Correction
Tammy Ford, Enrollment Coordinator - The November issue of the Klah-Che-Min newsletter had some incorrect information about our Tribal ID and how it can be used.

- Transportation Security Administration (TSA) (airlines) honors our tribal ID as an acceptable form of ID for domestic travel. If you’re traveling to any state or city within the confines of the United States, you are traveling domestically.
- Our tribal ID is NOT an enhanced ID or a passport. It cannot be used as identification for entering or exiting the U.S.
- The tribal ID may be used as official identification to verify the age of a person purchasing age-restricted products regulated by the WA State Liquor and Cannabis Board.
- The WA State Department of Licensing and the Social Security Administration also honor our tribal ID.

The chart below explains in detail when you can use your Tribal ID, an Enhanced ID or a Passport:

<table>
<thead>
<tr>
<th>Types of ID</th>
<th>For Identification</th>
<th>Fishing, Clam Digging, Hunting</th>
<th>Domestic Travel</th>
<th>Proof of US Citizen</th>
<th>Travel Canada, Mexico</th>
<th>Travel Any Country</th>
<th>Driver’s License</th>
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<tbody>
<tr>
<td>Tribal ID</td>
<td>Proof of Tribal Membership</td>
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<td>Enhanced ID (state ID)</td>
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<td>Passport</td>
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New tribal IDs are issued by appointment ONLY:

Cost: $5

To make an appointment, please call:
Tammy Ford, Enrollment Coordinator
(360) 432-3888

Due to Covid-19, the program was held live via Zoom. Awards were sponsored by Squaxin Island Tribal Council and door prizes were sponsored by Little Creek Casino Resort and Squaxin Island Tribe.

Thank you to all of our wonderful employees!!! We appreciate your hard work and dedication!
With heavy hearts, we announce the passing of our beloved Elder,

Glen Parker

A Celebration of Glen’s Life will be held at a later date, so friends and family can gather to share stories and memories.

Squaxin Island Parks & Rec

Save the Date
12-17-2020
Annual Youth Christmas Celebration

We will be hosting our Annual Youth Christmas. It might not be the traditional event we have host in the past. Please look for more details to come as it gets closer.

Klah-Che-Min Staff:
Theresa M. Henderson: Ext. #3945
thenderson@squaxin.us
Good day, Vicki Kruger, Tribal Council Treasurer here.

This is my second of a series of reports to you on my duties as your Treasurer. My position term is up this May and I will not be seeking re-election. Some will tell you to ignore my statements and that the Treasurer really doesn’t need to have any of the knowledge, skills or abilities I’m pointing out. However, as I’ve previously mentioned at General Body/Council meetings – the next Treasurer needs to have a financial background or strong financial knowledge. I’ve shared that I’ve had to go to “investment for dummies” classes. I believe I’ve set the bar high and whomever takes my place needs to continue to pay attention to all aspects of finances. It is so important to replace me with a person who already has the skills to accomplish the things I’m sharing especially in these difficult financial times. I truly believe I’ve spent the last 6 years in training and the tribe would be so much better served had I started out with the knowledge. When voting at our next election, please make an informed decision about who should take my seat. The Treasurer has a fiduciary responsibility to the Tribe and should take this role very seriously.

This month I’m going to discuss budgets, and I’m going to use the example of what I found because I paid attention. I’ll also briefly discuss fiduciary responsibility as well as investments.

When I first got on Tribal Council I started paying attention to audits (if anyone would like to review any audit please contact me and I’ll share information with you). I saw an organization or department that had a total expenditure of $600,000 a year. Then the next year the expenditure was up to $800,000 followed by the following year’s expenditure of $1 million. So I started following the money and learned that the department/organization, though it was required, had never submitted a budget for approval. As you know, I’ve had zero audit experience, zero financial experience and very little follow the money experience. Had I had the background, I would have been more effective in finding budget issues much sooner. I am thankful to have taken the time to learn but I would have been more effective as a Treasurer if I had previous knowledge and experience.

We currently have financial audits occurring for all of our entities. I am looking forward to reviewing those audits when they are completed.

If you have the ability to review and understand audits, the wherewithal to follow the money, and the ability to bring any issues to the attention of your peers – I encourage you to run for the Tribal Council Treasurer position.

As I previously mentioned, I’m going to keep discussing fiduciary responsibility. A person who has fiduciary responsibility must act in the best interest of those they serve. A fiduciary has a legal or ethical relationship of trust with those they represent, and typically a fiduciary prudently takes care of money or other assets for others. A tribal member Elder explained to me that my responsibility includes that - when I see something that is questionable - I have an obligation to bring it to the attention of others. I’ve lost friends and have had people fall off the pedestal I had them on because my fiduciary responsibility has no exceptions, excuses, nor immunity. Clearly, the Tribe’s constitution states: “The Treasurer shall have custody of and be responsible for all funds in control of the Tribal Council.” This is a heavy weight and, in my opinion, this is the most important position on the Tribal Council. We cannot replace me with someone who doesn’t take the responsibility seriously, who doesn’t have the background nor the knowledge, skills, and abilities to perform the duties. I shouldn’t ever be replaced with someone who will make exceptions for their friends.

As I have stated, my duties require me to sit on an investment committee (remember I took an Investments for Dummies class). This is a team of individuals that review and make decisions about our investments. If anyone is interested I would be willing to discuss some of the different investments we have. This is just another example of the importance of the Treasurer position and though I don’t think I’m more important than anyone else I do need you to elect a person who can hit the ground running.

I always encourage our people to run for Tribal Council if they choose so they can make a difference for our people. However, it is incredibly important to understand that some of these Council positions come with specific and distinct responsibilities. It is not just a seat to fill. The standard has been set and this current Council holds each of its members accountable to their responsibilities. This is paramount to make sure we are truly serving our people to the fullest.

If you are thinking about running for Treasurer and would like to discuss the duties, responsibilities and expectations of this position more, please do not hesitate to reach out to me!

Thank you for your time and hot's quad sus lob so baut (take care of yourself well).
Since our closure, our building has been receiving some much needed TLC. If you’ve been down to visit you might have noticed things are changing daily. Over the course of this time our septic and drain lines have been replaced. Roofing materials have arrived for a new roof, and the ground work is almost completed for the installation of our playground equipment. We are very thankful for all of the hard work and improvements that are happening here at the CDC. In addition, we are moving forward on the new building, equipment upgrades, and creating additional outdoor learning spaces.
**Center Updates**

During our COVID-19 closure, teachers at Squaxin Island Child Development Center have been working with families through weekly Zoom meetings, as well as posting activities on our Facebook page.

In the month of November teachers worked with families to gather information for our Fall assessments and parent/teacher conferences.

This time of the year is especially busy for us because it is also time for our yearly screenings. Each child gets a developmental screening utilizing the Ages and Stages questionnaire 3 and SE questionnaire; these are typically filled out by the families with the teachers support. The teachers then complete the scoring and follow up with families regarding the results. For our preschool aged children, we complete hearing, height, weight, and vision screenings. For our birth to three kiddos, we are currently providing vision, height, and weight.

We appreciate all our families working with us during these times of unknown. We miss you all and hope everyone stays safe!

As always, if you have any questions, please feel free to reach out to your child(ren)’s teachers or the leadership team at SICDC. Email works best at this time due to the phones not working all the time.
COVID-19 What is contact tracing?

Contact tracing is a way to identify people who may have COVID-19 so they can avoid spreading it to others. It helps us track and prevent the spread of COVID-19.

**Contact tracing** starts with a person who tested positive for COVID-19. This person will be advised to **stay home except to get medical care** until they are no longer contagious.

A trained interviewer will reach out to the **person who has tested positive** and ask for the contact information of close contacts. They will **not** ask for a social security number or about immigration status. Participation is voluntary.

A **close contact** is a person who has been within 6 feet, for 15 minutes or more, of someone who tested positive for COVID-19.

Next, the interviewer will reach out to the contacts to let them know they have been exposed.

Contacts stay home to watch for symptoms for 14 days after they were exposed.

If a contact tests positive, the process starts over again as a confirmed case.

If a contact shows no symptoms for 14 days, they can return to normal activities.

If an infected contact is missed, the virus may spread to new contacts.

They continue working with a public health professional to identify their contacts.

If there were no contacts, the process stops.

Effective contact tracing depends on everyone’s participation. If public health calls you, we hope you’ll answer.
Want to be part of the COVID-19 solution?

**Just answer the call.**

We need your help. If you’ve tested positive for COVID-19, the COVID Community Team will be reaching out via phone to you and your close contacts to slow the spread. We’ll make sure that you are getting the medical attention you need and support through quarantine.

**Emergency Management Coordinator, Diane Deyette:**
(360) 443-8410

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**Stop the Spread of Germs**

Help prevent the spread of respiratory diseases like COVID-19.

- **6 ft**
  Stay at least 6 feet (about 2 arms’ length) from other people.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- When in public, wear a mask over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

[cdc.gov/coronavirus]
Halloween Fun

Staff delivered 175 pumpkins and carving kits to the families on the reservation. We had a lot of fun seeing all the creative costumes! We also handed out 123 treat bags along with chili dogs and chips to the youth around the community. We practiced social distancing as we handed out meals and treats to the youth. It was fun to see all the houses decorated. We had 10 winners who participated in yard decorating! Our staff have been preparing breakfast and lunches for families who have registered for our USDA food program. Since September we have distributed a total of 2,688 breakfast and lunches. Breakfasts contain: milk, a fruit or vegetable, and a whole grain item. Lunches contain: milk, a vegetable, fruit, meat, and whole grain items. If there are any families who live on the reservation or in the Kamilche area who are interested in receiving meals, please contact Jerilynn at (360) 432-3992 or jvail@squaxin.us.
Pool to Open Soon

Your Parks and Recreation team is excited to announce that we are going to open the pool soon! With that being said, and as we continue to understand covid-19, it is important to keep evaluating what actions are needed to ensure the safety of everyone. Our hope is to open after the holiday season (early January). We are working diligently to keep everything covid-19 safe.

There will be many changes to how the aquatic facility is operated to ensure that everyone stays healthy and safe. To follow the social distancing guidelines of the CDC, people/families living in the same household will be able to reserve a time slot to come swim in the pool. Luckily the CDC guidelines referring to recreational swim state that, “When the proper amount of chlorine is added to pool water, it kills germs, including viruses. The amount of chlorine in the water needs to be properly maintained in order for its disinfectant qualities to be effective. This is why lifeguards and pool managers test chlorine and pH levels throughout the day and make adjustments as needed. Because chlorinated pool water has been shown to kill viruses, it’s likely that it also kills coronavirus.”

Now that takes care of the water, but what about the air? The amazing ventilation system in the pool will help keep the air moving, and we will open doors and fans to promote healthy and efficient air flow.

When we do re-open the pool, masks will be required as you enter, while in the bathrooms, and any time you are out of the water. However, once in the swimming pool, masks have to come off because it then becomes a drowning hazard. Once families leave the pool, every shared surface and shared space will be thoroughly cleaned and sanitized. This will happen after every same-household swim to ensure the safety of the community. This is vital, because we want families safe and to keep coming back!

With proper care of pool chemicals and upholding proper CDC covid-19 guidelines, the community will be able to enjoy all aspects of pool recreation. Our goal is to have many amazing programs that bring community and families together. Our swim programs will start with recreational same-family swims then gradually add family swimming lessons and small group water aerobics.

When it is safe, we are also going to bring parties to the pool, including movie “dive in” nights and other fun community events. We have many more ideas that include yoga in the pool and other specialized swim programs that will be fun for the community.

New Employee
Rafael Plenty Wolf

Hau kola (hello friends)! My english name is Rafael Plenty Wolf, and my ancestral name is Anpewikablesuwin Sunkmanitu Tanka Ota. The name translates to an Early Dawn Woman Plenty Wolf.

I am an enrolled member of the Oglala Lakota Nation, and I was born on the Pine Ridge Indian Reservation in South Dakota. I am a recent graduate of The Evergreen State College, and I have a B.A. in Indigenous Studies of the Pacific.

I am your new Pool Coordinator/Lead Lifeguard! I have over 8 years of experience working as a lifeguard, and a swim instructor. I have always been centered around pool culture as a means to stay healthy, and I appreciate where that path has led me today.

After spending so many years as a basic lifeguard and swim instructor, I moved onto to managing pools. I have four years of pool programming experience, and I’m so excited to serve you.

I’ve taught swimming lessons for babies, ages nine months, and then all the way up to adults. I have experience teaching swimming to beginning learners and training high school swimming athletes. I’ve also run water aerobics classes, which was a great way to bring community together.

I am working enthusiastically with everyone to ensure that this community has a multi-faceted pool program. I am serious about providing a fun, and safe pool environment for the community.

Wopila (Thank you) for this opportunity to serve your community in this way.
Healthy Personal Finance Resolutions for the New Year

The New Year is the time when many individuals start making resolutions to live a healthier lifestyle. And while resolving to eat better and exercise more is a good thing, you should be sure to make resolutions that pertain to the overall health of your personal finances as well.

Develop a budget and stick with it

A good way to start the year on the right track financially is to make sure that you have a budgeting system in place. Start by identifying your income and expenses. Next, add them up and compare the two totals to make sure you are spending less than you earn. If you find that your expenses outweigh your income, you’ll need to make some adjustments to your budget plan (e.g., reduce discretionary spending).

Once you have a budget, it’s important to stick with it. And while straying from your budget from time to time is to be expected, there are some ways to help make working within your budget a bit easier:

- Make budgeting a part of your daily routine
- Be sure to build occasional rewards into your budget
- Evaluate your budget regularly and make changes if necessary
- Use budgeting software/smart phone applications

Set financial goals or re-prioritize current ones

The New Year is also a good time to set new financial goals and re-prioritize your current ones. Take a look back at the financial goals you set for yourself last year—both short- and long-term. Perhaps you wanted to increase your cash reserve or save money for a down payment on a home. Maybe you wanted to invest more money towards your retirement. Did you accomplish any of your goals? If so, do you have any new goals that you would now like to achieve?

Finally, have your personal or financial circumstances changed during the past year (e.g., marriage, a child, job promotion)? If so, would any of these changes warrant a re-prioritization of some of your goals?

Make sure your investment portfolio is still on target

You’ll also want to be sure to review your investment portfolio to ensure that it is still on target to help you achieve your financial goals for the upcoming year. To determine whether your investments are suitable for reaching your financial goals, you’ll want to ask yourself the following questions:

- Do I still have the same time horizon for investing as I did last year?
- Has my tolerance for risk changed?
- Do I have an increased need for liquidity?
- Does any investment now represent too large (or too small) a part of my portfolio?

Make it a priority to reduce debt

Any healthy financial plan is one that makes reducing debt a priority. Whether it is debt from student loans, a mortgage, or credit cards, it is important to have a plan in place to pay down your debt load as quickly as possible. The following are some tips to help you manage your debt:

- Keep track of all of your credit card balances and be aware of interest rates and hidden fees
- Develop a plan to manage your payments so that you avoid late fees
- Optimize your repayments by paying off high-interest debt first or consider taking advantage of debt consolidation/refinancing programs
- Avoid charging more than you can pay off at the end of each billing cycle

Review/take steps to improve your credit history

Having good credit is an important part of any sound financial plan, and the New Year is as good a time as any to check on your credit history. Your credit report contains information about your past and present credit transactions and is used by potential lenders to evaluate your creditworthiness. A positive credit history is important since it allows you to obtain credit when you need it and at a lower interest rate. Good credit is even sometimes viewed by employers as a prerequisite for employment.

Review your credit report and check it for any inaccuracies. You’ll also want to find out whether or not you need to take steps to improve your credit history. To establish a good track record with creditors, make sure that you always make your monthly bill payments on time. In addition, you should try to avoid having too many credit inquiries on your report (these are made every time you apply for a new credit card). You’re entitled to a free copy of your credit report once a year from each of the three major credit reporting agencies. You can go to www.annualcreditreport.com for more information.

- The American Institute of Certified Public Accountants

Are you experiencing a housing crisis?

Behind on rent?

In danger of becoming homeless?

Currently homeless?

Fleeing domestic violence?

Contact Crossroads Housing today to see what services are available to you!

360.427.6919
360.490.6510 24/7 call line
71 Sargison Loop, Shelton, WA
www.Crossroads-Housing.net
**Planning and Community Development**

**Now Accepting Housing Improvement Program (HIP) Applications**
The Housing Improvement Program is a home repair, renovation, replacement, and housing grant program administered by the Bureau of Indian Affairs (BIA) and federally-recognized Indian Tribes for American Indians and Alaska Native individuals and families who have no immediate resource for standard housing.

**Qualifications:**
- Member of a federally recognized Tribe
- You live in an approved Tribal service area
- Your income does not exceed 150% of DHHS poverty income guideline
- Your present housing is substandard
- You must meet ownership requirements
- You have no other resources for housing assistance
- You have not previously received HIP assistance
- You did not acquire your present housing through participation of a federal government-sponsored housing program within the last 20 years

The application process is often difficult, but staff is available to assist. Applicants must have exhausted all other resources for housing assistance. The Squaxin Island Tribe – Office of Housing will accept the applications through December 15, 2020 and forward them to the BIA, who will make the final determination.

If you have any questions about the HIP program or would like assistance with completing an application, please contact Lisa Peters at (360) 432-3871.

**AMERIND**

**++ Home Fire Safety Tips For Christmas ++**
AMERIND would like to remind everyone to take extra precaution this holiday season to prevent fires and save lives, by practicing some of these simple fire prevention tips:

**Preventing Christmas Tree Fires**
- Selecting a Christmas Tree - Needles on fresh trees should be green and hard to pull back from the branches and the needles should not break if the tree has been freshly cut.
- Caring for Your Tree - Do not place your tree close to a heat source, including a fireplace or heat vent.
- Disposing of Your Tree - When the tree becomes dry, discard of it promptly. A dry tree left in the home, is a dangerous fire hazard.
- Artificial Christmas Trees - If you are using a metallic or artificial tree, make sure it is flame retardant.

**Holiday Lights**
- Maintain Your Holiday Lights - Remember to inspect your lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.
- Do Not Overload Electrical Outlets - Remember to check the wires, they should not be warm to the touch.
- Do Not Leave Holiday Lights On Unattended - Remember to unplug the lights, before you go to sleep and never leave holiday lights on all night.

**Candle Care**
- Avoid Using Lit Candles - If you use candles, make sure they are in stable holders and place them where they cannot be easily knocked over. NEVER leave your home with candles burning.
- Never Put Lit Candles on a Tree - Do not go near a Christmas tree with an open flame- candles, lighters, or matches.

**The Fireplace or Wood Stove**
- Do not hang stockings from the mantel when the fireplace is in use.
- Never put tree branches or needles in a fireplace or wood burning stove.
- Always use a screen in front of the fireplace to protect against flying sparks.
- Never use gasoline or any other flammable liquids to start a fire.
- Remove the ashes regularly. Place the ashes in a metal container and store outside away from flammable materials.
- Never leave the fire unattended or let it smolder.

**The Kitchen**
Grease fires are a leading cause of home fires across Indian Country, so be extra careful when doing this kind of cooking. Here’s what to do if a grease in a pot or pan catches fire:
- Smother the flames by covering the pan with a lid.
- Turn off the stove immediately.
- Install a FireStop under your range hood.
(A FireStop is an Automatic Fire Extinguisher)
- NEVER throw water on a grease fire, as this could make the fire worse.

**Last but not least… Make sure your smoke detectors work.**
Community

Turkey Baskets Distribution
The Squaxin Island Tribe is grateful for the volunteers who joyfully helped gift and distribute turkey baskets to the Tribal Community. We are grateful for the ones who delivered to the Squaxin Island Tribal Elders’ homes. Photos by Charlene Krise
Quinault LEGAL NOTICE  The Quinault Family Services Department hereby notifies Claudia Guijosa that her presence is required on 12/16/20 at the hour of 10:30 a.m. for a hearing on a petition for guardianship relating to children born to her on 2/3/2017. This hearing will occur in the Quinault Children's Court in Taholah, Grays Harbor County, Washington. If you fail to appear for this hearing, the court may conduct the hearing in your absence and it may result in the petition being granted. For more information, please call (360) 276-8215, ext. 2222 or 1402.

Covid-19 Relief Distributions are Tax Exempt  Relief distributions are tax exempt due to the circumstances of those signing the relief forms. Any of the checked boxes on the disaster relief forms are expected to be true, and the individual receiving the money is declaring that they are spending the money on disaster-related expenses.

Thank YOU! For protecting our Elders by wearing a mask!  - Squaxin Island Tribal Council
Distance Learning Kits Are Here!
The Tu Ha’ Buts Learning Center handed out distance learning kits on Thursday November 12th and Friday November 13th. The kits consisted of a Chromebook, a printer and paper, and noise cancelling headphones. We are hoping to be able to provide hotspots in the near future. In an effort to support Squaxin Island enrolled youth during this time, the Distance Learning Kit is being provided to help youth succeed during our new virtual learning environment.

Higher Education
Winter quarter is right around the corner! Remember to send in your final grades for fall, new class schedule for winter quarter/spring semester, and your completed Memorandum of Commitment for the quarter/semester. I need all of this information for your Higher Education file by December 4th. I cannot process your paperwork for the college until your file has been updated. I hope everyone had a very successful first quarter/semester. If you have any questions, I can be reached at my direct line or email.

Thank you,
Mandy Valley
Higher Education Coordinator
(360)432-3882
mvalley@squaxin.us

Tutoring
TLC’s marvellous tutors are here to help your students! In person tutoring at the TLC is filling up fast, so make sure to get your student(s)’ name on the list if they need some extra one-on-one help. Tutoring is available Monday through Friday, from 12:00 to 4:00 p.m. Please call Redwolf Krise (360) 432-3958 to schedule an appointment.

Remember to bring your material and a mask for in-person tutoring. Health and temperature checks are required to enter the building. If virtual tutoring would work better for your student, you can contact the tutor for your grade level for extra support.

Elementary School  Lynice May at Lmay@squaxin.us
Middle School and Junior High  Lynn White at Lwhite@squaxin.us
High School  Julie Youngs at Jyoungs@squaxin.us
Or (360) 470-1493

Welcome Camilla Hause
Born to Shane Hause
Love Great-Great-Auntie Meloney
I’m Ready to Spoil!

Welcome Kawl Smith - Born to Kamilla Byrd Smith and Kieran Smith
Love Great-Great-Auntie Meloney - I’m Ready to Spoil!

Welcome Tamara Moon Gaidrich Brown,
Born to Draven Gaidrich Brown
Love Great-Great-Auntie Meloney
I’m Ready to Spoil!
Don’t Delay, Get Your Flu Shot Today!
Getting your flu shot is more important than ever! With everyone worried about Covid 19, it is easy to forget about getting your annual flu vaccine. But this year, it is more important than ever! Why is it more important this year? Because Covid 19 has made taking care of yourself even more important. Studies have shown that getting a flu vaccine can reduce hospitalizations by about 40% for adults, children, and pregnant women! The best way to prevent the flu is to get vaccinated, but some of the things you are already doing to help prevent the spread of Covid 19, like wearing a mask, washing your hands often, and covering any coughs, can also help stop the spread of flu germs.

How do I know the flu vaccine is safe?
Flu vaccines have been safely and successfully used for over 50 years on hundreds of millions Americans! Extensive research supports the safety of seasonal flu vaccines. Each year, the Centers for Disease Control and Prevention (CDC) works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. Routine childhood vaccinations and annual flu vaccines are safe and effective.

Who should get the flu vaccine?
Everyone 6 months and older should get a flu vaccine every year. Flu vaccines can reduce flu symptoms, visits to the doctor, hospitalizations, and are lifesaving. While everyone should get a flu vaccine, for some people it is even more important because they have a higher chance of getting very sick from the flu. These people include elders, pregnant women, young children, and people with underlying health conditions, like diabetes or asthma. For pregnant women, a flu vaccine not only protects them, it also protects their unborn baby and newborn until several months after birth, until the baby can be vaccinated. Pregnant women can get the vaccine any time during their pregnancy.

Can flu vaccines give me the flu or make me sick?
No, flu vaccines cannot cause the flu. They are made from very weak or inactivated flu strains that are designed to help you build antibodies to fight the flu. Some common side effects, like body aches, a sore throat, or a cough, may result from getting the flu vaccine but these won’t last long. And, these reactions are much less severe than actually getting sick with the flu, which can cause severe illness, hospitalizations, and even death.

When is the flu season in the United States? When should I get my vaccine?
In the United States, the flu season occurs primarily in the fall and winter, peaking between December and February. But it can start as early as October and last as late as May. It takes about two weeks for the vaccine to be effective, so getting your flu vaccine in October or November is important. The vaccine will protect you for the whole flu season. And, it is important to get a flu vaccine every year, because flu viruses keep changing and, if needed, new vaccines are developed each year.

Where can I get the flu vaccine?
There are many places to get your vaccine! Our Tribal health clinic (360) 427-9006, doctors’ offices, pharmacies, and urgent care clinics are just some of the places it is available. The flu shot saves lives. Get yours!

Bigfoot’s Mask Up Campaign
The Northwest Portland Area Indian Health Board (NPAIHB) has been working on a “Bigfoot Mask Up” campaign for Covid-19.

Squaxin Island Tribe has received: one life-sized, all-weather Bigfoot cut out with a specially designed stick-on mask, 10 yard signs, 10 posters, 15 floor decals for social distancing, and 40 Mask Up window clings.

Bigfoot is taking the pandemic seriously and he wants others to do so, as well!
Feel free to take the pictures with Bigfoot (everyone wearing a mask, of course!). Photos may be shared on the NPAIHB Covid-19 web page. Pictures of Elders next to their Mask Up stickers would be particularly meaningful. Please send them to Patty Suskin at psuskin@squaxin.us.

The Kamilche Pharmacy Needs Your Support!
The Kamilche Pharmacy is converting to a new computer system. We are working hard to get this system in place and have the pharmacy staff learn the new procedures for the new system. We are asking for your patience in this new conversion.

1. REFILLS - Please call/allow 24 to 48 hours before you come to pick up your refill.
2. Please provide the pharmacy staff a list of All medication you are requesting.

Thank you for your patience with our staff. It takes time to add all the information into the new system and also for the staff to learn a new way of doing business. We appreciate your assistance in this matter.

Thank you! Connie Whitener, Health Director
Health Clinic

Masking Is About Keeping You and Those You Care About Safe

Dr. Ferguson - Whether to wear a mask or face covering out in public is not about one’s rights – it’s about public health, about public safety. Let’s face it, no one likes wearing a mask. Your face gets hot. You might feel slightly dizzy, especially when the room is hot or muggy. It's sometimes hard making out what someone says when they sound like their cheeks are packed with cotton. It's hard to read facial expressions when the most telling bits of a person's face might be shrouded in cotton. Masks are a royal pain in the tuchus; despite our best efforts at sprucing them up, slapping lipstick on the proverbial pig with cutey designs or political statements. Masks are kind of nasty too if you've been exercising or otherwise physically active in them.

There is strong evidence that medical-grade masks as used by doctors, nurses, and other healthcare workers dramatically reduce the spread of the coronavirus. But people outside of clinics and hospitals use masks or face coverings that are either homemade or purchased commercially that aren't necessarily up to the same medical standards. So, should we just not wear face coverings at all if we can't get ahold of surgical or N95 masks? We'll get to this question in a moment.

N95 masks or respirators – the gold standard of masks – incidentally, filter out almost all free-floating viral particles (the kind that linger in the air) and virtually all large respiratory droplets produced by sneezing or coughing (yuck!). That is, they work well if the N95 masks are fitted correctly and worn appropriately.

N95s are not as effective when ill fitting. Surgical masks work almost as well as N95 respirators (not to be confused with ventilators; machines that breathe on behalf of faulty lungs).

So, to answer the above question: Yes, wear a mask or face covering. Anything helps. Here’s why. An environmental engineer at Virginia Tech in Blacksburg examined whether a cotton T-shirt can block aerosols roughly the size of the coronavirus. She reported that 50% of inhaled aerosols and almost 80% of exhaled aerosols were effectively blocked. Accordingly, as is the case with any face covering, people around the person wearing the mask benefit most (80% vs. 50%).

Even cutting the viral dose down by 50%, however, might make a difference with respect to how sick you get if you contract the virus, because it lowers the initial viral load or “dose.” So, don't throw away your old AC/DC shirt pockmarked with all those pizza stains! (For those about to mask, we salute you!).

Multiple layers of fabric, however, are more effective. Another study reported that face coverings made with multiple layers of different materials like cotton and silk can catch aerosols more effectively than those made from only single materials. Of course, it might be slightly harder to breathe through facial coverings made out of multiple layers of material.

What Masks or Face Covering Do for You (And Others)
The science clearly supports using masks or face coverings because they cut down the chances of (1) transmitting (passing the virus on to others) and (2) catching the coronavirus (from others). There is also mounting evidence that masks reduce (3) the severity of the disease (i.e., COVID-19) if you get infected. Namely, masks reduce the severity of COVID-19 by way of reducing initial viral load. All things being equal, the bigger the initial load or “dose” of the coronavirus, the worse the infection. Said differently, a lower initial dose of the virus is easier for your immune system to beat back.

One recent scientific study, which examined 196 countries, reported 4 times lower rates of COVID-19 deaths in places where masks were the norm or otherwise strongly recommended by the government. Another recent scientific study examined the effect of U.S. state-government mandates for masking in April and May and estimated that as many as 450,000 new infections might have been prevented by wearing masks alone.

Take-Home Message
(1) Masking or face coverings can protect you from infection. (2) Masking can protect those around you from getting infected if you are pre-symptomatic days before experiencing symptoms, or are otherwise asymptomatic (i.e., if you don’t experience noticeable symptoms). (3) Masking might also prevent you from developing severe illness because masks dramatically lower the initial load or “dose” of the coronavirus.

One last thing. You’ve likely seen N95 respirators with release valves. While they provide all the protection of an N95 to the one wearing it (not to mention the creature comforts), they provide little to no protection for those not wearing one, as shown in the image below. Accordingly, when around others – if you insist on wearing an N95 respirator – please wear one without a release valve for the safety of others.

Masking Is About Keeping You and Those You Care About Safe
**How Do I Celebrate the Holidays and Reduce Risk of Covid-19 Exposure /Spread?**

Celebrating virtually or with members of your own household poses low risk for spread. In-person gatherings pose varying levels of risk.

1. **Limit gatherings to outdoors** (yes, it will be cold) or second best: keep windows & doors open to increase ventilation in the house.

2. **Keep it short:** Gatherings that last longer pose more risk than shorter gatherings.

3. **The less people the better:** Gatherings with more people pose more risk than gatherings with fewer people.

4. **The behaviors of attendees prior to the gathering:** Gatherings with attendees who are not adhering to social distancing (staying at least 6 feet apart), mask wearing, hand washing, and other preventative behaviors pose more risk than gatherings with attendees who are engaging in these preventative behaviors.

5. **The behaviors of attendees during the gathering:** Gatherings with more preventive measures in place, such as mask-wearing, social distancing, and hand washing, pose less risk than gatherings where fewer or no preventive measures are being implemented.

For more details and a safety checklist, check out the WA Coronavirus response:
https://www.coronavirus.wa.gov/information-for/you-and-your-family/safer-gatherings
or
Center for Disease Control Website:

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**Sheet Pan Pesto chicken**

**Ingredients**
These pesto chicken meal prep bowls are SO simple to make and you can pretty much use any type of veggie you want. You can also change up the protein as you see fit. Really, there’s no way to mess this recipe up!

**Ingredients**
- Pesto (homemade or store bought)
- Chicken breasts
- Vegetables (mushrooms, broccoli, zucchini, and tomatoes, etc.)
- A bit of olive oil

**How to make**
1. Preheat the oven to 400 F. Meanwhile, blend ingredients for your pesto if making it from scratch.
2. Add your chicken and mushrooms to large sheet pan and toss with 1 tbsp of olive oil and 2 tbsp of pesto. Bake in the oven for 10 minutes.
3. Remove from oven, drain liquid from the mushrooms, then add your remaining vegetables and pesto. Toss to combine, then bake another 10 minutes.

**What veggies to use**
You can literally use ANY type of vegetable in this recipe! If using mushrooms, cook for a full 20 minutes along with the chicken and drain the excess liquid halfway through. You can cook heartier root vegetables for 20 minutes - so do them with your chicken – anything from beets to parsnips, potatoes, and sweet potatoes.

For other types of vegetables - like broccoli, cauliflower, bell peppers, zucchini, tomatoes, etc. - you will only want them to cook for 10 minutes in the oven, so add them in halfway through the cooking time. You don’t want to overcook them!

**More seasoning suggestions**
The seasonings you use with this recipe can easily be changed! You don’t have to use pesto – even just a sprinkling of Italian seasoning, lemon pepper or taco/fajita seasoning would change the flavors nicely and allow you to experiment with what you like. This easy sheet pan chicken recipe is a great template for other seasonings.
National Handwashing Awareness Week December 1-7, 2020

Personal hygiene begins and ends with our hands. And though we’re taught as youngsters to wash our hands before dinner, it’s important to remember that germs don’t care what time of day it is. Clean hands prevent sickness. So it’s especially important to learn the basics about hand hygiene so that you, too, can become a champion hand washer!

National Handwashing Awareness Week Activities
1. **Do it right**
   Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. There is a lot of science behind these recommendations, so be sure to follow them each time you wash your hands.

2. **Memorize the five steps**
   The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.

3. **Learn the Four Principles of Hand Awareness**
   Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don’t put your fingers in your eyes, nose or mouth.

Super Clean Facts About Hand Hygiene
1. **Handwashing equals happiness**
   According to the Centers for Disease Control and Prevention, handwashing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 infections, including the flu.

2. **Beware the twin killers for kids**
   About 1.4 million children under age 5 die from diarrheal diseases and pneumonia — the two most deadly afflictions for children worldwide.

3. **The dirty secret of public restrooms**
   The CDC also reports that only 31 percent of men and 65 percent of women washed their hands after using a public restroom.

4. **Handwash your way to health**
   Using antibiotics creates antibiotic resistance. Handwashing prevents many sicknesses, so people need less antibiotics. Therefore, less antibiotic resistance.

5. **Sneezes are mini hurricanes**
   A typical human sneeze exits the body at about 200 miles per hour and emits around 40,000 droplets into the air.
Sheet Pan Chicken & Asparagus  

If you love asparagus and lemon chicken separately, wait until you taste them together in this sheet pan dinner. It is so delicious! The bright, citrus flavor of lemon pairs perfectly with baby potatoes and fresh asparagus.

What type of chicken and asparagus should I use?

Any type of boneless, skinless chicken can be used to make this recipe. Choose asparagus stalks that are medium in width. If the stalks are too thick, the asparagus may not completely cook through. If they’re too thin, they may overcook, becoming mushy and stringy.

**Ingredients**

- 2 tbsp Olive oil | lemon juice
- 4 cloves Garlic minced
- 1 tsp Parsley
- 1/2 tsp Dried rosemary | salt & pepper (each)
- 1 cup Baby potatoes, sliced in half
- 4 Chicken cutlets (or 2 chicken breasts sliced in half lengthwise)
- 1 bunch Asparagus

**Instructions**

1. Preheat oven to 425 F.
2. In a small bowl, mix olive oil, lemon juice, garlic, parsley and rosemary.
3. Add baby potatoes and chicken to a parchment-lined baking sheet and toss with lemon mixture. Bake for 15 minutes.
4. Meanwhile, trim ends of asparagus. When chicken and potatoes come out at the 15 minute mark, add asparagus to the pan and bake the chicken, potatoes and asparagus altogether for 8-10 minutes until tender.
5. Serve and enjoy!

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**Protecting Your Kidneys When You Have Diabetes**

In most cases, there are no symptoms of kidney problems. That is why it is important for people with diabetes to get their kidneys checked.

- **Get your kidneys checked every year.** Blood and urine tests are the only way to know how well your kidneys are working.
- **Take care of your blood pressure and blood sugar.**

**Did you know?**

Frequent use of common over-the-counter medicines can harm your kidneys. These include the following:

- **Ibuprofen** (Examples: Advil, Motrin, Midol)
- **Naproxen** (Examples: Aleve, Naprosyn)

Talk with your doctor about over-the-counter medicines you may be using.
**Community**

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

**MONDAY 7:**
Chicken Fried Steaks, Mashed Potatoes w/Gravy, Mixed Veggies

**MONDAY 14:**
Pizza

**MONDAY 21:**
Meatball Subs, Chips

**28-31:**
CLOSED
Happy Holidays!

**TUESDAY 1:**
Navy Bean Soup, Biscuits

**TUESDAY 8:**
Cream of Chicken Soup, Egg Salad Sandwiches

**TUESDAY 15:**
Italian Sausage Potato Soup, Breadsticks

**TUESDAY 22:**
Split Pea Soup, Roast Beef Sandwiches

**WEDNESDAY 2:**
Spaghetti, Corn, Garlic Bread

**WEDNESDAY 9:**
Beef Pot Pie, Veggies

**WEDNESDAY 16:**
Fish-N-Chips

**WEDNESDAY 23:**
Roast Beef, Mashed Potatoes w/Gravy, Carrots

**THURSDAY 3:**
Tacos, Spanish Rice

**THURSDAY 10:**
Salmon, Rice Pilaf

**THURSDAY 17:**
Steaks, Potato Wedges

**THURSDAY 24:**
CLOSED

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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**NOTICE TO CREDITORS** in the matter of the Estate of: Leanora Christine Krise Deceased.
Case No. CV-2020-03-11

The personal representative named below has been appointed as personal representative of the estate of Leanora Christine Krise.

Mrs. Krise’s address at the time of her death was 10 SE Qua-TaSat Circle, Squaxin Island Tribe Reservation, Shelton, Washington, 98584.

Any person having claim against the decedent, or claiming to be an heir under the decedent’s will, must, within one hundred twenty (120) days of the date of the first publication of this notice, present the claim in the manner as provided in Squaxin Island Tribal Code, §8.07.010, by serving on or mailing to the personal representative or the personal representative’s attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. If the claim is not presented within this time frame, the claim is forever barred. This bar is effective as to claims against both the decedent’s probate and nonprobate assets.

Date of First Publication: 5/15/2020

Personal Representative declares under penalty of perjury under the laws of the state of Washington that the foregoing is true and correct.

Jaimie Cruz
271 SE Whitener Rd
Shelton, WA 98584

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**COVID-19 is real. Stay home, save lives.**
December Happy Birthdays

1
Benito Bear Hernandez
Douglas Matthew Bloomfield

2
Ava Claire George
Gregory Thomas Lehman
Manuel A Castillo

3
Cathlene Diane Riker
Deborah Diane Obi
Jess Daniel Brownfield

4
Daniel Thomas Sigo
Kaya Rose Johns
Peggy Ann Peters

5
Austin James Penn-Soto
Lilly Faye Lutolf

6
Brendan James Bellon
Cora Rosa Krise
Evan Lance Ellerbe
Michael Duane Foster

7
Jason William Koenig
Sophia Aminience Cooper
Zoe Gabriela Cooper

8
Cedar Reaching Bear Wily
Rhonda M. Whitener

9
Dustin Dean Kruger
Elizabeth H Campbell
Garrett William Todd
Misti Dawn Saenz-Garcia

10
Brenda Lee Bailey
Davina Marie Braese
Jayden Christine Eagles
Marlena Star Bradley
Sierra Jasmine Blueback
Tayen Renee Blueback

11
Kelli Jean Dahman
Kendra L. Lewis
Kestle Mac Coley
Lydia Indiana Andrews
Tonya Velma Henry

13
Anthony Glenn Forcier Jr.
Karen Annette Farr
Lucy Ann Aldrich
Madelynn G Henderson

14
Cecelia Marie Black
Elianna Kristine Perez
Nicholas J. W. Dorey

15
Amber Louise Gomez
Frankie Metcalf
Judith Kay Arola
Lisa Mae Peters
Priscilla C. Dolores-James
Xzandrea King

16
Angel Marie Henry
Bell Marie Ackerman Johns
Rodney James Krise Sr.

17
Donovan Nicholas Henry
Vernon L. Sanchez
Wendy J. Bowman

18
Ethan Ty Baxter

19
Patrick Von Stapleton
Shashoney Elizabeth Fenton
Theresa Ann Henderson
Tyson D. Kruger
Winona Kathleen Crone

21
Ronnie Nicole Penn

22
Kyler Joshua Gall
Olivia Korndorfer

23
David Wayne Combes Jr.
Jaimie Lee Cruz

24
Darrius James Rau
Holly Lee Henry
Tahnee Marie Kruger
William B. Penn

25
Astrid Kristen Poste
Carol Tadios
Cheryl Lee Harper
Jasmine Marie Rose Rivera
Jayanne Diane Gamer

26
Karina Helaine Farr
Nation Teo Krise
Nicolas Francis Cooper
Shira Elaine Powell

27
Andrea Lee Rossmeier

28
David B. Clark
Jessica Mary Stone
Jocelyn Elizabeth Campbell
Kathy Jo Block
Quinton Benavente Whitener

29
Patti A. Puhn
Penni L. Restivo

30
Koreena Ann Capoeman
Matthew Taylor Sayers
Richard John Gouin
Sofia Jay Cattaneo

31
Rebecca Black

Happy 25 Year Anniversary
Tully and Vicki Kruger!!!
January 1st

Thank YOU!
for wearing your mask!
- Squaxin Island Youth Council
## 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.
- Kris Peters
- Charlene Krise
- None per code
- Charlene Krise
- None per code
- Vicki Kruger
- Charlene Krise
- Kris Peters
- Kris Peters
- Vince Henry
- None

### Staff Rep.
- Jeff Dickinson
- Traci Coffey
- Tammy Ford
- Tammy Ford
- TBD
- Joseph Peters
- Rhonda Foster
- Marvin Campbell
- Joseph Peters
- Eric Sparkman
- Kim Kenyon

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

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

### Council Rep.
- C.Krise, V. Henry, V. Kruger
- Vicki Kruger
- Vacant
- None per code
- Charlene Krise
- Vacant

### Staff Rep.
- Marvin Campbell
- Marvin Campbell
- Gordan James
- Dallas Burnett
- Liz Kuntz
- Vacant

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

### Board
- Business Administration Board
- Island Enterprises Board
- Museum Library and Research Center Board
- Skookum Creek Tobacco Board
- SPIPA Board of Directors

### Council Rep.
- None per code
- Kris Peters
- Bev Hawks
- Vinny Henry
- Vicki Kruger

### Staff Rep.
- Nathan Schreiner
- Dave Johns
- Charlene Krise
- Mike Araiza
- Marvin Campbell

### Meetings
- As needed
- Sept., Dec., March, June
- 4th Tuesday
- 2nd Friday

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**YOUTH CHRISTMAS PARTY**  December 17

**Court:**

**FAMILY COURT:**  December 3 (through Zoom)
**CRIMINAL/CIVIL COURT:**  December 8
(in person with all safety precautions in place)

**USDA FOODS**  December 7
**WIC**  December 8
Merry Christmas

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 paystub and identification for
you & your child

Contact at SPIPA for an appointment:
Patty at 360.462.3224,
wicnutrition@spipa.org
or
Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org
Main SPIPA number: 360.426.3990

Next WIC:
Tuesday, Dec 8
We are continuing
remote phone appointments
at least through Feb 2021 due
to the COVID-19 virus
We will call you on your appt day

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

South Puget Intertribal Planning Agency

USDA Foods Program
December Dates

PT. GAMBLE S’KLALLAM 12/3/20
SQUAXIN ISLAND 12/7/20
CHEHALIS 12/10/20
SKOKOMISH 12/15/20
NISQUALLY 12/17/20

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.

Free Quality Preschool for Your Child
ECEAP helps all children enter kindergarten ready to succeed

Who is eligible?
Children 3 years old or 4 years old by
August 31st who are:
› From a family with a low annual
  income; or
› Qualify for school district special
  education services; or
› Have developmental or environmental
  risk factors that could affect school
  success.

Questions?
Squaxin Island Child Development Center
Sabrina Green or Savannah Fenton
(360)426-1390

ECEAP Provides:
✓ Preschool
✓ Nutritious meals & snacks
✓ Health screenings
✓ Family support

We are committed to high-quality preschool. Ask us about:

Early Head Start
Now Recruiting Pregnant Women and Children Birth to Three

Early Head Start
Provides:
✓ Parent Training
✓ Health Screenings
✓ Family Support

Early Head Start programs provide family centered services for low income families with very young children.

Squaxin Island Child Development Center
Sabrina Green or Savannah Fenton
(360)426-1390