

Chairman Peters Attends National Tribal Nations Summit in WA D.C.

Chairman Kris Peters (photos too) - On November 30th and December 1st, I was so honored to represent the Squaxin Island Tribe at the Tribal Nations Summit in WA D.C.

Tribal leaders from over 300 tribal nations gathered in Washington at the Department of the Interior for the first in-person Summit of this Administration. The President and members of the Cabinet announced a number of new actions that will build on the progress that has already been made, create new opportunities for tribal consultation and input, and produce lasting changes that will impact the lives of tribal leaders and their citizens for generations to come.

Both indigenous and federal leaders spoke during the two-day event, including, but not limited to Washington State’s Chairwoman Gobin of the Tulalip Tribe, President Biden, Vice President Harris, and Department of Interior Secretary Deb Haaland, Laguna Pueblo.

Since taking office, President Biden has prioritized relationships with tribal nations that are built on respect for tribal sovereignty and self-governance, honoring federal trust and treaty responsibilities, protecting tribal homelands, and conducting regular, meaningful, and robust consultation. The President has also advanced an economic agenda that includes historic levels of funding specifically for tribal communities and native people, including \$32 billion in the American Rescue Plan (ARP), \$13 billion in the Bipartisan Infrastructure Law (BIL), and \$700 million in the Inflation Reduction Act (IRA).

Please read the 2022 Tribal Nations Summit Report for more details. Type this into your browser's search engine: "FACT SHEET: Biden-Harris Administration Announces New Actions to Support Indian Country and Native Communities Ahead of the Administration’s Second Tribal Nations Summit | The White House."

When not at the Summit, I took time to meet with Washington State leadership, including WA Congressman Kilmer, Congresswomen Strickland, and Congresswoman Schrier to discuss local issues and advocate for federal funds and local tribal initiatives like language revitalization, water quality, salmon restoration, federal trust responsibility, and recognition of Squaxin sovereignty and treaty rights, among other things.

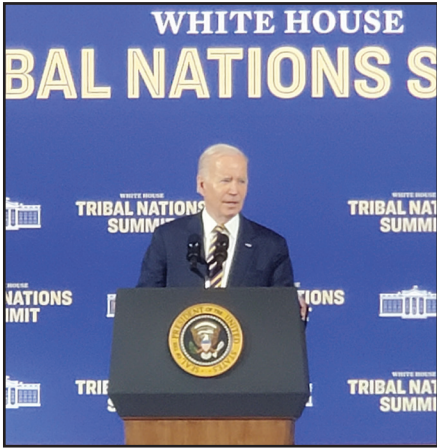
Please feel free to reach out to me directly if you would like to discuss the trip further and any ideas you may have for potential future trips to D.C. Kpeters@squaxin.us.

President Biden's remarks at the Summit can be found here: <https://www.whitehouse.gov/briefing-room/speeches-remarks/2022/11/30/remarks-by-president-biden-at-the-white-house-tribal-nations-summit>.

You will also find this article on the Community Bulletin on our tribal web page, squaxinisoland.org, for easier to access the links.



Vice President Harris



President Biden



*Washington State Tribal Leaders (Chairman Peters front left)
A couple more photos are on Page 3*

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

Mark your Calendar!

2023 Winter General Body Meeting

JANUARY 21, 2023
9:00 AM

**Little Creek Casino
Sa-Heh-Wa-Mish Room**

Don't miss this opportunity to meet with your Tribal Council Members!

If you have any questions please reach out to
Melissa at mpuhn@squaxin.us



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TSquaxin Island
TRIBAL NEWS

PHONE: (360) 426-9781
TOLL FREE: (877) 386.3649
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www.squaxiniland.org

SQUAXIN ISLAND
TRIBAL COUNCIL:

January 16th—
Martin Luther King Jr. Day



Happy New Year

Tribal Nations Summit



Me at the Capitol and with Chairman Frank, Nisqually, and Chairman Delasangeles, Snoqualmie



Squaxin General Welfare Program

Tribal Council recently approved a "General Welfare" Program. Under this program, Tribal Members may irrevocably disclaim the right to receive per capita payments in order to become eligible for advance reimbursement of qualifying general welfare expenses.

Instead of receiving a taxable quarterly per capita payment, members can receive a **tax free** reimbursement of qualifying general welfare expenses.

What qualifies for General Welfare Expenses?

- Housing Needs (mortgage payment, down payment, rent, home repairs, home enhancement, property taxes)
- Educational Programs (tuition, room & board, vocational needs)
- Elder & Disabled Needs (home care, meals, transportation, medical needs, adaptive housing, special needs)
- Cultural / Religious Expenses.
- Funeral / Burial Expenses.
- Medical Expenses

**For questions,
more details &
signing up info,
contact:**

Jenn Ogno
360-426-9781
jogno@squaxin.us

Sign up online at:

squaxin.org/general-welfare

Forms are also available at the Tribal Office

Under the General Welfare Program, records of the above must be maintained by the Tribal Member for IRS reporting purposes.

Any applications that were previously submitted will need to be resubmitted with the new form by December 15th.

https://squaxin.formstack.com/forms/general_welfare_opt_in_program

CONSTRUCTION TRAINING

- FREE to Olympia Residents
- Hands On Skills Training
- 7-weeks Registered Pre-Apprenticeship



**Earn Certificates in:
Flagging
OSHA 10 Safety Standards
Forklift Operating**

**1st Cohort
Jan. 23rd -
Mar. 10 2023**

Learn More: bit.ly/3NZtADI



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@OlympiaCareerHub
@OlyCareerHub



Funded by the City of Olympia and sponsored by the Thurston County Chamber of Commerce



New Employees



Alan Higgins NWITC Maintenance

Hi! I have been hired as Maintenance Tech at northwest Indian Treatment Center.

I am a retired Navy veteran. I am married with three kids. My family has close ties to Northwest Indian Treatment Center as I am the 4th one to work here. Since retirement from the Navy, I have been looking for a job that has the same feel of comradary and family as the military. I think I have found it here at NWITC.

Thank you for the opportunity!



Jaelah Coley Child Development Center

Hi! I have been employed at the Child Development Center.

My mom is Nikki Ho, and my dad is Isaiah Coley. I come from a big family with a lot of siblings.

I'm excited to work with children, since that's what I want to do in the future.

I look forward to working with all of the Child Development Center children, and I am very grateful for this opportunity!



Little Bear Homework Helper

Hi! I have been hired as the Homework Helper at the Learning Center. I am from the Skokomish Tribe.

I have taken classes about education, and I am looking forward to getting to know everyone and getting more experience to move further in my life.

I am mostly excited about working with the younger generations to show them they can do anything they put their mind to. I can't wait to meet everybody and work with everyone!



If you have an application on file and would like it carried forward to the new year, please email:

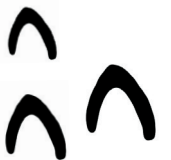
jlcruez@squaxin.us

Please note the following positions are continuously accepting applications:

- Treatment Attendant (Elma)
- Housekeeper/Cook (Elma)
- On-Call Cook (Elders Program)
- Police Officer

If you would like assistance updating a resume or have questions about any of our open positions, please reach out to Jessica in Human Resources.

Positions are updated each Friday online at www.squaxinland.org.



Employment Opportunities:
squaxinland.org



Oakland Bay Junior High School

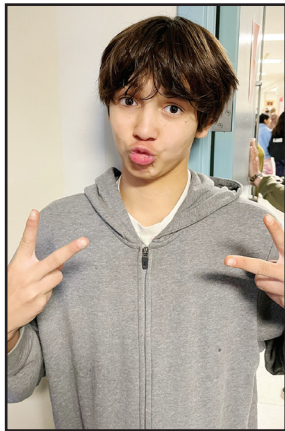
Caleb Kinzner- Hi all! We have a officially started a new trimester over here at OBJH, so I would like to remind everyone to minimize missing assignments by keeping up on homework. Let's continue to get off to a strong start while it is still early! There is also a sickness going around, so please stay sanitary and take care of yourself if you are sick.

As for the new trimester, I am expecting an increase in average GPAs and to build on our student-teacher relationships. Most of our students are already off to a strong start this trimester, and there is no sign of slowing down. They have been able to accomplish this by staying up-to-date with assignments and taking accountability, even if they missed the assignments. The students have been making me very proud with the accountability.

A student I would like to highlight is Kiyote Sparr. He embodies exactly what I hope most students will be able to accomplish. Kiyote didn't have the best first trimester, but has been off to an extremely good start this time, and it is being noticed by all of his teachers. I am extremely confident that he will be able to keep this up, and I hope that he can be an inspiration for anyone else who may have struggled previously.



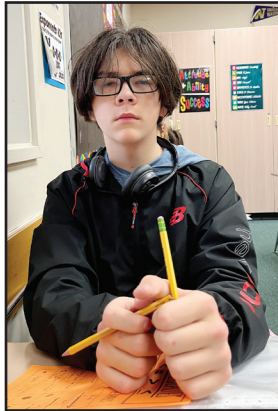
William Ogden



Kiyote Sparr



Alex, Skylehr, Zac, Benito and Mason



Robby Sigo



Kickin' back in the OBJH Native Ed Room

Bordeaux

Tamika Krise - Hello from Bordeaux! We had a busy November and exciting December. We hope you all enjoyed winter break and the holidays! Before I dive into some news, I want to talk about attendance! Winter is always a challenging time for attendance. As we go through our snow days and holiday travels, I want to encourage students to attend as much as possible. If you are a family with a student struggling with attendance, let me know and I will help as much as possible to help get your kiddo(s) to school!

I also want to encourage our students to come up to Homework Help at the Education Center. We are open 3:00 - 6:00 p.m. and love helping make school work a little easier. Homework is not necessary either; we can always grab some flashcards to test our brains, or practice spelling and sight words.

I know our Bordeaux Bulldogs have a Reading Log. We can always read together and get those logs signed so they receive those Reading Log incentives. Practicing our reading and math skills goes a long way, just ask this guy!

Go Squaxin Youth!

Zayne Dorland was celebrated by his classmates by becoming a certified Math Whiz!



Zayne Dorland

Important Dates – January 16th is Martin Luther King Day, so no school, and Friday, January 13th, is a three-hour early release for teacher training.

Lets go Bordeaux Bulldogs! In January, my beautiful Squaxin people, stay warm and stay safe!

Lastly, I want to share a couple pictures from November's Native American Heritage Month. Thanks to some of our community members, we were able to put on an awesome assembly. We also had a great bulletin board full of knowledge and representation.





Olympic Middle School Native Ed Luncheon

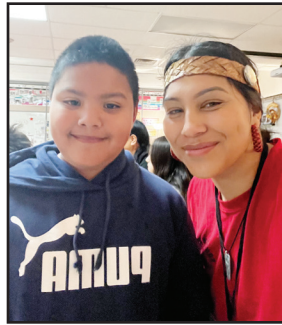
Kiana Wily - As the end of the year approaches, OMS Native Ed made sure to come together and gather as a whole to celebrate some quality time together during the holiday season.

We had a Native Ed luncheon sponsored by Squaxin Island tribal member Taylor White. All our Native Ed students got to spend their lunch times together sharing a super delicious meal of chili, fry bread, treats, and ciders with our Native Ed Para Educators from the elementary schools as well as all our Squaxin Island Student Advocates.

To send us off to our Thanksgiving break, the Littlesun family came and gifted our students with dances from their Northern Cheyenne peoples. Maria Littlesun gave us some oral history and teachings about powwow dancing and the Littlesun family. Shilo Littlesun and their two children came dressed in their beautiful regalia and danced and sang as a family. Our students were very honored to have the dancers come just for them! Several of our students decided to get up and sing a song for our guests as well. It was a very special occasion for OMS Native Ed, as each student got to bring a friend from class with them to share the moment, along with OMS administration and staff members and the TLC Learning Center team. We hope someday we can get the whole school involved in an event like this as it is so enjoyable and educational for us all.

Holiday Meeting

To send the kids off on their holiday break in a good way, we made sure to spend the last few Native Ed meetings doing crafts and sharing some food. Our Native Ed students got to finish up their paddle necklaces we have been working on and enjoyed some holiday cookie decorating. The kids had fun playing holiday bingo and getting the chances to win some prizes and treats. Our OMS Native Ed team has done our best to utilize school half days to make fun group gatherings happen for our students; these are the best days to get all our Native Ed students out at the same time. We are very thankful to our staff at OMS who are always so supportive, letting us borrow their space for our gatherings and giving our students passes from class so that they can enjoy our gatherings for as long as possible.



Elmo Capoeman



Domanick Hartwell



Carmela Valencia



Shelton High School

Isabelle LeClair - Hello everybody! Here at Shelton High School, we had a great Native American Heritage Month!

I created a board to honor past and present indigenous trailblazers who helped open doors for indigenous people in all different fields. The board had a little about these people so that our students, who access our Native Ed room, know there are so many different pathways for our indigenous youth to take. The possibilities are endless.

We also have some Lushootseed QR codes so that when you pull up your camera and scan the code it will take you right to the video pronunciation of the phrases.

I would like to update these projects, so if you want to add people to our trailblazers or add different QR codes, please tell me on Facebook (Isabelle theAdvocate) or text (360) 490-3327.

As for the school year, we are a few weeks into the new trimester, so I would love to see my high schoolers come in to the Education Center to do some homework, study, or just come and hangout with us. We would love to see your wonderful faces!





Teen Program

Keesha Vigil, Teen Program Coordinator - Introducing our Homework Helpers! As you all know, Monday through Thursday, we have Homework Help from 3:00 - 6:00 p.m.

On the left we have Micha Roberts who is also is a student at Capitol High School. Micha always knows how to make us laugh and is a math wizard!

In the middle we have Kameron Weythmen who is a student at Capitol High School in Olympia. Kameron is a very fun and inviting person and enjoys working with the youth.

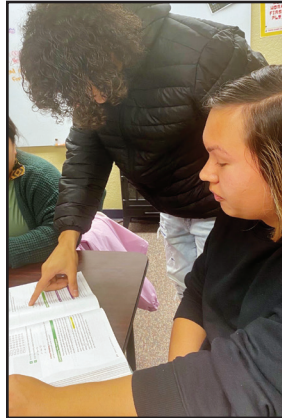
On the right we have Little Bear who is a senior at Shelton High School. Little Bear is a very welcoming person who is a cultural leader in his tribe and is always willing to help the youth with their school work. We are so excited to have these amazing Homework Helpers on our team. Drop by and say hi and get some homework done!



Micha, Kameron and Little Bear



Kids with Micha



Little Bear and Adarius

We are super proud of our Kiona Krise, a senior at Shelton High School, who participated on the youth panel at the White House Summit for Native Education at the Muckleshoot Event Center. Kiona was recognized at the Shelton School Board for her leadership in representing native youth in front of native educators and federal representatives.



Kiona Krise



Kiona Krise with School Board

Squaxin Island Parks & Rec

After-School Activities Happening In

January 2023


THE AFTER-SCHOOL REC PROGRAM WILL BE CLOSED THE WEEK OF
JANUARY 3 - 6, 2023

MONDAY'S IN JANUARY ARE PLANT TEACHINGS WITH JERILYNN
SATURDAY'S IN JANUARY WILL BE OPEN GYM FROM 2-5PM!


TUESDAY, JANUARY 10TH - ON-GOING CULTURAL: LOOM BEADING
WEDNESDAY, JANUARY 11TH - DIY MINI UGLY SWEATER ART
THURSDAY, JANUARY 12TH- LEARN HOW TO MAKE FRENCH TOAST STICKS
FRIDAY, JANUARY 13TH - FAMILY PAINT NIGHT FROM 5:00PM-7:00PM

MONDAY, JANUARY 16TH - WE WILL BE OPEN FROM 8:30AM - 3:00PM
TUESDAY, JANUARY 17TH- ON-GOING CULTURAL: CREATING AN ART MURAL
WEDNESDAY, JANUARY 18TH- WINTER BINGO
THURSDAY, JANUARY 19TH- MAKE MINI APPLE PIES
FRIDAY, JANUARY 20TH- STEM: BUILDING AN IGLOO

TUESDAY, JANUARY 24TH- ON GOING CULTURAL: CREATING AN ART MURAL
WEDNESDAY, JANUARY 25TH- WINTER PLAYDOUGH
THURSDAY, JANUARY 26TH- MAKE HOMEMADE MILKSHAKES
FRIDAY, JANUARY 27TH- STEM: SNOWFLAKE ACTIVITY



MORE INFORMATION
KASIA SEYMOUR KSEYMOUR@SQUAXIN.US 360-432-3801,
JERILYNN VAIL JVAIL@SQUAXIN.US 360-432-3992 OR
KENNA ACOSTA KACOSTA@SQUAXIN.US 360-432-3895





Activities Recap

Kenna Acosta and Kasia Seymour - Here's a recap of December's activities in the Squaxin Island Tribe after school program. December was full of festive holiday cheer!

Mondays in December we had plant teachings with Jerilynn and the focus was Douglas fir. We taught the youth how to make cold and flu tea and forest medicine tea using Douglas fir. We spoke to the youth about the importance of adapting to the changes in the environment or season and how drinking tea can help them stay healthy during the winter months.

Tuesday, December 6th, we shared oral cultural stories and the importance of these stories.

Wednesday, December 7th, the youth created some super cool Grinch shadow Christmas art with oil pastels. They turned out so awesome.

We were open on Saturday, December 3rd and 10th for open gym.

Wednesday, December 14th, we went to Kaya Circle and the youth sang some Christmas carols for the Elders. It was fun to see the youth sing and get in the spirit of the holidays.

We co-hosted with SICDC for our annual youth Christmas party on December 15th from 5:00 - 6:30 p.m. It was super festive with all the youth, their families, and the amazing decorations. Thank you for attending and sharing that joy with us. It was so fun to see all the youth's faces light up!

Friday, December 16th, we held our first winter semi-formal dance for the youth and communities! It was fun to dance and see the families dressed up for the occasion!

Monday, December 19th through Wednesday, December 21st, we had Winter Rec for the youth. We were open 8:30 a.m. - 3:00 p.m. We made soup in a jar and hot cocoa bombs while we played Christmas music. The youth made their own snow globes and stockings and got to bake some cookies for Santa.

Wednesday, December 21st, from 2:00 - 3:00 p.m. we held our annual youth chili cook off. It was a blast, and we had so many different varieties of chili. They did so well. It was so good! Way to go!

Continued on Page 17

January 2023 - Tu Ha' Buts Youth Center Calendar

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

Activities and Calendar are subject to change at any time.

Rec Room Phone Number: 360-432-3986

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Tribal Holiday CLOSED	3 CLOSED For Staff Training	4 CLOSED For Staff Training	5 CLOSED For Staff Training	6 CLOSED For Staff Training	7 CLOSED For Staff Training
9 After-School: 3-6pm Plant Teaching: Learn How to Make Willow Structure	10 After-School: 3-6pm On-Going Cultural: Loom Beading	11 After-School: 2:30-6pm Make Ugly Sweater GSD – ER @ 2:15pm	12 After-School: 3-6pm Make Homemade Christmas Cards	13 After-School: 12pm-6pm Family Paint Night 5pm-7pm SSD – 3 HR ER	14 Open Gym: 2-5pm
16 No School - Rec Program: 8:30-3pm Plant Teaching: Start Willow Oil & Willow Poultice	17 After-School: 3-6pm On-Going Cultural: Create Art Mural	18 After-School: 2:30-6pm Play Winter Bingo GSD – ER @ 2:15pm	19 After-School: 3-6pm Make Mini Apple Pies	20 After-School: 3-6pm STEM: Build an Igloo	21 Open Gym: 2-5pm
23 After-School: 3-6pm Make Salve with Willow Oil	24 After-School: 3-6pm On-Going Cultural: Create Art Mural	25 After-School: 1:30-6pm Make Winter Playdough SSD – 1.5 HR ER GSD – ER @ 2:15pm	26 After-School: 3-6pm Make Homemade Milkshakes	27 After-School: 3-6pm STEM: Snowflake Building Activity	28 Open Gym: 2-5pm
30 After-School: 3-6pm Plant Teaching: Make Willow Dreamcatchers	31 After-School: 3-6pm On-Going Cultural: Create Art Mural				
Key: SSD – Shelton School District GSD – Griffin School District		After-School Meal Times: Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm		Activity Time: School-Age Youth from: 5:00-5:45pm	
				Contact: Kasia: 360-432-3801 Kenna: 360-432-3895 Jerilynn: 360-432-3992	



CHILD DEVELOPMENT CENTER



Kaitlin Krug - Squaxin Island Child Development Center and Timberland Regional Library co-hosted an evening family STEM night on November 17th. Children and families were encouraged to explore nine tables of STEM fun. STEM stands for science, technology, engineering, and math. STEM teaches problem solving, innovation, creativity, critical thinking, and collaboration.

Float or sink station: At this station children were encouraged to make an educated guess whether items would sink or float. The SICDC and TRL staff, along with parents, asked open-ended questions as to why they believed it would sink or float. This helped the child to dive deeper and explain their thoughts.

Dancing beans: This science-based activity consisted of mixing water, beans, and baking soda together before adding the activator, vinegar, which made the beans "Dance." We followed this activity with lots of curious questions to expand the child's educated guess of what would happen and when.

Dash and Dot bot: This amazing robot could hear sounds, detect objects, and know if they are moving. The robot was supported by an app that is compatible with numerous tablets from Androids to iPads. In the app, they were able to control every move the Dash and Dot bot had to offer. It even catapulted small balls at the click of the students' finger tips.

Coding mouse: This was a simple coding mouse robot that the children were able to tap forward, backward, left, or right. The number of clicks determined how many moves the mouse would go (and in what direction) to get through the maze to receive its treat of cheese. The mouse squealed with joy for its cheese treat. In this activity, children developed skills in problem solving, critical thinking, analytical thinking, sequential thought process, direction concepts, visual tracking, and 2-D to 3-D correspondence.

Block building: The magnetic building tiles helped your kids learn about shapes, colors, color-matching, construction, engineering, teamwork, and motor skills. Endless possibilities, from 2d pattern to 3d models, inspired imagination, creativity, and 3D spatial thinking.

Cubelets: These magnetic robot blocks could be snapped together to make an endless variety of robots with no programming and no wires. Kids built robots that drove around on tabletops, responded to light, sound, and temperature, and had surprisingly lifelike behaviors. This helped develop problem-solving skills and computational thinking, sparking the next generation of innovators. It introduced procedural thinking, cause and effect, decomposition of complex tasks, pattern recognition, the ability to notice similarities or common differences, abstraction and algorithm design, and the ability to develop a step-by-step strategy for solving a problem, all using Cubelets robots.

3D doodler: This tool allowed students to create their own 2-D to 3-D structures. Through these STEM toys, children learned the basics of engineering. Paired with a student's creativity, it was a recipe for fun.

Sensory bags: Students and families at this table were encouraged to make their own sensory bags with water, corn starch, and lots of colored googly eyes. This simple and fun activity was done using household ingredients and fun add-ins from the Dollar Store, like hair gel or pom-poms to name a few.

Library cards: Timberland Regional Library did not disappoint by having a library card sign-up and cards that they got to go home with that night.

The event was a success with families and staff playing and learning together. We look forward to future programming with Timberland Regional Library and family nights. SICDC appreciates the support of our Community members and families.





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 reprioritize current ones

The New Year is also a good time to set new financial goals and reprioritize 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 reprioritization 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*

Squaxin Island Tax Site

BASIC RETURNS

January 30, 2023 -
April 6, 2023



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
- Documents showing all income (W-2, 1099)
- Expenses — to claim tax deductions (Childcare, donations, college tuition, property taxes)
- Any other tax documents or notices you received
- A copy of last year's federal return, if available
- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage
- Proof of bank account routing and account numbers for direct deposit such as a blank check



IRS Certified Volunteers Providing
FREE TAX PREPARATION

Sponsored by Squaxin Island Tribe—Office of Housing



Homeowner Assistance Fund (HAF) Help for Homeowners in Need

If you have experienced a financial hardship due to COVID-19 that resulted in mortgage delinquency, we may be able to help.

Attention: Squaxin Island Tribal Homeowners (on or off reservation)

The Squaxin Island Tribe, Office of Housing has received funding through the Department of Treasury for the Homeowner Assistance Fund (HAF). **We are accepting applications from Squaxin Island Tribal homeowners who meet the following criteria:**

1. You own the home you live in and it is your primary residence, on or off reservation.
2. You have you 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
 - Home displacement due to critical home repairs (roof, structure damage)
3. Your income falls at or below these guidelines:
 - 1 person (\$63,000)
 - 2 persons (\$72,000)
 - 3 persons (\$81,000)
 - 4 persons (\$90,000)
 - 5 persons (\$97,200)
 - 6 persons (\$104,400)
 - 7 persons (\$111,600)
 - 8 persons (\$118,800)



Please go to: squaxinland.org/government/departments/community-development to fill out the forms listed below. You may also request a copy of the application from the contacts listed below.

- Squaxin HAF application
- Squaxin Financial Assistance Form – HAF
- Release of Information

If you have any questions please contact:

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

OR

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



Winter Alert

Pet owners need to be reminded this each year but it can never be said often enough: Keep pets away from antifreeze. Even a small amount of antifreeze, as little as one single teaspoon, can be deadly if ingested.

If you suspect that your pet may possibly have consumed even a taste of antifreeze, get him to your veterinarian immediately.



Dog Treat Recipes

By Dr. Nancy Soares - Selecting the right snack, diet, or ingredient for your dog will help keep him in shape while also avoiding digestive problems. Whole wheat flours, sweet potatoes, fruits, and vegetables are healthy for dogs. If it's found in the "healthy" column for humans, it's likely in the healthy column for pets. However, there are some foods dogs should avoid including raisins, grapes, chocolate (especially baking chocolate), coffee, caffeine, macadamia nuts, avocado, alcohol, yeast dough, xylitol, onions, chives, and salt. Similar to the human species, dogs don't all have the same palate. Taste buds vary within the canine world as they do in ours. Let your dog do their own taste test and decide for themselves. Below, we share some of our favorite recipes to try with your dog.

Yummy Munchy Pup Cakes

- 3 cups water
- 2 carrots, shredded
- 1 egg
- ½ tsp vanilla
- 2 tbsp honey
- 2 ripe bananas, mashed
- 4 cups whole wheat flour
- 1 tsp baking powder
- 1 tsp nutmeg
- 1 tsp cinnamon

Preheat oven to 350 degrees F. In a large bowl, blend the water, carrots, egg, vanilla, and honey. Add the mashed bananas. In a separate bowl, mix the flour, baking powder, nutmeg and cinnamon. Pour the mixture into the carrot mixture and mix thoroughly. Spray a 12 cupcake pan with non-stick spray. Fill each approximately 3/4 full. Bake 50-60 minutes. Cool before serving.

Peanut Butter Banana Sandwich Treats

Slice bananas into 1/2 inch thick. Freeze until solid. Place peanut butter between two banana slices.

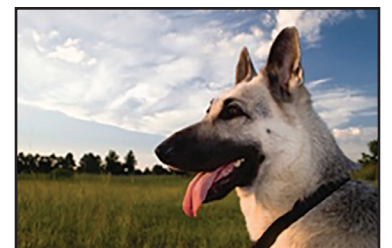
Parmesan Pleaser

- 2 cups whole wheat flour
- 1/3 cup vegetable oil
- 1/3 cup powdered milk
- 1 egg
- ¼ cup Parmesan cheese

Preheat oven to 350 degrees F. In a blender or food processor, thoroughly mix all ingredients. Add just enough water to form a stiff dough consistency. Use a wooden rolling pin dusted with flour to roll out the dough to ½ inch thickness. Place on ungreased cookie sheet. Bake for 15-20 minutes.

For crunchier treats, turn the oven off and let the cookies stay in the oven for an additional hour. For more doughy treats, remove the cookies right away. Allow the giant treat cookie to cool before breaking into small pieces. Store refrigerated in a sealed container.

Please let me know if your dogs like the treats... Gus, the doggie guy . . .





Indian Child Welfare

Winter White, ICW Case Aide and Wellness and Prevention Advocate



Winter is a Squaxin Island Tribal member.

Thanks for your time and work, Winter. To have someone who has been in the same situation and bring that skill and empathy to the job is very valuable.

FAMILY JUSTICE PROGRAM SQUAXIN ISLAND FAMILY SERVICES

We are here to assist people with resources to to obtain self sufficiency to reduce risk of re-offending:

If you have been in the following: Prison, jail, substance abuse treatment and out-patient treatment.

Services provided: Personal advocacy, assisting with referrals, services to obtain emergency housing & transitional housing. Follow up contact, in person, telephone & written communications to offer client support & check on client progress with case plan. We can assist with clothing, food & gas vouchers. There is rent assistance & hygiene bags available. Assistance with job applications, resumes and cover letters to obtain employment.

This program is for Squaxin Island Tribal members & other tribes adjacent to the Squaxin Island Tribe.

Contact: Marcella Cooper Family Justice Services

MCOOPER@SQUAXIN.COM

360-432-3908 & 360-485-5150

Q: Why did you choose to do the work you do?

“Because I know what it’s like to be in the ICW system and foster care. I’m passionate about our community and kids and their well-being.”

Q: What would you want the community to know about Family Services?

“That we are here to support and help you in any way we can and provide additional resources to the community.”

THE FIGHT TO PROTECT THE INDIAN CHILD WELFARE ACT (ICWA)



ICWA protects American Indian and Alaska Native kids in child welfare proceedings by keeping them in the care of extended family or tribes whenever possible. In **Haaland v. Brackeen**, a small group of opponents will argue in front of the Supreme Court that those protections should be taken away—and the challenge will have far-reaching impacts.

Here's what you need to know about this case, which will be a defining issue of 2022:

ICWA IS NECESSARY.

1 ICWA puts best practice into law.

Experts agree that placing kids with extended families or communities when possible is preferred. These placements give kids a connection to the people and places they come from. ICWA protects identity, familial network, and sense of belonging—things that all children need.

2 Family separation is a modern-day threat.

Systemic, intergenerational trauma and neglect coupled with bias has meant that Native children still enter the child welfare system in disproportionate numbers. 15% of Native children can expect to enter foster care at some point before their 18th birthday compared to about 5% of white children and they are often not placed with relatives or other Native families, even when such placements are available and appropriate.

3 ICWA exists to curb and heal generations of harm.

When ICWA was passed in the 1970s, research found that 25%-35% of all Native children were being separated from their parents, extended families, and communities by state child welfare and private adoption agencies; of these, 85% were placed outside of their families and communities even when fit and willing relatives were available. The family separation crisis compounded nearly 200 years of active cultural genocide in the boarding school system, starting in the early 1800s. ICWA has acted as a much-needed reform on the practices that have separated Native children from their families for centuries.

WHAT DO ICWA CHALLENGERS WANT?

Not the well-being of Native children.

ICWA opponents have two things in common: deep pockets and minimal contact with Native tribes, organizations, leaders, or peoples. ICWA opponents include a conservative think tank, a law firm that represents Big Oil, and the State of Texas. ICWA supporters include 497 Tribal Nations, 62 Native-led organizations, 26 child welfare organizations, 23 states and DC, and 87 congresspeople. One side is best suited to represent the interests of Native kids; the other is best suited to undermine them.

Not respect for tribal sovereignty.

In a blatant and intentional misunderstanding of sovereignty, ICWA's opponents argue that the law is unconstitutional because it creates a different set of rules for Native kids—that is, they say it is racist. Not so. The U.S. Constitution recognizes Tribes as sovereign, much like states or foreign nations; we are federally recognized entities with inherent power to self-govern and thousands of years' experience doing so. Tribal citizenship confers a political classification that allows for self-determination in our affairs.

A coordinated attack on tribal rights.

These malicious attacks are familiar; this time, our enemies are attacking ICWA so they can use Native kids and cultures as a backdoor to ultimately undermine the rights of tribes. If the Supreme Court undermines Tribal Nations' sovereign rights, our opponents could set legal precedent that has serious consequences for other issues like tribal gaming and land rights. A challenge to ICWA is a threat to tribal rights.

Want to stay in touch with the Protect ICWA Campaign? [Click here.](#)



How many 57 year old women do you know that can outrun women more than twenty years younger?

"I can. But the real surprise is that just last year I weighed 210 pounds. That was when my days seemed to revolve around candy and desserts.

My life dramatically changed last year with a visit to my local health clinic. The doctor told me I was on the verge of developing diabetes and recommended diabetes medications. I told the doctor I was a strong person who could make changes—and I did.

The first change I made was to stop eating five kinds of food: candy, ice cream, cookies, cakes, and potato chips. It was easier than I thought and I dropped 17 pounds in the first two months. So what did I eat? For starters I discovered oranges, bananas and apples. I still pack a bag every morning and have learned to like them even more than candy.

My next change was to start walking. I went to the Colville Tribe community center every night. Gradually my stroll turned into a brisk walk and then a slow jog. Soon I was running on the open roads—my pony tail blowing in the wind, I was like a horse. I repeated the same thing over and over as I ran: 'Run Indian run.' I'm proud to be an Indian and my pride is greatest when I run.

I've now dropped over 45 pounds and I feel great, free—like the way an Eagle must feel in flight. But my biggest moment has been placing second in the Bloom Day Race, running over seven miles in just over an hour.

My six grandchildren have watched my transformation with a mixture of surprise and pride. I tell them I want to live long enough to see them graduate. Who knows—maybe I'll even outrun them someday."

I told the doctor I was a strong person who could make changes—and I did.



Shirley's tips:

- Keep candy out of the house and out of your desk at work.
- Replace candy, ice-cream, cookies, cakes, etc. with a variety of fruits.
- Replace chips with a variety of whole grains and vegetables.
- Start moving and keep moving.
- Set small goals for yourself and keep track of each achievement.



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.



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

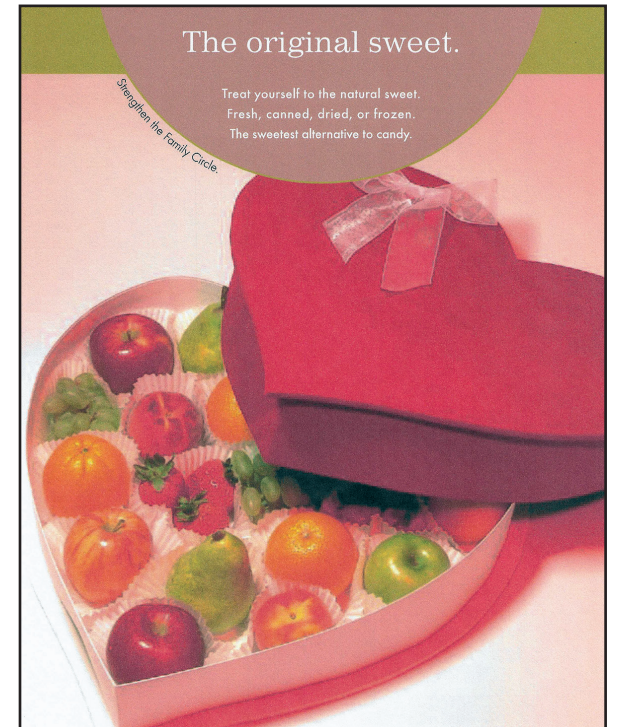


How to Change a Habit

One small change at a time

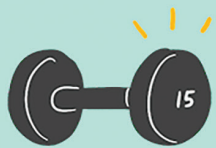
Changing habits is hard. The longer that you have been doing something, and the more frequently you do it, the harder it may be to change. Fortunately, there are things you can do to make your efforts more successful. Here's a checklist for you to use with your January resolutions -- or at any other time of year.

- 1. Pick one habit at a time.** Choose something easy and something you are willing to do – like eating one more serving of vegetables or cooking at home one more day a week.
- 2. Start slow and stay steady.** Choose a goal you can meet and a pace that you can keep – like walking around the block once (or twice).
- 3. Keep a record of your progress.** Choose a convenient place to write down how you are doing – like notes on a calendar.
- 4. Look for help in the right places.** Choose someone supportive to help you stay with your plan – like a good friend who also wants to make a change.
- 5. Reward yourself (without food).** Choose several easy ways to give yourself pats on the back – like saving up for a massage or spending time with a friend.



How to Keep Your New Year's Resolutions

Actually



Stick to picking just one



Be realistic and specific



Write out a detailed plan



Try new goals each year



Ask for support from loved ones



Try a resolutions journal



verywell



NATIVE FITNESS



Recognize the Emergency Warning Signs of Respiratory Illness

CALL 911 NOW WHEN:

- Severe trouble breathing (struggling for each breath, can barely speak or cry)
- Passed out or stopped breathing
- Lips or face are bluish when not coughing
- There may be a life-threatening emergency

GET MEDICAL HELP RIGHT AWAY FOR INFANTS WHEN:

- Fever over 100.4F for infants younger than 3 months, or fever for more than 24 hours if older than 3 months
- Fast or labored breathing
- Looks very ill or is unusually drowsy or difficult to console
- Significantly fewer wet diapers than normal

CHILDREN SHOULD GO TO THE ER WITH ANY OF THESE:

- Fast or labored breathing
- Not able to drink enough fluids
- Very decreased alertness and activity
- Fever for more than 72 hours, or repeated rising above 104F

ADULTS SHOULD GO TO THE ER WITH ANY OF THESE:

- Difficulty breathing or shortness of breath
- Chest pain
- Confusion
- Worsening fever and cough, especially with pink or bloody mucus

Get your flu vaccine & COVID-19 booster. Visit knockoutflu.org to learn more about preventing the spread of flu.



Need Refills at the Pharmacy?

PLEASE ALLOW 3 to 5 BUSINESS DAYS TO REFILL YOUR PRESCRIPTIONS. (This does not apply to new prescriptions)

WHY?

1. We want you to continue with your treatment plan without interruption.
2. Our clinic and pharmacy is growing, so more people need medications.
3. This allows doctors time to review the charts.
4. This allows the pharmacy to process the refills and order the medication if needed.



PLAN AHEAD

PLEASE ALLOW 3-5 BUSINESS DAYS FOR THE PHARMACY TO REFILL YOUR PRESCRIPTIONS. (This does not apply to new prescriptions)

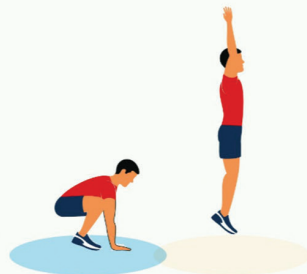
WE APPRECIATE YOUR COOPERATION. THANK YOU!

Don't just watch the game – get in on the action.

Football is one of the most physical sports played, and those who play it are usually in great shape. Football workouts are intense and repetitive, focusing on strength, power and speed. Training also benefits the players' agility, hand-eye coordination and overall cardiovascular endurance.

We took tips from football training and came up with some ideas you can incorporate into your game day, or any day.

So make your team's accomplishments a reason to get moving. Instead of celebrating your team's advance down the field with another chicken wing or piece of pizza, challenge yourself and others with these celebrations. Enjoy the game!



FIRST DOWN = 10 vertical jumps

Start with feet shoulder-width apart. Reach hands up and rise up on your toes. Quickly drop to a squat and push your hands down and behind you. Then lightning fast, jump up as high as you can while reaching your hands up toward the ceiling. Land softly into a squat and cushion your weight with the landing.



FIELD GOAL = Squats and lunges

Start with feet shoulder-width apart and toes pointed out at 45-degree angles, hands to your side. Squat while bringing your hands straight out in front of you, shoulder height. Then resume to standing. Repeat 15 times. Then lunge to the right 15 times. Repeat the 15 squats. Then lunge to the left 15 times.



TURNOVER = High knee running

Start with your feet shoulder-width apart. Run in place for 30 seconds, but bring your knees as high up as possible. Make sure you're pumping your arms as well (left foot, right arm – right foot, left arm).

HALFTIME = Practice passing

This one doesn't require a lot of explanation. Once halftime hits, grab a partner or two, grab a football and hit your own turf. No tackling needed – simply playing a game of catch is a great way to get moving.



As always, listen to your body, know your health risks and check with your provider before starting any exercise regimen.



SACK = 5 pushups

Start on your hands and toes in a plank position. Your hands should be right under your shoulders with your fingertips pointing forward. Keeping your body straight, slowly bend your elbows so your chest moves toward the floor. Do not let your back sag. Press into your arms to push yourself back up.



TOUCHDOWN = Jumping Jacks

Stand upright with your legs together and your arms at your sides. Bend your knees slightly, and jump while spreading your legs about shoulder-width apart. At the same time, stretch your arms out and over your head, forming a V. Jump back to your starting position and repeat.





Clenching and Grinding Your Teeth

Submitted by Carly Goltiani, Registered Dental Hygienist, Squaxin Island Dental Clinic - Do you tend to wake up with your jaw aching? Maybe frequent headaches in the morning? Do your teeth appear chipped and worn and you don't remember how it happened? What could be possibly going on? Are you stressed?

You may be clenching or grinding your teeth while you sleep. Your dentist also calls this phenomenon bruxism. What causes bruxism? The short answer is stress. When awake, people tend to clench and grind their teeth when they are feeling anxious, frustrated or concentrating hard. When it happens during it can be due to an abnormal bite, sleep apnea and/or stress arousals.

Excessive wear and tear on your teeth, jaw joints, muscles and ligaments are definitely not good. It can cause significant pain, dental issues, difficulties eating or talking. Let your dental professional know if you are clenching or grinding your teeth. They will probably want to have you try wearing a night guard. This will help keep the teeth slightly apart and protected from hitting against each other. It also allows the jaw to smoothly move back and forth without interference.



Also be sure to let them know whether you feel that you do it more during the day or night as this could affect whether the dentist decides to have an upper or lower guard made. Guards made to fit over the lower teeth tend to be easier to talk with and are usually a better choice for daytime bruxers. To schedule a dental appointment, call Squaxin Island Dental at (360) 432-3881.



WIC Mom Shares: Budget Tips

Saving money on a limited budget can be difficult, but it is possible!
As a mom of three children, and I learned how to stretch my dollars after a car accident 12 years ago left me disabled. Here some ways you can save on everyday expenses:

Create a budget and stick to it!

- Know your income and your expenses.
- Know the difference between your needs and your wants.



Resources for Clothes and Toys

- Shop thrift stores instead of buying new items.
- Check local clothing banks at churches or non profits
- Mom Facebook groups
- Take advantage of yard/garage sales and buy clothing in the next size up for your child.



Give your child your time, it is far more valuable and needed than toys!

Keep water and snacks in your car to avoid costs of eating out



HEALTHY ROAD TRIP SNACKS



Community Resources

- Join a local Buy Nothing site on Facebook to exchange items with members of your community
- Borrow from a friend or neighbor
- Find out what assistance your local family support center offers families
- Attend free local community events and library programs for fun

WORKING TOGETHER TO STRENGTHEN ALL FAMILIES



This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.

We're busy filling prescriptions.

YOU CAN HELP!

- Call 3-5 days ahead
- Leave a voice mail
- Have a question? Can't get through? Call the clinic main number 360-427-9006

KAMILCHE PHARMACY

We help you feel better

HO, HO, HO!

SANTA IS COMING!

DID YOU GET YOUR FLU AND COVID VACCINE YET?



Pharmacy UNDER CONSTRUCTION

Please give us additional time for refills.
New prescriptions will be sent to an outside pharmacy.



Elders Menu . . . Fruit and salad at every meal

MONDAY 2:

Teriyaki Chicken, Rice, Veggies

MONDAY 9:

French Dips, Potato Salad

MONDAY 16:

Baked Potato Bar, Broccoli

MONDAY 23:

Spaghetti, Corn, Garlic Toast

MONDAY 30:

Chicken Burgers, Mac Salad

TUESDAY 3:

Tomato Soup,
Grilled Cheese Sandwiches

TUESDAY 10:

Chicken Rice Soup,
Egg Salad Sandwiches

TUESDAY 17:

Beef Stew, Biscuits

TUESDAY 24:

Pork Pozole, Tortillas

TUESDAY 31:

Italian Sausage Potato Soup,
Breadsticks

WEDNESDAY 4:

Tator Tot Casserole, Brussel Sprouts

WEDNESDAY 11:

Tacos

WEDNESDAY 18:

Enchilada Casserole, Black Beans

WEDNESDAY 25:

Tuna Melts, Chips

THURSDAY 5:

BBQ Ribs, Ma-N-Cheese,
Baked Beans

THURSDAY 12:

Baked Ham, Scalloped Potatoes,
Carrots

THURSDAY 19:

Pork Chops, Stuffing, Mixed Veggies

THURSDAY 26:

Baked Chicken, Red Potatoes



Youth Activities

Continued from Page 8

Thursday, December 22nd, we held our first ever Parents Night Out! This was a success and we were able to watch Christmas movies and play some fun games with the youth. We also had some tasty snacks and punch.

Please Stay tuned in January ... All dates and times will be posted on the Remind app, Daily Scoop, Parks and Recreation Facebook page, and the monthly youth activities calendar for January.

We hope you all had a happy holiday and got to spend time with your families!

The after school rec program hours of operation are Monday through Friday, from 3:00 p.m. - 6:00 p.m.

During early releases for Griffin and Shelton School Districts, we will be open early! We open as the buses arrive. We post the times on our calendars!


Stay updated on upcoming events and activities on our Facebook page, Squaxin Island Parks and Recreation, or Join our Remind app! Text @Squaxin-Rec to 81010.

Kasia Seymour, Youth Activities Lead
(360) 432-3801 or kseymour@squaxin.us

Jerilynn Vail, Youth Activities Manager/Food Program Manager
(360) 432-3992 or jvail@squaxin.us

Kenna Acosta, Youth Recreation Coordinator
(360) 432-3895 or kacosta@squaxin.us

happy new year 2023



EMERGENCY

CALL **9-1-1** FIRE
POLICE
MEDICAL
RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

Emergency Operations Center (EOC) Hotline (Information only - no voicemail) (360) 432-3947	Squaxin Police Department Office Hours Monday - Friday 8:00-4:00 (360) 432-3831
Community EOC Hotline (Questions and voice mail message) (360) 443-8411	PUD No. 3 Outage Hotline (360) 426-8255
Emergency Management Coordinator (360) 443-8410	Mason County Police Dispatch Non-Emergency (360) 426-4441
Community Emergency Response Team (CERT) (360) 426-5308	Mason County Fire Non-Emergency (360) 426-3348



COMMUNITY



- 1
Aaron Nathaniel Evans
Jessica Kay Solano
Nancy A. Moore
- 2
Fernando M. Rodriguez
Patrick Allen Braese
Sydney Marie Tuso
Tory Lee Hagmann
- 3
NoheaRobinson-Black
- 4
Aaron M. Raven Peters
Elias Dade Coley
Halia Marie Cooper-Lewis
- 5
Christopher Wade Stewart
Two Hawks Krise Young
- 6
Kye Richard Gray
Lincoln L. Villanueva
Moses Elijah Kruger
Samantha Ackerman
Sherry Lynn Haskett
- 7
Charlene Holly Blueback
Kaleb Darrell Krise
Melissa Rose Whitener
Zachery G. Clark

- 8
Francis Arnold Cooper Jr.
Melanie Evelyn Sequak
Meloney R. Hause
Patti Lee Riley
Shila Mae BlueBack
- 9
Deanna Mary Hawks
Emmalee Georgena James
Janita Lee Raham
Jazmin Victoria James
- 10
Isaac J. Ackerman
Samantha S. Armas
Stephanie Michele Peters
Tiffany A. Valderas
- 11
Anthony Joe Armas
Cassidy J. Gott
Emilie Burgain
Lolyta Jean Johns
Natasha Page Bush
Patricia Johnna Green
Seilyah Hernandez-Smith
- 13
Connie Renee Whitener
Marvin Campbell Jr.
- 14
Sheena Marie Lewis Glover
- 15
Ashton Ryder Coble
Jesse Raymond James
Kayla Marie Scelopin Peters

- 16
Imalee Rose Tom
Shelby V. Riley
- 17
Barbara Eileen Cleveland
Charlotte Sky Bradley
Tristan Isaiah Coley
Whitney Amber Jones
- 18
David Norman Dorland
John A. Ackerman
- 19
Emily Ruth Whitener
- 20
David Micheal Bear Lewis
Jadha Ann James
Leonard William Hawks III
Santana Lee Krise
- 21
Jacob Wesley Campbell
Traci Lynn Lopeman
- 22
Kahsai Tiefel Gamber
Percy James Welcome
Shawnell Lynn McFarlane
- 23
Keona Anahoi Rocero
Linda Kay Jones
- 24
Jeremy Turner Sigo
Miguel Saenz-Garcia
Mini Maree Ali Gamber
- 25
Adonis Micheal Bradley
Jace L. Merriman
Margaret Catherine Henry
Percina Erin Bradley

- 26
Dakodah Delaney Vigil
Jayda Evelyn Hawks
Myeisha Marie Little Sun
Nutella Natt Obi
Robert Charles Lacefield
- 27
Alohna J. Clark
Amanda R. Salgado
Cheryl Rae Melton
Emily Ann Baxter
Guy Tatum Cain

- 28
Eva Alexandra Rodriguez
- 29
Sharleina E. Henry
- 30
Buck Gene Clark Jr.
- 31
Brandon Lee Stewart
Nikolai A. Cooper

COMMITTEES, COMMISSIONS & BOARDS

Please visit:

<https://squaxin island.org/tribal-member-info/committees-commissions-and-boards>



**SQUAXIN COMMUNITY
CULTURE
NIGHT**

**Wednesdays
5pm-6:30pm
@ the
Squaxin
Museum**

Meals Provided

This is a drug & alcohol free event





What's Happening

Winter General Body Meeting January 21

Court:

Family Court: January 5

Criminal/Civil Court: January 10

Vulnerable Adult Court: January 19

WIC



January 10



To contact a
Squaxin Island
Police Officer Call:
360-426-4441

If it is an
EMERGENCY
CALL 911

Reminder!

Your Treaty ID Card is invalid
without stickers!
Bring your receipt of payment to
the NR Office to get issued your
stickers.



Always carry your Treaty ID with
you when harvesting. Treaty ID is
required for buyers to issue
shellfish and fish tickets and
payments.

Need a replacement? Call Us.
(360) 432-3802

If you are struggling,
you don't have to do it alone.

**Native and Strong
Lifeline
is here for you.**

Call 988 and choose option 4.

Calls are answered by trained
crisis counselors who are Tribal
members and descendants with
close ties to their community.

Native and Strong Lifeline logo artist: Jason LaClair, Lummi Nation and Nooksack Indian Tribe

BINGO JANUARY SESSIONS

SATURDAY AND SUNDAY SESSIONS
BRING CANNED FOOD FOR FREE LEVEL 1 (6-ON)
ELECTRONIC BINGO DEVICES AVAILABLE FOR ALL SESSIONS!

FRIDAY JANUARY 27TH: DAUBIN IN THE DARK
8:30PM SESSION STARTS | DOORS: 5:30PM - EARLY BIRDS: 8PM

SATURDAY JANUARY 28TH
DOORS: 11AM - EARLY BIRD: 1:30PM
2PM SESSION STARTS

SUNDAY JANUARY 29TH
DOORS: 11AM - EARLY BIRD: 1:30PM
2PM SESSION STARTS

Multiple winners split the payout. Call 360-427-3005 for more details. Must be 18 or over to participate in BINGO.
Ages 21 and over only for Friday session. Must be 21+ to use Free Play.
Management reserves the right to modify or cancel BINGO if not enough players.

KENO TOURNAMENT

SUNDAY, JANUARY 15TH, 2023 | 2PM

\$50 BUY IN
\$1,500 PRIZE POOL

SIGN UP AND RECEIVE \$5 FREE PLAY, \$10 DINING CREDITS
PLUS AN ENTRY INTO THE HALF TIME DRAWING
TO WIN \$30 AND A GIFT

SIGN-UPS BEGIN 11AM
Management reserves all rights. See Keno for more details

Jeepers
CREEPERS

CHEROKEE TRAILHAWK

Presented by **I-5 CARS.COM** **I-5 CJDRF**

Fridays & Saturdays in **JANUARY**
EACH SATURDAY WIN A
2022 JEEP CHEROKEE TRAILHAWK

QUALIFYING DRAWINGS | FRIDAYS & SATURDAYS | EVERY HOUR 2PM-MIDNIGHT
EACH WINNER RECEIVES \$500 FREE PLAY AND AN ENTRY INTO THAT WEEK'S JEEP DRAWING
JEEP DRAWINGS | SATURDAY NIGHTS | 12:30AM
EARN 10X ENTRIES ON FRIDAYS

LITTLE CREEK CASINO • RESORT
LITTLECREEK.COM | 1.800.667.7711

Little Means More!

MUST BE 21 AND OLDER. SEE PLAYERS CLUB FOR MORE DETAILS

HAPPY New Year



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's height & weight, 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:
Tues., Jan 10, 2023
We are continuing remote phone appointments through April 2023 due to the COVID-19 virus
We will call you on your appt day

WIC WOMEN, INFANTS & CHILDREN

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

Addiction is real. So is Recovery.

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



SQUAXIN ISLAND TRIBE
Behavioral Health Outpatient Services

GOOD MOVES GOOD MOODS



LIVE: Monday's 5pm, 2022
Squaxin Island Tribe @ Gym

LIVE: Wednesday's 5pm, 2022
Nisqually Tribe @ Billy Frank Jr. Center

VIRTUAL: Tues. & Thur. 12pm on Zoom

ZUMBA® with Ho'o & Paish
For Tribal Members & Community
Sponsored by SPIPA

- ✓ No Fuss Fitness
- ✓ No Worries
- ✓ Yes to FUN
- ✓ Yes to Health

Classes are subject to change, please join our text updates.
Questions: WholeisticFit@gmail.com



Thank **YOU** for protecting our community by getting vaccinated!

- Squaxin Island Tribal Secretary Patrick Braese

