chum forecast currently predicts the Puget Sound runsize to be 221,052 wild and 88,521 hatchery chum returning. Of these returning fall Chum, 21,336 are expected to return to the Minter hatchery and 165,444 are wild fall Chum returning to deep south Puget Sound.

Unfortunately, 2020 appears to be another down year for Chum salmon. Returns of fall Chum returning Hammersley Inlet are even more concerning as forecast indicates a return of 11,312, which is well under the even year escapement goal of 17,000. This low abundance will significantly impact the timing of our Chum fisheries and require restrictions in our Coho fishery. Possible Squaxin management considerations include release of Chum salmon by Coho beach seines, possible Coho gill net restrictions, and no mixed stock Chum fisheries (i.e. Case, Pickering Passage & Dana Passages) until escapement in Hammersley is met.

Based the low forecasted abundances for Puget Sound Fall Chum stocks, south Puget Sound conservation concerns, and the current Chum allocation sharing agreements, WDFW is not planning a Chum commercial fishery in Areas 10/11. Currently WDFW has a 73,450 allocation of chum, although they currently are not planning to open. WDFW commercial fishing will be dependent on the results from the weekly Apple Tree Cove in-season updates and tribal co-manager concurrence on fishing. Puyallup Tribe agreed to close Area 11 for Chum to protect south Puget Sound Chum.

Other 2020 North of Falcon issues to note:
- Covid-19 - By mid-March all in-person meetings were rescheduled to tele-video conferencing to comply with social distancing and stay at home orders issued by Governor Inslee. The Northwest Indian Fisheries Commission played an instrumental part in coordinating and facilitating televideo meetings.

- South Puget Sound Chum - Chum salmon are currently managed as an aggregate unit composed of numerous stocks. As we have seen over the past few years, there has been a significant decline in abundances and in most cases, Tribes are bearing the burden of conservation of these stocks by greatly restricting or closing fisheries. During last year’s North of Falcon process, Squaxin, with the support of several Puget Sound Tribes, indicated that we will no longer accept managing Chum for an aggregate and need to develop an alternative management approach in the coming years. The goal is to develop a comprehensive Chum management plan for Puget Sound/Hood Canal. This process is slow moving as we have several technical and policy issues to work through. Some of the work includes collecting DNA tissue samples from Chum catches in different fisheries to see if we can determine stock composition and possible impact on specific stocks. Other work includes reevaluation of current escapement goals, identifying habitat limiting factors, ocean survival, and climate change. This is a multi-year commitment to improve management of the Chum salmon resource.

- Nisqually Winter Chinook - Nisqually Tribe has elected to close their 2020 winter Chinook fishery for conservation purposes. Nisqually winter Chinook have not met escapement goals in the past few years. This year forecast abundance is expected to be below escapement. Nisqually had requested that all pretermin al Chinook fisheries be closed for 2020. WDFW agreed to close Area 10/11 for Chinook with the option to reconsider, depending on the results of the Apple Tree Cove Test Fishery. Suquamish and Tulalip will continue to fish Chinook with the consideration of closing by week 45 to protect Nisqually winter Chinum. Puyallup closed area 11 for Chinum.

- Mid Hood Canal Chinook - The Washington Attorney General’s office filed a Meet and Confer to coerce the Mid Hood Canal Tribes to update the Chinook resource management object to a 12.4% exploitation rate (ER), rather than the longtime agreed to 12.0% ER ceiling. After several contentions regional meetings, the partial Meet and Confer (March 2nd), North of Falcon process, and winter fishery adjustments by WDFW, the Tribes and WDFW settled on a 12.2% ER ceiling for Mid Hood Canal in 2020 and the Meet and Confer was formally withdrawn.

Continued on following page
Natural Resources

- Stillaguamish Chinook - Throughout the process, the Stillaguamish Tribe pushed the State for a more equal sharing of the conservation burden. After continued pressure by the Stillaguamish and overwhelming support from the other Tribes, the State made significant closures in Puget Sound marine fisheries, mainly winter fisheries.

- Queets Coho - Due to this stock being under a rebuilding plan, it played a significant role in the development of the 2020 harvest options for the ocean.

- Mark Selective Fisheries (MSF) - The tribes continued, and will continue to, hold WDFW accountable for its marine and freshwater sport MSF. Improved accounting in MSF, non-retention, and non-compliance accounting are needed for these fisheries.

- Habitat - For the first time, the co-managers agreed to include habitat in our fisheries management considerations, specifically focusing on habitat for driver stocks.

With the current Covid-19 situation, it is difficult to project how our fishing season will be affected. We anticipate fishing this season, however impacts on salmon markets are unknown. If you have any questions regarding the North of Falcon process or Squaxin Island salmon fisheries, please contact Joseph Peters by email at jc@squaxin.us or phone 360-432-3813. Stay safe and healthy Squaxin Island community!

Spring Means Smolt Trapping

Daniel Kuntz - Every fall some natural origin Coho adults return to area streams to spawn. While keeping a tab on these adult fish is rather difficult, an efficient method to monitoring their population is to trap out-migrating juveniles. Every spring for the past 21 years, the Squaxin Island Tribe Natural Resources Department has installed fish traps in local streams. The goal of the project is to monitor timing and enumerate out-migrating juvenile Coho. We accomplish this by installing weir and rotary screw traps along with marking fish for release and recapture. Traps are installed below observed Coho spawning locations on Skookum, Goldsborough, Gosnell, and Mill Creeks.

Weir traps are constructed with a series of panels made from wood frames and coated wire mesh. They divert 100% of the fish traveling downstream into a live box where they are held. Each day Natural Resources staff clean the panels and release the fish from the live box after recording length and total number observed. The other trap style we use is a rotary screw. Pontoons support a 5’ diameter aluminum drum that is rotated by the flow of the creek. Fish are funneled into a live box where they are counted and released daily. These traps have less impact to the creek and can handle more water flow. The downside is they do not catch 100% of the fish passing downstream.

In order to determine the total number of fish, we use a mark/recapture methodology, meaning we mark fish captured in the trap and release them back up above the trap and capture them again. When we know the percentage of fish we recaptured out of the upstream release, we can apply it to the known total number of fish captured in a season to determine the total number of fish passing downstream. This test is conducted multiple times throughout the season.

Although fisheries in the terminal areas of southern Puget Sound are not managed for natural origin fish, these populations are important to the Squaxin Island Tribe. Additionally, our Coho data is used by regional fishery managers to estimate the smolt production of southern Puget Sound streams, evaluate problematic changes in habitat or environmental conditions, and begin to form spawning escapement goals.
Squaxin Island Tribe and Mason Fire #4 are addressing the need for critical resources to address COVID-19. On Squaxin properties there are no land clearing fires allowed - ceremonial and recreational fires only. “We support S’Mores”

The Tribe and the fire district are working closely with Mason County and State DNR personnel.

Thank you all very much!

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**Squaxin Garden**

**Plant Giveaway/Exchange**

May 11-12Δ

541 SR 108 Shelton WA, 98584

*Date intentionally selected to reduce the risk of overnight frost damage to outdoor plants.*

The Garden would like to contribute to the growing interest in food sustainability for our Squaxin people during this time, and as such, we are hosting a giveaway/exchange. Tables will be set up in the parking lot on May 11th & 12th for Tribal Members to pick up and/or exchange plants for something you do not have at home- having an exchange is not required.

You are welcome to select what you need, or drop off plants for others to use.

Please remember to practice social distancing by staying 6'-8' apart.

Plants the Garden will have available are:

<table>
<thead>
<tr>
<th>Broccoli</th>
<th>Fig Tree</th>
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<tbody>
<tr>
<td>Cabbage</td>
<td>Ground Cherries</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Kale</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Peppers</td>
</tr>
<tr>
<td>Cherry Tomatoes</td>
<td>Poc Choi</td>
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<tr>
<td>Chives</td>
<td>Raspberries</td>
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<tr>
<td>Cilantro</td>
<td>Strawberries</td>
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<tr>
<td>Collards</td>
<td>Summer Squash</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Swiss chard</td>
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<tr>
<td>Echinacea</td>
<td>Tomatillos</td>
</tr>
<tr>
<td>Egyptian Walking Onion</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Fireweed</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Lemon Cucumbers</td>
<td>Winter Squash</td>
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</tbody>
</table>

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**Self-Response by Tribal Area**

National Self-Response: 51.0%

Squaxin Island Self-Response: 39.5%

National rate is 50.7%, Washington State is 56.2%.

**Our top five tribal reservations are:**

- Port Gamble S’Klallam Reservation 72.6%
- Puyallup Reservation 56.8%
- Swinomish Reservation 50.3%
- Port Madison Reservation 49.9%
- Shoalwater Bay Reservation 48.8%

Please note the April 1st deadline has been extended. You still have time to respond. It only takes a few minutes to help our Tribal membership be counted!

Respond to the Census at: https://2020census.gov/en/ways-to-respond.html
Family Services

Food Bank Preparation

[Images of people preparing food bank items, with various food items and supplies visible on tables and countertops.]
Tutor News
So much continues to be different around us than what we were expecting for Spring, for school, for May. Within all of that uncertainty, we continue moving forward the best we can – hoping that all of you stay safe and healthy in the middle of a pandemic. With school districts closed across the state, OSPI has directed that school work will continue remotely. Shelton School District began to provide weekly school assignments during the week of April 20-24, putting together a “distance learning” program that includes online lessons for those with access to a computer and internet, or paper packets for those who don’t have that available.

Along with that, the Squaxin Tutors will be available to provide remote tutoring to students. This could include email, Facebook, Google Classroom, providing online videos, and other virtual support. The Tutors have already begun reaching out to students and families with offers of tutoring support. You can also email the Tutors to request tutoring support:
• For Bordeaux Elementary students: Lynice May at lmay@squaxin.us.
• For Olympic Middle School or Oakland Bay Junior High students: Lynn White at lwhite@squaxin.us.
• For Shelton High School: Julie Youngs at jyoungs@squaxin.us.

Higher Education Updates
Mandy Valley - Just a reminder that summer quarter is by special request only! You must write a special request letter to the Education Commission, along with providing a Memorandum of Commitment, summer class schedule and official grades from spring 2020. The application deadline for summer 2020 is June 12th. Also, August 7th is the deadline to turn in all completed paperwork for the 2020/2021 school year. With the concerns over social distancing and the uncertainty of stay-at-home orders, paperwork can be readily accomplished by email. If you have any questions or need any assistance, please feel free to give me a call at (360) 432-3882, or email me at mvalley@squaxin.us.

Teen Program
Jaimie Cruz - Since we are practicing social distancing, all of the teen activities are done via Zoom. Right now, the teens have Zoom meetings with Laurel every Tuesday at 4:00 p.m. Youth do not have to participate on Youth Council to participate in the Tuesday meetings with Laurel. We have talked about the effects of COVID-19 on our mental health and the youth are able to talk about topics that they feel are important.

So far youth have expressed that they would like to do an art activity and enjoy doing weekly updates with their peers. They are working on a virtual book club. They are following up on educational needs. They are exploring virtual training opportunities on many topics the teens find interesting and important.

Youth Council has been creating videos to share on Facebook to showcase the Squaxin community and offer encouraging messages. The youth are meeting on Thursdays at 4:00 p.m. for Youth Council. If you would like to join in, please text or call Jaimie Cruz at (360) 742-6527 for the meeting ID and password. You can also email Jaimie at jcruz@squaxin.us.

Sgwi’ Gwi 2020 Update
At this time, we continue planning for the 23rd annual Sgwi’ Gwi celebration on Friday, June 19th and are still collecting names of graduates. However, impacts of the COVID-19 pandemic have created huge questions about how the Sgwi’ Gwi celebration and dinner may change, postponed, or cancelled. We will be continuing to follow all relevant factors to determine the safety and feasibility of holding Sgwi’ Gwi this June and will keep everyone updated about the decisions being made as soon as we have additional information. Though the graduation plans of many students have been disrupted, there is much to be proud of in your efforts and achievements. Congratulations, and keep up the great work as you move to whatever next steps you choose!
Emergency Kits
Pam Hillstrom - This month, CERT is going to talk about Emergency Kits. They are a number of things such as Survival, Grab & Go, Car/Auto, Office, or School Emergency Kit. They are also known as a Bug Out Bag (BOB), Get Out of Dodge (GOOD) bag, and I’m Never Coming Home (INCH) bag.

It doesn’t matter what you call it, having emergency kit(s) is like having insurance against an emergency that helps you be in control in an unpredictable situation. The ultimate goal is to help you and your family to be self-sufficient when the unexpected happens. It helps you get through an emergency however small or large it may be, as comfortable as possible under the conditions that present themselves. How much “insurance” you have depend on how much effort you want to put forth and what you are willing to risk going without or how uncomfortable you are willing to be during an event.

Being prepared for an emergency can be as simple as a small first aid kit in your glove box, and as elaborate as having emergency kits in all of your vehicles; at the office or in your school backpack; and several months of food and water (or more) stored at your home. Anyone serious about being prepared, probably have more than one kit.

As a Chinese Proverb says, “A journey of a thousand miles begin with a single step.” So, let’s begin…

The first thing I want to say about creating emergency kits, is it doesn’t have to be a huge daunting task. You may find that you have many of the items laying around the house.

The second thing I want to add is no list (or store-bought kit) will meet all of your needs, with the exception, in my opinion, a car emergency kit. When I first started to try to put an emergency kit together, I spent hours and hours trying to find “a list”. What I have found is either they were overzealous (a dooms day prepper list), or they just didn’t meet my needs (a young family).

And third, if you feel it is too expensive to create an emergency kit or live on a fixed income, put a wish list together and share it with your family and friends. They probably would be more than willing to help you by giving you a gift that is wanted from your list and will be welcomed. Another suggestion is to buddy up with someone to purchase in bulk and share the costs.

Since we already covered food and water, I won’t go into that and at this point, they should be obvious. You will need to determine what emergency kits you want to work on and how many to cover your family; one for each vehicle; one for work or school for each family member; one grab-&-go or shelter-in-place; and one for your pet, if applicable. Also, determine what type of storage best meets your needs: a rolling tote, backpack, or bucket, etc. You don’t have to work on all of them at once but there may be a cost savings buying in bulk if you don’t have items laying around the house.

Because I like lists, I finally had to settle on a list (or two) that I thought best met my needs and I started from that. Over time, I have found there are lots of little things that adds to my comfort on an everyday basis that takes next to no room for those little emergencies, such as, fingernail clippers. Yes, I know it isn’t life or death to not have the ability to clip a hang or split nail, but it helps keep me comfortable and potentially from becoming an emergency due to an infection. So, you see, after you cover the obvious, think outside of the box and include the not so obvious that meet your individual more frequent needs.

Don’t forget there are two types of emergency kits for a car - one for the car to get it back on the road, and one for the occupants. Are you prepared to get stranded for a long period of time... whether you are stuck behind a serious accident, or you break down in a remote area? You can often find a good car emergency kit that isn’t too expensive to help you get back on the road. And, your occupant kit can also serve as your office/work kit.

You can go to “Ready.gov/kit” for a checklist, or type in “emergency kit checklist”, “office emergency kit”, “pet emergency kit checklist”, etc. to find a wide variety of lists. I often click on images to find ideas. Some of these lists will take you to Pinterest, Blogs, or pay site’s that are a nominal fee but I don’t think that is necessary.

For your convenience we have posted a sample emergency kit list for 1 person on the CERT’s page on the Tribe’s website at: https://squaxinisland.org/community/community-emergency-response-team-cert that may meet your needs.

On a final note; it is important to rotate your supplies. It is crucial to review your kits, preferable twice a year but no less than once a year. Items may have expired, your prescriptions may have changed, and clothes may no longer fit. I find that if you write with a permanent marker on the outside wrapper of an item the date it expires and also, include a list on the outside of your kit, you will know at a glance what you need to replace. It is so much easier to locate the date when you purchase something and put it in your kit than when you are trying to look at each individual item. Also, it may distribute the expense of rotating items by spreading the cost over time instead all at once. You may also be surprised how short the turn around time is for some items.

I have to share, my daughter who has two children, ages 9 and 12, text me this week. Over the years we have given them gifts that included a “911 bag”, a school backpack kit similar to the one given out by CERT at the beginning of this school year, and again, a mini-kit full of a variety of “thinking outside of the box items” that could be left in the car or included in a larger backpack. Like many households, that are respecting the stay-at-home order, they are doing some deep cleaning and organizing. She sent me a text this week that said, “Consolidated the emergency kits today. Guess we don’t need the onesthes, baby spoons, and toddler raincoats anymore”. So, for those of you that may already have an emergency kit, pull it out and see what needs to be replaced.

Just 3 short months ago, none of us imagined we would be experiencing a world wide pandemic. Unless you are a family that lost a loved one from this pandemic, a business that may not be able to weather this storm, or have experienced a total job loss, I feel we are lucky to experience the ”why” we should be prepared. It is allowing us to be pretty comfortable with shelter, food, and heat and learn this valuable lesson.

For those of us that have been laid off or hours cut back, these are scenarios that we didn’t imagine possible just a couple of months ago. Imagine what it would have been like if we experienced a historic statewide ice or snow storm that made the roads impassable and cut the power for two or more weeks.

Are you prepared? We are all in this together. Think Emergency Preparedness when you give gifts. You may be someone’s life-savior. As we move forward, the more we can do at the individual level the better for everyone.
**Suicide prevention project, THRIVE**
**Northwest Portland Area Indian Health Board**

STAY SAFE, STAY HEALTHY. How to receive mental health assistance during COVID-19 without going to the emergency room and potentially being exposed to the virus.

YOUR SAFETY IS IMPORTANT – so reducing possible exposure to COVID-19 is imperative. If you or someone you know needs assistance with a mental health concern, please call the Suicide Prevention Lifeline at 1-800-273-8255 or the Disaster Distress Helpline at 1-800-985-5990. The accessible and free mental health crisis services that these helplines offer is especially vital during times of physical distancing due to COVID-19. These helplines may be used to overcome barriers to services caused by distance or unavailability of in-person mental health support and can prevent unnecessary exposure during the coronavirus pandemic.

We need you here. We need you to stay healthy, and being in emergency rooms during this pandemic is not safe, unless you have a physical or medical need to be there. For mental health concerns, the call-in and text lines have people answering who are highly qualified to talk and provide the best recommendations for one's mental health concerns.

For emotional distress assistance, not related to suicide, please call the Disaster Distress Helpline at 1-800-985-5990 or text “Talkwithus” to 66746.

For concerns with suicide, please call the Suicide Prevention Lifeline at 1-800-273-8255.

Text “TALK” to 741741 to connect with the Crisis Textline.

For Two Spirit LGBTQ+ crises, call The Trevor Project at 1-866-488-7386, text START to 678678, or check out TheTrevorProject.org.

If you, or someone you care about, is feeling anxious or overwhelmed related, specifically, to the COVID-19 pandemic and suicidality IS NOT a concern, you can call the Disaster Distress Helpline to help reduce emotional distress. This number is 1-800-985-5990.

OTHER HELP OPTIONS
We R Native: wernative.org


National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

The outbreak of the coronavirus disease (COVID-19) may be stressful for people and the community. Fear and anxiety can be overwhelming and cause strong emotions in adults and children. In addition to the recent loss of community members, it may initiate feelings of being confused, overwhelmed, or powerless during this infectious disease outbreak. As we go through these challenging times, it is our community that makes us stronger, even though we are under recommendations for continued social distancing and safe practices. We understand it may be difficult to maintain a physical distance to stop the spread of COVID-19, especially when the need for human connection and emotional closeness is at its peak. It is important we stay connected with family and friends through different forms of communication to ensure everyone stays safe but no one feels they are alone.

If you or someone you care about talks about wanting to die such as, “I just don’t want to be here anymore,” or feels extreme sadness and is showing behaviors such as changes in sleep or eating patterns, and/or wants to harm themselves, then we can take action to help and support them.

We are in this together, and help is available.

These may be tough decisions to make. Reaching out and helping others protects ourselves, our families, friends, and tribal communities. We are deeply grateful for each of you and hope you can find moments of peace and connection during this time. Remember you are not alone. We are connected and we need you here.
Protecting Your Credit During the Covid-19 Crisis

Through April 20, 2021, Experian, TransUnion and Equifax will offer all U.S. consumers free weekly credit reports through AnnualCreditReport.com to help you protect your financial health during the sudden and unprecedented hardship caused by COVID-19.

At Experian, our top priorities are the health and safety of our employees, customers and their families. As the COVID-19 (coronavirus) situation continues to evolve, we are doing all we can to help you protect your credit during this unprecedented time.

While your health and welfare are top priorities, you may also be concerned about how current economic conditions might affect your financial situation. We encourage you to be proactive in monitoring your credit, staying on top of your personal finances, and using resources that may be available to you.

With that in mind, here are some steps you can take now to help keep your credit on solid footing:

1. Pay all your bills on time if possible. While we know it may get difficult, try to make at least your minimum debt payments by their due date every month to avoid hurting your credit score. Do your best to make your payments on time, even if you’re only meeting your creditors’ minimum requirements.

2. Contact your lenders for help. If you know you can’t pay all your bills at this time, contact your lenders and ask about hardship options as soon as possible—ideally before you miss a payment. As the COVID-19 pandemic continues, many lenders are putting policies in place to help customers who may need extra time to pay their bills.

   Lenders may be able to temporarily lower your interest rate or payment amount, or pause your payments for a period of time. Lenders may also be able to place your loans in deferment or forbearance. You don’t have to make loan payments when a loan is in deferment or forbearance, and the lender will not report late payments to the credit bureaus.

   Data reported to credit bureaus by your lender, as required by the CARES Act, will not cause your credit scores to go down, which can help protect your credit history and credit scores. That’s why Experian is urging all consumers who are in financial distress as a result of COVID-19 to contact their lenders to request an accommodation.

3. Check your credit regularly. Especially now, making sure your credit reports are accurate is critical. This way, you can identify any potentially fraudulent activity and respond to it before it damages your credit. You should check your credit reports with all three credit bureaus (Experian, TransUnion and Equifax). You can get a free copy of your credit report from each bureau once every 12 months at AnnualCreditReport.com.

4. Dispute information online. If you need to dispute any information in your Experian credit report, the quickest way to do so is online at Experian’s dispute center. Remember that disputes need to be made with each credit bureau where the information you’re disputing appears.

5. Contact your service providers. If you don’t think you can pay your utility, cell phone, or other monthly bills, reach out to providers to see if they offer flexible payment options during this time.

6. Be extra vigilant about protecting your identity. Identity theft and related scams often spike during times of crisis, so it’s especially important now to protect your personal information. If you fear identity theft may occur or has occurred in your name, you can also place a free security freeze on your Experian credit file so lenders cannot gain access to it. This prevents people from accessing your personal information and applying for credit in your name. You can lift the freeze at any time, for free.

7. Seek financial assistance, if necessary. Consider working with a certified credit counselor if you feel you may need help managing your existing debt, despite help from creditors. Nonprofit counselors can offer you advice and even create a debt management plan to help you repay your debts in a manageable way.

For those with investments, savings or retirement accounts, U.S. market fluctuations could cause significant concern. Before you make any rushed decisions with your investments, consult financial experts where you invest or bank, or talk to your company’s 401(k) representative to get professional advice on what actions, if any, you should consider at this time.

8. Make a budget and plan ahead. If you think current conditions could impact your income or finances, consider tightening your budget to help make sure you have enough funds to cover your expenses. Making a budget and sticking to it is a sound strategy at any time, but especially when your finances may take an unplanned hit.

Source: Experian
Economic Impact Payment Information

Eligibility
Q1. Who is eligible to receive a Payment?
A1. You may be eligible to receive a Payment if you:
• Are a U.S. citizen or U.S. resident alien;
• Cannot be claimed as a dependent on someone else’s return;
• Have a Social Security number (SSN) that is valid for employment (valid SSN); and
- Exception: If either spouse is a member of the U.S. Armed Forces at any time during the taxable year, then only one spouse needs to have a valid SSN
• Have adjusted gross income below an amount based on your filing status and the number of your qualifying children.

Q2. Will I receive a Payment if I do not make enough money to normally have to file an income tax return?
A2. Yes. Eligible retirees and recipients of Social Security retirement, disability (SSDI), survivors benefits, Railroad Retirement, or veterans benefits, as well as individuals who do not make enough money to normally have to file a tax return, are also eligible for the Payment. This includes those who have no income, as well as those whose income comes entirely from federal benefit programs, such as supplemental security income (SSI) benefits. No minimum income is needed for the Payment.

Requesting My Economic Impact Payment
Q3. I recently filed a tax return. What do I need to do to get a Payment?
A3. You DO NOT need to take any further action if you filed a federal income tax return for 2018 or 2019. If you already filed your tax return for 2019, the IRS will use this information to calculate the Payment amount. If you haven’t filed your tax return for 2019 but filed a 2018 federal income tax return, the IRS will use the information from your 2018 tax return to calculate the Payment amount.

Q4. I haven’t filed a tax return for 2018 or 2019 and don’t need to file tax returns for those years. I receive Social Security, SSI, or Railroad Retirement benefits. What do I need to do to get a Payment?
A4. You are not required to file a tax return and will automatically receive a $1,200 Payment if you received Social Security retirement, SSDI, survivors benefits, SSI, or Railroad Retirement benefits in 2019. You do not need to contact the IRS, Social Security Administration (SSA), or Railroad Retirement Board (RRB). The IRS will use the information from your 2019 benefits to generate a Payment to you if you did not file tax returns in 2018 or 2019. You will receive your Payment as a direct deposit or by mail, just as you would normally receive your federal benefits.

Q5. I haven’t filed a federal tax return for 2018 or 2019 and don’t receive Social Security retirement or any other federal benefits. What do I need to do to get a Payment?
A5. You have to provide basic information to the IRS to receive your Payment. The IRS urges you to take one of the following actions as soon as you can.
• You can use the Non-Filers: Enter Payment Info Here tool to provide simple information to the IRS so you can get your Payment. U.S. citizens and permanent residents can use this tool if they had gross income that did not exceed $12,200 ($24,400 for married couples filing jointly) for 2019 and were not otherwise required to file a federal income tax return for 2019, and didn’t plan to do so. This is the quickest way to get your payment.
• You can file a federal income tax return for 2019 with the IRS even if you receive non-taxable income or do not make enough money to normally have to file a tax return.

Have your bank account information available when you use the tool or file so you can get your Payment as quickly as possible. Otherwise, the IRS will mail your Payment to the address you provide.

Q6. I did not file a tax return for 2018 or 2019. How do I know if I am required to file a tax return?
A6. Use the IRS Interactive Tax Assistant (ITA) online tool that provides answers to tax questions. The Do I Need to File a Tax Return? tool can help you determine if you’re required to file a 2019 federal income tax return.

Answer the questions about your filing status, federal income tax withheld, and basic information to help you determine your gross income to see if you need to file a 2019 tax return. If you had no income or income under a certain amount, you are not required to file a tax return. If you are not required to file a tax return, the Non-Filers: Enter Payment Info Here tool is the fastest way to get your Payment.

Q7. I receive veterans benefits. Do I need to provide information to the IRS or file a tax return to receive a Payment?
A7. The IRS continues to explore ways to see if Payments can be made automatically to those who receive veterans disability compensation, pension, or survivor benefits from the Department of Veterans Affairs, but did not file a tax return for the 2018 or 2019 tax year. You can use the Non-Filers: Enter Payment Info Here tool now to quickly receive your payment or wait as the IRS continues to review automatic Payment options to simplify delivery for these veterans and their families.

Q8. Who should NOT use Non-Filers: Enter Payment Info Here?
A8. You should not use the Non-Filers: Enter Payment Info Here tool if any of the following apply:
• You already filed a 2019 tax return.
• You already received your Payment based on your 2018 or 2019 return, even if you did not receive the full amount (for example, because you have a newly born child in 2020 who was not reported on your 2019 return).
• Someone could claim you as a dependent on their 2019 tax return.
• You are married but will not be using the tool with your spouse. You must file a 2019 or 2018 tax return to receive your Payment separate from your spouse.
• You weren’t a U.S. citizen or U.S. permanent resident (green card holder) in 2019. Those who were resident aliens in 2019 because they satisfied the “substantial presence test” and qualify for the Payment must file a tax return to receive the Payment.
Q9. I need to file a tax return but am concerned about visiting a tax professional or local community organization in person right now to get help with my tax return. How long is the Payment available?

A9. Payments will be made throughout the rest of 2020. If you don’t receive a Payment this year, you can also claim it by filing a tax return for 2020 next year.

Q10. Will the IRS contact me about my Payment?

A10. The IRS will not call, email, or text you about your Payment. The IRS will not contact you to request personal or bank account information. Watch out for websites and social media attempts that request money or personal information and for schemes tied to Economic Impact Payments.

The IRS urges taxpayers to visit IRS.gov – the official IRS website – to protect against scam artists. The IRS has issued a warning about coronavirus-related scams.

For security reasons, a letter about the Payment will be mailed to each recipient’s last known address within 15 days after the Payment is made. The letter will provide information on how the Payment was made and how to report any failure to receive the Payment.

Calculating My Economic Impact Payment

Q11. What is the amount of the Payment I will receive?

A11. Eligible individuals will receive $1,200. Two eligible individuals filing a joint return will receive $2,400. You will receive an additional $500 Payment for each qualifying child you claimed on your tax return being used to calculate your Payment who meets the following conditions:

- The child is your son, daughter, stepchild, eligible foster child, brother, sister, stepbrother, stepsister, half-brother, half-sister, or a descendant of any of them (for example, your grandchild, niece, or nephew).
- The child is claimed as a dependent on your tax return.
- The child was under age 17 at the end of the taxable year.
- The child was a U.S. citizen, U.S. national, or U.S. resident alien.
- The child has a valid SSN or an Adoption Taxpayer Identification Number (ATIN).

Q12. What is the amount of my Payment if I haven’t filed a tax return for 2018 or 2019 and am receiving an automatic Payment based on benefits that SSA or RRB paid me in 2019?

A12. Your Payment is limited to $1,200. An additional $1,200 will be paid to your spouse if SSA or RRB also paid benefits to your spouse in 2019.

Because the IRS would not have information regarding your qualifying children, you will not receive the additional $500 Payment for any qualifying children unless you provide additional information to the IRS.

You must also provide additional information to claim the full $2,400 Payment with your spouse if your spouse didn’t receive benefits from SSA or RRB in 2019. Provide this information by using the Non-Filers: Enter Payment Info Here tool or by filing a federal income tax return. You must provide this additional information before your additional $1,200 Payment is scheduled.

Q13. Will my Payment be reduced if my income is too little or too much?

A13. Eligible individuals don’t need a minimum income for the Payment.

However, for higher income individuals, the Payment amount is reduced by 5% of the amount that your adjusted gross income exceeds $75,000 ($112,500 for taxpayers filing as head of household or $150,000 for taxpayers filing a joint return), until it is $0.

The $1,200 Payment for eligible individuals with no qualifying children ($2,400 for married couples filing a joint return) will be reduced to $0 once adjusted gross income reaches the following thresholds:

- $198,000 for taxpayers filing a joint return
- $136,500 for taxpayers filing as head of household
- $99,000 for all others

Each of these threshold amounts increases by $10,000 for each additional qualifying child. For example, because families with one qualifying child receive an additional $500 Payment, their $1,700 Payment ($2,900 for taxpayers filing a joint return) will be reduced to $0 once adjusted gross income reaches the following thresholds:

- $208,000 for taxpayers filing a joint return
- $146,500 for taxpayers filing as head of household
- $109,000 for all others

Q14. I filed a joint return with my spouse. Will we receive a Payment if I have a valid SSN and my spouse has an IRS Individual Taxpayer Identification Number (ITIN)?

A14. No, when spouses file jointly, both spouses must have valid SSNs to receive a Payment with one exception. If either spouse is a member of the U.S. Armed Forces at any time during the taxable year, only one spouse needs to have a valid SSN.

If spouses file separately, the spouse who has an SSN may qualify for a Payment; the other spouse without a valid SSN will not qualify.

Q15. What is meant by a valid SSN required for a Payment?

A15. A valid SSN for a Payment is one that is valid for employment and is issued for each qualifying child you claimed on your tax return being used to calculate your Payment who meets the following conditions:

- $109,000 for taxpayers filing a joint return
- $146,500 for taxpayers filing as head of household
- $109,000 for all others

Q16. Is a child born, adopted, or placed into foster care in 2020 a qualifying child for the Payment?

A16. The Payment in 2020 will not include an additional amount for these children because the Payment in 2020 is based only on information from your 2019 or 2018 tax return. You may claim the child next year for an additional credit on your 2020 tax return.

Q17. I received an additional $500 Payment in 2020 for my qualifying child. However, he just turned 17. Will I have to pay back the $500 next year when I file my 2020 tax return?

A17. No, there is no provision in the law requiring repayment of a Payment. When you file next year, you can claim additional credits on your 2020 tax return.
return if you are able to eligible for them, for example if your child is born in 2020. But, you won't be required to repay any Payment when filing your 2020 tax return even if your qualifying child turns 17 in 2020 or your adjusted gross income increases in 2020 above the thresholds listed above.

Q18. I claimed my child as a dependent on my 2019 tax return. She is graduating from school in 2020. Will she receive her own Payment?

A18. No, your child will not receive a Payment in 2020 because she claimed her as a dependent on your 2019 tax return. She will not receive a $1,200 credit in 2021 if you can claim her as a dependent on your 2020 tax return.

However, if your child can't be claimed as a dependent by you or anyone else for 2020, she may be eligible to claim a $1,200 credit on the 2020 tax return she files next year.

Q19. I claimed my mom as a dependent on my 2019 tax return. Will I receive an additional Payment for her or will she receive her own Payment?

A19. No, you will not receive an additional Payment amount for your mom because she is not your qualifying child under age 17. Your mom will not receive her own Payment because you claimed her as a dependent on your 2019 tax return. You mom will not receive a credit in 2021 if you can claim her as a dependent on your 2020 tax return.

Receiving My Payment

Q20. Is the Payment taxable as 2020 income?

A20. No, the Payment is not income and you will not owe tax on your Payment. It will not reduce your refund or increase the amount you owe when you file your 2020 tax return next year.

A Payment also will not affect your income for purposes of determining eligibility for federal government assistance or benefit programs.

Q21. If I owe tax, or have a Payment agreement with the IRS, or owe other federal or state debts, will my Payment be reduced as an offset?

A21. No, with one exception. The Payment will be offset only by past-due child support. The Bureau of the Fiscal Service will send you a notice if an offset occurs.

If you are married filing jointly and you filed an injured spouse claim with your 2019 tax return (or 2018 tax return if you haven't filed your 2019 tax return), half of the total Payment will be sent to each spouse and your spouse's Payment will be offset only for past-due child support. There is no need to file another injured spouse claim for the Payment.

Q22. How will the IRS know where to send my Payment?

A22. If you received direct deposit of your refund based on your 2019 tax return (or 2018 tax return if you haven't filed your 2019 tax return), the IRS has sent your Payment to the bank account provided on the most recent tax return. If you filed a Form 8888, Allocation of Refund, with your tax return to split your refund into multiple accounts, your Payment was deposited to the first bank account listed. You cannot change your account information.

If you filed your 2019 or 2018 tax return but did not receive your refund by direct deposit, your Payment will be mailed to the address we have on file even if you also receive Social Security or Railroad Retirement benefits by direct deposit. This is generally the address on your most recent tax return or as updated through the United States Postal Service (USPS).

If you did not receive your refund by direct deposit based on your 2019 tax return (or 2018 tax return if you haven't filed your 2019 tax return), you have the opportunity to provide bank account information through the IRS Get My Payment tool before your Payment is processed. Direct deposit is the fastest way to receive your Payment.

Q23. What if the bank account number I used on my recent tax return is closed or no longer active? Can I switch and be mailed a Payment?

A23. If the account is closed or no longer active, the bank will reject the deposit and you will be issued a check that will be mailed to the address we have on file for you. This is generally the address on your most recent tax return or as updated through the United States Postal Service (USPS). You do not need to call the IRS to change your Payment method or update your address at this time.

As required by law and for security reasons, a letter about the Payment will be mailed to each recipient's last known address within 15 days after the Payment is made. The letter will provide information on how the Payment was made and how to report any failure to receive the Payment.

Q24. I already filed my 2019 tax return and owed tax. I scheduled a Payment (electronic funds withdrawal, Direct Pay, or Electronic Fund Transfer Payment System (EFTPS)) from my bank account. Will the IRS send my Payment to the account I used?

A24. No, the IRS will not send Payments to accounts used to make a payment to the IRS. After you properly verify your identity, the Get My Payment tool will allow you to submit your bank account information if your Payment has not been processed. Providing your bank information is the fastest way to receive your Payment. If we do not have bank information for you, your Payment will be mailed to the address we have on file for you.

Q25. I already filed my 2019 tax return, but I didn't provide bank information. Can I use the Non-Filers: Enter Payment Info Here tool to provide my banking information?

A25. No, the Non-Filers: Enter Payment Info Here tool cannot be used if you already filed a 2019 tax return. Use the Get My Payment tool to provide your banking information or learn the status of your Payment.

Q26. How do I find the bank account information the IRS needs?

A26. You can find this information on one of your checks, through your online banking applications, or by contacting your financial institution directly. Make sure to enter the routing number, account number, and account type (checking or savings) correctly.

Q27. What if I don't have a bank account?

A27. We will mail your Payment to the address we have on file for you. This is generally the address on your most recent tax return or as updated through the United States Postal Service (USPS).
Q28. My address is different from the last tax return I filed. How can I change my address?

A28. To change your address:
- If you have not filed your 2019 tax return, enter your new address on your tax return when you file. When your tax return is processed, we will update our records.
- If you have filed your 2019 tax return and you do not receive direct deposit of your refund, your Payment will be mailed to the address we have on file for you. This is generally the address on your most recent tax return or as updated through the United States Postal Service (USPS).
- The change of address must be processed before we schedule your Payment.

Q29. Where did you get the bank information for me, and what if I need to change it?

A29. Your bank account information is obtained from the most recently filed tax return or from our Get My Payment application if you provided the information through it. If Get My Payment indicates your Payment has been processed, you cannot change your bank account information.

If you haven’t filed a 2018 or 2019 tax return and you received a Form SSA-1099 or Form RRB-1099, your bank account information may be obtained from SSA. You will receive your Payment as a direct deposit or by mail, just as you would normally receive your benefits. You will not be able to use Get My Payment to provide your bank account information.

Q30. I requested a direct deposit of my Payment. Why are you mailing it to me as a check?

A30. It is possible we do not have the correct bank account information for you, or your financial institution rejected the direct deposit. In either case, your Payment will be mailed to the address we have on file for you.

More About the Economic Impact Payment

Q31. As a U.S. citizen living abroad, am I entitled to a Payment?

A31. Yes, U.S. citizens living outside the country are eligible for the Payment. Anyone eligible to file Form 1040 or Form 1040-SR is an eligible person if they have a valid SSN and can’t be claimed as a dependent of another taxpayer. Nonresident aliens who file or would file Form 1040-NR or Form 1040-NR-EZ are not eligible for the Payment.

Q32. If I live in Puerto Rico, the U.S. Virgin Islands, American Samoa, Guam, or the Commonwealth of the Northern Mariana Islands, will I get a Payment if I’m eligible?

A32. In many cases, the answer is yes. But special rules in the law apply to these five U.S. territories (possessions). In general, the tax authorities in each territory will make Payments to eligible residents. People in these territories with questions about the Payment should contact their local tax authority.

Q33. Will I get the Payment if I am not a U.S. citizen, U.S. permanent resident, or a resident of these territories?

A33. U.S. resident aliens with a valid SSN are eligible for the Payment if they can’t be claimed as a dependent of another taxpayer. Determine if you are considered a U.S. resident alien at Aliens – Which Form to File. If you are eligible to file Form 1040 or Form 1040-SR like U.S. citizens for 2019, including by filing a joint federal tax return with a U.S. citizen or U.S. resident alien spouse, file Form 1040 or Form 1040-SR with the IRS for 2019 even if your income isn’t enough to require you to file a tax return. You don’t need to take any action if you already filed a Form 1040 or Form 1040-SR for 2019 or 2018.

If you are considered a U.S. resident alien for 2020 but not for 2019, you can claim the Payment when you file Form 1040 or Form 1040-SR with the IRS for tax year 2020.

If you are considered a U.S. resident alien for 2019 but not for 2020, you won’t be required to repay the Payment we paid in 2020 based on your Form 1040 or Form 1040-SR for tax year 2019.

Some words of thanks from our CERT team

I am thankful to our Tribe for taking the necessary steps to protect our Elders and family. - aa

I’m grateful that we all can still smile and enjoy a laugh while we are going through these uncertain times. I’m so thankful for all of you guys, my work family. - lk

Two things I am grateful for are technology, that allows me to work from home if necessary, and music that brings a little normalcy to a crazy time. - mn

I am so very grateful for our Squaxin leaders and community. Our government is more local than any other. Our leaders are knee deep in this situation, right alongside us, ready to give support where ever they can, from Marvin Campbell, Erika Thale, and Connie Whitener to the Squaxin Tribal Council and my own department director, Janita Raham. There are so many others doing whatever they can to render aide, Aleta Poste and the community garden crew, Sadie Whitener, Mitzie and the IS team, the wastewater team, and Squaxin PD, just to name a few more. We feel our family is as safe and taken care of as it can be in this situation, thanks to the strength of our community and the power and knowledge of our leaders. - bb

I’m grateful for that sunshine we had, the rain, for all of you - those not listed, our families, our Tribe, all other humans, all the positive and negative energy we can bounce around - and still smile, the sunshine and rain to come, and that we will get through this, one way or another as Blondie would sing. - jd

Continued on Page 21
Happy Mother's Day

Health Clinic

Ideas to make the most of your time with family at home

https://www.eatright.org/health/wellness/preventing-illness/make-the-most-of-your-time-at-home

Family Meals

- Last month's newspaper included tips on involving the family in meal shopping & preparation.
  Even 3-5 year olds can mix together simple ingredients, snap green beans, and tear lettuce for a salad.

- Start slow and give your child time to master each task.

- Let your child choose nightly themes and menus. Or have an indoor picnic by placing a blanket on the floor.

Spring cleaning

- Even the kitchen can use some help. Wipe down cabinets, countertops, appliances, including the refrigerator.

- Throw away foods that are losing their quality or have spoiled.

- Check both refrigerated and non-refrigerated items in the pantry.

What's the difference between "use by" and "expiration?"

- "Use by" or "best if used by" date is not a safety-related date. It's the last date recommended for use of the product at optimal quality.

- "Expiration" date means don't consume the product after this date.

Stay Active

Encouraging physical activity can keep spirits up and bodies healthy.

Children and teenagers need 60 minutes of moderate to vigorous physical activity every day – this can add up with shorter chunks throughout the day or all at once.

- While indoors, play interactive video games that require physical activity such as tennis, bowling or baseball. You also can use dance videos and active video games for some physically active television time.

Enjoy the beautiful outdoors

Thank You Health Services Staff for ALL You Do!

Foot Exam Day with Dr. Kochhar (Foot Doctor)

Wednesday, May 27, 2020
1–4 pm
At the Clinic

Priority for people with Diabetes
Others will be seen if space is available.

Contact Patty Suskin, Diabetes Coordinator for an appt.
360.432.3929
psuskin@squaxin.us
Simple and Tasty Minestrone Soup

1/2     Onion, chopped
14 ounces   Mild turkey or chicken Italian sausage
½     cabbage, shredded (optional)
2 (14 ounce) cans  Chicken broth
2 (10 ounce) cans  Tomato soup
2 (15 ounce) cans  Tomato sauce
1 (15 ounce) can  Diced tomatoes
1 ½ tsp    Salt
1 tsp     Dried Italian seasoning
3 (15 ounce) cans  Cannellini white beans (or other beans)
32 ounces   Frozen mixed vegetables of your choice
Other fresh veggies (optional)

1.  Saute onion in large pot in a little olive oil. Add sausage, breaking apart, and saute.
2.  Add cabbage, broth, soup, tomato sauce, tomatoes, salt and oregano, then warm.
3.  Add beans and frozen vegetables, heat again, and serve.

Variations: Use different types of beans

Next WIC:
Tuesday, May 5th
We may be continuing remote phone appointments due to the COVID-19 virus
Stay tuned

Squaxin Island WIC
(“Women, Infants, and Children”)
provides healthy foods & nutrition information for you and your child up to age 5.
Please have available: Your child, Provider One Card or pay stub and identification for you & your child
Contact at SPIPA for an appointment:
Patty at 360.462.3224,
wcnutrition@spipa.org
or
Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org
Main SPIPA number: 360.426.3990

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

Tribal Families:
Complete Health Screening at
Squaxin Island Tribal General Body
& get a ticket for the photo booth!
When: 8:30 am — 10:30 am
Saturday June 27, 2020
Where: Event Center Lobby

Health Services Screenings
including diabetes screening

Know Your A1c!
The blood test with a memory

Questions?
Contact:
Patty Suskin,
Diabetes Coordinator
360.432.3929 or
psuskin@squaxin.us
or
the clinic at
360.427.9006
Allergy Update: What foods are highly allergic and how do I lower the risk of food allergies for my infant or child?

**Common Food Allergies**

- Cow’s milk
- Peanuts
- Eggs
- Tree nuts
- Soy
- Fish
- Wheat
- Shellfish
- Milk
- Peanut
- Tree Nuts
- Soy
- Fish
- Wheat
- Shellfish

Food allergy can strike children and adults alike. While many children outgrow a food allergy, it is also possible for adults to develop allergies to particular foods. **In fact, delaying the introduction of these foods may increase your baby’s risk of developing allergies.** 80% of wheat, soy, milk & egg allergies stop by teenage years. Allergies to peanuts, tree nuts, seafood are often lifelong.

How can you do to reduce your child’s risk of allergies?

- Do not restrict high risk foods during pregnancy & breastfeeding
- Feed only breastmilk the first 4 – 6 months of life
- Introduce baby foods no later than around 6 months, including those with potential allergies
- Talk with your provider about introducing peanut products at 6 months to reduce the risk of peanut allergy

Sources with more details:

2. https://www.healthychildren.org/English/tips-tools/symptom-checker/Pages/symptomviewer.aspx

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**Healthy Clinic**

**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

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

Clean Out Your Medicine Cabinet

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**Vegetables Word Search**

Word List:
- brussels sprouts
- cucumber
- lettuce
- parsley
- pepper
- asparagus
- potato
- carrot
- broccoli
- cauliflower
- cabbage
- spinach
- celery
- zucchini
- corn
- yam
- pea

---

**WIC is OPEN - our building is closed!**

We care about you and your family’s health and safety!

We’re following guidelines to help prevent the spread of the coronavirus (COVID-19) by continuing to offer the same great WIC services – we’re just doing it by phone.

Contact us by phone 360.462.3224 or 360.462.3227

Or email - gardipee@spipa.org or WICnutrition@spipa.org

We will call you on your scheduled WIC day

The Washington State Department of Health has a call center to answer questions about the Coronavirus, please call 1-800-535-0337.

Phone lines are currently staffed from 6 a.m. to 10 p.m. seven days a week. Please note that this call center can not access COVID-19 testing results. For testing information or results, please contact your health care provider.

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This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.
### Elders Menu

... Fruit and salad at every meal

<table>
<thead>
<tr>
<th><strong>MONDAY 4:</strong></th>
<th><strong>TUESDAY 5:</strong></th>
<th><strong>WEDNESDAY 6:</strong></th>
<th><strong>THURSDAY 7:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna Casserole, Peas</td>
<td>Taco Soup, Corn Bread</td>
<td>Teriyaki Chicken, Rice, Oriental Veggies</td>
<td>Flank Steak, Roasted Red Potatoes, Cauliflower</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MONDAY 11:</strong></th>
<th><strong>TUESDAY 12:</strong></th>
<th><strong>WEDNESDAY 13:</strong></th>
<th><strong>THURSDAY 14:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mediterranean Clam Linguine</td>
<td>Chicken Noodle Soup, P&amp;J Sandwiches</td>
<td>Ham w/ Scalloped Potatoes, Carrots</td>
<td>Enchiladas, Black Beans</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MONDAY 18:</strong></th>
<th><strong>TUESDAY 19:</strong></th>
<th><strong>WEDNESDAY 20:</strong></th>
<th><strong>THURSDAY 21:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Goulash, Corn, Garlic Bread</td>
<td>Clam Chowder, Frybread</td>
<td>Chicken Broccoli Fettuccine</td>
<td>Meatball Subs, Chips</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MONDAY 25:</strong></th>
<th><strong>TUESDAY 26:</strong></th>
<th><strong>WEDNESDAY 27:</strong></th>
<th><strong>THURSDAY 29</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>CLOSED</td>
<td>Hamburger Soup, Biscuits</td>
<td>Mediterranean Chicken Shawarma w/ Tahini Sauce</td>
<td>Pork Chops, Stuffing, Green Beans</td>
</tr>
</tbody>
</table>

In an effort to provide additional safety precautions, the Elders staff will only be delivering meals to "Homebound" Elders at this current time. Elders who have met the requirements of "Homebound" will still call in to the Elders staff to request meals. Thank you for understanding.

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### Some words of thanks from our CERT team

**Continued from Page 17**

I can still learn online and help w/ our Elder aunties and know our family’s there for each other more than ever. - vt

I am grateful I can work from home, so not having to panic about childcare! - hj

I am grateful for my boys and my family and the constant encouragement they are to me. - pk

We are grateful and thankful to the, doctors, nurses, pharmacists and other medical personnel who are on the front lines of this pandemic. They are heroes daily anyway, but deserve an extra dose of appreciation as we battle this COVID-19. - CERT Team

I am grateful and thankful for a tribal government that provides non-essential employees the opportunity to stay home, allowing family members to prepare for a new normal as they remain by their family’s side. This provides the opportunity for parents to comfort and give emotional support during this crisis. I feel blessed to work for a government that values its employees, families, and Elders, and is consistently generous and compassionate. My family and I greatly appreciate the Tribe's kindness in this unprecedented situation. My heart is filled with gratitude. - d

I feel grateful that so far it isn't happening during July and August during good weather or between Thanksgiving and Christmas. - ph
May Happy Birthdays

1. Ali Lewis Seymour
   Leo Eugene Henry

2. Julio M. Valencia
   Robert James Jones
   Veronica May James

3. Kim Renee Cooper
   Krystal Ivy Murray
   Vernon Charles Kenyon
   Xavien Malosi Manu-Saenz

4. Kenai Anthony James
   Lilly Shirley Ann Dorland

5. Ahree Kyla Allen
   Daniel Blaze Snyder
   Lauren M. Todd
   Payton John Lewis
   Todd Loren Hagmann Jr.

6. Jacqueline C. Smith
   Justin Cruz Saenz-Garcia
   Raven Rose Thomas
   Sally A. Brownfield
   Taylor Ray White

7. Eric Bryant Castro
   Jaidon Israel Henderson
   Josiah Legend Perez

8. Colleen Kaye Merriman
   Jacob Donald Spezza
   Justin D. Johns
   Morningstar T. Green
   Takoda Noelani Tahkeal

9. Breanna M. Peters
   Kassidy RP Whitener

10. Carly Rose Yes-Chid Peters
    Melissa Rae Grant
    Richard Lee Monger Jr.
    Tamatha Dionne Ford

11. Brandon Lee Kenyon
    Levi Lee Sanchez III
    Michael S. Ogden
    Theresa Lee Sanchez
    Tiffany Ann York

12. Janelle Malynn Krise

13. Dawn Marie Green
    Julie Merrae Owens
    Syrus Paul Barry Perez

14. Marlene Kaye Anderson
    Treyson Francis Spezza

15. Bryan Alan Johnson
    Christi Jean Aguinaga
    Donna Mary Wood
    Jaclyn Evasue Meyer
    Kasper Mae Allen
    Taylen M Powell

16. Barrett Warren Coble
    Marlene Kaye Castellane
    Shawnene R. Kruger
    Wolf Deschain Slagle James

17. Gary Lee Brownfield

18. Jeffery Sherwood Kenyon
    Tenisha Lorena McNish

19. Jennie Sasalle Martin
    Kyllanai Elizabeth Hodgson
    Richard Collen Harper

20. Carly Rose Yes-Chid Peters
    Melissa Rae Grant
    Richard Lee Monger Jr.
    Tamatha Dionne Ford

21. Brandon Lee Kenyon
    Levi Lee Sanchez III
    Michael S. Ogden
    Theresa Lee Sanchez
    Tiffany Ann York

22. Alexandra Isabelle Mirka
    Donald F. Hartwell
    Nicholas Scott Meyer

23. Raymond Anthony Peters
    Spirit Rose Jones

24. Craig Woodburn Parker
    Mildred Irene Wagner
    Tyler Douglas Johns

25. Elsie Ada Quinn Thale
    Jeremyha Steven James

26. Calhain Blueback-Robinson
    Donna Peratovich
    Kurt Ellsworth Poste
    Molly Troxler

27. Jack Richard Selvidge

28. Iladee King
    Mataya GE Stroud
    Matayla Margie Krise

29. Candace Lee Ehrhard
    Carol Marie Phipps
    Daniel Sigo
    Melissa Ann Day
    Milah May Hawks

30. Raymond Anthony Peters
    Spirit Rose Jones

31. Candace Lee Ehrhard
    Carol Marie Phipps
    Daniel Sigo
    Melissa Ann Day
    Milah May Hawks
### COMMITTEES COMMISSIONS & BOARDS

<table>
<thead>
<tr>
<th>Committee</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics Committee</td>
<td>Arnold Cooper</td>
<td>Jeff Dickison</td>
<td>2nd Wednesday in Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elders Committee/Inc.</td>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
<td>1st Wednesday or Thursday</td>
</tr>
<tr>
<td>Elections Committee</td>
<td>None per code</td>
<td>Tammy Ford</td>
<td>March, April, May</td>
</tr>
<tr>
<td>Enrollment Committee</td>
<td>Charlene Krise</td>
<td>Joseph Peters</td>
<td>2nd Tuesday of July, Oct., Jan., April</td>
</tr>
<tr>
<td>Fireworks Committee (TC 6.04.040)</td>
<td>None per code</td>
<td>Rhonda Foster</td>
<td>2nd Wednesday in March, June, TBD</td>
</tr>
<tr>
<td>Fish Committee</td>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td>2nd Wednesday or Thursday</td>
</tr>
<tr>
<td>Gathering Committee</td>
<td>Arnold Cooper</td>
<td>Dallas Burnett</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Golf Advisory Committee</td>
<td>Arnold Cooper</td>
<td>Gordon James</td>
<td>Jan., April, May</td>
</tr>
<tr>
<td>Hunting Committee</td>
<td>Arnold Cooper</td>
<td>Vacant</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Shellfish Committee</td>
<td>Arnold Cooper</td>
<td>Vacant</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Veterans’ Committee</td>
<td>Vince Henry</td>
<td>Eric Sparkman</td>
<td>1st Wednesday of March, June, Sept., Dec. TBD</td>
</tr>
<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>C. Krise, V. Henry, V. Kruger</td>
<td>Marvin Campbell</td>
<td>Feb., May, Aug., Nov. 2nd Friday</td>
</tr>
<tr>
<td>Budget Commission</td>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Education Commission</td>
<td>Vacant</td>
<td>Gordan James</td>
<td>June and August</td>
</tr>
<tr>
<td>Gaming Commission (TC 6.08.090)</td>
<td>None per code</td>
<td>Dallas Burnett</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>Housing Commission</td>
<td>Charlene Krise</td>
<td>Liz Kuntz</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Utilities Commission</td>
<td>Vacant</td>
<td>Vacant</td>
<td>1st Thursday</td>
</tr>
<tr>
<td>Business Administration Board</td>
<td>None per code</td>
<td>Nathan Schreiner</td>
<td>As needed</td>
</tr>
<tr>
<td>Child Care Board of Directors</td>
<td>Vicki Kruger</td>
<td>Bert Miller</td>
<td>2nd Monday</td>
</tr>
<tr>
<td>Island Enterprises Board</td>
<td>Vacant</td>
<td>Dave Johns</td>
<td>Sept., Dec., March, June 4th Tuesday</td>
</tr>
<tr>
<td>Museum Library and Research Center Board</td>
<td>Bev Hawks</td>
<td>Charlene Krise</td>
<td>2nd Friday</td>
</tr>
<tr>
<td>Skookum Creek Tobacco Board</td>
<td>Vinny Henry</td>
<td>Mike Araiza</td>
<td>TBD</td>
</tr>
<tr>
<td>SPIPA Board of Directors</td>
<td>Vicki Kruger</td>
<td>Marvin Campbell</td>
<td></td>
</tr>
<tr>
<td>Tourism Board (TC 2.34.010)</td>
<td>Vacant</td>
<td>Leslie Johnson</td>
<td></td>
</tr>
</tbody>
</table>

### General Body Mtg

**June 27th**

- **May 7** - Per capita, clams and hand sanitizer distribution
- **TENTATIVE Court Dates:**
  - **May 7** for family court and **May 12 and 26** for criminal/civil court
- **Moving Forward Through Covid-19**
  - Tuesdays from Noon - 1:00 **through May 19th** via Zoom
- **May 11 & 12**
  - Plant Give-away at Community Garden

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Have you been laid off or have your hours been reduced due to COVID-19?

You may be eligible for expanded unemployment benefits through the Washington State Employment Security Department (ESD).

This includes people who work for tribes, tribally owned businesses, small businesses, independent contractors, artisans and musicians.

Apply online at https://esd.wa.gov/unemployment/Ui-one-stop or call 1-800-318-6022.

If you are denied unemployment benefits, the Unemployment Law Project (ULP) may be able to help you. Call ULP today:

- (509) 624-9178 or toll-free at (800) 940-9178 (Spokane)
- (206) 441-9178 or toll free at 1-888-441-9178 (Seattle)

Or, if you think you’re low-income, you can call the Northwest Justice Project’s CLEAR Hotline at 1-888-201-1014 weekdays between 9:15 am - 12:15 pm.

Tips:

- Use the UI Checklist to help you apply for unemployment.
- When applying, start with the website first before you call.
- Due to an unprecedented increase in unemployment, the Employment Security Department (ESD) is very busy. Keep calling. Don’t give up.
- Because the laws have changed and the systems to handle all the changes are still being implemented, you may be initially denied. You can appeal and a legal advocate from ULP or NJP may be able to help you.
- Stay up-to-date by signing up for ESD’s COVID-19 action alerts.

Recent changes to Unemployment Insurance:

- Job search requirements are optional.
- There is no waiting week before you get benefits.
- Although the Federal Stimulus package has passed, ESD estimates that it will take them until April 18, 2020 to get the Unemployment Assistance portion of the legislation up and running. ESD will then be able to make retroactive payments for both the weekly benefit amount owed as well as the additional $600 per week.

Effective Monday 3-23-20, until further notice......Due to the COVID – 19 outbreak DSHS has no in person services
Your DSHS Tribal Outreach worker, Terri Butler is now working from home but still available to help the Tribal Communities

You can still contact Terri Butler (Tribal Outreach Worker) @butlermt@dshs.wa.gov or call 360-701-3429.
Provide your contact information and she will call you back.

or call the DSHS Customer Service Call Center @ 1-877-501-2233

If you need to apply for benefits, You can complete Applications online at www.washingtonconnection.org and Terri can do your interview by phone.