

SIGNING ON

Welcome!

My name is Mechele Johnson. Many of you may know me already, but in case you don't, I am the new Public Relations specialist. I will now be publishing the Tribal newsletter and taking care of the website. I am looking forward to having some fun with the newsletter and putting my own spin on it, so keep your eyes out for changes coming your way. I am hoping you read my call for submissions articles on pages 2, 4 and 18. I cannot wait to hear from you all. I have a vision of keeping our Shoalwater Bay family connected, however far in measurable distance we may be, we can still manage to feel close and connected through means of communication. Like I said, I cannot wait to hear from you all! And finally, a heartfelt thanks to all of Leah Thomas' hard work building the foundation of our newsletter. Masi Leah!

HAPPY READING!

na'm'sc'ac

*Shoalwater Bay Tribe
P.O. Box 130
Tokeland, WA 98590*

na'm'sc'ac

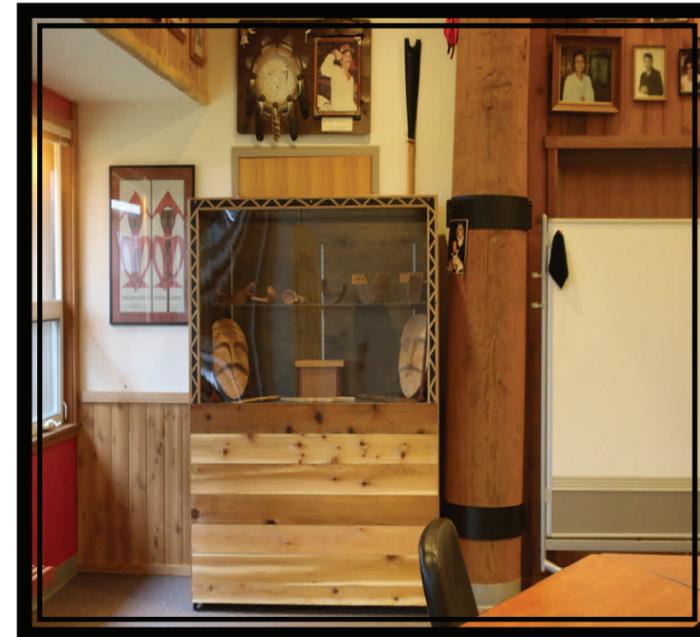
NAMPS CHAAHTS

Shoalwater Bay Newsletter NAMPS CHAAHTS=na'm'sc'ac

Shoalwater Bay Indian Tribe, P.O. Box 130, Tokeland, WA 98590
mjohnson@shoalwaterbay-nsn.gov Direct line 360-267-8202 (Toll 1-800-633-5218 ex# 8202)

February 2016

WELCOME HOME



After being on display at the Washington State History Museum for the Washington State Historical Society's exhibit titled "People Of The Adze", which ran from June 18th-December 6th, 2015. We welcome home our communities' art, they are our future artifacts and inheritance to our younger generations.

A display case now living in the Community Center was built as a showcase for smaller pieces made for the woodcarving grant received by the Shoalwater Bay Tribe, and was designed for the exhibit but with the aesthetics of our tribal center in mind.

The items in the case currently were part of the "People Of The Adze" exhibit, and are representations of traditional bowls, a ladle, artistic representations of weapons and paddles, a canoe model, face carvings, and a Bentwood box.

The case itself is made of Red Cedar and features a traditional triangle pattern which frames the display. The plan is to rotate items every few months to keep the display fresh and informative.

The carvings were created by Ken Waltman, Brandt Ellingburg, and Earl Davis.

Newsletter NOW on Website!!!! www.shoalwaterbay-nsn.gov

For up to date Council minutes e-mail me at mjohnson@shoalwaterbay-nsn.gov for login & password! (minutes for Tribal members ONLY)

The Shoalwater Bay Newsletter

This newsletter is a monthly publication of the Shoalwater Bay Tribe. Your letters, articles, photographs and drawings are encouraged. We reserve the right to edit for clarity or length or to decline any letter. Opinions expressed do not necessarily reflect the views of this publication or the Shoalwater Bay Tribe. Accuracy is important to us. We take care in editing, but errors do occur. We want to correct them. If you believe printed information is in error, please let us know.

Submissions Deadline: 15th of each month

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Shoalwater Bay Tribal Council

Doug Davis, Chairperson,
dodavis@shoalwaterbay-nsn.gov
Jennifer Taylor, Vice-Chairperson,
jtaylor@shoalwaterbay-nsn.gov
Lynn Clark, Secretary,
lclark@shoalwaterbay-nsn.gov
Mechele Johnson, Treasurer,
mjohnson@shoalwaterbay-nsn.gov
Dennis Julnes, Member at Large,
djulnes@shoalwaterbay-nsn.gov

The NAMPS CHAAHTS wants to share your news!

Send any news, stories, comments, suggestions, and/or photos (with caption) to:
mjohnson@shoalwaterbay-nsn.gov
Please include your name and contact information.
MUST INCLUDE CONTACT NUMBER. Hayu Masi
Any Veteran's news: we HONOR all who serve!



Cash Encounters promotion begins February. Every Sunday thru Thursday, you could win a chance to pick up a prize Alien from the Cash Encounters Star Machine valued between \$25 and \$500!

Prizes include free play, gas cards, dinner at Sand Verbena, overnight stays at Tradewinds on the Bay and many more! Drawings happen every half hour from 11 a.m. to 10 p.m.! Entries are earned through active play with your Players Club Card.

See Guest Services for more info.

Every Wed. at **Bayside Deli** BOGO free burgers!



Georgetown Station

Wing Wednesday's!

Buy 1 pack of wings

&

Get 1 free for

\$3.99!

Choose from 10 sauces



Hours

Thursday 8 am-8pm

Friday 8 am-9 pm

Saturday 8am-9 pm

Sunday 8 am-8 pm

Monday 8 am-8 pm

2016 Tribal Elections

The Nominees listed below have been certified as Eligible Candidates to run for office in the Election to be held on February 20th, 2016

CHAIRPERSON

Douglas Davis

Charlene Nelson

SECRETARY

Lynn Clark

TREASURER

Mechele Johnson

Joel Blake



Shoalwater Bay Law Enforcement

This is a brief summary by nature of our officers calls for month of December 2015:

Agency Assist	5
Alarm (Audible)	1
Citizen Assist	1
Controlled Sub/Possession	1
Fire	1
Residence/vehicle lockout	1
Found Property	2
Suspicion	1
Theft, Property, Other	1
Traffic Accident, Prop Damage	2
Threatening	1
Malicious Mischief	1
Traffic Offense	16

Total Incidents **34**



Police Office 267-8164 (Questions Only)

Robin Souvenir, Chief of Police

Matt Padgett, Patrol Sergeant

Kristof Aho, Officer

Christopher Boggs, Officer

Sarah Boggs, Officer

For Police Dispatch

Phone# (360) 267-8391



In your election packet you will find the Certification of Nominees letter, your ballot, two envelopes (one to insert your ballot, and the other to put your ballot envelope into). Also enclosed will be copies of the Constitution and Election Ordinance.

Fill out your ballot, insert it into the ballot envelope and place this envelope inside the envelope addressed to the Election Board. Your ballot must be mailed and postmarked **NO LATER THAN FEBRUARY 20, 2016.** Remember, **EVERY VOTE COUNTS!**

Wellness Center



Medical

360-267-0119
1-800-841-2244
Dr. Stephen Bell, DO
Emily Maldonado, PA-C



Dental

360-267-8103
1-800-633-5218 Ext 5106
Dr. Greg Cebulla

Empowerment Behavioral Health

360-267-2508
1-800-633-5218 Ext 5216
Dr. James States
Sally Heath
Jeanne Paul

COMMUNITY



!!!!CALL FOR SUBMISSIONS!!!!

If you would like to have a family or loved one's milestone recognized—birth announcement, birthday, engagement, wedding, anniversary, graduation, etc. Please send a photo with the wording you would like. If you do not wish to include a photo, that is not a problem. A community section is in the works for the Shoalwater Bay Newsletter! It can be a fun way to keep up with our growing tribe.

Email to: mjohnson@shoalwaterbay-nsn.gov

Mechele Johnson
PO Box 130
Tokeland, Wa., 98590

February Birthdays *(Italics are Tribal Employees)*

Matthew Fernandez	1st	Kim Zillyett-Harris	20th
Tanya Brown	1st	Austin Dziubak	21st
Victoria Fernandez	2nd	Jeremy Taylor	22nd
Mia Steinhilb	4th	Tjyden Anderson	25th
Roland McKenney	5th	Jessica Poole	26th
Laura McFarlane	5th	Karie MacGowan	28th
Stephanie Dinkle	5th	Anita Hisle	28th
Mary Johnson	5th	Desiree Sanchez	29th
Danika Hoepfner	7th		
Jana Trowbridge	7th		
Nicole Persson	7th		
Tricia Luliak	7th		
Jessie Sanchez	9th		
Karlin Taylor	11th		
Samantha Zirbel	11th		
Jeremy Whitish	12th		
Marshall West	12th		
Charles (Del) Clark	14th		
Sarina Alvarado	14th		
Kinsley Santiago	14th		
Daren Clark	15th		
Shannon Barrett	16th		
Colleen Dietl	17th		
Aaron Johnson	19th		
Arlene Leber	20th		



Tribal members with a * after their names are also employees of the Shoalwater Bay Tribe, Casino, or Willapa Enterprise Board

Employee Anniversaries

(Employee Position are CURRENT position)

Kim Zillyett-Harris - <i>Health Director</i>	18 yrs.
Anna Hinton - <i>Tribal Gaming Internal Auditor</i>	9 yrs.
Mike Harris - <i>Gym Assistant</i>	7 yrs.
Kenny Waltman * <i>Apprentice Carver</i>	3 yrs.
Cyndi Coma - <i>Medical Receptionist</i>	3 yrs.

(*Indicates Tribal Member)



Years of service are years employed with Shoalwater Bay Tribe -possible not in same position. (includes-Georgetown, WBC, WBE and WBT)

Veterans of Shoalwater Bay

The Shoalwater Bay Indian Tribe is proud of their Veterans and Active Duty / Reserve Tribal Members. In appreciation of their dedicated service, the Shoalwater Bay Indian Tribe Tribal Council approved a \$250.00 monthly stipend for Veterans and Active Duty or Active Reserve Tribal Members at their regular Council meeting in March, 2015.

In order to qualify, you must be:

- 1) A Shoalwater Bay Indian Tribe Tribal Member;
- 2) A Veteran of any branch of the military or Active duty / Active Reserve;

Submit a completed packet; Submit either proof of Active Duty /Active Reserve Status, or a DD-214. *We are not able to accept any other forms of proof of military service, such as a certificate of discharge.*

Persons with a dishonorable discharge are not eligible for the stipend.

You may have your stipend either mailed as a check, or direct deposit to your financial Institution.

We have attempted to identify all known Tribal Members who qualify for this stipend, and have sent a packet to their last known address, however, if you are a Veteran, or Active Duty / Reserve and have not received your packet, please contact the Tribal Veteran's Representative, Kathirine Horne - 360-267-6766, or e-mail : khorne@shoalwaterbay-nsn.gov.

If you do not have a DD-214, we have included in the packet a form and instructions on the process for obtaining your Military record, either by mail or on-line.

The Shoalwater Bay Indian Tribe deeply thanks you for your service!

Shoalwater Bay Tribal Council Resolutions FY-2015

Resolution #12-10-15-54

RE: *Enrollment of Collateral Descendant Invictus Robin Pink*
THEREFORE BE IT RESOLVED, that the SBTC does hereby approve the membership of the following: **Invictus Robin Pink**-Collateral Descendant of Elizabeth Charley George through sister Nina Charley Bumgarner

5 For 0 Against 1 Abstain

Resolution#01-22-16-01

Summary: This resolution authorized the submission of a grant application to the U.S. Department of Justice-Coordinated Tribal Assistant Solicitation problem area #1, Public Safety and Community Policing (COPS) which will provide funding for the purchase of 2 SUV's and 1 4WD Truck to replace 3 Dodge Charger police vehicles.

THEREFORE BE IT RESOLVED, *The Shoalwater Bay Indian Tribal Council does hereby commit to, support and authorizes the submission of a grant application to the U.S. Department of Justice-Coordinated Tribal Assistance Solicitation Area #1 Public Safety and Community Policing in the amount of \$145,257.00 for the 10/1/16 to 9/30/18 budget period.*

5 for 0 Against 0 Abstain



We are on to a New Year and better serving our patrons, hopefully.

We had a very successful Christmas breakfast. All the children, approximately 17, had smiles on their faces and enjoyed visiting with Santa, and dancing with Buck & Elizabeth. We all enjoyed the good food! A big thanks to all the volunteers. Thor, Noel, Lee, Micheal, Neala, Judy and Elizabeth. If I missed anyone I apologize. You all did such a wonderful job I hope you will come back again next year. We will continue to do this as a yearly event. Thank you everyone for your help! I really enjoyed it along with everyone else.

I have no events planned for the coming year at this time. But it won't take long be assured. I hope to have a toile painting class, someone suggested a beading class, and I am of course open to suggestions. Please let me know your wish list, or ideas. Maybe a photography class would be fun. My mind is ticking and I am putting feelers out in all directions. If there is a need for basic computer classes, we may be able to accommodate you. I will make a sign up sheet in the library and see if there is enough interest for such a class. Come sign up if you are interested.

May this year be a prosperous, fun, and lucrative year for everyone.



!!!!!!IMPORTANT!!!!!! PLEASE READ!!!!!!

As a modern day Native American tribe, it is common to have membership span far and wide. Not everyone can live right here on the reservation. We are however, all part of the same tribe. We want to reach out and strengthen our communication with all tribal members. We are hoping to start an email list. With this, we can send out an email to all tribal members on the list notifying them of important events, updates, closures, and any other pertinent information to keep us more connected.

PLEASE

Email Mechele Johnson, at mjohnson@shoalwaterbay-nsn.gov, so we can began to develop the members email list.



Apple-Escarole Salad with Gorgonzola and Walnuts

Ingredients

- 1 Granny Smith apple, cored quartered and sliced
- 1/4cup gorgonzola cheese crumbles
- 1/4 cup walnut halves
- 1 head escarole, torn into bite-size pieces
- Dressing**
- 1 teaspoon Dijon mustard
- 1 tablespoon apple cider vinegar
- 1 small shallot, diced
- 1 tablespoon olive oil
- 1/4 teaspoon black pepper



Nutrition Info

Calories: 156.4
 Fat: 11.1 g
 Carbohydrates: 12.2 g
 Protein: 4.1 g

Directions

Preheat oven to 350

Cover a sheet pan with parchment paper or a silicone baking mat. Place the apples on the pan and bake five minutes. Flip the apples, add the walnuts to the pan, and bake four more minutes, until the walnuts are lightly toasted. Remove the pan from the oven, but keep the oven on.

Remove the nuts from the pan and set them aside to cool slightly. Spread the cheese evenly on the apple slices. Chop the nuts and sprinkle them on the apples. Return the pan to the oven for two minutes, to melt the cheese slightly.

While the apples and nuts are cooking, whisk together all the ingredients for the dressing in a small bowl. Toss the escarole with the dressing in a large ovenproof bowl. Place the bowl in the oven for two minutes, just to warm the greens. Remove both the greens and the apples from the oven.

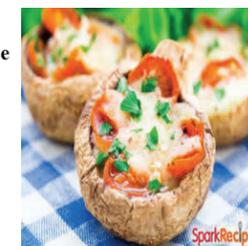
Divide the greens among four plates, and top with the apples.

Makes 4 salads

Stuffed Portobello Mushrooms on the Grill

Ingredients

- 2/3 cup fresh tomatoes, chopped
- 1/2 cup shredded part-skim mozzarella cheese
- 1 teaspoon olive oil
- 1/2 teaspoon finely chopped fresh rosemary (or
- 1/8 teaspoon dried)
- 1/8 teaspoon ground black pepper
- 1 garlic clove, crushed
- 4 (5-6" diameter) Portobello mushroom caps
- 2 tablespoons balsamic vinegar
- 1 teaspoon low-sodium soy sauce
- Low fat cooking spray
- 2 teaspoons fresh basil, chopped



Nutrition Info

Calories: 93.7
 Fat: 3.9g
 Carbohydrates: 10.1g
 Protein: 6.9g

Directions

1. Prepare the grill
2. In a small bowl, combine tomatoes, mozzarella, 1/2 teaspoon of the olive oil, rosemary, pepper and garlic.
3. Using a spoon, scoop out the gills of the mushroom caps and remove the stems and discard.
4. In a small bowl, mix 1/2 teaspoon of the olive oil, balsamic vinegar and soy sauce. Using a pastry brush, brush the soy sauce mixture on both sides of the mushroom caps.
5. Grill the caps, stem side down first for 5 minutes on each side or until soft.
6. Spoon 1/4 cup of the tomato and cheese mixture into each cap, cover and grill for 3 minutes or until cheese has melted.
7. Garnish with basil

NEXT WIC DATES:



Shoalwater Bay WIC (Women, Infants, and Children) provides healthy foods & nutrition information for you and your child up to age 5. For appointments or questions,

Contact at SPIPA:

Debbie 360 462-3227
 gardipee@spipa.org
 Or
 Patty 360 462-3224

Next WIC date:
February 2, 2015
 at Wellness Center
 10:30 am—1:00 pm
 (Date & times may change)

SPIPA main number: 360 426-3990



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

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

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

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

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

FEED YOUR SPIRIT

"If you get sick, eat your traditional foods. You have to feed your Indian.

Native foods feed your body, but they also feed your spirit."

-Hank Gobin



Hazelnut, Huckleberry and Salmon Soup

2 Cups of traditionally smoked salmon, pulled apart into small pieces

6 cups water

1 cup hazelnuts, ground

2 cups evergreen huckleberries

Salt and pepper to taste

In a crock-pot add salmon, water, and hazelnuts. Cook on low overnight or for several hours. When the salmon is soft and the broth is flavorful, add the huckleberries and cook for an additional half an hour.

Season to taste.

Cook Time: 4-8 hours

NCAI's 2016 State of Indian Nation Address

National Congress of American Indians President Brian Cladoosby, chairman of Swinomish Indian Tribe, presented the State of Indian Nations Address on January 14 at the Newseum in Washington, D.C. The room was packed with tribal leaders, members of Congress and senior Administration officials. In addition, the address was livestreamed to audiences all over the country.

Calling this "a moment of progress and promise," Cladoosby spoke of how far Indian nations have come during the Obama administration, citing specifically passage of the Tribal General Welfare Exclusion Act of 2014, the Indian Health Care Improvement Act of 2010 and the Tribal Law & Order Act of 2010, reauthorization of the Violence Against Women Act in 2013, and amendment of leasing and right-of-way regulations in 2015.

Cladoosby said this progress was predicated on Indian self-determination, guaranteed by the U.S. Constitution and since then "affirmed in laws, executive orders and Supreme Court decisions." He pointed out that this fundamental principle was stated more than two centuries ago in a letter from Thomas Jefferson to President George Washington: "Indians have full, undivided and independent sovereignty as long as they choose to keep it, and this might be forever."

Policies and prejudice over the decades have challenged this view of Indian nations, but "we have not disappeared, and we are not victims. We have persevered. We are survivors and we are growing stronger every day. We are thriving 21st century governments, built on self-determination. Yes, our ancestors were central to America's early days, but we are also central to America's present-and vital to its future.

Achieving the promise of tomorrow will require a respectful partnership between the tribes and the federal government, Cladoosby said, naming four areas where more work must be done: community security; economic equality; education, health and wellness; and climate change.

He called for "reauthorization of the Tribal Law and Order Act. Congress should fully fund important juvenile justice programs, efforts to collect accurate and relevant data, and preventative services for all families in Indian country. Tribes need full authority to protect them from harm caused by non-Indians on tribal lands. Across America, states and territories receive direct assistance from the Crime Victims Fund-and it's time that tribes do too."

Economic equality for tribes depends on creating a level playing field, Cladoosby said. "Tribes should be able to collect taxes without placing extra burdens on local businesses. We call on the Department of Interior to amend the Indian Trader regulations, eliminate dual taxation in Indian country, and empower tribes to invest in the infrastructure and services that make economic development possible. In addition, tribes must be able to issue tax-exempt bonds. They are an indispensable tool that every other modern government uses to seed private sector growth. Tribal governments must be treated the same as state and local governments on labor issues."

"Education," Cladoosby said, "is a promise made in exchange for our land. We have more work to do, to ensure that tribal governments are directing the education of their youth-especially on schools located on tribal lands." During the Q&A after his address, Cladoosby talked about the high rate of teen suicide-in fact, all suicide-in tribal communities, saying that he believed it was due to historical trauma, coupled with drug and alcohol abuse. Education, he said, was the key to combatting

both. A kid with an education won't be on welfare, in jail, in court, in rehab, or visiting his drug dealer, said Cladoosby.

In the area of health care, he asked Congress to "permanently reauthorize the Special Diabetes Programs for Indians, so that tribal communities can continue to combat this disease," and for advance appropriations for Indian Health Service.

Global climate change "threatens not only food security, but all of humanity," said Cladoosby. "In Paris, tribal leaders were proud to take their rightful place among leaders of nations. They shared their scholarship and their indigenous knowledge, and helped the world reach a historic agreement. We ask for the establishment of a permanent Climate Adaptation Task Force, in collaboration with tribal leaders-Native peoples stand ready to serve as experts and partners."

President Obama concluded his State of the Union Address on January 12 by saying, "That's the America I know. That's the country we love. Clear-eyed. Big-hearted. Undaunted by Challenge. Optimistic that unarmed truth and unconditional love will have the final word. That's what makes me so hopeful about our future. I believe in change because I believe in you, the American people."

President Cladoosby took this concept one step further, concluding his speech with these words, "It is up to us. All of us. Just as it always has been."

Rep. Betty McCollum, D-Minn., gave the Congressional response. She talked about the need to improve Bureau of Indian Education schools and urged members of Congress to accept Cladoosby's invitation to visit Indian Education schools and urged members of Congress to accept Cladoosby's invitation to visit Indian country, citing the impact of President Obama's visit to the Crow Nation just before he was elected in 2008.

What will probably be her most quoted words from her presentation occurred when she recommended strengthening relationships between American Indian women and their sisters in Congress. "When Native women lead, tribal nations succeed," she said.

Watch the speech at: <http://www.ncai.org/about-ncai/state-of-indian-nations>





Debora Juarez, First Native American Sworn in To Seattle City Council

Debora Juarez, a tribal citizen of the Blackfeet Nation and part Latina, was sworn in on Monday, January 4, 2016 to represent District 5 on Seattle City Council. Juarez becomes the first American Indian leader to serve on the Seattle City Council.

On Monday, Juarez said she is “a product of the 1970’s War on Poverty programs and affirmative action.”

“Today is Historic,” Councilwoman Juarez declared. “It’s not historic because I’m Native American or Latina, it’s because I am America.”

Juarez is one of six children born to an American Indian mother and a first-generation Mexican-American father. She grew up on the Puyallup Reservation in Tacoma, Washington. The first member of her family to attend college, she went on to receive a law degree and has practiced law for 28 years.

Washington State Governor Mike Lowry then appointed Debora to serve as a King County Superior Court Judge. Her work as an attorney and judge led to an executive appointment to the Governor’s Office of Indian Affairs. There, she served as lead policy and legal adviser to two Washington State governors.

Harmony Hill

HEALING RETREAT

NATIVE AMERICAN & TRIBAL CANCER RETREAT: JOURNEY TOWARD HEALING



Enjoy Harmony Hill’s beautiful campus and guest facilities overlooking Hood Canal and join us for this special retreat for Native American and Tribal cancer survivors, and their caregivers . (All tribes welcome!)

**FEBRUARY 19-21, 2016
IN UNION, WA**

- ◇ Connect and enjoy time with other cancer survivors on their journey toward healing.
- ◇ Learn ways to help cope with the stress and worry that comes with this journey.
- ◇ Reconnect with traditional foods and healthy eating.
- ◇ Help your body with gentle movement exercise.
- ◇ Enjoy traditional crafts and music.

**JOIN US FOR A SALMON DINNER
THIS RETREAT IS OFFERED FOR FREE.**

Participants must be of Native American or Tribal heritage with a cancer diagnosis at some time in their life, and over the age of 18. Each participant is limited to one adult companion. Only 20 spaces available!

**To apply, please contact us at 360-898-2363
or email us at programs@harmonyhill.org**



Thank you Nisqually Tribe & Port Madison Enterprises for your financial support of this retreat.



7362 E State Route 106
Union, WA 98592
www.harmonyhill.org





The Every Student Succeeds Act Contains Key Provisions To Help Native Students Achieve Higher In Education

SAVE THE DATE!

**Celebrating Our
Cancer Survivors &
Cancer Caregivers**

April 15th and 16th, 2016

Location To Be Decided
Cancer Survivorship Conference

**SPIPA
Comprehensive Cancer
Control Program**

call Joan (Joann) Simmons at 360-462-3222
for more information



President Barack Obama signed the Every Student Succeeds Act (ESSA) into law last month. The ESSA overhauls the No Child Left Behind education law that has been in effect since 2001.

The ESSA provides key provisions that seek to assist American Indian and Alaska Native students succeed in public education, while addressing serious issues that confront many Native students across Indian Country, such as suicide prevention and domestic abuse. Included in the ESSA is the emphasis on the importance of teaching Native languages. These provisions seek to help close the achievement gaps in Tribal communities.

Specific provisions in the new law will help Native students succeed by:

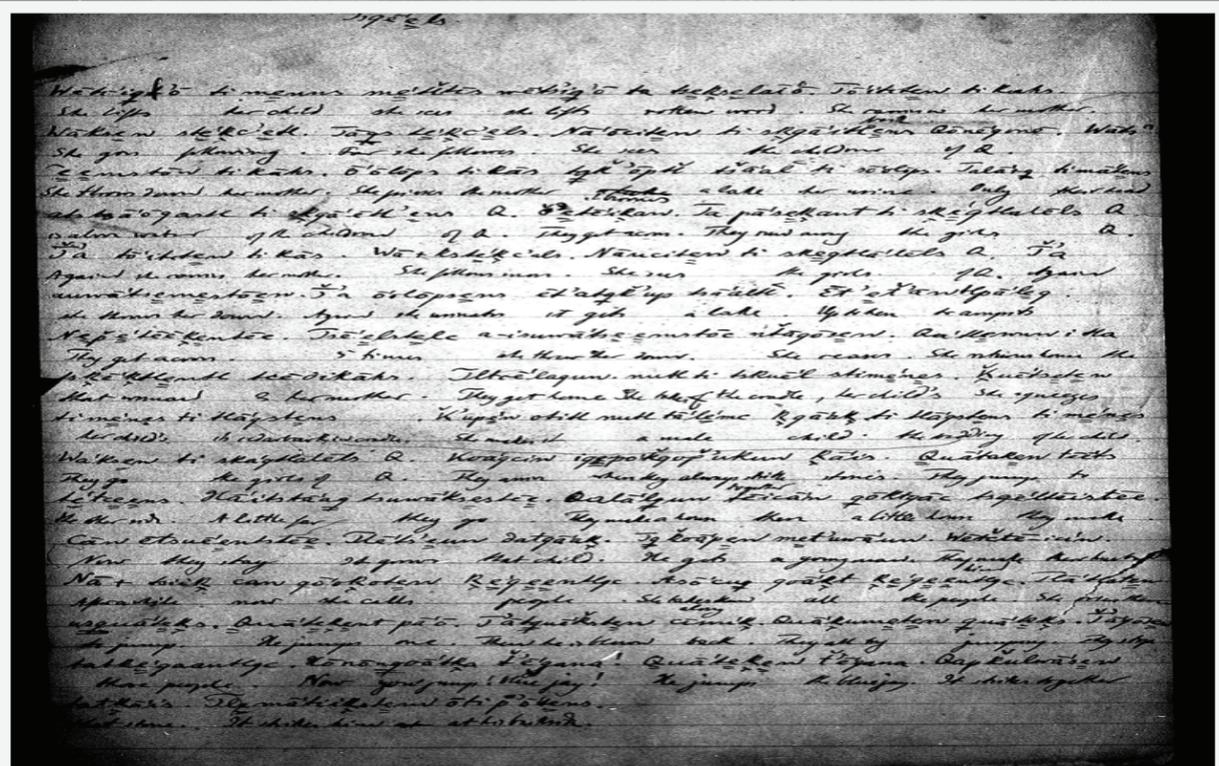
- ⇒ Requiring local and state education agencies to consult and partner with Tribes on policies impacting Native students;
- ⇒ Strengthening programs to improve academic achievement of Native students;
- ⇒ Supporting schools that primarily instruct in Native languages to promote the revitalizations and maintenance of Native American languages;
- ⇒ Allowing funds to be used for violence, abuse, and suicide prevention activities,

culturally related activities, and family literacy programs;

- ⇒ Requiring the Department of the Interior and the Department of Health and Human Services to report on efforts to address suicides among K-12 students in Indian Country;
- ⇒ Expanding eligibility for Tribal schools to access funds for school leadership recruitment, arts programs and gifted programs; and
- ⇒ Preserving education programs to train teachers, and offer fellowships for Native students who want to become teachers.



Namps Chaahts=naṃsčac



Lower Chehalis text as recorded by the Reverend Myron Eels in 1882

The original village name associated with the Shoalwater Bay Reservation has been spelled and interpreted many different ways. **naṃsčac** is a **ləwálməš** (Lower Chehalis) place name that is said to mean the "head of an inlet" or "the end of a body of water."

This information has been getting a fresh look from the Tribe's Lower Chehalis Language Project that is being driven by our Education and Heritage Department. This Project is continuing to find new materials in archives, analyze texts, translate materials and standardize spellings using a well-known system for writing NW Indian Languages.

This work is made easier because of the earlier efforts of Dr. Dale Kinkade, who along with his students, worked with many fluent elder speakers from Shoalwater Bay, Bay Center and the local area. We are using the same Americanist phonetic alphabet that he used to record them in the 1960s and 70s.

This important Project is being directed by Tony Johnson and Earl Davis and supported by two linguists well versed in related languages. They are Dr. David Robertson of Spokane and Jedd Schrock of Portland, OR. In the future we will bring you profiles of these interesting individuals who are working hard to preserve this important resource for our community.

The Project has created a large database of resources and has documented the language extensively. We will eventually publish a dictionary of the language that will include between 5,000 – 10,000 entries, and a grammar to help people understand the inner workings of this complex language. Of course, more language learning materials will eventually be developed as well.

Stay tuned for more updates related to the original languages of our community.

{Submitted by the Education and Heritage Department}

Everyday Salad Bar

February

Monday and Friday are *Dessert Days*
Menu is Subject to Change At Any Time

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pork Loin Potato Vegetable	2 Soup	3 Oven Fried Chicken Potato Vegetable	4 Taco Chick- en Wrap	5 Hearty Sal- ad	6
7	8 Chicken Cordon Bleu Potato Vegetable	9 Soup	10 Tacos	11 Sloppy Joe	12 Hearty Salad	13
14	15 Closed Presidents' Day	16 Soup	17 Spaghetti Vegetable Garlic Bread	18 BBQ Pork Sandwich	19 Hearty Salad	20
21	22 Sweet/Sour Chicken Rice Vegetable	23 Soup	24 Shepard's Pie	25 Hamburg- ers	26 Hearty Salad	27
28	29 Meatloaf Potato Vegetable					

Everyone's
Welcome

SHOALWATER BAY TRIBAL CENTER
Monday - Friday Lunches \$4.00
11:30 A.M. - 1:00 P.M. 267-8166
To Go Lunches are .75 extra

2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Gym 11-7pm AHAB Testing Noon	2 Gym 11-7pm Lunch Discussions 12-1pm/Tribal Center GOT HOPE MTG 5:30 pm Court Bldg.	3 Gym 10-6pm	4 Gym 11-7pm	5 Gym 11-7pm Food Bank Gym 8:30 until Supply depleted Tribal Council 2pm	6 Gym 9-5pm
7 Gym 9-5p	8 Gym 11-7pm	9 Gym 11-7pm "Your Health the Journey" Wellness Center Lunch Room Noon-12:55 GOT HOPE MTG 5:30 pm	10 Gym 10-6pm Tribal Court 1pm	11 Gym 11-7pm USDA Food @ Gym 11-1pm	12 Gym 11-7pm Tribal Council 2pm	13 Gym 9-5pm
14 Gym 9-5pm Valentines Day	15 All Tribal Facilities Closed President's Day	16 Gym 11-7pm Lunch Discussions 12-1pm/Tribal Center GOT HOPE MTG 5:30 pm Court Bldg.	17 Gym 10-6pm	18 Gym 11-7pm	19 Gym 11-7pm Tribal Council 2pm	20 Gym 9-5pm
21 Gym 9-5pm Women's Group 11am	22 Gym 11-7pm	23 Gym 11-7pm "Your Health the Journey" Wellness Center Lunch Room Noon-12:55 GOT HOPE MTG 5:30 pm	24 Gym 10-6pm	25 Gym 11-7pm	26 Gym 11-7pm Tribal Council 2pm	27 Gym 9-5pm
28 Gym 9-5pm	29 Gym 11-7pm	30 Gym 11-7pm Lunch Discussions 12-1pm/Tribal Center GOT HOPE MTG 5:30 pm Court Bldg.				



DIRECTOR'S CORNER-HOUSING BY TROY COLLEY

The Housing department is currently in the process of completely renovating a 3 bedroom home. The regularly scheduled inspections are currently underway as well. On top of that, every week brings a hundred little things to take care of from plugged pipes to broken exhaust fans. Bill Thomas and Jake Christianson are kept pretty busy! All in all, there are 28 homes to maintain. We also assist the elders in their homes, regardless of whether they are in a HUD or Tribal house. We are hoping to expand in the future, with options such as small housing units, apartments, and someday, hopefully, assisted living.

Shammi Robinson is also now assisting with the Housing Department. She is the primary point of contact for most day to day basic needs and concerns. To pay your rent, if you have a problem, or need help you can reach Shammi at 360-267-8209.

With the departure of our grant writer, for the last two months, I have also been splitting my time now between grant writing and housing. I am currently working on a COPS grant what would allow the tribal police department to replace the Chargers with SUV's and a 4-wheel drive pickup. In February, I will begin working on the library grant, and penciling out a community garden and recycling center grant. We already have a wonderful greenhouse in place thanks to a grant from the DOJ (Department of Justice). On top of that, I will continue researching and monitoring grant sites for the various departments and projects that directors have expressed an interest in. Never a dull moment!



Troy Colley

Elder Unit Available



Shoalwater Bay Indian Tribe housing Department has a vacant unit available. The unit is a recently remodeled 2 bedroom, handicap accessible rental. The unit is within easy walking distance of the main Tribal complex, including the clinic, library, social services, gym, and community center. The post office is also nearby. Contact the housing department at, 360-267-6766, extension 8170 for more information.

Step Up To The Challenge!

The Spokane Tribe of Indians

Invites you to participate in the
Annual Physical Activity Winter Challenge 2016
Jan. 11-Mar. 7, 2016 (8 weeks)

The Spokane Tribe of Indians has challenged the entire Portland Area Tribes, Urban AI/AN Programs and health boards, and the Portland Area Indian Health Service (including service units), to a physical activity challenge to start the New Year.

The challenge will run 8 weeks, Jan. 11, 2016-Mar. 7, 2016. We ask all participants to participate in "moderate-intensity" physical activity for 150 minutes or more per week.

According to the CDC, Adults (18-64 years of age), need at least :

*2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and,
*muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

*1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and,
*muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

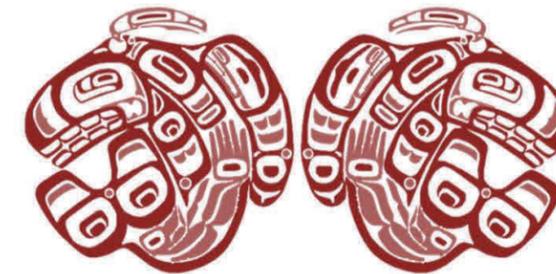
*An equivalent mix of moderate- and vigorous-intensity aerobic activity and,
*muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).



FREE LEGAL ADVICE CLINIC

For low-income community members of
the five Tribes SPIPA serves

Do you have a non-criminal legal problem?



An attorney from the **Northwest Justice Project** will be coming to the South Puget Intertribal Planning Agency's (SPIPA) Squaxin Island Office to provide free legal consultations to eligible tribal members on civil legal matters.

LEGAL ISSUES MAY INCLUDE (among other things): Consumer – payday loans, debt collection, repossessions; ★Driver's license reinstatement★; Education – suspensions, expulsions, special education; Employment issues; Family Law – child custody, child support; Health Care and Welfare Benefits; Housing – evictions, foreclosures; Indian Wills and Estate Planning.

★ **PLEASE NOTE THIS WILL BE THE LAST NJP CLINIC AT THE SQUAXIN ISLAND SPIPA OFFICES** ★

- WHEN: **THURSDAY, February 4, 2016 from 11:30 A.M. – 3 P.M**
- WHERE: **SPIPA office at Squaxin Island Tribe, 3104 S.E. Old Olympic Hwy.**

PLEASE BRING ALL PAPERWORK RELATED TO YOUR LEGAL PROBLEM. NO APPOINTMENT IS NECESSARY. WE WILL BRIEFLY SCREEN YOU FOR INCOME ELIGIBILITY.

It has been a pleasure getting to know the community in the past few years. Please note NJP is still a resource to you. We are available through the CLEAR line at 1-888-201-1014 and by direct referral to our Native American Unit.

