




Calling all Squaxin Island Community Members!

Please take a few minutes to help us understand which produce is desirable to you at the Salish Roots farm stand. This is your opportunity to weigh in and give feedback for our 2024 growing season! We value your perspective, and your input matters in guiding the future of this program! Once completed, stop by the farm to grab your special gift.


<https://forms.gle/AfQm6wzXRWj2Ms4z9>

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






SHELLFISH HARVESTER REMINDER




THE CURRENT SHELLFISH CYCLE ENDS 11/30 & THE SECOND SHELLFISH CYCLE STARTS ON 12/01

To participate at any point during a shellfish license cycle, the fees for the cycle must be paid and valid permit stickers must be issued. Harvesters must carry their ID with them when harvesting.


Shellfish License Fees: \$50 per cycle (6 months)/\$100 for 2 cycles (1 Year)



Cycle 2		Cycle 1
Dec. 01 → May 31	→	Jun. 01 → Nov. 30



Ways To Pay:
Pay at the cashier's office: 10 SE Squaxin Lane, Shelton, WA 98584
Pay cashier over the phone: (360)432-3948.
Make a per capita deduction arrangement with the NR front office: (360)432-3802 or (360)432-3805.
Check your eligibility for assistant programs at the Family Services Department: (360)432-3806.





Sponsor a Foster Child for Christmas

Squaxin Island ICW is currently looking for individuals or departments to sponsor a child/children who are in our care for Christmas. Due to staffing in ICW we are requesting cash donations or gift cards. Thank you for your generous donation for our tribal kids. Merry Christmas!

Please contact

Karen Pursey at

360-432-3885 or

kpursey@squaxin.us

Shaelynn Clark at 360-432-3872 or sclark@squaxin.us





T S q u a x i n I s l a n d
TRIBAL NEWS
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www.squaxinisoland.org

K L A H - C H E - M I N

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
JAIMIE CRUZ:	Vice Chairman
PATRICK BRAESE:	Secretary
MARVIN CAMPBELL:	Treasurer
JEREMIE WALLS:	1st Council Member
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VINCE HENRY:	3rd Council Member

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

Walking On . . .



Elise Margarete Bell

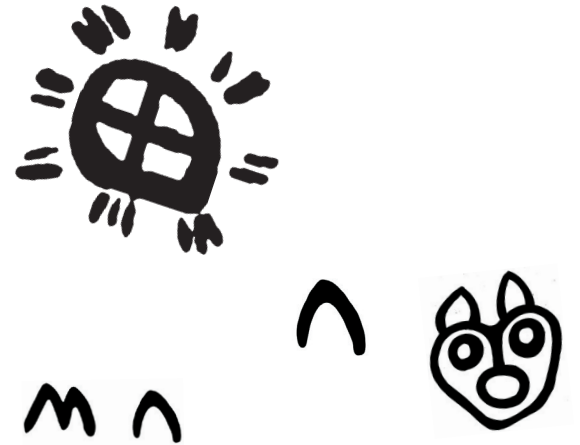
Elise Margarete Bell, born on December 13, 1969, passed away peacefully with her husband, Matt, by her side from complications of a stroke on November 9, 2023.

She was an adoring people person and animal lover, always seeking to assist those in need. She and her husband shared a passion for the ocean and horseback riding, finding joy in every adventure.

Those who knew her best appreciated her kindred spirit, loving heart, and ability to light up a room.

Elise is survived by her husband, Matthew John Bell, Sr.; sons, Jeremiah Freeman Leiste (Angela) and Matthew "Harry" John Bell, Jr.; grandson, Jeremiah Walter Leiste-Hanson; fur babies, Oreo, Smudgie, Maggie, Blaze, Skyla, Big Girl, Little Man, Zena, Monkey, T'peek'sskin, Snap Snap, Keesha, and Tilly Blue Moon; step-mother, Brenda Leiste; siblings, Linda Meixsel (Perry), Wilfried Leiste (Lisa), and Christopher Leiste (Amy); and numerous aunts, uncles, nieces, nephews, and friends.

She was preceded in death by her mother, Marion Przybylek; father, Walter Leiste; and brother-in-laws Walter Henry, III and Edward "Sonny" Henry.



Funeral services were held on Monday, November 20, 2023 at the Squaxin Island gymnasium.

For those wishing to make a donation, there is a GoFund-Me page to benefit Elise's husband with medical and funeral expenses:
<https://gofund.me/cae868c0>

Elders Exercise

"Stretch and Move"



Join our exercise class Mondays and Wednesdays at the Elders building from 11:00 a.m. – 11:45 a.m.



Season's Greetings Turkey Basket Handout

Friday December 15th
4 PM - 6 PM

Squaxin Island Community Kitchen
50 SE Squaxin Ln

Each Basket Includes
One Turkey and a bag with side dishes

One basket per household
Minimum of 18 years old
Squaxin Island Tribal Member Only
Tribal Member Must be present

Baskets are distributed on a First come basis
While Supplies Last!

Squaxin Island Family Services will
be handing out Giftcards for Tribal
Members, 18 Years or Older
1 Gift card per household

Veterans Appreciation Breakfast

Photos by Willow Henry



South Puget Intertribal Planning Agency

LIHEAP

Low Income Housing Energy Assistance Program

**SPIPA will be accepting LIHEAP
applications beginning December 2023.
Watch for flyers.**

Elders who submit all their completed paperwork will be entered into a drawing to receive a Pendleton/Stanley Thermos. There will be five winners from each site.



All completed applications turned in day
of intake will receive a pair of ceramic
pendleton bowls.



Completed Paperwork:

- ✓ Most current light bill in tribal member's name NO SCREEN SHOTS ALLOWED
- ✓ Anyone 18 or older MUST PROVIDE INCOME IN ORDER TO APPLY
- ✓ Social Security Cards for everyone in the household
- ✓ LIHEAP Application

QUESTIONS? Call Debbie Gardipee-Reyes at 360.426.3990



What's happening at the Creek in December

Mondays and Tuesdays - Rollover Riches – Table Games Promotion – Mondays and Tuesdays from 7:00 p.m. to 11:00 p.m. win up to \$100. That's not all; if the name drawn in the previous hour isn't present...the prize rolls over to the next drawing! The final drawing at 11:00 p.m. is a \$500 guarantee!

Tuesdays - Crumbl Cookies are back in December! Prime Timers 50+ can receive one free cookie and there will be drawings at 6:00 p.m. for three winners of \$250 in free play and 7:00 p.m. for one winner of \$1,000 in cash.

Wednesdays and Thursdays - Flakes of Fortune can have you winning as much as you can grab in the Cash Cube! Drawings are at 1:00 p.m., 3:00 p.m., 5:00 p.m., 7:00 p.m., and 9:00 p.m. on both days.

October 1st to January 5th - Super Trip Sweepstakes - Enter to win a trip to watch the Big Game in Las Vegas! Earn entries by using your Players Club card on slots, tables games, bingo, and keno throughout the promotion period and have a chance to be a finalist each Friday! Additional entries for this promotion can be won by staying in the hotel, playing golf, and visiting the spa!

December 30 and 31 - Countdown to Cash – Celebrate New Years weekend at the Creek Saturday and Sunday (30th and 31st)! Each hour we're giving away \$2,024. Contestants drawn each hour will have a chance to multiply their prize amount and win up to \$10,120! On New Years Day, we continue to have fun with drawings every other hour from 1:00 p.m. to 7:00 p.m.

~ See the Players Club for complete details on all promotions ~

Anjelah
Johnson-
Reyes

2 SHOWS

Saturday **FEBRUARY 3**

LITTLE CREEK
CASINO • RESORT.

Little
Means
More!

HELL'S BELLES^{USA}

Sunday **DECEMBER 31**

LITTLE CREEK
CASINO • RESORT.

Little
Means
More!

Upcoming Entertainment

New Year's Eve | Hell's Belles | 8:00 p.m.

Anjelah Johnson-Reyes | Two Comedy Shows | 6:00 p.m. and 9:00 p.m.

Big Game Party | Details Coming Soon

Other News

December Hotel Package

Available all month long, book a standard room (king or double) to receive a welcome gift of sparkling wine and macaroons, a \$20 free play and a branded LCCR gift for \$245.

Pay Per View – UFC

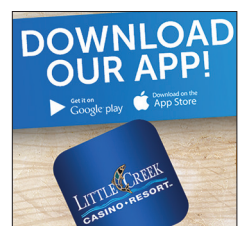
Now playing in the Starlight Sports Bar and Lounge. Join us on December 16th to watch the fights live!

Football in Starlight

Each game day, in Starlight, we offer a special football menu. All items are marked at \$12. You will find brisket nachos, prime rib quesadillas, and a sampler platter with all the game time favorites! Pull up a chair, place your bets, and watch all the hottest games at the all-new Starlight Sports Bar and Lounge!

Little Creek Casino Mobile App

The mobile app offers an easy and convenient way to keep up on resort activities. Check your tier status, points, free play, and more, all at your fingertips by downloading the Little Creek Casino Resort app available in the Google and Apple Play store!





General Welfare

Vicki Kruger - Last year only about 12% of tribal members signed up for what we referred to as "General Welfare." I want to share my story to encourage others to also sign up this program.

Several other tribes, including the Puyallup Tribe, have similar programs to what we refer to as "General Welfare." Those other tribes have been offering this to their tribal members for over 10 years. As far as we know, there have been no issues with this program.

Prior to signing up for General Welfare, I contributed \$1,500 of our \$4,500 annual per capita to taxes. I also had to pay taxes on my Elders per capita. Since signing up, I haven't needed to pay any taxes due to the Tribe's contributions to me being considered as going toward my "general welfare."

I understand that no one wants to be considered as "welfare" due to this being a negative word that makes us think of the old "welfare" program. I know we should have named it something else, but I'm not sure I'm able to influence changing the name. I'm just making this attempt to encourage others.

I can't say for sure, but I believe another reason people aren't signing up is because someone said we have to save receipts for either three or five years. Even though I don't know one person who has ever been audited by the IRS, I'm pretty sure we are supposed to save our receipts for that long anyway in case we get audited.

Finally, besides the \$1,500 I've already shared that I saved by signing up for this program, I also estimated that I save an additional \$3,500 from not having to pay taxes on my Elder's per capita. If you have any questions or need further clarification, please contact Jenn Ogno at (360) 432-3940 or call me at (360) 490-6750.

****Open enrollment information will be coming soon. Be sure to sign up for calendar year 2024.****



DEADLINE:
DECEMBER 20, 2023

Squaxin General Welfare Program

Tribal Council recently approved a "General Welfare" Program. General Welfare means any act or anything tending to improve or benefit to the safety or well being of the general public.

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

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

For questions, more details & signing up info,

contact:

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

Sign up online at:

squaxinland.org/general-welfare

Forms are also available at the Tribal Office.

OR Scan here:



YOU ARE INVITED TO

SQUAXIN ICE SKATE!

ONLY ON ICE - OLYMPIA WA

FRIDAY, DECEMBER 8, 2023

1:00 PM OR 1:45 PM

This skate session includes
45 minutes of skating and skate rental.

All skaters must sign a waiver in advance.

This event is open to the first 155 to sign up!

Pre-registration is required & open to Squaxin Tribal Members, Employees & their immediate families.

SIGN UP HERE!



Questions? Email or call
Melissa Puhn at mpuhn@squaxin.us

OR

360-426-9781



Bordeaux

Good day my Squaxin peeps! Just a few updates on what we have been up to at Bordeaux.

November was Native American Heritage Month. We were able to get two awesome bulletin boards put up, along with having access to a display case that we filled with beautiful indigenous items.

On our bulletin board, we have informative pieces, as well as a lot of representation pieces. Our goal every November is help educate with our schools and to show our Native American youth who they are, what they are capable of, and how proud they should be.

We also got into classrooms with Native American inspired activities, story telling, and providing Native American authored books to our teachers.

It is always so awesome to see our youth be so proud and passionate of their roots, and happy to teach and share with their neighbors.

Overall it was a fantastic November!

On the other hand, I hope everyone had a wonderful and tasty Thanksgiving and are ready for our upcoming holidays!

Here are some upcoming dates to remember: **December 19th** is early release and will directly lead into the kiddos' winter break. They won't return back to school until **January 3rd**.

Everyone take care and happy holidays to you all!



New books



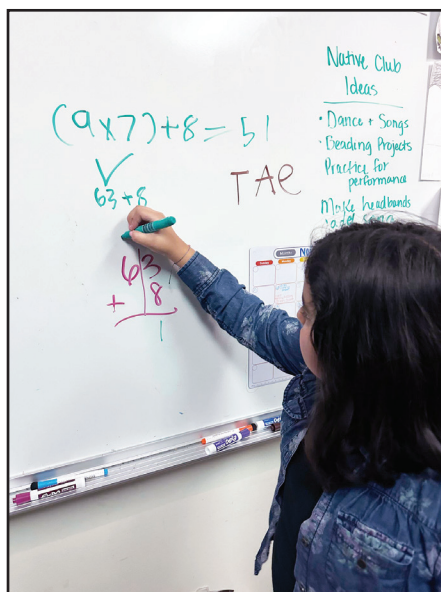
Some more awesome reads



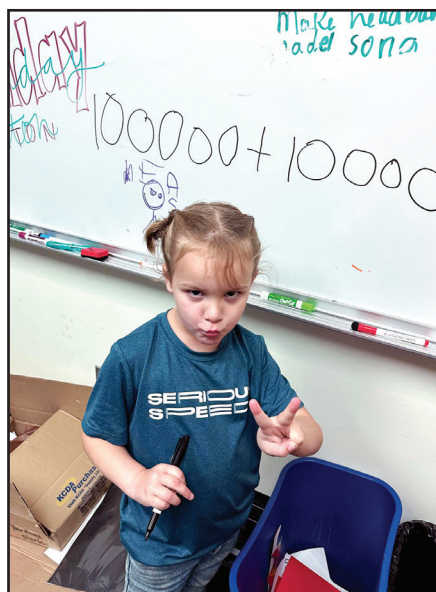
Indigenous regions map showing all the similarities and differences



Our beautiful display case



Roselani getting with the math works!



Easton's birthday pose!

Higher Education

Winter quarter is right around the corner! Remember to send in your final grades for fall, new class schedule for winter quarter/spring semester, and your completed Memorandum of Commitment for the quarter/semester.

I need all of this information for your Higher Education file by December 4th. I cannot process your paperwork for the college until your file has been updated.

I hope everyone had a very successful first quarter/semester.

If you have any questions I can be reached at my direct line or email.

Thank you,

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





Oakland Bay Junior High

Hi all!

We are nearing the end of the first trimester. Students are doing a great job down the stretch now that some of the beginning of the year lag has worn off.

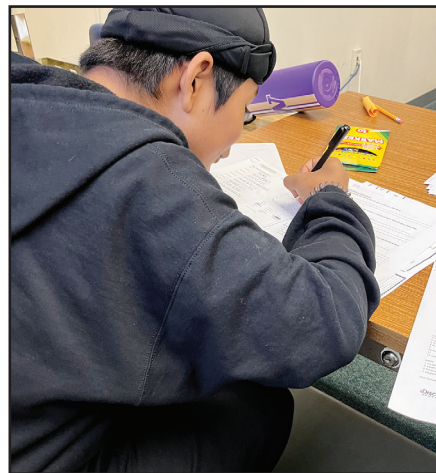
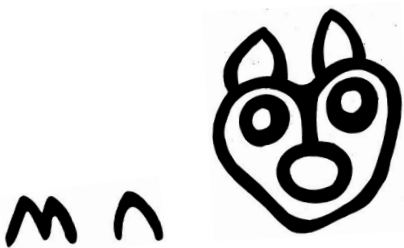
Math is still the biggest challenge that students face academically, so please keep up on their math homework. There is a direct correlation between doing homework and test scores.

Our 7th graders went on field trips to Bayshore for their science class and they had a great time. They were able to see some of the salmon life cycle and just get out of the classroom. This was a great opportunity for the students, because it allowed them to see what is actually happening, rather than just reading it out of a textbook.

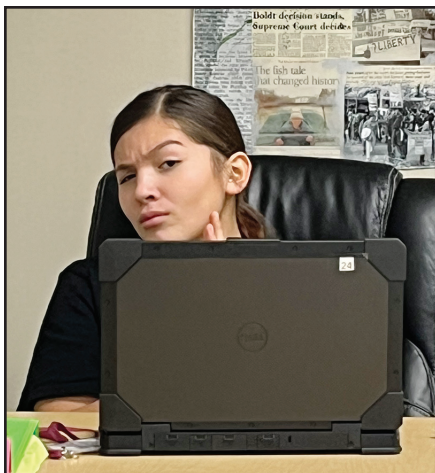
The 8th graders participated in the school garden in their science classes, which gave them more of a hands-on learning opportunity.

Student sports are starting up. Girls' basketball has just begun, and they are already 1-0. Boys basketball will begin after Christmas break along with girl's volleyball. Students have to make sure they have no failing grades in order to participate in games. There are many student athletes, but we have to make sure that grades still come first.

The student that I would like to highlight this month is Janelle Krise. Janelle has been able to model a lot of the traits that I have been trying to instill in the students. She is a strong advocate for herself when it comes to anything that she deems unjust. It has been noticed by her teachers, and they are proud of her. She is also a dedicated student athlete and was able to lead her team to victory in their first game. I am confident that she can set an example for her peers, and hope that she can continue to have a strong school year.



Camilo Krise doing homework



Janelle Krise



Skylehr Henry with his car

Shelton High School

We are cruised through November here at SHS! Last month our teens participated in the annual career day expo at SHS. At the career expo, each student got a personalized "passport" with four different sessions based on their interest and academy pathway!

I got to accompany the sophomore class around the mini dome after their career day sessions. It was a lot of fun and cool to see our teens begin to network at events.

As for the month of December, I have a few important dates for our families at SHS.

December 4th:

First day of 2nd trimester

December 5th:

Senior pictures are due

December 19th-Januray 2nd:

Winter break

As usual, we will have Homework Help after school Mondays - Thursdays from 3:00 a.m. - 6:00 p.m! As the end of the trimester approaches, we will be available to help you get caught up on missing assignments and help you study for your finals! We look forward to seeing you!

And last, but not least, I want to give a shout out to Alysa Meyer who just finished her final soccer season at SHS! Congratulations, Alysa!

We are super proud of all our seniors participating in fall sports!

We look forward to our next senior nights for all our winter sports players!



Josiah trying on a fireman's jacket



Josiah and Gabe at the career expo



Alysa's senior night



Anthony at the career expo



Olympic Middle School

It's always a good time to be indigenous, and Native American Heritage Month at OMS was no exception.

With amazing support from our administration, teachers, and staff our Native Ed students were able to get together for multiple large group activities and get some time for cultural learning. We had a storyteller come in, introduced several students to loom weaving, invited Elders in for an Indian taco luncheon, and even got to have Mary Hernandez, a Skokomish Elder, come and share her basket weaving knowledge that was passed down from her grandmother. She had a really cool presentation about gathering and using natural materials.

The entire school was able to participate in the Native American Heritage Month assembly where the Littlesun family returned to share their Northern Cheyenne powwow dance. A representative from Squaxin Island Museum Library and Research Center also came out to do a land acknowledgment.

The year is moving along quickly, and we are doing our best in making sure all our assignments are turned in on time. Our two big overall goals are making sure we get our daily participation points in each class and to increase our reading times and levels.

I'm so proud of the improvement, or just the generally amazing attendance, so many of our Squaxin students exhibit.

We have some fun gatherings planned for the month of December as this year 2023 is quickly ending, and I look forward to seeing the growth in our students as the school year progresses.

Kiana Wily, OMS Student Advocate



Madi and Seilyah visiting OMS with their grandma



Ms. Mary sharing her baskets, including her mother's basket and her grandmother's basket with us



Autum Elsie and Ms Kiana in our costumes



Ms. Mary Hernandez and Chase Sparr Raham



Jayda and squad on Halloween



Native Ed listening to Mary's teachings



Lahai'la Grace Leilani and Native Ed friends at Halloween party



Teens

Hello Everyone! I am so pumped for December's festivities! Our festivities include:

Culture Night Lock in at the Youth Center: We will be spending the night at the education building diving into some beading, weaving, and drum making. We will end our night with a meal, hot cocoa, and a movie!

Zoolights: Let's try this again! Last year the weather messed with our plans to see the Zoolights. Zoolights is located at Point Defiance Zoo. The teens will get to check out all the beautiful lights and maybe meet some cool animals!

Christmas Tree Maze: TBD. Keep an eye on facebook for these dates. Waiting on the announcements from Shelton (:

MLK Day Staff vs Youth: Join us to watch our teens take down our staff and adults in a game of basketball!

Keesha Vigil
(360) 463-0681 | kvigilsnook@squaxin.us



Singing, Drumming, and Dancing

The youth have been practicing their singing, drumming, and dancing each Wednesday at 4:45. It is awesome to see the youth grabbing a drum to play, or stepping up to dance. Thanks to our staff for stepping up to teach the youth!





November in the Afterschool Program

On Thursday, November 2nd, we held our first-ever candy exchange, sponsored by the Squaxin Island dental program and the Tu' Ha Buts Youth Center! The youth brought up their Halloween candy, counted how many pieces they had, and exchanged them for fidgets, stickers, dental bags filled with goodies, temporary tattoos, and many other fun things Kenna was able to get for them!! It was awesome to see all the youth who participated happy and excited!

On Friday, November 3rd, during early release for Griffin, we made mini pumpkin pie pops with the staff, and they turned out super delicious!

On Monday, November 6th, we had traditional plant teachings focused on cedar. The youth got to take a walk around to look at and learn some facts about the huge native cedar trees near the Youth Center.

On Tuesdays in November, our ongoing cultural activity was weaving using cedar. Not too many youth were into working with cedar, but those who did tried very hard and made a few weaved items. Way to go, guys! Cedar is a challenge, even for grownups!

On Wednesday, November 8th, there was an early release day for Griffin and Shelton school districts. The youth went out in search of leaves to use for their water color art! They found some pretty cool looking leaves and did the coolest art! We hope you were able to check it out when they brought them home.

On Thursday, November 9th, the youth made fall trail mix! They had a lot of fun creating their very own snacks.

Friday, November 10th, was Veterans Day, a non-school day. We had a field trip to Bayshore Preserve and a full day at the Youth Center. The youth loaded the vans at 9:35 a.m., and we took off to have a blast walking the preserve and checking out the salmon that were spawning. It was a fun day.

On Wednesday, November 15th, we had fall painting on a canvas. It was a really fun activity for the kids; they were able to use their creative freedom and paint whatever they felt like fall was to them - and we had a great time helping them. I hope you were able to see their amazing art work!

On Thursday, November 16th, the youth made some yummy tasting pumpkin spice donuts! They all took turns adding in each ingredient and mixing the batter. Then the kids helped form their donuts while the staff cooked them. They turned out so good!!

On Friday, November 17th, we did a STEM tower challenge. All had a great time creating their towers, and it became a competition to see whose would win. The youth have some very creative minds, and it was great to see them work so hard while having fun!



December 2023 - Tu Ha' Buts Youth Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				After-School 3-6pm STEM: Homemade snow
After-School 3-6pm Plant Teaching Winter Birch Trees	After-School 3-6pm On-going Cultural Dreamcatchers	After-School 3-6pm Mini Canvas Ornament Paper plate Tree SSD Early Release 1.5 Hr.	After-School 3-6pm Christmas Popcorn	Closed No After-School
After-School 3-6pm Plant Teaching Douglas Fir	After-School 3-6pm On-going Cultural Dreamcatchers	After-School 3-6pm Paper bag Snowman GSD Early Release@ 2:30	No After-School Program Annual Youth Christmas Party 5-7pm	After-School 3-6pm STEM: Gingerbread Playdough
After-School 11am-6pm Plant Teaching & Water Color Bubble Art GSD Break Begins	Winter Rec 8:30-3pm Craft Gingerbread Stick Houses, Grinch Cake pops, Beaded Pipe cleaner ornaments & weaving paddles. SSD Early Release	Winter Rec 8:30-3pm Winter Window ornament, Strawberry Christmas Tree, Sparkly Snowflakes ornaments & Peppermint Hearts	Closed No After-School	Tribe Closed Christmas Holiday
Tribe Closed Happy Holidays	Tribe Closed	Tribe Closed	Tribe Closed	Tribe Closed We will See you January 2, 2024! Happy New Year 2024!
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: 5:00-5:45pm	Contact: Kasia: 360-432-3801 or 360-490-0595 Kenna: 360-432-3958 Sara: 360-432-3992 Rec Room # 360-432-3986	



All Activities are drug, alcohol, and e-cigarette and tobacco free.
Activities and this Calendar are subject to change at any time.



On Wednesday, November 29th, there was an early release from Griffin, and the youth got to make paper mache pumpkins! It was a lot of messy fun, and they turned out really cool.

On Thursday, November 30th, we made caramel apple bites. We all had a fun time making them, and they tasted so delicious! Great job, kids!

During early releases for Griffin and Shelton school districts, we will be open for youth from 1:00 - 6:00 p.m. on all Wednesday early release days and 12:00 - 6:00 p.m. on all 3-hour early release days.

Stay tuned for upcoming December events and activities on our Facebook page, Tu' Ha Buts Youth Center, or join our Remind app! Text @SquaxinTYC to 81010.

Kasia Seymour, Youth Activities Lead

(360) 432-3801 or kseymour@squaxin.us

Kenna Krise, Youth Recreation Coordinator

(360) 432-3958 or kekrisse@squaxin.us

Sara Naranjo Johns, Youth Recreation Mentor

(360) 432-3992 or snaranjo@squaxin.us

Billie Lopeman-Johns, Youth Recreation Mentor

(360) 432-3919 or blopemanjohns@squaxin.us



The pool has been busy!!

On Tuesdays and Thursdays we host Elders aerobics from 10:00 - 11:00 a.m.

The daycare comes to swim on Wednesdays and Fridays from 10:00 - 11:00 a.m.

After school open swim is Tuesday - Friday from 3:00 - 5:00 p.m.

Saturdays are open swim from 10:00 a.m. - 5:30 p.m.

This schedule can change if there is a scheduled pool party on a Saturday or if we have a staffing issue!



Child Development Center swimming



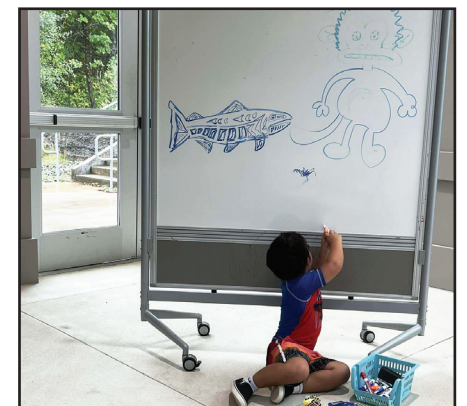
Playing in the pool



Lily with a student in the pool



Alex swimming



Playing on deck

Squaxin Island Tu Ha'Buts Youth Center

AFTER-SCHOOL Program Activities For December

Mondays in December: Plant Teaching, Douglas fir

Tuesdays in December: On going Cultural, Dream catcher & Cedar

12/6 SSD 1.5 Early Release

12/13 GSD Early Release @2:30

12/6 Mini Canvas Ornament

12/8 Gingerbread Playdough

12/14 Youth Christmas Party 5-7pm

12/19 Cedar Weaving Paddles, Grinch Popcakes

12/20 Winter Window Ornament, Strawberry Christmas tree

12/19 & 12/20 Swimming for the kids.

Closed Dec, 21st- Jan 1st





LEARNING CENTER



Our kids took a rainy walk through the Bayshore Preserve on Veteran's Day to learn about the salmon lifecycle. They were able to learn how Capitol Land Trust and their partners have been working hard to improve the salmon habitat on the preserve, how the salmon contribute to the restoration of the preserve, and they definitely learned that dead salmon are very, very stinky! It was a fun field trip and the kids did awesome even in the pouring rain!





New Employees



Karen Pursey
ICW Social Worker

Hi! My name is Karen Pursey, and I have been hired as the Indian Child Welfare Social Worker.

I have over 12 years of case management experience. I have a passion for connecting families to resources within the community and building self efficacy within themselves.

I have two children, both girls.

I'm most excited to learn about the culture, values, and traditions of the Tribe so that I can help in any meaningful, respectful way.

I am honored to be a part of the team, and I look forward to serving your community



Kiana Henry
Homework Helper

Hi! I have been hired as the Homework Helper with the Education department.

My parents are Vincent Henry, Sr. and Margaret Henry.

I am excited about working and getting to know the kids.

I look forward to working with this department.



Naomi Reyes
WFD Case Manager

Hi! My name is Naomi Reyes. I have been hired as the WFD Case Manager with the Family Services Department.

I'm excited to continue to learn, grow, and work within the community.

I look forward to working with the Tribe.



Culture Night at the Museum

Wednesdays
5:30pm

Join us for food & fun to
celebrate Squaxin Culture

SQUAXIN TU HA' BUTS YOUTH CENTER

SQUAXIN YOUTH CHRISTMAS PARTY

DECEMBER 14. 2023 5-6:30PM

SQUAXIN ISLAND TRIBAL MEMBERS & DECENDANTS
BIRTH TO 5 YEARS WILL RECIEVE A GIFT
YOUTH 6-18 YEARS WILL RECIEVE A GIFT CARD



A SPECIAL THANK YOU TO OUR
SPONSORS TRIBAL COUNCIL FOR
SPONSORING THE GIFTS &
SKOOKUM CREEK TOBACCO..

CHRISTMAS PAJAMAS
ENCOURAGED

Child must be present to receive their gift.
Youth must be accompanied by a parent or guardian to recieve their gift.

IF YOU HAVE ANY QUESTIONS, CONTACT
KENNA KRISE 360-432-3895
KEKRISE@SQUAXIN.US
KASIA SEYMOUR 360-432-3801
KSEYMOUR@SQUAXIN.US






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., Dec 12, 2023

**We're offering both
phone appointments and
in person appointments.**

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



APPLY FOR WIC AS SOON AS YOU KNOW YOU'RE PREGNANT



For more information, contact
Patty at 360.462.3224 or WICNutrition@spipa.org
Debbie at 360.462.3227 or dgardipee@spipa.org

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

Homeownership Assistance Funds (HAF)

The Squaxin Island Tribe was awarded Homeownership Assistance Funds through the Department of Treasury. The Office of Housing has been able to assist qualified applicants with the following expenses to prevent displacement from their homes:

Roof replacements	Heating systems	Septic Repair
Electrical evaluation	Property Taxes	HOA Fees
Replace deteriorated siding		Utilities
Mortgage Assistance and Reinstatement		Home Insurance

The good news is there is still funding available!

Help for Homeowners in Need

If you, or someone you know, experienced a financial hardship due to Covid-19 that resulted in mortgage delinquency, we may be able to help.

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 on- or off-reservation 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	(\$67,350)
2 persons	(\$77,000)
3 persons	(\$86,600)
4 persons	(\$96,200)
5 persons	(\$103,900)
6 persons	(\$111,600)
7 persons	(\$119,300)
8 persons	(\$127,000)



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

If you have any questions please contact:

Lisa Peters / lpeters@squaxin.us / (360) 432-3871
OR
Liz Kuntz / lkuntz@squaxin.us / (360) 432-3937



Finding Holiday Joy Amidst the Grief

By Jeanie Lerche Davis - It's a disappointing truth: Holiday cheer can be difficult to come by if you're facing emotional pain caused by a loss. But experts urge us to muster our inner strength -- to find bits of holiday joy amid the grief.

Loss of a loved one, loss of a job, a divorce, illness -- all these bring grief to our lives, says Lisa Lewis, PhD, director of psychology at The Menninger Clinic in Houston. "There's loss when a child leaves home for college, or when a child gets married. These are normal transitions, but they do create a sense of loss."

"Even at the best of times, the holidays are stressful -- but when there's an additional emotional burden, they're especially difficult," says Paula K. Rauch, MD, director of the Parenting at a Challenging Time program at Massachusetts General Hospital in Boston.

"When there's a loss or a change in our lives, our traditions must change -- and that's hard because we will miss our favorite things," notes Rauch, author of *Raising an Emotionally Healthy Child When a Parent Is Sick*. "People do well to anticipate how changes will affect those traditions. It's important to be open to new traditions. Take the best of the old, borrow from new people in your life, and create new traditions."

Open Your Heart

Indeed, the traditions are what tug at our hearts. "Holidays symbolize a time when people come together," explains Susan Apollon, a counselor licensed as a psychologist in Pennsylvania. "The holidays represent a myriad of memories accumulated during your lifetime," she tells WebMD. "If you've had wonderful times, you hope for the same good times, having all your family together. Even if you haven't had that, you hope for it."

Though the holidays can be difficult, they can also be a time of healing, says Apollon, who authored the book, *Touched by the Extraordinary*. "Allow little miracles by opening your heart and experiencing connections with loved ones. You're entitled to find some joy."

Accept the Sadness

"People think they should be happy all the time, but that is an unrealistic expectation for life," Lewis tells WebMD. "Life is much more complex than that. If we can welcome the full range of emotional experience as part of a normal, healthy life, it takes some of the misery out of normal unhappiness and grief."

"If we allow ourselves to have those emotions, they will actually pass more quickly than if we push them away," she says.

The feeling of separation is indeed poignant at the holidays, says Apollon. "It's important to feel safe in facing your sadness, letting yourself cry when you need to. You have to experience the sadness to get past it," she says.

Then call a friend and meet for coffee -- or do something equally comforting, she adds.

Let Go of Perfectionism

This is no time for idealized visions and big pressures, Lewis advises. "Nothing can live up to expectations of a Norman Rockwell holiday. You can put a lot of energy into making your vision come true, and very often it doesn't. Nothing is ever going to be that rosy."

Be open to what spontaneously occurs, Lewis says. "Then you won't feel the pressure to turn every holiday dinner into a picture postcard. Be in the moment and awake to whatever happens in the moment."

So the cranberry sauce doesn't taste quite right -- so what? Focusing on flaws makes for an unhappy experience, she explains. "If you can just be present and taste the food you spent four hours cooking, you will notice that much of it tastes really good." If your son has a bad haircut, just let it go. Enjoy your conversation with him and everyone else at the table. "If you allow yourself to experience it, the moment will be fresh and happy and joyful," says Lewis.

Continued on Page 16



Suicide & Crisis Lifeline

Dial 988

for mental health emergencies.

Text **NATIVE** to 741741 for free, 24/7 support.
#WeNeedYouHere



December 25th, 26th and January 1st, 2024.

IN CASE OF INCLEMENT WEATHER, THE HEALTH CLINIC FOLLOWS THE CLOSURE POLICY OF THE SHELTON PUBLIC SCHOOL SYSTEM.

ON THE DAYS THE SHELTON SCHOOLS CLOSE FOR BAD WEATHER OR ARE ON DELAYS THE HEALTH CLINIC WILL BE CLOSED FOLLOWING THESE ANNOUNCEMENTS.

IF YOU HAVE AN APPOINTMENT WITH US DURING A TIME WHEN THE SCHOOLS ARE CLOSED, PLEASE CONSIDER YOUR APPOINTMENT CANCELLED AND WE WILL CALL TO RESCHEDULE YOUR APPOINTMENT ONCE WE ARE BACK IN OFFICE.

Community Members are encouraged to listen for local school closures in cases of inclement weather.

If you have any questions please call the Health Clinic
(360) 427-9006



Finding Holiday Joy Amidst the Grief

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Transform Old Traditions

Because we love our traditions, change doesn't come easily, notes Rauch. "It's important to take stock of favorite old traditions like sitting around the fireplace in your big old house. Now you're in a small condo, alone after losing your spouse -- and the family is scattered across the country."

Examine the most special aspects of that tradition, she advises. "Maybe that's when the family shared stories. This year, line up a family conference call instead. Think about what makes traditions special -- then come up with creative ways to make a new tradition to fit your new situation."

When a parent is seriously ill, it's important that the whole family brainstorm on how to spend the holidays, notes Rauch. "You may not be able to travel or have all the relatives over for the big dinner. Talk about the traditions and what matters most to everyone -- and the best aspects you can salvage."

You might watch Christmas movies together. Have the big meal earlier in the day if a sick parent is particularly tired. If the kids love their cousins' swimming pool -- but you can't travel this year -- find a pool in your own town. "Be creative," Rauch says. "Find ways to celebrate."

Say 'No' If You Need To

Creating new traditions is part of healing -- but it can be hard, says Apollon. "When a mother, father, spouse, or child dies, your heart's not in it. You don't feel like doing it."

"Do what you can," Apollon advises. "Maybe you want to go somewhere so you won't be at home during the holiday. If you want to leave town, take a vacation. You've got to do what feels right for you."

Scale back on decorating the house if you don't feel like it, she adds. "Find joy in doing things in a smaller way."

Honor Your Loved One

Light a special candle to celebrate someone you love. Create ornaments with a photograph. "It's important to find ways to honor your loved one -- a way that feels comfortable for you," Apollon tells WebMD. "Make cookies that grandmother used to make. Or serve dad's favorite main dish in his honor. Watch their favorite movie together. These are all ways to connect with that person."

A visit to the cemetery is a tradition for many people. Take that moment to talk heart-to-heart with your loved one. Or use a journal to have a conversation. Get out the photo albums.

With a death in the family, it helps to focus on the richness of a life well-lived, says Rauch. "When you share stories about that person, you're filling your heart with that person -- since they can't fill your living room anymore. While there is sadness, there are often a lot of happy, funny, rich memories that can be shared."

For the child who has lost a parent, it helps to talk about school, about things they knew made their parent proud, Rauch adds. "When a parent dies, the child can carry the best of them in their hearts. It's a means of strengthening that relationship, that memory."

Apollon counsels many parents who have lost a child. "It's important to give holidays a different meaning -- since meaning determines how you feel about your life," she tells WebMD. "Do something in honor of your child. If his football team did a charitable event every year, get involved in that. Buy the gifts you would buy for your child, then give them to a needy child. Volunteer at a soup kitchen or hospital for children."

Discover Small Joys

As the holidays unfold, tune into small joyful moments, Apollon advises. "When you hear the laughter of children, focus on how good that feels. When you eat a piece of pie, really taste it. In the moment, it tastes so good -- and in that moment, you're outside your grief." Also, look for opportunities to laugh. "When you're laughing, your brain produces endorphins to boost the immune system," she says. "Give yourself permission to find things that make you laugh."

A cautionary note: "If it feels impossible to imagine the holiday as anything but unbearable, you might be severely depressed," says Rauch.

Symptoms of depression include: sadness, loss of enjoyment, loss of energy, feelings of hopelessness, difficulty concentrating, insomnia, digestive problems, change of appetite, and thoughts of death or suicide. If you or someone you



Rethink your Sugary Drink

What can replacing one sugary drink a day with water do for you?

Trading in your sugary drink just once a day may seem very difficult, but it may be easier than you think.

The number one source of added sugar in our diet is from sugar-sweetened beverages. Sugary drinks include things like iced flavored coffees, sports drinks, soda, and fruit juice. Most Americans consume nearly 20 TEASPOONS of added sugars EACH DAY. One 12 ounce can of regular soda has about 10 teaspoons of added sugar.

Another problem with sugary drinks is that they don't really satisfy your thirst. Usually, you are left craving more.

If you try replacing just ONE sugary drink a day with plain water, or water with fruit in it, you may be surprised at how good it tastes. Try it for a week and see if it makes you feel any different.

If you like the way you feel, try replacing TWO drinks a day, and then keep replacing more each day.

Try filling a pitcher with water, drop some sliced fruit in if you like, and put it in your refrigerator. If it is pre-made and accessible, it makes it an easier choice.

If you crave the fizz, try adding sparkling water.

Carry a refillable water bottle with you to school or work.

For more ideas or information, please visit us at the dental clinic.

One small change can make a huge difference.



Did You Know? Feedback forms are available on: *squaxinland.org*

Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page.

Your valuable feedback will go directly to the director of the department and the Executive Director, Erika Thale.

Please take time to let us know what great ideas and concerns you have.

Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

ecposte@squaxin.us



Need Diapers?

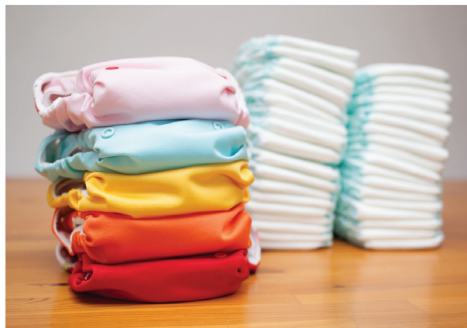
Diapers are NOT CHEAP

Often times, those in low income families face high costs and limited supplies of this essential need.

1 in 3 Mothers in the United States struggle with diaper scarcity.

Diapers are necessary

When supplies are low or absent, it can add to the challenges of maintaining consistent childcare and steady employment.



SPIPA is excited to be able to provide Diaper Distribution services to eligible tribal members of federally recognized tribes.

The Diaper Distribution on Reservations Project works with other SPIPA Programs to deliver diapering needs to eligible families with children age 0-18 residing in the SPIPA service area.



For more information

fill out this form today, or for questions, email DDOR@spipa.org



Form is available at:
spipa.org/family-and-community-resources/

Eligibility

- At least one household member is enrolled in a Federally recognized tribe
- Must meet income guidelines

If you qualify for:

Food Vouchers
LIHEAP/ Weatherization
USDA Foods
WIC
Workforce Development Programs
You are eligible to receive diaper distribution.



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

If it is an
EMERGENCY
CALL 911



South Puget Intertribal Planning Agency

USDA Foods Program December Dates



PT. GAMBLE S'KLALLAM	12/5/23
SQUAXIN ISLAND	12/8/23
SKOKOMISH	12/13/23
NISQUALLY	12/15/23
CHEHALIS	12/20/23

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.





COMMUNITY



1
Benito Bear Hernandez
Douglas Matthew Bloomfield

2
Ava Claire George
Bobby Wayne Keithley
Bonnie Sue Keithley
Gregory Thomas Lehman

3
Cathlene Diane Riker
Jess Daniel Brownfield

4
Daniel Thomas Sigo
Kaya Rose Johns
Peggy Ann Peters

5
Austin William Penn-Soto
Lilly Faye Lutolf

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

7
Jason William Koenig
Sophia Amineh Cooper
Zoe Gabriela Cooper

8
Cedar Reaching Bear Wily
Rhonda M. Whitener



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

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

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

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

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

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

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

17
Donovan Nicholas Henry
Loalao Marie Krise-Afo
Vernon L. Sanchez
Wendy J. Bowman

18
Ethan Ty Baxter

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

21
Ronnie Nicole Penn

22
Ember Coley
Kyler Joshua Gall

23
David Wayne Combes Jr.
Jaimie Lee Cruz

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

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

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

27
Andrea Lee Rossmeier

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

29
Patti A. Puhn
Penni L. Restivo

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

31
Rebecca Black



SA-HEH-WA-MISH POTLATCH COMMITTEE!

THE GOAL IS TO BRING BACK
SA-HEH-WA-MISH "POW WOW" AND
REINTRODUCE THE NAME BY CALLING IT
SA-HEH-WA-MISH POTLATCH.

THE ESSENTIAL IDEA IS TO ORGANIZE A
GROUP TO PLAN AND COORDINATE THIS
EVENT.

SIGN UP TODAY!

Contact Megan Banks at mbanks@squaxin.us
to be included on the mailing list.



AA MEETING
Every Wednesday
7:30-9:00 p.m.
Elders Building



What's Happening

Squaxin Ice Skate	December 8
Elders Smoked Salmon Canning Class	December 12
Youth Christmas Party	December 14
Turkey Basket Handout	December 15

General Welfare Deadline

December 20

Court:

Family Court:	December 7
Criminal/Civil Court:	December 12

WIC USDA

December 12
December 8

Christmas Closures ...

Clinic

CLOSED after noon on Friday, 12/15 for staff Christmas party
CLOSED after noon on Friday, 12/22
CLOSED Monday, 12/25 (Christmas Day)
CLOSED on Tuesday, 12/26
CLOSED on Monday, 1/1 (New Year's Day)

Tribal Center

CLOSED after noon on Thursday, 12/21
CLOSED all day Friday, 12/22 - Monday, January 1

Transit

CLOSED Friday 12/22 - Monday, January 1

Salish Cliffs

CLOSED all day on Sunday, 12/24 (Christmas Eve)
~ Golf Course/Shop ~
Grille Hours: 7:30 a.m. - 2:00 p.m.

CLOSED all day on Monday, 12/25 (Christmas Day)
~ Clubhouse/Golf Course/Shop ~



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

MONDAY 4:

Sausage Pasta Bake w/ Spinach

TUESDAY 5:

Seafood Soup, Biscuits

WEDNESDAY 6:

Pizza

THURSDAY 7:

Chicken Fried Steak,
Mashed Potatoes, Mixed Veggies

MONDAY 11:

Chicken Pot Pie

TUESDAY 12:

Italian Sausage Potato Soup,
Breadsticks

WEDNESDAY 13:

Chicken Noodle Soup w/ Biscuits

THURSDAY 14:

Fish-N-Chips

MONDAY 18:

Meatball Subs, Chips

TUESDAY 19:

Navy Bean Soup, Biscuits

WEDNESDAY 20:

Chicken Burgers, Potato Wedges

THURSDAY 21:

Salmon, Rice Pilaf

MONDAY 25 - 29 CLOSED: MERRY CHRISTMAS



Bible Study

Non-Denominational and Led by Marvin Campbell



Community Kitchen
Thursdays at 6:00 p.m.

ATTENTION: FREE Wills for Squaxin Tribal Members and Their Spouses

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. Please be advised that this program provides estate planning services in accordance with **WASHINGTON STATE** laws.

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

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

If you schedule an appointment and you decide you cannot make it, please respectfully cancel PRIOR to the day of the appointment.

In Washington State, Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling
- Disaster Aftercare
- Everything Else

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation



Learn more at
Traumatic Brain Injury



s'g'w gwi? altx'w House of Welcome Presents HOLIDAY NATIVE ART MARKET

Friday & Saturday, December 8th-9th, 2023
11AM - 6PM

Indian Tacos, frybread, soups and desserts for sale!!
FREE AND OPEN TO THE PUBLIC

Native Artists will be offering original works for sale in all price ranges including jewelry, cards, drums, paintings, prints, carvings, weaving, textiles, clothing, botanicals, dolls, clay works, and so much more!

Campus parking available in B lot \$3.00 per day from the front entrance parking booth. Just a short, beautiful walk to the Longhouse. Parking free on Saturday. Limited ADA parking by the Longhouse.

The Evergreen State College
2700 Evergreen Parkway NW
Olympia, WA 98505

Longhouse@evergreen.edu
www.evergreen.edu/longhouse

