

Unveiling Statue Honoring Billy Frank, Jr.

WA State lawmakers passed legislation in 2021 to send a statue of Billy Frank, Jr. to National Statuary Hall in Washington, D.C. The statue is currently slated for installation in 2025.

Billy Frank Jr. was a Nisqually tribal member (with family ties to Squaxin Island Tribe) who fought tirelessly to ensure that the United States government would honor the promises made in the treaties with Washington tribes. His activism and perseverance paved the way for the “Boldt decision” in United States v. Washington, which affirmed the right of Washington treaty tribes to take up to half of the harvestable salmon in western Washington, reaffirmed tribal treaty reserved rights, and established the tribes as co-managers of the salmon resource.

A model of Washington’s forthcoming addition to the National Statuary Hall in Washington, D.C. was unveiled Wednesday, January 3rd, to a packed, teary-eyed room of state lawmakers, tribal leaders, and activists.

The final statue in D.C. will be twice as large as the one unveiled at the WA State Capitol and pictured below. The model will be on display in the Lt. Governor's office. *Photos by our friend, Dale Croes*



You can read a full article on the event at: [washingtonstatestandard.com/2024/01/10/design-unveiled-for-billy-frank-jr-statue-that-will-be-displayed-at-u-s-capitol](https://www.washingtonstatestandard.com/2024/01/10/design-unveiled-for-billy-frank-jr-statue-that-will-be-displayed-at-u-s-capitol)

Congratulations Squaxin Island Tribal Chairman Kris Peters!!!



Elected as Assistant Secretary to Affiliated Tribes of Northwest Indians (ATNI) Board of Directors

Photo by Vince Henry





TSquaxin Island
TRIBAL NEWS

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**SQUAXIN ISLAND
TRIBAL COUNCIL:**

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His laughter and love brought warmth to those around him, and his presence will be profoundly

The impact Brendan had on the lives of those who knew him will be deeply felt. His absence leaves a void that cannot be filled, and he will be greatly missed by all who had the privilege of knowing him. May his memory live on in the hearts of his family and friends, bringing them comfort and strength during this difficult time.

Thank You from Brendan's Family

Thank you, Lettie and Twana Machado, for the beautiful candles.

To Brendan

- With all our love from your
Capoeman, Cruz, and Krise families



Election of Officers

Election of officers for Vice Chairman and Sergeant at Arms is scheduled to take place at 12:30 p.m. on February 7th at the next Elders Inc. meeting. Please think of Elders you would want to represent you, and come and vote. Hope to see you all there.

Thank you!
- Debra Mattson, Vice Chairman



Housing Data Collection 2024

The Squaxin Island Tribe is gathering information from all tribal members on housing needs that will be used to plan future housing development(s) and address a variety of housing needs to serve the community. Your opinions are very important to us and how we plan for housing development.

Confidentiality Statement:

Personal information that you provide about you as an individual or your family is strictly confidential. Responses to questions are tallied without reference to individual names and addresses and are not shared or distributed. Questionnaire totals are reported to the Tribe to ensure we maintain accountability to the community regarding housing priorities.

Questions? Please contact:

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

We are processing surveys on an ongoing basis; however, we would appreciate your response by January 31, 2024. Please scan the QR code using your camera or go to the following link: <https://forms.office.com/r/0d-mw278g6c>

Note:

If you would like our assistance in determining your eligibility and qualifications for current or potential housing or financial assistance programs, please contact us at the number or email above.



VOLUNTEER AT SALISH ROOTS!



WHY VOLUNTEER?

- Get to know what we do at Salish Roots
- Support the Squaxin Island Tribe & their Food Sovereignty Mission
- Learn gardening skills
- Learn how to grow food & medicine
- Connect with community
- Spend time outside
- All skill levels and abilities welcome
- All gloves & supplies provided
- Dress for all weather



EVERY TUESDAY

10am-3pm

(Lunch break between 12-1)

Newcomers Email:

TribalGarden@Squaxin.US

Check Facebook for updates!



SALISHROOTSFOODSOVEREIGNTYPROGRAM TRIBALGARDEN@SQUAXIN.US 541 WA-108, SHELTON, WA 98584

IMPORTANT DUE TO CONSTRUCTION



SICDC WILL NOT HAVE FRONT DOOR SERVICES

STARTING FEBRUARY 1ST 2024

DROP OFF & PICK UP PLAN



- PARK IN PARKING AREA.
- ADULT DROP OFF AND PICK UP MAY BE ASKED VALID ID.
- CLOCK STUDENT IN & OUT.
- IF NO STAFF AT DOOR, RING BELL.



PROPOSED END DATE MARCH 1ST

360-426-1390 jraham@squaxin.us 3851 SE Oly Olympic Hwy, Shelton, Wa 98584



What's Happening in February

TUESDAYS – Crumbl Cookies are back! Prime Timers 50+ can receive one free cookie, and there will be drawings at 6:00 p.m. for 3 winners of \$250 in free play and 7:00 p.m. one winner for \$1,000 in cash.

WEDNESDAYS – Leap Into Cash during the Leap Year month! Get a free entry, plus earn additional entries by using your Resort Rewards card, for a chance to play this interactive game board style promotion each Wednesday at 1:00 p.m., 3:00 p.m., 5:00 p.m., 7:00 p.m. and 9:00 p.m. for a chance to win up to \$20,000 in cash each drawing!

Lunar New Year – THURSDAYS AND SUNDAYS in February earn 1,500 points each week to receive all the cooking essentials.



Other News

Pay Per View – UFC

Now playing in the Starlight Sports Bar and Lounge, join us on February 17th for UFC 298, main event starts at 7:00 p.m.

February Hotel Package

Book a room during the month of February with a special sweetheart add-on! This package will include a 7:00 p.m. delivery of a rose bear, champagne or sparkling cider with flutes, two mini chocolate roses, and balloons. This package can be included with any reservation for \$50. (see image)



Table Games Play, Earn and Gift! – MONDAYS THROUGH THURSDAYS in February from 12:00 p.m. to 6:00 p.m. play your favorite table games for a chance to win cash and gift prizes!

Fall in Love with **CASH Swipe and Win** – THURSDAY FEBRUARY 29th swipe at the promotional kiosk for a chance to win up to \$5,000!

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



Sportsbook

Beginning in February, Resort Reward members can earn points for betting in the Sportsbook at Little Creek! See the sportsbook counter for more information!





Making tax refund decisions

A tax refund is a welcome bonus. Whether it is \$300 or \$3,000, the way you use that money can have a real impact on your personal and financial well-being. Want a new computer? Better car? Flat-screen TV? Those items are attractive. But it's important to consider whether buying something you want versus something you need is a good decision in the long run.

Strategies for using your tax refund wisely

Here are some strategies to ensure that you make the best tax refund decisions for you and your family"

Plan ahead before spending. Without a plan, you may spend impulsively. You may use the money on the first thing that comes to mind, but later realize something else was more important. Before you spend, take a moment to write down all the possibilities. Then identify which are the most important at this moment for you and your family.

Pay off bills. Your first priority should be paying off bills you may have fallen behind on. These might be things like utilities, phone or internet. Prioritize debts so the ones with the highest interest rate get paid off first.

Save for needs in the coming year. Set money aside to help you cover potential emergencies and occasional expenses:

- **EMERGENCY FUNDS**

Saving money for emergencies can get you through unexpected small expenses like car repairs or medical bills. If you lose your job, an emergency fund can keep you afloat until you find another income source. Consider putting some of your tax refund into an emergency fund.

- **OCCASIONAL EXPENSES**

Big bills that come once a year or every few months cause huge problems for families. Avoid problems by being ready for those bills! Use your tax refund to start a special savings fund and then keep adding to it throughout the year.

Save for short- and long-term financial goals.

Do you need a new refrigerator? Is a holiday coming up? Purchases like this are valuable, too. Some may be essential, while others simply add enjoyment.

Save for long-term financial security. You can use your tax refund to save for your overall financial security. Even small amounts can make a difference. Adding just \$500 a year to a retirement account, such as an IRA, can make a big difference over decades. Take this "small amount" plan one step further by making a monthly contribution if your budget allows for it. The interest will add up!

More tax refund suggestions

Use direct deposit to receive tax refunds fast.

Ask the IRS to split your direct deposit refund into up to three different accounts. These could be checking, general savings, health savings, retirement, or education savings accounts. This will help you meet your savings goals.

Never have a tax refund deposited into a bank account other than your own.

Don't ask for an advance on your tax refund. This carries a heavy surcharge. Don't throw away part of your refund on loan fees.

Squaxin Island Tax Site

BASIC RETURNS

February 6, 2024 -
April 5, 2024



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
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Other income documents and records of virtual currency transactions
- A copy of last year's federal return, if available
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage
- Proof of bank account routing and account numbers for direct deposit such as a blank check
- Anything that says IMPORTANT TAX DOCUMENT



IRS Certified Volunteers Providing
FREE TAX PREPARATION

Sponsored by Squaxin Island Tribe—Office of Housing



New Employees



Micha Roberts
Homework Helper

Hi, my name is Micha Roberts.

I have been hired as a Homework Helper at the 'Tu ha' Buts Learning Center.

My grandma is Donna Penn, my mother is Patricia Green, and my father is Michael Roberts.

This summer I traveled to Japan and learned a lot!

One thing to know about me is I don't think applesauce is not that good. I am excited to get this bread and make some cheddar.

I am happy to be back at the education center.



Ruthie Kovanen
Mental Health Counselor

Hi, my name is Ruthie Kovanen.

I have been hired as the Mental Health Counselor with the Behavioral Health team.

I have experience working with youth, adults, and families in a variety of settings, including schools and community health centers.

I am excited to join the team at Squaxin!

In this position, I am most excited to get to work alongside the wonderful BHOP team.

I look forward to hearing clients' stories and supporting them in this part of their journey.

I feel so grateful to have the opportunity to work alongside everyone at the Squaxin Island Tribe!



Renee Ayres
Treatment Attendant

Hi, my name is Renee, and I have been hired as a Treatment Attendant at the NWITC.

I am a mother of two sons. I love to craft and bake when the time permits.

I am most excited about the opportunity to learn and grow. I am excited to help others and get to know the new job.

I look forward to working with all of you.



Joseph Capoeman
Treatment Attendant

Hi, my name is Joseph Capoeman.

I have been hired as a Treatment Attendant at the Northwest Indian Treatment Center.

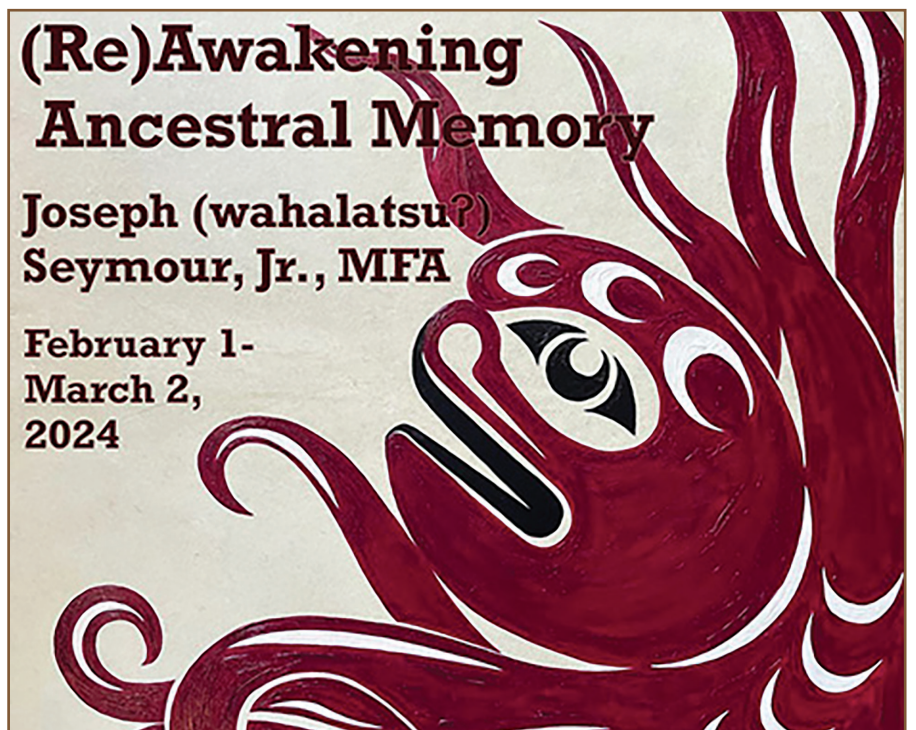
Both of my parents are from Taholah, WA.

I am excited to watch as clients get the life they want back on track.

I look forward to working with NWITC.



**Employment
Opportunities:**
squaxinland.org





New Employee



Tina Neswick
Indian Child Welfare Manager

Hi, my name is Tina Neswick, and I was hired as the Indian Child Welfare Manager.

I will be working as the lead caseworker for the safety of children and the unity of families in the Squaxin Island tribal community.

I will be working with Jenna Cookston, Karen Percy, and Shaelynn Clark.

I am excited about our team and the services we will provide to the community in 2024.

I began my involvement in serving children as a brilliant biological child of foster parents in 1979. Due to this experience in my family home, I decided, as a young teen that I was called to serve children and their families.

I have served the state of Washington families and children as a social worker for the majority of my adult life.

On November 1st 2021, I was discharged from the Department of Child Youth and Families because they did not honor my medical exemption to not take the COVID-19 shot.

Since leaving CYF, I earned certification as a functional nutritional counselor and received my license as a mental health counselor, with Washington State.

I am certified by the American Association of Drugless Practitioners.

I have continued to work with CYF clients and social workers, as a counselor, and a parent educator.

I have operated through a Harbor Counseling contract as a subcontractor. I have also worked as a subcontractor for the Naturopathic Health Center, doing individual counseling.

I enjoy working with families who need support to overcome challenges. I especially like to work with parents looking for new ways to parent their children, or making challenges to care for them in a healthy and supportive ways, helping them grow mentally, physically and emotionally.

My parents live in Eastern Washington and are enjoying retirement. I currently have two brothers and two sisters. One of my biological brothers died in 1997 due to suicide. He has a daughter who is married with one young son. They live in the Utah area. Three of my siblings were adopted by my parents when they were very young. The adopted siblings work at various places in the Tri-Cities area. My other biological brother is Vice President of Service at the McCurley dealership in Tri-Cities. He has two daughters. One of them is in Pasco, WA.

I married my current husband on July 7th, 2017. I immediately became a grandmother (they call me Mimi) as my husband has a son who has three young sons. They live in Burns, Oregon.

Family is an important part of my life, even though they are very far away. I understand the value of family and families' value to the community.

I am excited about the team I will be working with. It is a mix of native and non-native employees.

I am excited to learn new things and to teach what I know to those who desire to learn.

I have not spent a lot of time with the team yet, but I really like the individuals I have met and interacted with.

I believe 2024 is going to be a great year for our brand new social services team!

Thank you for allowing me to be a part of your community and strive to enhance the mental and emotional health of your families and children.

I look forward to meeting everyone, learning more, and possibly being allowed to participate in some of the tribal community activities.

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.

Time to remember



Elizabeth Ann Seymour

memorial
April 20, 2024
Taholah Community Center
Lunch at noon
traditional giveaway



Big News!

for the Tu Ha' Buts Youth Center!!

Starting February 5th, we will be undergoing renovation!

The upstairs will be closed for about three months in order to create some spectacular changes.

The exterior ramp is being rebuilt to ADA specifications, which is going to allow us to raise the floor of the entry area, creating a level room and a lot more space to work with kids.

The half wall reception area is going to disappear and, in its place, will be a beautiful open space for kids to use when working on schoolwork or just hanging out.

The classroom will become the teen room, and the double doors into the classroom are being replaced with an expanse of glass doors. Windows are being added to the classroom walls to bring in light and make the space an awesome place for teens to hang out with an easy line of sight for staff to keep an eye on things.

Windows are being added to offices and office doors, and some of the old exterior windows are being replaced with kid-safe windows.

Our staff break room area will be getting a kitchenette with an actual sink!

And, of course, there will be new floors, new paint, and new lighting throughout.

Downstairs will not be left out; the rec room is finally getting a full kitchen, including a three-bay sink, six burner range, full size refrigerator, and a built-in dishwasher. No more rolling the portable dishwasher over to the sink every night, and goodbye toaster ovens!

New furnishings will liven up education programming with more quiet spaces for study, more gathering spaces for teens planning their next adventure, and more younger kid-friendly spaces and furniture.

The Mary John's room will also be getting new furnishings to create an athletics department. There will be new storage, tables and chairs, and big white boards where kids can strategize their next win.

Our goal is to create a building that will make our youth feel welcome and valued.

So, we will need some patience. The upstairs will need to be vacant until the renovation is complete, and the downstairs will need to be closed for a couple weeks when the kitchen renovation is taking place. There will also be a time when we cannot use the front doors during the ramp construction.

Expect there to be unexpected closures and schedule changes.

We will do our best to keep as much of the Youth Center operating as possible, but there will be times when things will be closed for safety reasons.

Everything should be ready to go for summer programming and we will definitely be planning a grand reopening event to show off the improvements!



M A

Bordeaux

Hello Squaxin Peeps! I hope everyone has had a wonderful start to the year.

January went by quickly! 2024 is off to a fast, but good start. The kids are getting back to the school routine after their long-deserved break.

We are excited for our upcoming months, and I will be sharing as much as possible on my student advocate facebook page, including important dates, updates, and awesome shares!

This article is not going to be like my normal articles. This article is extremely specific to young people that deserve to be shouted out.

Right before our winter break, two young fourth graders did something spectacular! So much so that I want to dedicate this month's article to talking about their great doings and getting people to recognize how awesome they are. Their names are Natalia Krise and Maddison Mowrey. I had the honor to watch these girls do what most humans find hard to do. They had asked their teacher if they could share traditional songs and dance for their class. As much as I would love to have any credit for this great idea, I did not. These girls thought of it on their own, asked on their own, and would have done it regardless of whether I was there or not.

Maddison brought in her drum that she painted herself and they were prepared to jam with their class all day. They only had a little bit of time, so they were only able to do two songs, the Squaxin Paddle and, of course, the Squirrel song that they love so much.

It filled my heart and fed my Indian with so much good medicine. They were so happy to show their class who they were and where they come from. They chose classmates to join them, taught them the dances, and were so confident in every part of the way.

These girls have been begging me to arrange a time for them to show the whole school. That takes some time, so they took matters into their own hands.

They deserve to be acknowledged, as they are representing our Native people and Squaxin Island Tribe so greatly. Good job, Natalia and Maddi! We are all so beyond proud of you girls!

- Tamika Krise, Bordeaux Student Advocate



Natalia Krise



Maddison Mowrey



OMS Expectations

Re-learning our expectations has been a focus for all the students at Olympic Middle School. Here at OMS, the expectation is to be safe, be kind, and work hard!

Our Native Ed room expectations are to respect yourself, respect your peers, and respect your settings . . . meaning follow the rules of our school and the teacher's rules for their classrooms and treat yourself and friends kindly.

Phones have become a big hindrance in our classroom, so there is now a NO PHONE POLICY. Students must leave their phones in their lockers (powered off) or at home. Native Ed students are also welcome to leave their phones locked in our desks in the Native Ed room for the day. Phones are being confiscated if caught out, students are written up, and calls home are being made. Please talk with your student about the importance of staying engaged in class times and following school expectations!

READ, READ, READ!

Reading is so important for academic and social growth. It is also a big source of confidence in the classrooms for our students.

After years of covid-style learning, our youth have a bit of catching up to do when it comes to curriculum. Catching up in reading will help them catch up in all other classes!

Reading time at home, in a family setting, can not only be a great bonding time for the family, but also can help improve your child's reading scores without them even consciously trying! Reading together helps build language skills and learn general information about the world. It can also be a great chance to talk about emotions and coping when relating to characters in stories.

Every minute of reading is a chance to slow down and connect with your child. Help normalize books as part of their daily lives and see what a difference it makes!

- Kiana Wily



Leschi with a Cedar High student getting some reading in



Oakland Bay Junior High

Hello everybody! We are a little over a quarter of the way into the second semester and everyone is showing more discipline than last semester. It seems that students have shaken off the new year's rust and are progressing well.

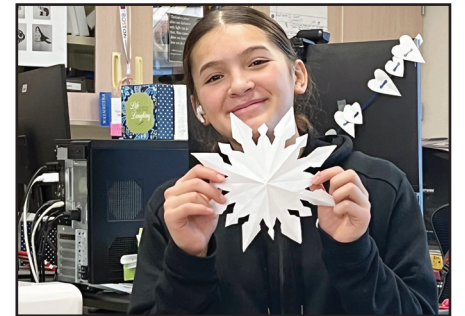
With the start of semester two, there were a lot of schedule changes that helped students adjust better to the school schedule. Please let me know if there are any changes that your kids have brought up to you, and I will do my best to accommodate! There are always so many challenges this time of year with the holidays and the long break, but the students stuck it out really well. There was a noticeable improvement from last year to this year, in terms of students making good choices and spending less time in the office.

The students and I have been working on brainstorming ideas to provide incentives for students to show up to class in a timely manner. So, be on the lookout for an end-of-year or semester activity for the students who have met their goals. I believe that each student setting a goal for academics/attendance will help them push themselves.

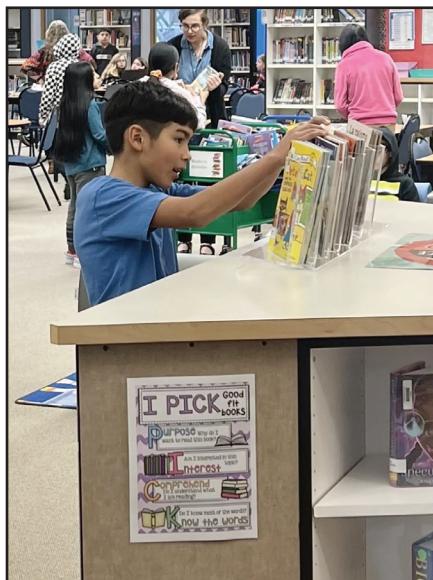
The Student of the Month is Jessica Ryker. She made a massive improvement this semester, and her teachers have taken notice. She has also been her own advocate and is really good about reaching out for help whenever she feels like she is falling behind, which is one of my goals for the students. She has done so well that her math teacher approached me, asking to have her in her class for the following year. I am very proud of her and hope that she can continue this trend.



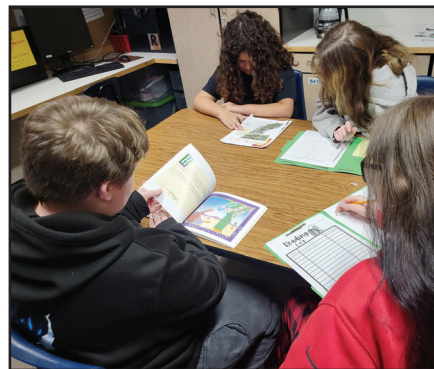
Milo and his lab partner creating some sparks



Janelle's snowflake



Chase checking out books in the library



Luke and Brayden getting read support from Cedar High Reading Group



William, Janelle, Lolyta, Heather, and Jessica



Homework Help

Welcome back Micha!

Micha is back as a Homework Helper and will be here Monday-Thursday from 4:00 - 6:00 p.m. to help students with their schoolwork.

He will be downstairs in the Rec Room or Mary John's room from February through the end of our renovations.

Come say hi! And make sure to bring a math question to try to stump him, because he is way too smart!



Shelton High School

Hello everybody! I just wanted to do a check-in over here at Shelton High School!

Last month I was approached by SHS staff and was asked if I would like to be a part of a video that will be shown at graduation and will replace the current backdrop we use.

SHS partnered with Skybear Media and, having worked with them multiple summers now, I felt comfortable and welcomed into the space!

Being interviewed can often feel scary and intimidating, but Skybear made it feel like I was chatting with a friend! I felt incredibly lucky and honored that some of my seniors were present during my interview. It was a very moving experience. I am so happy I got to share it with them!

So look forward to seeing some of our youth be a part of this year's unveiling of our new graduation backdrop!



Nigel being interviewed for the Video



Alysa, Cora and Ana, film makers for a day!

February 2024 - Tu Ha' Buts Youth Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			Closed No After School Program Cannabis Information Night 5-7pm	After-School 3-6pm Minute to Win it Valentines Games
After-School 3-6pm Strawberry Yogurt Parfait	After-School 3-6pm Beaded Earrings with Kenna	After-School 3-6pm Heart Water Coloring Painting GSD Early Release@ 2:30	After-School 3-6pm Valentines Cupid's Potion Float	After-School 12-6pm STEM Valentines Physics
After-School 3-6pm Plant Teachings: Alder	After-School 3-6pm Beaded Earrings with Kenna	After-School 1-6pm Bordeaux Pool Party3-4pm Youth Valentine's Day Mini Party5-5:45pm SSD Early Release 1.5 Hr. GSD Early Release@ 2:30	After-School 3-6pm Chocolate Covered Fruit	After-School 3-6pm STEM Shaving Cream Art
Mid-Winter Break 8:30-3pm Plant Teachings: Immunity Tea, Playground, Mini Heart Pizzas & Beaded Key Chains	Mid-Winter Break 8:30-3pm Cooking Project: Brownies, T'peeks in Park, Bracelets, Ironing Beads & bone bead Keyrings.	After-School 1-6pm My Heart Map GSD Early Release@ 2:30	After-School 3-6pm Valentine Snack Mix	After-School 3-6pm Movie Night: 5-6pm
After-School 3-6pm Plant Teachings: Alder	After-School 3-6pm Loom Beading	After-School 3-6pm How to Make Cricut Cardstock Flowers GSD Early Release@ 2:30	After-School 3-6pm Heart Rice Krispies Treats	
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.



January in the After-School Program

On Monday, January 15th, Tu Ha' Buts Youth Center staff held their annual staff vs. teens basketball game at 3:00 p.m. It was great to see the staff and community come together for a community event. "Great job" to the teens and staff who ran up and down that court. Way to go!

On Thursday, January 4th, we created mini no bake Oreo cakes. The youth all had a great time mixing and forming their mini Oreo cakes. This was a really fun activity for them.

On Monday, January 8th, we offered plant teachings: peppermint bath soak. The youth helped to mix in the ingredients into their bath soak while learning about the medicinal properties of the essential oils we were using. They were really excited to gift this to someone close to them.

On Tuesday, January 9th, the cultural activity was beading bracelets. The youth were shown how to use a needle and thread. They were able to choose their own beads and bead container to keep throughout the month to continue their bracelets each Tuesday.

On Wednesday, January 10th, the youth made friendship bracelet boards and friendship bracelets. The kids picked out their own string colors to use. The youth then took them home to finish.

On Thursday, January 11th, the youth made winter trail mix. The youth mixed together pretzels, chocolate, sunflower seeds, Goldfish, and Rice Chex mix. They took the trail mix with them as an on-the-go snack.

On Friday, January 12th, we offered a STEM activity: balloon towers. The youth were challenged to join a two-person team while creating the tallest tower together.

On Monday, January 15th, Martin Luther King, Jr. Day, a non-school day, youth were here at the after-school program from 8:30 - 3:00 p.m. They painted Sanrio and Anime characters onto canvases. They had a morning snack, lunch, and an afternoon snack. The youth tried their hands at yarn looms, and it was fun, but difficult. They tried. It was a cold day, but we were still able to get outside and play. Then the youth had free choice until it was time to sign out.

On Monday, January 22nd, we offered plant teaching: homemade hand sanitizer. We talked about the importance of trying to stay healthy, washing their hands, and using hand sanitizer. The youth used Aloe Vera gel, alcohol and essential oils to make their own homemade sanitizers.

On Wednesday, January 24th, we offered winter water color painting and swimming. The youth created a winter water color painting based on what

they felt winter was to them. They also had a wonderful time swimming during the early release day. Thank you to the pool staff!

On Friday, January 26th, we offered a movie night from 5:00 - 6:00 p.m. The youth were excited when we watched a movie they had voted for earlier in the month. They had some yummy snacks and popcorn with their movie. During early releases from Griffin and Shelton school districts, we will be open from 1:00 - 6:00 p.m. on all Wednesday early release days and 12:00 - 6:00 p.m. on three-hour early release days or conference weeks for youth and teens.


Stay tuned for upcoming 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 kekris@squaxin.us

Sara Naranjo Johns, Youth Recreation Mentor
360-432-3992 or snaranjo@squaxin.us

Billie Lopeman-Johns, Youth Recreation Mentor



Welcome To Basketball

What to expect

4 Weeks of basketball fundamentals with each week focusing on a new skill.
Week 1: Dribbling
Week 2: Passing
Week 3: Defense & Shooting
Week 4: Defense & Shooting

Each practice will start with stretching & cardio / warmups to help prevent injuries & help the players get use to conditioning.

Please have your athletes bring a water bottle & appropriate clothes/shoes to be active in to each practice!

Events

We plan to attend/offer:


- Shelton High School basketball games
- Scrimmages / Games with Skokomish
- Youth vs. Staff basketball game
- End of the season award/recognition banquet

*Additional info to be sent

About Coach Tae'Lor

Contact info:
(360)688-8452
tglass@squaxin.us

I am 25 years old, with over 15 years of basketball experience! I have played basketball since I was a youth playing Rez Ball, & played all throughout my middle school and high school years. My passion and love for basketball are what makes me a great fit to coach your youth. Thank you for trusting me with your young athletes!



Middle School Snack Pack Drive

Thru Feb 2024

By Chase Sparr-Raham & Leschi Williams



Snacks

Hats

Gloves & Socks

Help our OMS students, Chase and Leschi, give back and create snack packs for students and people in need. Snacks are a luxury that many of us take for granted. Along with gloves, socks, and hats we are asking for non-perishable snacks for people to enjoy!

CHASE & LESCHI WILL BE AT THE YOUTH CENTER TUESDAYS AND WEDNESDAYS TO COLLECT DONATIONS THEMSELVES AFTER SCHOOL

More Information contact :

KEESHA- TEEN CORDINATOR
360-463-0681
KIANA- OMS ADVOCATE
360-490-9032

Please drop donations off to Squaxin Education Dept.

TLC Youth Center & OMS Native Ed



Hi, name's Chase. Leschi and I are doing a snack drive for our school. Some things you can donate are Takis, Arizona Teas, Fritos, fruit snacks, and Gatorade.

Hi, my name's Leschi, and some things you can donate are hats, socks, gloves, chips, fruit snacks, and gushers.



Higher Education

If you have not sent your final grades from fall in yet, please do so as soon as possible.

If you plan to attend spring quarter and are not a current Higher Education student, please stop my office or give me a call, so I can go over the required documents with you.

Paperwork for spring quarter is due back no later than March 11th.

- Mandy Valley
(360)432-3882 | mvalley@squaxin.us



Basketball Practice

We started basketball practice at the end of December! The young ones were so excited to start and have been very eager to learn. From the first day, they were respectful and very enthusiastic! They respect my coaching styles, and they love learning new things every practice! We have had over 10 youth, ages 10 and under attend practices, and we almost have enough, ages 12 and under, for a full team!

Warm ups / Cardio

Every practice starts with stretching and cardio! Starting with cardio and stretching helps them to learn how to prepare themselves for games, as well as learning that basketball isn't just about shooting baskets. It starts with making sure your body is prepared!

Drills

After we get warmed up, we go into drills. We go through dribbling, passing, and shooting to make sure the youth know the fundamentals of the game! This helps them find their strengths as well as find out what they need to / want to work on more!

Teamwork

At the end of practice, they play against each other in a "scrimmage." This helps them to put all of their new skills to work! Playing against each other helps them learn sportsmanship, as well as how to work together as a team.

Cheer

In December, we started cheer practice! Practices have been held on Fridays, but we are happy to announce we will be offering practices on Wednesdays and Fridays in February!

Cheer practice is held by Coach Damien Sigo. Coach Damien volunteers to help the youth learn about the importance of cheerleading and learning the fundamentals! We are so happy to have Coach Damien!

We have had over 12 youth signed up for cheer, and the number continues to grow! We can't wait to get some more practices going for these ladies and some performances as well!



Coach Damien teaching the kids a new cheer



Coach Tae'lor with the 10 and under kids at practice

SPORTS CALENDAR						
FEBRUARY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 BASKETBALL M: 4-5PM E: 5:15-6PM CHEER 5PM-6PM	3
4	5 BASKETBALL M: 4-5PM E: 5:15-6PM	6 BASKETBALL M: 4-5PM E: 5:15-6PM	7 BASKETBALL M: 4-5PM E: 5:15-6PM CHEER 5PM-6PM	8	9 BASKETBALL M: 4-5PM E: 5:15-6PM CHEER 5PM-6PM	10
11	12 BASKETBALL M: 4-5PM E: 5:15-6PM	13 BASKETBALL M: 4-5PM E: 5:15-6PM	14 BASKETBALL M: 4-5PM E: 5:15-6PM CHEER 5PM-6PM	15	16 BASKETBALL TOURNNEY CHEER 5PM-6PM	17
18 BASKETBALL TOURNNEY	19	20 BASKETBALL M: 4-5PM E: 5:15-6PM	21 CHEER 5PM-6PM	22	23 BASKETBALL M: 4-5PM E: 5:15-6PM CHEER 5PM-6PM	24
25	26 BASKETBALL M: 4-5PM E: 5:15-6PM	27 BASKETBALL M: 4-5PM E: 5:15-6PM	28 BASKETBALL M: 4-5PM E: 5:15-6PM CHEER 5PM-6PM	29		M = Middle School E = Elementary School
*MORE INFO ABOUT THE TOURNAMENT WILL BE GIVEN ASAP						



Toby practicing his shot during drills



Breakfast with Santa

On December 15th, Squaxin Island Child Development Center opened its doors to the enchanting world of holiday joy with the much-anticipated annual Breakfast with Santa event.

Families gathered in the festive atmosphere, and the air was filled with excitement as children, parents, and staff members came together to celebrate the spirit of the season.

The heartwarming event kicked off with a delightful meal that warmed both tummies and hearts. Sausages, juice, fresh fruits, and delicious waffles adorned with various toppings created a spread that satisfied the appetite of everyone in attendance. Staff and families enjoyed their breakfast in the company of Santa Claus, creating memories that will last a lifetime.

To make the morning even more special, each classroom at Squaxin Island Child Development Center offered age-appropriate activities that added a sprinkle of magic to the festivities.

Let's take a glimpse into the joyous world of creativity and fun that unfolded in each room:

Foxes - Jingle Bell Toss: The little foxes engaged in a merry game of Jingle Bell Toss, honing their motor skills and coordination while spreading holiday cheer.

Eagles - Painting Snowmen: In the Eagle room, budding artists painted adorable snowmen, turning blank canvases into winter wonderland masterpieces.

Coyotes - Snow Ball Fight: The Coyote room transformed into a winter wonderland as children giggled and had a snowball fight, fostering teamwork and friendly competition.

Frogs - Decorating Paper Trees: Creative minds flourished in the Frog room, where youngsters showcased their artistic talents by decorating paper trees with paper popcorn ornaments and string.

Ravens - Winter Snowflake Crowns: The Raven room dazzled with creativity as children crafted exquisite winter snowflake crowns, adding a touch of royalty to the holiday season.

River Otters - Pin the Heart on the Grinch: Laughter echoed through the River Otter room as children played the classic game of "Pin the Heart on the Grinch," testing their sense of direction and coordination.

Raccoons - Gingerbread Houses out of Graham Crackers: The Raccoon room embraced the festive spirit by building delightful gingerbread houses out of graham crackers, icing, and an array of sweet treats.

The Breakfast with Santa event not only brought joy to the children, but also fostered a sense of community and togetherness among the families and staff at Squaxin Island Child Development Center. As the children laughed, played, and created lasting memories, the magic of the holiday season came alive in every corner of the center.

Squaxin Island Child Development Center extends its gratitude to everyone who participated in this heartwarming event. May the spirit of joy and community continue to shine bright throughout the holiday season and beyond.

Here's to creating more magical moments in the years to come!





Breakfast with Santa



Positive Indian Parenting

Honoring Our Children By Honoring Our Traditions



An eight month program celebrating historical Indian child-rearing practices and their importance in parenting today, presented by Angel VanBrunt.

Jan. 9th through Aug. 6th
At the Community Kitchen 50
SE Squaxin Ln, Shelton Wa

A MEAL WILL BE OFFERED AT EACH CLASS & CHILD CARE WILL BE PROVIDED FOR CHILDREN AGE ONE TO 10 YEARS OLD. CLASS 5-7:30PM.
TO SIGN UP FOR THIS FREE PROGRAM OFFERED BY SICDC
EMAIL KAITI KRUG AT KKRUG@SQUAXIN.US.

Positive Indian Parenting

JANUARY 9TH-SESSION 1- TRADITIONAL PARENTING

This session introduces the idea that historical Indian child-rearing practices have a great deal to teach us as parents today. It explores generally what some old practices were & why they are important. You will be asked to discuss where you learned to parent & how the old ways are lost.

FEBRUARY 6TH- SESSION 2- LESSONS OF THE STORYTELLER

This session is designed to explore Storytelling as part of parenting. It examines the tradition of storytelling in relationship to communication with children, the parents' role in the development of good judgement & the importance of spending more quality time with children. You will explore your own knowledge of stories and storytelling and get practice in using the skills of the storyteller.

MARCH 5TH- SESSION 3- LESSONS OF THE CRADLEBOARD

This lesson is designed to explore the traditional methods of nurturing and how growth and development were recognized. It examines the use of cradleboards, wrapping, messaging, & signing as nurturing ways. Further, it looks at how child development was viewed and encouraged. You will receive information on the needs of children and examine what the old ways of teaching us about bonding, nurturing, & development.

APRIL 2ND- SESSION 4- HARMONY IN CHILD REARING

This session is designed to explore the traditional concept of harmony as it relates to family life. Harmony, balance, and the relationships among all things will be examined as you look at ways Indian people traditionally maintained a harmonious living environment. Parenting ways that prevent problems, avoid discipline, & encourage growth and self-control will be examined.

MAY 7TH- SESSION 5- TRADITIONAL BEHAVIOR MANAGEMENT

This session is designed to explore behavior management through looking at traditional ways & modern skills. It examines several old teachings about discipline & introduces you to modern concepts. You will be asked to examine the values behind ways & apply those values when guiding your child/children behavior.

JUNE 4TH- SESSION 6- LESSONS OF MOTHER NATURE

This session is designed to explore how Indian families traditionally taught living skills & social skills. It examines how nature was used as a teacher & how examples from nature taught people to get along with one another, cope with hardships, find strength. Several examples from various tribes will be discussed, & you will be asked to examine your part in helping your child/children develop skills in living.

JULY 2ND- SESSION 7- PRAISE IN TRADITIONAL PARENTING

This session will explore the role of praise in traditional parenting. It introduces the idea that praise and positive reinforcement played an important part in child rearing in the past & still important today. You will be asked to examine examples of the old ways & learn new skills for giving children praise to reinforce positive behaviors.

AUGUST 6TH- SESSION 8- CHOICES IN PARENTING

This session is designed to help parents explore the things that Indian parents face today. It addresses the question, "What makes it hard to be an Indian Parent?" You will be asked to examine again where you have learned to parent, the circumstances in which you now parent, the special problems faced by Indian children in today's world, & the cultural issues you face in parenting. Further, you will be asked to determine what kind of parent you want to be. It is a time to look realistically at the job of parenting, the limits & frustrations, & then set some goals for yourself.





Cocoa and Camaraderie

The Squaxin Island Child Development Center (SICDC) recently took a break from its usual routine to extend a warm invitation to the dedicated construction team currently working on the center's expansion through the Early Head Start Grant.

The purpose was simple, yet profound – to build a sense of community and express gratitude for their hard work.

In a heartwarming gathering, the construction crew was invited to enjoy a delightful morning cup of cocoa and camaraderie with our students.

As the construction team diligently works to expand SICDC, a unique bond has formed between these builders and the children who will benefit from their efforts. The idea of inviting the construction team for a cocoa celebration emerged as a way to bridge the gap between the seemingly distinct worlds of construction and early childhood education.

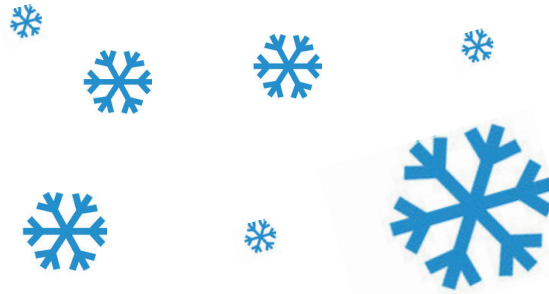
The construction team arrived to a warm and festive atmosphere at SICDC, with children eagerly awaiting their guests.

During the event, the Center took a moment to express gratitude to the construction team for their dedication to creating a better and more expansive learning environment for the children.

The team's commitment to quality work and meeting project deadlines has not gone unnoticed, and this gathering served as a small token of appreciation for their vital contributions.

The Center's cocoa celebration with the construction team was a heartwarming testament to the power of building connections beyond concrete and lumber. By bringing together educators, children, and builders, SICDC is fostering a sense of community and gratitude that will leave a lasting impact on all involved.

As the construction project progresses, these shared moments of joy will serve as a reminder that, together, we can build a brighter future for the students at Squaxin Island Child Development Center.





Opening a New Hair Salon

Hello everyone. I want to introduce myself and my lovely wife. My name is David Whitener and this is Sotheary.

We moved to our new home off Steamboat Island Road last May, and have been working to do all those things home owners do and settle in here. While I couldn't wait to get out of the city, it took some convincing to get Sotheary to agree. Her concerns quickly faded and now she loves it. Of course, it's a bit of a two edged sword, because now she wants a garden and chickens, and guess who's getting to set all that up? Yep...me :).

So this is the Segway into the next thing she wants me to set up - an in home hair salon. Sotheary has been a hair stylist for 20 years and moving here to Steamboat has sparked a real desire to work for herself. So I have pretty much got her set up to start taking customers.

Her plan, at this point, is to take appointments on Thursday, Friday and Saturday until she feels comfortable leaving her current work.

You can call us at (360) 836-4836 to schedule an appointment.

The name of our new business is Fantastic Cuts.

Haircuts are \$25.00.

We have had a few customers already, and it is an unexpected treat to get to meet new people. Some have known Sotheary for years, but are new to me. Having the business in our

home has provided this unexpected and fun aspect to this venture. Sotheary can bust out a great haircut in short order, but what we are finding is there is time to slow down and connect a bit and we are both enjoying that.

So consider this an invitation to stop by, even if you don't need a haircut. Give us a call and check us out and just come and visit. See you soon :). Oh by the way, the address is 6236 Steamboat Island Road, Olympia 98502.

SALISH ROOTS FOOD SOVEREIGNTY PROGRAM



OUR MISSION

Salish Roots Food Sovereignty Program is dedicated to:

- Promoting food sovereignty by preserving and revitalizing Squaxin's ancestral foodways.
- Providing cultural education, and increasing access to healthy food.
- Creating a sustainable food system that honors Squaxin heritage, promotes wellness, reduces our dependence on external food sources, and fosters a deep connection between the land, our community, and the food we grow.
- Integrating traditional agricultural practices with contemporary regenerative farming methods, we aim to educate and empower our community, promote self-sufficiency, and create a better future for generations to come.

YOUR FARM, YOUR FOOD, ALWAYS FREE

**FREE FARM STAND
THURSDAYS 3-5
SPRING - FALL**

**VOLUNTEER
TUESDAYS 10-3
SPRING - FALL**

**FREE WORKSHOPS
AND CLASSES**

**DROP BY FOR A TOUR
AND MEET THE CREW**



SALISH ROOTS FOOD SOVEREIGNTY PROGRAM



TRIBALGARDEN@SQUAXIN.US



541 WA-108, SHELTON, WA 98584



COMMUNITY



2023 RECAP

PLANTED

320 native plants, 200 feet of soapberries, 75 Raspberry bushes, and 40+ Crops

HARVESTED

5,600 of produce, foraged goods, mushrooms, and plant medicines

SERVED

350 Families, Food Bank, Elders Program, Child Development Center, Canoe Family

HOSTED

Mushroom workshops, cooking classes, youth camps & school field trips

OUR PARTNERS

Metamimicry- Meadow Moss Farms- GRuB- SPIPA Comprehensive Cancer Control Program- Mason Conservation District- The Evergreen State College- CIELO- WSU Small Farms- and our growing pool of interns and volunteers!

GIVE FEEDBACK



FAMILY JUSTICE PROGRAM

SQUAXIN ISLAND FAMILY SERVICES

We are here to assist people with resources 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



SQUAXIN ISLAND CHILD DEVELOPMENT CENTER IS LOOKING FOR VOLUNTEERS TO HONOR INDIGENOUS IDENTITY AND CULTURE THROUGH TRADITIONAL

STORY TELLING
DANCE
DRUMMING
WEAVING
BEADING
CARVING
GATHERING
MEDICINAL MEDICINE

INTERESTED VOLUNTEERS
REACHOUT TO MARTI PETERSON
mpeterson@squaxin.us

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



think spring

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.



South Puget Intertribal Planning Agency

USDA Foods Program February Dates

PT. GAMBLE S'KLALLAM	2/2/24
SQUAXIN ISLAND	2/8/24
SKOKOMISH	2/13/24
NISQUALLY	2/16/24
CHEHALIS	2/21/24



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.



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 Consortium Tribal Members

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

- Atleast one household member is enrolled in a SPIPA consortium 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.

Suicide & Crisis Lifeline

Dial 988

for mental health emergencies.

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





Culture Night at the Museum

**Wednesdays
5:30pm**

Join us for food & fun to
celebrate Squaxin Culture





Homeownership

Homeownership can be very rewarding, but it's important to remember the responsibilities that come with it.

Owning a home offers you the freedom to paint your walls any color of the rainbow, get a pet or renovate your kitchen. It also comes with many new responsibilities and financial commitments that require your attention.

As a homeowner, you'll be responsible for:

- **Your mortgage payment.** The Promissory Note you signed at closing is a legal agreement between you and the lender in which you commit to making your mortgage payments in full and on time each month.
- **Home repairs and maintenance costs.** You'll need to protect your asset by building a savings plan for home repairs and life's unexpected emergencies.
- **Other housing-related costs.** You'll need to budget for additional items such as Homeowner Association dues, PMI, property taxes and home owner's insurance, as applicable.

Why it's important to pay your mortgage on time:

- You made a legal and financial commitment to your lender at closing.
- Your mortgage is a loan and being late on your payment, or missing a payment, can have a significant impact on your credit score.
- If your payment is late, you will be charged a fee, which can be costly.
- Missing three monthly payments can prompt a foreclosure procedure.

Homeownership can be very rewarding, as well as a good financial investment, but responsibilities are part of the package – requiring both financial and time commitment.

Maintaining Your Home

Like owning a car, your home will need regular upkeep to keep it safe and uphold its value. It's your biggest investment — protect it.

As a homeowner, caring for and maintaining your home is an important responsibility. Regular upkeep can prevent costly problems from arising, make mechanical systems last longer and have a positive impact on your home's value. Maintenance will cost you time and money, but it can protect your home's value and ensure the comfort and safety of your family.

To help you plan for home maintenance costs:

Set aside time and money. You'll need to ensure you plan for the necessary resources needed to maintain your property, such as lawn care, gutter cleaning, appliance upkeep and more.

Plan ahead for major purchases and home improvements. If you know your roof, for example, will need replacement in a few years, be sure to make this part of your savings plan now.

Take periodic inventory of your home's appliances, roof, decks, etc. Take note of when warranties end, the age of certain features and when manufacturers recommend replacement.



Attention

Housing Waiting List Applicants

Reminder: If you are on the Squaxin Island tribal housing waiting list, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address, please call:

Traci Lopeman, Occupancy Specialist
(360) 432-3863.

If you do not update your application by March 31, 2024, your name will be removed from the housing waiting list.

Spring/Summer Maintenance

- Clean gutters and downspouts
- Inspect roof
- Check foundation, driveway, sidewalks, walkways for cracks and repair as necessary
- Inspect exterior for peeling paint, dry-rotted caulk – repaint and caulk
- Inspect attic, roof, and eaves for water damage, as well as for proper ventilation; open attic vents
- Service heating and air conditioning units and replace filters; replace or clean furnace filter
- Clean stove hood, grease traps, dryer vents, room fans and stove burners
- Replace faulty seals on refrigerator, clean coils
- Inspect basement for dampness and seal appropriately
- Replace seals and washers on leaky faucets
- Change batteries in smoke, fire, and carbon monoxide detectors
- Check and replace dry-rotted weather stripping for all doors and windows
- Remove and clean storm windows
- Clean screens for windows and doors, replace if necessary

Fall/Winter Maintenance

- Professionally clean chimney and flue
- Clean gutters and downspouts, seal leak in gutter seams
- Remove window air conditioners
- Inspect sump pump
- Remove wasp nests, inspect for termites and wood rot
- Remove window and door screens – clean before storing
- Check storm windows – clean and repair before installing
- Drain and turn off outside faucets if in region with very cold winters
- Check insulation and replace if necessary
- Clean humidifier
- Clean fireplace Service heating and cooling systems
- Repair any plumbing leaks
- Oil door locks – this is especially important in regions with very cold winters
- Change batteries in smoke, fire, and carbon monoxide detectors

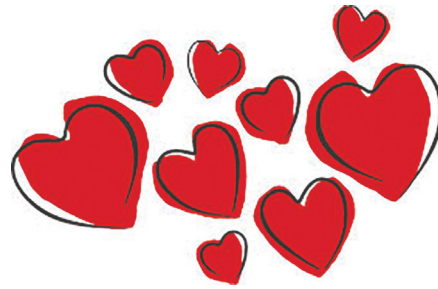
- Source: Freddie Mac



Mammogram Dates

2/29/2024	6/20/2024
3/28/2024	7/25/2024
4/25/2024	8/29/2024
5/16/2024	9/26/2024

Contact Clara Hernandez to get scheduled.
Phone#360-432-3930
Email : chernandez@squaxin.us



Valentines Day and Almonds

As Cupid's arrow pierces the air, you may be tempted to reach for the heart-shaped chocolates. But why not surprise your sweetheart with a treat that will make their heart sing and their body thrive?

Almonds are the perfect gift for your beloved, with their crunchy texture and abundance of nutrients. These little powerhouses are packed with antioxidants, vitamins, fiber, protein, magnesium, and manganese, making them a superhero in a small package.

Whether you enjoy almonds as a snack or sprinkle them on your meals, they are a nutritious treat that can be eaten in a variety of ways. Each ounce of these heart-healthy delicacies (about 20-24 pieces) packs a powerful punch of 6 grams of protein, 3.5 grams of fiber, and 14 grams of healthy fats.

With their versatility, almonds can be consumed raw or roasted, and used to make an array of delicious treats, including milk, oil, butter, flour, paste, or marzipan.

Although almonds are high in fat, with 22% of the recommended daily amount in a single serving, much of that fat is monounsaturated, which has cardio-protective properties. With just over 1 gram of saturated fat, 9 grams of monounsaturated fat, and 3.5 grams of polyunsaturated fat in each serving, almonds are a healthy choice.

With their high fiber content, only 94% of the calories are absorbed, amounting to 154 kcals/ounce.

Almonds offer an array of health benefits, including lower blood sugar levels, reduced blood pressure, and lower cholesterol levels. They even help with weight loss by keeping you feeling full and satisfied.

By lowering LDL cholesterol levels and increasing HDL cholesterol levels, almonds are protective against heart disease. They also help regulate blood sugar levels and reduce insulin resistance.

With their high magnesium content, almonds can help reduce blood pressure levels and improve gut health by increasing the number of beneficial gut bacteria.

So, this Valentine's Day, show your love with a nutritious gift that will nourish your loved one's body and soul.



BREASTMILK *The First Sacred Food*

The Creator's Gift=Mother's Milk

Normal... Healthy... Natural ... Breastfeeding: The Traditional Way



The first few weeks of breastfeeding can be challenging, but hang in there – don't give up

Wisdom for Success:

- **Babies eat often**— every 2-3 hours around the clock, especially when newborn.
- **Set up your support team:** family, friends, to help with household chores, meals, diaper changes, and errands. If possible, make meals ahead and freeze them. Your focus will be on feeding your baby.
- **Seek help early** if having challenges— it takes practice before it gets easy.
- **Breastfeeding is not a form of birth control**— check with your clinic about what is available
- **Stay hydrated and eat healthy**



This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.

Almonds

- ✓ Cholesterol-Free
- ✓ Gluten-Free
- ✓ Good Source of Fiber
- ✓ Low in Saturated Fat
- ✓ Sodium-Free

Rich in unsaturated fats, fiber, and phytonutrients

(per 24 whole almonds)



Mindfulness for the New Year

The New Year is a great time to start thinking about small steps towards self-care time. Mindfulness is one way we can practice self-care. The word Mindfulness describes an infinite number of small practices we can do to help calm our nervous system, be kind to ourselves and get healthier by making it a practice in our lives. The great thing about Mindfulness is you don't need to be a meditation master in order to feel the benefits. Brief moments of practicing Mindfulness are powerful tools for promoting self-awareness and reducing stress.

Mindfulness Helps Us:

- Listen to our bodies
- Prioritize ourselves and our needs
- Connect to our values
- Experience being present – even for a few seconds
- Practice forgiveness and acceptance
- Connect with nature



Here is a Mindfulness technique to try out: Mindfulness of the Five Senses

- **Activate your breath** – Your breath is connected to your mental-emotional state. When stress or emotions are running high, our breathing changes. We can bring our breathing into a calmer state by taking deep, slow breaths. Try inhaling for a count of 5, holding your breath for a count of 6 and then exhaling all your breath for a count of 7. Imagine pushing all your air out on the count of 7. Do this a few times to start and work your way up to a few rounds.
- **Focus on 5 things you can see** – Look around and notice five things. Name them out loud or repeat them silently. Notice each thing and take a moment to reflect on it. What color is it? What is it made of? Is it inside or out in nature? Practice deep breaths while you focus on the things you chose.
- **Notice 4 things you can feel** – Move around or do this sitting in one place, go outside if you have the opportunity. Use your sense of touch to identify different things you can feel like your heartbeat, the ground under your feet, the chair against your body, the temperature, the sun or the leaves on the trees. Take some deep breaths and allow yourself to feel the textures, weight, temperatures of the things you are touching. Take deep breaths while you focus on these things.
- **Identify 3 things you can hear** – Take a few deep breaths and notice the different sounds around you. Are the birds chirping? Dogs barking? Fans or heating system running? How about a clock or the rustling of other people in your space? Take each sound in and notice it with your full attention. Take deep breaths while you focus on these things.
- **Notice 2 things you can smell** – Take a moment and breath in through your nose. Are you outside or inside? Try to connect with two things you can smell. Focus on these for a few moments while you take some deep breaths.
- **What is 1 thing you can taste** – Are you drinking coffee, tea, water or something else? Maybe you have gum or a mint in your mouth? Allow yourself to take a moment and connect with the taste. Take a breath and relax while you acknowledge the sensation of taste.

Remember, attempting something is an accomplishment, even if you don't complete it or get the results you expect. Self-care is a journey that is built on intention rather than expectation. Have fun trying one or all of the Five Senses Mindfulness exercises. You can Google "mindfulness" to find more ways to practice. The team at Squaxin Behavioral Health is also a great resource if you are looking for ways to relieve stress and take care of yourself.

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

Dental Health

The benefits of good dental hygiene go way beyond bright smiles. Did you know that dental problems such as gum disease and tooth decay can contribute to a number of health conditions, including heart disease, diabetes, and even pneumonia.

The bacteria in your mouth doesn't just stay in your mouth, it travels through your bloodstream, through your major organs. Therefore, if you have an infection in your mouth it can make you feel very ill.

Having your teeth cleaned twice a year can help prevent disease and infections. A dental check-up and regular cleaning usually takes an hour. We would love to see you at the Clinic. Let us help you make 2024 the year you take good care of YOU. Please contact us at (360) 432-3881 to schedule an appointment.

Announcement!

Starting Monday, February 5th the dental clinic will have open spots on Mondays and Tuesdays at 8:00 a.m. for walk-in patients. These spots are available for all members who are already registered with the clinic and will be on a "first come-first serve" basis.



Starting Monday, February 5th, the **DENTAL CLINIC** will have emergency walk-in time available from **8:00 a.m. - 9:00 a.m. on Mondays and Tuesdays**. Patients will be seen on a first come, first served basis. (These openings are available for anyone who has already registered with the clinic).

If you would like to schedule an appointment for any other days or times, please contact us at (360) 432-3881.



COMMUNITY



2/1
Camden Adams-Lewis
Harry Johns
Winter Perez

2/3
Aaliyah Garcia
Donald Briggs
Mistifawn Martinez
Rome Henry
Tatum Guijosa-Bryson

2/4
Isaiah Rees
James Cooper
Kalea Johns
Lareciana Broussard-James
Larry Bradley
Lydia Trinidad

2/45
Anthony Pinon
Dylan Suarez
John Briggs
Shannon Cooper

2/6
Stephanie Starr

2/7
John Tobin
Michael Mosier
Ruth Lopeman
Sebastian Rivera

2/8
Apisai Moliga
Barbara Knudsen
Fawn Parker
Imani Murray
Justin Lopeman-Dobson

2/9
Adin Cooper
Stefanie Kenyon

2/10
Aries Blueback
Crisaleena Rees

2/11
Aleí Henderson
Hunter Merriman
Shaelynn Peterson

2/12
Che-Vonne Obi
Emilio Hernandez-Capoeman
Russ Addison

2/13
Addison Henry
Alaiyah Lewis
Eugene Cooper

2/14
Michael Furtado
Santino Saenz-Hernandez

2/15
Alicia Boyette
Owen Bell
Sean Jones
Sonja Clementson

2/16
Jean Henry
Jennifer Cookston
Justine Crone

2/17
Antone Hidalgo-Hawks
Clayton Bethea
Micheal Kenyon
Raul Avalos
Sophia Martin

2/18
Haley Wilson
Kimberli Burrow-Elam
Steven Peters

2/19
Benjamin Parker
Katalina Lewis
Rachel Ford
Robert Whitener

2/20
Cheryl Sept
Annie Ruddell
Jordan Sweitzer
Kristopher Peters
Margaret Witcraft
Steven Peters
Timothy Linn

2/22
Grace Pughe
Kimberly Allen

2/23
Joshua Melton
Lydia Parrott
Marlo Andrews
Marvin Newell

2/24
Alkaiyas Cooper
Fayila Hewitt

2/25
Jonathon Fry
Zachariah Mirka

2/26
Fisher Sigo
Katrina Parker
Samuel Penn

2/27
Alex Salgado
Amar'e Carrington
Cameron Henry
Juana Nelson
Leilani Blueback

2/28
Katherine Ackerman

2/29
Dennis Sigo



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

Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us

January

Winter Wellness
classes

Squaxin Island Gym Fitness room
Monday & Thursday
at 4:30P

Monday Pilates w/Cindy
Thursday Yoga w/Heidi

For more info call Cindy Beck
360.432.3595





What's Happening

Court:

Family Court:
Criminal/Civil Court:

February 1
February 13

WIC USDA

February 13
February 8





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., Feb 13, 2024

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.



Elders Menu . . . Fruit and salad at every meal

MONDAY 5:

Chicken Pot Pie

TUESDAY 6:

Taco Soup, Corn Bread

MONDAY 12:

Veggie Quiche

TUESDAY 13:

Italian Sausage and Potato Soup,
Bread Sticks

MONDAY 19:

Crab Cakes, Veggie Rice

TUESDAY 20:

Chicken Rice Soup,
Egg Salad Sandwiches

MONDAY 26:

Spaghetti, Sweet Potatoes

TUESDAY 27:

Split Pea Soup,
Roast Beef Sandwiches

WEDNESDAY 7

Sandwich Bar

WEDNESDAY 14:

Shrimp Scampi, Zucchini

WEDNESDAY 21:

Baked Potato Casserole, Carrots

WEDNESDAY 28:

Teriyaki Chicken, Rice, Veggies

THURSDAY 1:

Hamburgers, Chips, Green Beans

THURSDAY 8:

Steak, Coconut Shrimp, Asparagus

THURSDAY 15:

Chalupas

THURSDAY 22:

Salmon, Roasted Red Potatoes

THURSDAY 29:

Chicken Fried Steak, Mashed
Potatoes and Gravy, Mixed Veggies

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THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE: Case No.: CW-2023-4-4
O.M. NOTICE OF GUARDIANSHIP HEARING
Indian child.

TO: Rowland Mason

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on April 1, 2024 at 9:30 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information regarding the hearing.

NOTICE - PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.432.1771

Bible Study

Non-Denominational and Led by Marvin Campbell



Community Kitchen
Thursdays at 6:00 p.m.



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

Call for
Information and
Community Resources
211

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

Call for Suicide
Intervention and
Crisis Support
988

Whole
Person
Care

Call for
Emergencies
911

911 provides first responder dispatch for:

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

2-1-1

Washington



Learn more at
Traumatic Brain Injury



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.



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

Community EOC Hotline
(Questions and voice mail message)
(360) 443-8411

**Emergency Management
Coordinator**
(360) 443-8410

**Community Emergency
Response Team (CERT)**
(360) 426-5308

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

PUD No. 3 Outage Hotline
(360) 426-8255

**Mason County Police
Dispatch Non-Emergency**
(360) 426-4441

**Mason County Fire
Non-Emergency**
(360) 426-3348