KLAH-CHE-MIN

A PUBLICATION OF THE SQUAXIN ISLAND TRIBE

MARCH 2022

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COMPLIMENTARY

LCCR Now Offering Sports Betting Ready, Set, Bet!

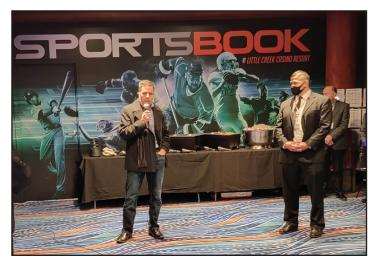
The long anticipated opening of the Little Creek Casino Resort Sports Book was celebrated on February 1st!

In July 2021, the Washington State Gambling Commission unanimously approved sports wagering licensing rules to allow sports betting on tribal land in the state. We now offer a safe and

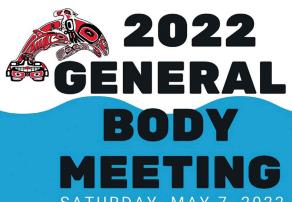
secure environment for interested fans to place bets while watching multiple games at one time.

Wayne Moenoa, Director of Casino Operations and Ramon Nunez, CEO, worked closely with the Squaxin Island Tribe Legal Department for many months to come to an agreement with International Gaming Technologies (IGT) to offer sports betting capabilities through their product, IGT PlaySports. These systems have been a leading choice of U.S. operators in the world of sports betting, offering high-performance, self-service kiosks, eight of which can be found on the gaming floor at Little Creek.

Full story on Page 2



Chairman Kris Peters and LCCR CEO Ramon Nunez



SATURDAY, MAY 7, 2022 9:00 AM - LITTLE CREEK EVENT CENTER Sign in starts at 8:30 a.m.

- Annual Reports
- Q&A with the General Council
- 2022 General Elections for:
 - Tribal Council Vice Chair Position
 - Tribal Council Member #3 Position

Safety concerns will be closely tracked by Tribal Council, Elections Committee and the COVID Team, leading up to the event.

Covid metrics and safety measures will include data provided by, but not limited to: CDC, DOH, IHS, Tribal Health Officials, surrounding county Covid positives/hospitalizations, vaccination rates, etc.

MORE INFORMATION TO FOLLOW

QUESTIONS? CALL 360-426-9781 OR EMAIL MPUHN@SQUAXIN.US







Squaxin Island Tribe Receives WA State Public Health Association Secretary of Health Award

Chairman Peters - The Squaxin Island Tribe was awarded Washington State's Public Health Association Secretary of Health Award. The award has traditionally been given annually to an individual who makes outstanding contributions to improving the health of Washingtonians.

In 2021, the State's Department of Health made an exception to this tradition by awarding the Squaxin Island Tribe. This is due to the "extraordinary commitment and courage shown by Squaxin leadership and tribal members" during the Covid-19 pandemic response.

"The response and resilience you displayed while leading your tribal community throughout the Covid-19 pandemic highlighted the courage and commitment you have in keeping all Washingtonians safe and well," stated WA Secretary of Health, Umair A. Shah, MD, MPH.

Thank you to all of our staff and leadership who worked so hard keep our community safe during this unprecedented time.



Front, L-R: Erika Thale (Director of Operations), Amy Taylor (Health Information Technology), Clara Hernandez (Medical Assistant Trainee), Kay Culbertson (Health Services Director), Haily Cullerton (Medical Assistant), and Marvin Campbell (Tribal Administrator). Back, L-R: Dr. Jonathan Wilton, Mauricio Austin (Pharmacist), Tiff Barret (Physician Assistant), and Jaclyn Meyer (PRC Specialist). Not pictured: Nora Coxwell (recently retired Assistant Health Services Director), Connie Whitener (previous Health Services Director), Mitzie Whitener (Director of Information Services), Dr. Carl Ott, Tonya Nelson (Medical Assistant), Judi Porter (Medical Assistant), Rayleen Kirkland (Physician Assistant) and Eric Ellerbe (Patient Benefits)

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



COMMUNITY —





Squaxin Island RIBAL NEWS

10 S.E. Squaxin Lane Shelton, WA 98584

PHONE: (360) 426-9781 TOLL FREE: (877) 386.3649 FAX: (360) 426-6577 www.squaxinisland.org

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

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

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

Submissions Deadline: 15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

KRIS PETERS: Chairman
CHARLENE KRISE: Vice Chairman
PATRICK BRAESE: Secretary
MARVIN CAMPBELL: Treasurer

ANDY WHITENER: 1st Council Member
Dave Whitener: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:

Theresa M. Henderson: Ext. #3945

thenderson@squaxin.us

Walking On



Connie McFarlane

Connie Rene, aka "Bear," McFarlane was born November 20, 1972 to Larry Douglas McFarlane and Susan Faye Henry.

She was a Squaxin Island tribal member, daughter, sister, auntie, and friend to many. She descended from the Henry and Cooper families who were original allottees on Squaxin Island. She is the granddaughter and daughter of master basket-weavers Theresa Faye Nason and Susan Faye Henry.

Her Coast Salish bloodlines are from Squaxin, Skokomish, and the Quinault Indian Nation.

She is mother to Jaime Charles, Claudia Janette, Brittany Faye, Adolfo Douglas, Shaiann Rene, Benito, and Raul.

She grew up gathering with her family in local Coast Salish areas for traditional/seasonal foods and basket-making materials, such as blackberries, mushrooms, and cattail. She shared so many blessings with her family throughout her childhood by digging clams at Enatai in Skokomish and inlets of our Salish Sea as a means to support her family when she was able. She loved all her family without judgement.

She suffered some major surgical set backs in her teen years, due to birth mark removals for safety reasons. Those setbacks had major impacts on her mental health because she was bullied by school mates; they were very mean about her scarring. She was much more than her scars.

She would give you to shirt off her back, even if it meant going without. She was a lifelong warrior. She enjoyed seeing others happy and not going without. She loved to cook, especially Mexican foods.

Her parents and children meant the world to her. She was so resourceful and made sure to be helpful to those she could.

She fought the effects of childhood trauma for many years. We have been honored to have known such a warrior woman.

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Sports Betting *Continued from page 1*

For those wishing to place bets in-person, there are three action stations in the refreshed space that was formerly used exclusively for keno.

Bets are accepted for almost every sport, from football to baseball and NASCAR to golf, with many other betting opportunities in between.

"Sports Book is a welcome addition to the growth plan, especially coming out of the pandemic," Ramon Nunez said. "It's exciting to have a new gaming option for visiting guests."

Sports Book also created a number of new job opportunities for the community, and is expected to bring a new demographic of gamers to the property. It will provide sustainable revenue for important tribal programs the Tribe offers as well as economic growth and development for future projects.

Wagering on games for Squaxin Island Tribe has been practiced from time immemorial. From popular Slahal (or Lahal), also known as stickgame or bone game, to foot races or horse racing (to name just a few), Coast Salish people enjoyed events commemorating special occasions or of leisure with wagering.

Office of Housing Planning Community Development

Attention Housing Applicants...

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application.

The updated application will be mailed to the last address that the Office of Housing has on file for you.

If you have recently moved or have a change of address, please call Juana Nelson at (360) 432-3863.

If you do not update your application by March 31, 2022, your name will be removed from the housing waiting list.







Squaxin Island Tribe Natural Resources

AQUATICS COMMITTEE MFFTTNG

THURSDAY, MAR. 10TH, 2022 Virtual Meeting via Zoom @ 11AM

Tentative Agenda: Review & Potentially Approve Annual Regulation to send to Tribal Council

Nora Coxwell Has Retired

Kay Culbertson - It's the end of an era over in the health clinic. Health Services staff bid farewell to Nora Coxwell as she retired. She has worked for us since November 1993. Nora was instrumental in so many improvements for tribal health. Her most recent work required her to be flexible and shepherd the team in addressing the pandemic. She has been a blessing and mentor to so many staff who have worked for the health care programs. We will miss her sense of humor and her cooking for us. We want Nora to know that she has touched the heart of each and every employee and patient. We will do our best to honor her commitment to the Squaxin people. We congratulate her on her long career and wish her only the best.





Congratulations Ed Carriere First Peoples Fund 2022 Community Spirit Awards Honoree



Ed assisted with basket excavations at Squaxin Island Tribe's Mud Bay site. Read more about Ed and his award at:

firstpeoplesfund.org/ed-carriere

LCCR Purchased \$50,000 worth of Girl Scout cookies from local troops!

The cookies were part of a retail promotion that was open to all club members during the month of February. Guests could earn 500 points to get a box of cookies by playing any of our casino games that earn points.





LEARNING CENTER | PARKS AND REC-









Tu Ha' Buts Youth Center Calendar

		Wednesday		Thursday	Friday	Saturday			
	I After-School Rec: 3-6pm Homework Help: 3-7pm Cheer Clinic: 6-7pm	BBall: 8th-	I 2th: 4-5:30pm	3 After-School Rec: 3-6pm Homework Help: 3-7pm BBall: 8th-12th: 4-5:30pm Dance: 5th-12th @ 4:30pm Dance: K-4th @ 5pm	4 After-School Rec: 3-6pm BBall: 8th-12th: 4:30-5pm BBall: K-4th: 5-5:30pm	5			
7 After-School Rec: 3-6pm Homework Help: 3-7pm	8 Closed Tribal Holiday Billy Frank Jr. Day	9 BBall: 8 th -	I 2th: 4-5:30pm	I0 After-School Rec: 3-6pm Homework Help: 3-7pm BBall: 8th-12th: 4-5:30pm Dance: 5th-12th @ 4:30pm Dance: K-4th @ 5pm	After-School Rec: 3-6pm BBall: 8th-12th: 4:30-5pm BBall: K-4th: 5-5:30pm	12			
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D 11	ly Closed due to Maintenand		After-School	Rec Program:	Homework Helpers in the TL	C			

All activities are drug, alcohol, e-cigarette and tobacco free.

*Activities and Calendar are subject to change at any time. *

Late Snack is offered: 4-4:45 pm

Kindergarten and up!!

Parks and Rec —











Who: All Of Our Tribal Artists
What: Design a New Logo for Our Summer
R.O.O.T.S. Day Camp Shirts
When: Deadline is April 1, 2022

All Ages Are Encouraged to Enter!

Design Winner Will be Announced on April 5, 2022

The Prize will be \$350

To Enter Your Design:

Drop off in Person, Email or Send to Squaxin Island Parks and Rec Dept 70 SE Squaxin Lane Shelton, WA 98584

When Submitting Your Entry Include:

- Your Design
- First and Last Name
- Address & Contact Information

Jerilynn Vail jvail@squaxin.us; or Kasia Seymour kseymour@squaxin.us











Parks and Rec Youth Program

Kasia Seymour and Kenna Acosta - We really hope everyone is staying healthy and safe!

What's New in Parks and Rec? When entering the building downstairs, everyone - adult or youth - will have to sign in and take their temperature.

You can now follow us on the *Remind* app. This is the new platform we started using in February to stay in contact with parents/guardians, share ideas and flyers, and interact with the community in the virtual world. This will help us reach more families within the community so you will know what we are offering.

Tuesday, March 1st, we will celebrate, "Read Across America" and the birthday of Dr. Seuss by making some silly and "Put Me in the Zoo" themed cupcakes in a cone! On Thursday, March 3rd, we'll be making and enjoying some "Cat in the Hat" slushies. On Friday, March 4th, we will watch a Dr Seuss movie!

We will also celebrate Billy Frank, Jr. Day. We'll share with the youth about his life and legacy.

On Mondays we will continue to learn about plant medicine with Jerilynn. On Monday, March 7th, we hope to gather dandelion and dry it out to make dandelion root latte's later in the month. We will also share some important photos of Billy Frank, Jr. in a slide show on Thursday, March 10th.

The rec program will be open during Shelton School District's conference week: March 22nd, 24th & 25th from 12:00 p.m. - 6:00 p.m. Here are a few of the awesome activities we have planned for the youth . . . On Tuesday, March 22nd, we teach the youth how to make strawberry freezer jam and they can run through an obstacle course. On Thursday, March 24th, they can make bread in a bag and take a trip to T'Peeksin Park. On Friday, March 25th, our STEM activity will be "*Bucket Tower Challenge*" and we'll walk over to the Skalapin Park.

This Month in The Gym

Cheer clinic:

Tuesday's from 6:00 - 7:00 p.m.

• Basketball practice (8th-12th grade only):

Wednesdays from 4:00 - 5:30 p.m.

Dance class:

Thursdays

5th-12th grade at 4:30 p.m. Kindergarten - 4th grade at 5:00 p.m.

• Basketball practice:

Fridays

5th-7th Grade 4:30 p.m. - 5:00 p.m. Kindergarten – 4th grade 5:00 - 5:30 p.m.

If you would like to register your youth or to get more information, feel free to contact:

Kasia Seymour (360) 432-3801 or kseymour@squaxin.us Kenna Acosta (360) 432-3895 or kacosta@squaxin.us







Learning Center ———



Olympic Middle School Sports

Kiana-Wily - Janella Krise, Carmela Valencia, and Aleigha Johns are the girls representing for Squaxin at Olympic Middle School in girls basketball. Basketball started mid-April with 45 girls showing up on the first day. The group has already shrunk down to almost half that, but our girls are still sticking it through! Coach Steve and Coach Nate are looking forward to playing games and doing their best to let all the girls get their time on the court. Their first game was Thursday, February 10th. Games will be on Tuesdays and Thursdays after school as long as there are no covid restrictions.

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Pictured left to right: Carmela Valencia, Janelle Krise, Jonni Gouley. Not pictured: Aliegha Johns.

Beau Henry and Mason Ehler are our boys who showed up and showed out for the Olympic Middle School boys basketball team! Way to go, Beau and Mason, representing for yourself and your Tribe!

Academic Achievements

Jessica Ryker is an amazing student with multiple months of perfect attendance! Thank you, Jessica, for getting here every day, putting in work and keeping yourself on the path of success. Keep it up!

Skylehr Henry has the highest grade in math of all our middle school Squaxin kiddos! A 4 is not an easy achievement, especially with the last couple wonky school years we've been having. He's also had a couple months of perfect attendance, and I'm sure he can get more before the end of the school year. Way to go, Skylehr! You are setting a great example for your peers and the younger kids. Thanks for being you!

Here at Olympic Middle School our Squaxin youth have been doing an excellent job of staying out of trouble! Out of all 15 Squaxin students, there has only been one disciplinary referral since November. We are so proud of our middle school students for keeping good behavior and staying positive through these trying times. Keep up the great behavior guys! You're making your community proud, and you're helping make a more positive environment at school for all your peers! You guys are doing awesome! We're all on this journey together.

Heather Perez and Madelynn Henderson have been doing some awesome learning in Mrs. Poland's 5th grade science class. Their class has been on the plant unit, and they have spent the last several weeks caring for and observing their team's redworm habitat, learning how to use microscopes, studying plant cells, and individually growing their own plants. Pictured is Heather and Madelynn showing off their beautiful wheatgrass plants they grew from seeds. Way to learn and grow guys! Thank you, Mrs. Poland, for all the hands on learning opportunity.







LEARNING CENTER ———



Bordeaux Update

Tamika Krise - Hello everyone! We had an awesome February. As we jumped into the 2nd month of the new year, we celebrated Black History Month and talked about the importance of one another's life and rights. We tackled the ideas of respect and compassion.

In the month of February, we also celebrated the month of love! Valentine's day spirit was spread all throughout the hallways and classrooms! Homemade cards, chocolates, and air hugs made everyone smile.

As we got closer to the end of the month, I noticed progress in attendance and academics! We love to see the kids flourishing!

Coming up this March will be Billy Frank Jr. Day. We are putting together some cool stuff to do with the kids to help inform about the significance of Billy Frank Jr. and his impact on our Native people.



L-R: Elaine Roberts, Olivia Henry, and Josiah Saenz-Garcia

Higher Education Students

If you are planning to attend spring quarter 2022, all paperwork is due no later than Friday, March 18th. Remember to send in your final grades for winter quarter, new class schedule for spring quarter, and your completed Memorandum of Commitment for the new quarter. I need all of this information for your Higher Education file by March 18th. I cannot process your paperwork for the college until your file has been updated. I hope everyone had a very successful quarter.

If you have any questions I can be reached at my direct line or email. (360) 432-3882 mvalley@squaxin.us

Thank you, Mandy





Virtual Academy Student Spotlights

Student of the Month for our morning session is **Jaidon Henderson**. Jaidon has worked hard to stay on track with his online schoolwork. He has been so determined that he is actually ahead of the course plan and, if he keeps it up, he will most likely be out for summer early! We are so proud of Jaidon and the effort he has put into his school!





Student of the Month for our afternoon session is **Marty Trinidad**. Marty is a great example to our younger students. When he comes into the center he stays focused on his work, he is a self-starter, and amazes us all with his eagerness to learn.



Human Resources——



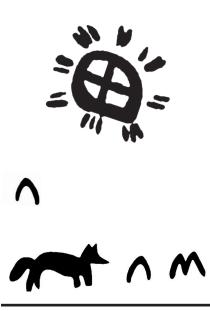
New Employees



Savannah Raham Preschool Lead Teacher

Hi! I work for the Squaxin Island Child Development Center and I was hired as the new River Otter room Preschool Lead Teacher. I was hired on at the SICDC when I was 16 back in 2014, and I am attending Olympic Community College working on my AA in Early Childhood Education.

I am most excited about getting to put forth knowledge I have been learning in school to implement in the classroom as well as maintaining a positive environment for your children. Thank you, Squaxin Island Tribe, for giving me this opportunity. I look forward to working with your children, helping them along the way with their





Tiffany Goos Assistant Teacher

Hi! I have been hired as an Assistant Teacher at the Squaxin Island Child Development Center.

I have three daughters (18, 16, and 7), three dogs, and a cat. I have been with my fiancée for ten years. I love spending time with my family.

I am super excited to be back at SICDC and work with all the wonderful people and children! I can't wait to further my education also.

I look forward to seeing everyone!



Ashley Dolge Lead Teacher

Hi, my name is Ashley! I have been hired as the new Lead Teacher at the Child Development Center!

I look forward to hanging out with the kiddos every day!



Helen Tinaza Lead Teacher

Hi, I am a Lead Teacher and am transitioning to the Outdoor Lead Teacher.

I am currently raising my niece and nephew. I worked for the Skokomish Head Start for eight years as the Lead Childcare Teacher and Head Start Teacher Aide.

I am excited to be a part of the outdoor program. I look forward to working with you.



Irene Lai Financial Specialist 3

Hi, I moved from Oregon to Washington two years ago. I love foraging, fishing, and gardening. I am starting to love clamming. I started working as a contract employee with Accounts Temp. I am excited to be an employee of the Tribe. I look forward to getting to know more people.



Aileane Johnson Classroom Assistant

Hi! I have been hired as a Classroom Assistant at the Squaxin Island Child Development Center.

I come from a large family that is very close. I have always loved working with kids.

I am very excited to be joining the team and work with amazing people.

I am looking forward to working with everyone and playing with all the kids.

Viola Clancy Financial Specialist 3

Hi! Accounting has always been a part of my life. I have worked for many different companies in various accounting positions and even had my own bookkeeping and tax business in the past. From blue collar business through CPA firms, I never felt that I had found my niche in business.

Being a temp from Robert Half gave me the opportunity to work with many wonderful people in this organization. Everyone is very caring and understanding and I am very thankful to be given the opportunity to be a part of the Squaxin Island tribal government.

I look forward to many long years with Squaxin Island Tribal government and the wonderful people that work here.

Human Resources——



New Employees



MistiFawn Martinez ICW Social Worker

Hi, I was recently accepted as Squaxin Island Tribe's new ICW Social Worker.

I am the daughter of Andrea and Steve Sigo and Chris Martinez. I grew up being a proud member of the Squaxin Island Tribe and have been blessed with the ability to receive my higher education with the assistance of the Tribe. I have a BA through Evergreen State College where I studied psychology, social work, and clinic mental health counseling.

I am currently attending Walden University where I will obtain my master's degree in Health Education and Promotion next year. I am also a certified health professional, personal trainer, and geoduck harvester. I am a huge advocate for healthy living mentally, physically, and culturally.

I am excited to be a voice for our youth in need and their families! I am also grateful for the strong support and warm welcoming of the ICW team. I feel together we will be able to help our community stay strong.

I look forward to being closer to my community and hope to bring something unique to the ICW team.



Kristin Penn Childcare Program Coordinator

Hi, I have been hired at Family Services as the Childcare Program Coordinator

Vicki and Tully Kruger are my parents. I have four children. Trent is 15, Mayella is eight, and Elaine is seven. I helped raise my girl, Daelashae Roberts, 16. My partner and I are licensed, bonded and insured for landscaping in Mason and Thurston Counties.

I look forward to the day when we can gather together again. I really do miss everyone from the drum group/craft class gathering. I have a huge amount of respect for those Family Services employees who worked diligently to get these programs where they are today! My hands are raised to you!

Feel free to contact me here at Family Services for childcare and emergency food. I hope to be available for our community. Stop by and see me at the Food Bank, open Fridays from 9:00 a.m. - 3:00 p.m. (closed for lunch).



Christina Henry NR Office Assistant

Hi! I have been hired as an Office Assistant at Natural Resources.

I come from the Bagley/Edwin family. My husband, Beau, and I have four amazing kids.

I'm currently a South Puget Sound Community College student studying my AAS/paralegal studies, and I have two quarters before I graduate.

I'm excited about the opportunities to grow professionally and assist our community here at Natural Resources.

I look forward to working with everyone.



Isabelle LeClair *High School Student Advocate*

Hi, I have been hired as the High School Student Advocate, so I will be working with students at Shelton High School along with CHOICE and Cedar High Schools. I will be working in the Education Department.

I was born and raised in the Skokomish community; I am part of the LeClair and Strong families. My mom is the Program Coordinator at Squaxin Island Child Development Center and my dad is a Tribal Council member as well as harvester for different tribal events.

I am an auntie and sister.

I have previously worked at Stonewall Youth, which is a LGBTQI-IA non-profit located in downtown Olympia. I also worked at the Evergreen State College at the Flaming Eggplant, which is a student-run cafe as a Barista and did back of house work.











HR | COMMUNITY —



New Employees



Alexandra Walker Teacher's Assistant

Hi! I have recently been hired as the Teacher's Assistant in the River Otter room at the Squaxin Island Child Development Center.

I have been working at SICDC since March of 2014 and am working toward getting my degree in Early Childhood Education.

The thing I am most excited about is continuing to work in the River Otter room and creating a stronger bond with the children in my classroom.

I am looking forward working with the youth in the community and watching them grow into kind people!



Nokomis Masoner *Teacher's Assistant*

Hi! I work at the Squaxin Island Child Development Center. I am currently a Teacher's Assistant and recently got the opportunity of a lead position in the outdoor classroom when I return from maternity leave.

I am a mom of two little boys. I have worked at the SICDC for almost four years now. I graduated high school in 2020 and began college the same year to get my AA in Early Childhood Education.

I am most excited about teaching outdoors. I always wanted to learn outside when I was a child, so I can't wait to teach out there. I truly look forward to working with you and your children.







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Office of Housing

Attention Housing Applicants

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Juana Nelson at (360) 432-3863.

If you do not update your application by March 31, 2022, your name will be removed from the housing waiting list.







Attention Squaxin Island Tribal Homeowners

Have you been financially impacted by Covid-19 (on or off reservation)?

The Squaxin Island Tribe, Office of Housing, has applied for the Homeowner Assistance Fund (HAF) through the Department of Treasury and is waiting for approval on funding. We are accepting applications from Squaxin Island tribal homeowners (who live on- or off-reservation) who meet the following criteria:

- 1. You own the home, and it is your primary residence.
- 2. You have experienced financial hardship due to Covid-19 (after January 21, 2020) from one of the following:
 - Mortgage delinquencies
 - Foreclosure
 - Unpaid property tax
 - Past due utilities
 - Critical home repairs that would cause displacement
- 3. Your income falls at or below the following guidelines:

1 person (\$55,930) 2 persons (\$63,920) 3 persons (\$71,910) 4 persons (\$79,900) 5 persons (\$86,292) 6 persons (\$92,684) 7 persons (\$99,076) 8 persons (\$105,468)



If you answer yes to all three questions, you may qualify for assistance though the HAF Program.

You may request a copy of the application from the contact list below.

If you have any questions or need assistance with the application, please contact:

Lisa Peters: lpeters@squaxin.us (360) 432-3871

OR

Liz Kuntz lkuntz@squaxin.us (360) 432-3937



Planning and Community Development invites qualified contractors to register with us.

Register at:

http://www.squaxinisland.org/contractor-registration

Contact:

Diane Deyette, Facilities Planner ddeyette@squaxin.us or (360) 432-3833 10 SE Squaxin Lane, Shelton, WA 98584

Squaxin Island Tax Site

BASIC RETURNS

February 7, 2022 - April 8, 2022



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

WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents, ITIN
- Wage and earning statements (Form W-2, W-2G, 1099-R,1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Other income documents and records of virtual currency transactions
- A copy of last year's federal returns, if available
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage
- Letter 6419, 2021 Total Advance Child Tax Credit Payments to reconcile your advance Child Tax Credit payments
- Letter 6475, Your 2021 Economic Impact Payment, to determine whether you're eligible to claim the Recovery Rebate Credit
- Copies of income transcripts from IRS and state, if applicable
- Proof of bank account routing and account numbers for direct deposit such as a blank check



Sponsored by Squaxin Island Tribe-Office of Housing

HEALTH CLINIC -





Taking Care of Children Also Means Taking Care of Yourself
Some words to my younger self for parents struggling today

By Tanessa Noll, Grant Writer at SPIPA

After the birth of my first son, I struggled with post-partem depression. I was a sleep-deprived, nursing mother, and my family lived in another state. It seemed like all the mothers around me managed their children like pros. The WIC program was one of the supports I relied on and looked forward to. I loved that there were people invested in the wellbeing of my family, who assured me that I was doing a good job.



Today, my boys are 10 and 15. If I could offer some words to my younger self, or other parents struggling today, I would suggest:

Be kind to yourself. I often compared myself to other mothers who seemed to have more energy, better snacks and a full schedule of activities for their children. Celebrate what you are good at and see it as a gift that makes your family special.



Eat well. WIC foods encouraged me to cook. I learned to love those bags of dry beans. Because I struggled with fatigue, I would have focused as much on feeding myself well as I did on feeding my children. I always felt more energized when I ate healthy meals.

Get some fresh air every day. Sometimes, days went by, without me leaving the house. I didn't have access to transportation or many places to go. Still, getting outside always felt refreshing, and my boys loved

playing in the dirt. There doesn't have to be an activity. Just go outside and take a deep breath!

Be OK with incomplete. Raising small children isn't something that gets checked off a to-do list. It is daily work that evolves through a child's stages of development. The laundry might not get finished. Many well-intended projects will get set aside. Incomplete just means you have other priorities and are making thoughtful decisions about what is important.

Ask for help. It took me years to learn that there are people who want to help but don't necessarily know how to

be supportive. There are also resources for more serious problems that family and friends aren't equipped to solve. Give yourself permission to explore what kind of help you need, as you go through this exciting—but often challenging—adventure of being a parent.



eat. well stay healthy



This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.

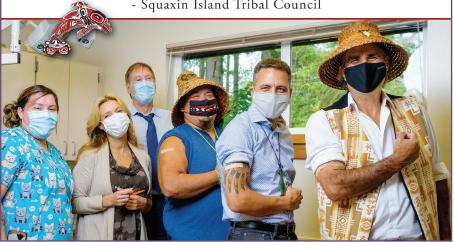


HEALTH CLINIC-



Thank **YOU!** for getting vaccinated!

- Squaxin Island Tribal Council





Comparing Cold, Flu, Allergies & COVID-19

Prepared by the Northwest Portland Area Indian Health Board (NPAIHB)

Symptoms	Cold	Flu	Airborne Allergy	COVID-19
Fever	Rare	Usual, high (100–102 °F), sometimes higher, especially in young children); lasts 3–4 days	Never	Common
Headache	Uncommon	Common	Uncommon	Common
General Aches, Pains	Slight	Usual; often severe	Never	Common
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes	Common
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never	Common
Stuffy, Runny Nose	Common	Sometimes	Common	Common
Sneezing	Usual	Sometimes	Usual	Rarely
Sore Throat	Common	Sometimes	Sometimes	Common
Cough	Common	Common, can become severe	Sometimes	Common, dry cough
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma	Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common















The Tribe is offering the services of Mark Allen, an attorney who has worked for the Squaxin Community for 10 plus years. Mark Allen is ready to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Estate Planning

If you are interested in these services, please contact Lindsey Harrell, Legal assistant at the Squaxin Island Legal Department, at (360) 432-1771 ext. 6 or Lharrell@squaxin.us.

There is currently a waitlist for consultations, but we will be scheduling appointments each month. Call/email now to get on the list.

	Cold	Flu	Airborne Allergy	COVID-19
Treatment	Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains	Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever Antiviral medicines (see your doctor)	Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants	NIH has developed guidance on treatment of COVID-19, which is regularly updated. Consult with your medical provider on treatment options.
Prevention	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.	Get the COVID-19 vaccine, recommended for everyone age 5 and older. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19.
Complications	Sinus infection middle ear infection, asthma	Bronchitis, pneumonia; can be life-threatening	Sinus infection, middle ear infection, asthma	Pneumonia, respiratory failure, acute respiratory distress syndrome (fluid in lungs), sepsis, cardiac events (e.g., heart attack and stroke), multiple organ failure, inflammation of the heart, brain, or

The only way to know way to know your illness is to get tested

It's always a good idea to isolate if you have a viral illness to protect the people around you

muscle tissue, death





HEALTH CLINIC -



Healthy Teeth Start With You

Submitted by Carly Goltiani, Registereed Dental Hygienist, Squaxin Island Dental Clinic - Keeping your teeth strong and healthy begins with good, consistent home care. The mouth is the gateway to the rest of your body and it is very important to incorporate proper oral care into your daily schedule. To help you stay on track, here are a list of general daily hygiene recommendations:

- Brush your teeth twice a day for 2 minutes each time. Make sure that you are brushing your teeth at every angle, from the top of the tooth to the gumline.
- Switch out your regular manual toothbrush for an electric toothbrush. The research shows that electric toothbrushes will consistently clean your teeth better.
- Use a fluoride toothpaste when brushing.
 Fluoride helps to make your teeth stronger, slow cavity formation and decrease sensitivity.
- Daily flossing! Your toothbrush bristles will not get in the tight spaces between your teeth.
- Swishing for 30 seconds with an anti-gingivitis mouth rinse will help decrease the levels of bacteria in your mouth that cause gum disease.
- Using a waterpik at least once a day is very beneficial for flushing out the areas between your teeth and gums that are difficult for your toothbrush bristles and floss to reach.

Spending 10-15 minutes twice a day on taking care of your teeth at home can make a huge difference in your overall health. Your dental staff can give you personalized tips for your individual oral conditions during your regular dental check-ups and cleanings.

Call the Dental Clinic at (360) 432-3881 to schedule your appointment.

COVID-19 is real. Stay home, save lives.









Eating on a Budget?

These five tips may help.

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics https://www.eatright.org

Shortened and submitted by Patty Suskin, Registered Dietitian Nutritionist - Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some tips:

1. Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

2. Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Check these steps:

- a. Review recipes and make a grocery list of what ingredients are needed.
- b. Check to see what foods you already have.
- c. Make a list of what you still need to buy.
- d. To "create a grocery game plan" visit www.myplate.gov.



3. Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use.

4. Focus on nutritious low-cost foods

Eat Squaxin Island ancestral foods, such as salmon, deer, clams, camas, berries, and more. Make the most of your food dollars by finding recipes with the following: beans, lentils, sweet or white potatoes, eggs, peanut butter, canned salmon, tuna, crabmeat, grains (such as oats, barley, or quinoa), and frozen or canned fruits and vegetables.

5. Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Example: For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal. Store it in small portions in airtight containers.

Need help in getting started? Looking for more ideas?

Contact Patty at (360) 432-3929 or psuskin@squaxin.us to set up an appointment.



HEALTH CLINIC



Covid-19 Statistics

Vaccinations

Jan. 15 - Feb. 15

Vaccine	1st Dose	2nd Dose	Booster
Moderna	1	2	59
Pfizer (5-11 year-olds)	9	4	0
Pfizer (12 and up)	1	1	1
1&1	0		

Totals1st Dose2nd DoseBoosterThrough Pandemic1,1491,133336

Fully Vaccinated Vaccines Provided 2,282 2,619

Tests

Jan. 15 - Feb. 15 PositiveNegative
Total Tests
51
162
213

Vaccine Status

 Jan. 15 - Feb. 15
 Non-Vaccinated
 1 Dose
 2 Doses
 Boosted

 Positive
 21
 1
 19
 10

 Negative
 60
 7
 46
 49

Vaccine Status Percentages

 Jan. 15 - Feb. 15
 Non-Vaccinated
 1 Dose
 2 Doses
 Boosted

 Positive
 41%
 2%
 37%
 20%

 Negative
 37%
 4%
 28%
 30%

eat Academy of Nutrition right and Dietetics
National Nutrition Month® 2022

Word Search

Acorn Squash	K	G	ı	М	G	Α	D	N	Α	Т	U	В	М	Α	R
Buttermilk	L	Α	Н	Е	F	Н	0	M	C	Е	S	Н	0	Υ	S
Catfish	Т	Р	C	V	R	0	S	L	0	Т	D	Α	Т	Е	S
Dates	R	N	Υ	0	S	М	0	R	1	L	0	Ν	Р	G	D
Eggplant	U	В	U	G	R	1	C	Т	Е	V	Μ	1	K	G	Е
Fig	G	U	Z	Q	Ν	Ν	C	Α	Т		Е	Υ	C	Р	Е
Garlic	0	Т	0	C	Α	Υ	S	L	В	Ν	U	Н	V	L	S
Hominy	Υ	Т	W	Α	1	Α	D	Q	Н	Е	Q	J	0	Α	M
Jalapeno	L	Е	G	Т	V	L	U	V	U	G	L	Е	L	Ν	Ο
Kimchi	Α	R	Ν	F	1	Е	R	Z	Ν	Α	M	Р	W	Т	Е
Lemon	С	Μ	K	1	Н	D	M	Α	F	R	S	Α	R	U	F
Millet	Н	I	Μ	S	0	U	В	Т	G	Υ	U	Н	В	K	L
Navy Beans	Е	L	F	Н	F	Ν	Υ	Е	0	Ν	S	Е	Α	1	D
Olive	Р	K	Α	R	M	- 1	L	L	Ε	Т	1	Ν	R	Μ	Е
Poultry	0	G	Ν	J	C	Н	G	Α	В	Α	0	U	D	C	S
Quinoa	U	Υ	Τ	Е	F	F	В	Z	U	L	Z	V	S	Н	N
Rambutan	L	Е	L	Μ	0	Q	U	S	Ε	Р	F	Α	Q	1	Α
Seeds	Т	D	В	K	Α	C	Т	Μ	В	F	I	L	U	Т	Е
Teff	R	S	J	U	C	В	R	R	Υ	Ο	G	Υ	1	Т	В
Vinegar	Υ	Α	Ν	Н	U	Е	Α	G	V	J	U	Н	Ν	U	Υ
Watermelon	1	V	I	Υ	Т	F	Ν	0	M	Е	L	Е	0	L	V
Yogurt	F	N	G	Α	Ν	Р	W	R	Т	U	D	В	Α	G	Α
Zucchini	1	Е	W	R	J	Α	L	Α	Р	Е	Ν	0	Т	Α	N

M V W

There are so many reasons to get to a healthy weight...



You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.



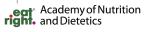


HEALTH CLINIC







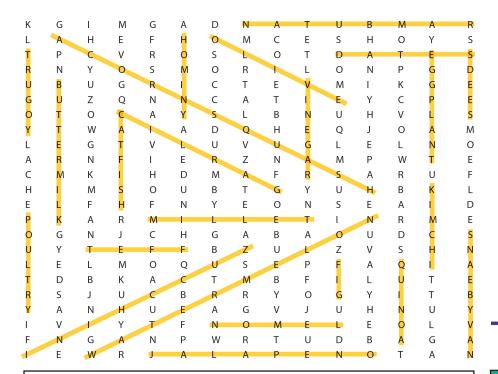




National Nutrition Month® 2022

Word Search solution:

Words may be horizontal, vertical, diagonal, or backwards.



Keep Your Family, Friends, and Pets Safe Lock Up Your Medications!









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.

Take steps to protect your kidneys.



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:



lbuprofen (Examples: Advil, Motrin, Midol)



Naproxen (Examples: Aleve, Naprosyn)

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







Next WIC:

Tues., March 8, 2022

We are continuing

remote phone appointments through July 2022 due to the **COVID-19 virus** We will call you on your appt day

provides healthy foods & nutrition information for you

and your child up to age 5.

Please have available: Your child's height & weight, Provider One Card or paystub and identification for you & your child

Squaxin Island WIC (Women, Infants, and Children)

Contact at SPIPA for an appointment: Patty at 360.462.3224, wicnutrition@spipa.org

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.



COMMUNITY ——



Elders Menu ... Fruit and salad at every meal



MA

MONDAY 7:

Beef Sandwiches, Spanish Rice

MONDAY 14:

Crab Cakes, Veggie Rice

MONDAY 21:

Chicken Alfredo, Peas

MONDAY 28:

Pork Chops, Stuffing, Carrots

TUESDAY 1:

Tomato Basil Soup, Grilled Cheese Sandwiches

TUESDAY 8:

Italian Sausage Potato Soup, Breadsticks

TUESDAY 15:

Minestrone Soup, Turkey Sandwiches

TUESDAY 22:

Baked Potato Soup Chicken Salad Sandwiches

TUESDAY 29:

Chicken Noodle Soup, Crackers

WEDNESDAY 2:

Fish-N-Chips, Coleslaw

WEDNESDAY 9:

CLOSED Billy Frank, Jr. Day

WEDNESDAY 16:

Stroganoff, Green Beans

WEDNESDAY 23:

Hot Dogs, Chips

WEDNESDAY 30:

Shrimp Salad

THURSDAY 3:

Tacos

THURSDAY 10:

Baked Ham, Scalloped Potatoes, Broccoli

THURSDAY 17:

Corned Beef Brisket, Cabbage and Carrots

THURSDAY 24:

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

THURSDAY 31:

/ \

Chicken Fried Rice

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.



Non-Life Threating Emergencies

Emergency Operations Center (EOC) Hotline

(Information only - no voicemail) (360) 432-3947

Community EOC Hotline (Questions and voice mail message)

(360) 443-8411

Emergency Management Coordinator

(360) 443-8410

Community Emergency Response Team (CERT)

(360) 426-5308

Squaxin Police Department

Office Hours Monday - Friday 8:00-4:00 (360) 432-3831

PUD No. 3 Outage Hotline

(360) 426-8255

Mason County Police Dispatch Non-Emergency

(360) 426-4441

Mason County Fire Non-Emergency

(360) 426-3348





COMMUNITY -





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

2 Christy Marie Peters Block Raven Haaq Roush-Lizotte

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

4 Adolfo Douglas McFarlane Mayella Frankie Jean Roberts

5 Cedar Michael Korndorfer Faith Elizabeth Pughe Jamaal Jason Byrd

6 Evan Taylor Cooper Kodiak Draven-Wolf Masoner

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

8 Belinda Gail Colberg Kyler Bao Glover Araujo Millie Faye McFarlane Stella Jean Sicade 9 Finn Michael Dorland Kai'in Blumoon Tucker Marjorie L. Tuso Michaela Alina Lynn Riker

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

11 Alexandrea Rodriguez Chenoa Reed Peterson

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

13 Sara Marie Naranjo-Johns

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

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

16 Adarius Terell Coley Rebecca Lottei Lezon-Ferreira

COMMITTEES COMMISSIONS & BOARDS

26

Please visit: https://squaxinisland.org/tribal-member-info/committees-commissions-and-boards

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

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

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

20 Joelene Elaine Tamm Kalea Ray Krise Lachell Marie Johns Nathaniel B Bisson

21 Doyle Raymond Foster Tayla Rose Logan

Charlene Ann Krise Jose Francisco-Coley Lorane D. Gamber

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

24 Jaelynn Elise Moliga Taylor Randolf Krise Tucker Blaine Hindley

25 Johnathan Draven Seymour Jerad Charles Lopeman-Fry

27

James Jeffrey Coxwell

Kameron Marshall Weythman

Christina L. Henry

Elsie Jeanne Gamber

28 Brittany F McFarlane Jon D. Brownfield Kierah Lee Cooper

Lucke Robert Newell

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

31 Christina Marie Lopeman Stephen William Henry











COMMUNITY —



What's Happening

Aquatices Meeting

March 10

Court:

FAMILY COURT:

3
CRIMINAL/CIVIL COURT:

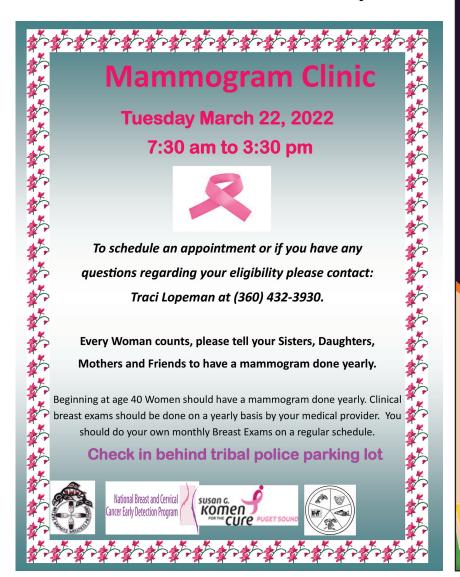
Warch 8
VULNERABLE ADULT COURT:

(All in person subject to Covid-19 changes)

USDA FOODS WIC March 8 March 8









gofundme.com/f/help-mike-krise-with-housing

On 2/27/22 Mike's (left) house caught on fire. Please help if you can.



YOU MATTER AND WE CARE.

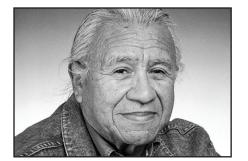
Let us help you back to recovery. Make the call today, and find out what resources are available.

- Opioid treatment
- Outpatient services
- Treatment services, referrals & more

Business Hours Monday - Friday 8:30 am - 5:00 pm

360-426-1582





March 9th is Billy Frank, Jr. Day

Billy Frank, Jr. was a lifelong advocate for tribal treaty rights and our beautiful ecosystem



USDA Foods Program March Dates



 PT. GAMBLE S'KLALLAM
 3/3/22

 SQUAXIN ISLAND
 3/8/22

 SKOKOMISH
 3/11/22

 CHEHALIS
 3/17/22

 NISQUALLY
 3/18/22

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





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.



Liestions? Ask us about:

Squaxin Island Child Development Center

(360)426-1390

ECEAP Provides:

Preschool

Nutritious meals & snacks

✓ Health screenings

✓ Family support





Early Head Start

Now Recruiting Pregnant Women and Children Birth to Three



Early Head Start Provides:

☑ Parent Training

☑ Health Screenings

☑Family Support





We are committed to a high-quality Program.



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

Squaxin Island Child Development Center

(360)426-1390