

Shelton Harbor Restoration

Scott Steltzner - Over the last few years, the Squaxin Island Tribe has been working with several partners to restore the Goldsborough Creek estuary.

Estuaries represent transition areas between fresh and saltwater and between land and sea. They connect multiple habitats to create a nourishing foundation – from plankton to plants – that supports the abundant array of life in Puget Sound.

It is estimated that over 75% of Puget Sound estuary wetlands have been lost due to “filling, dredging, and diking”. This represents the greatest loss of habitat in Puget Sound.

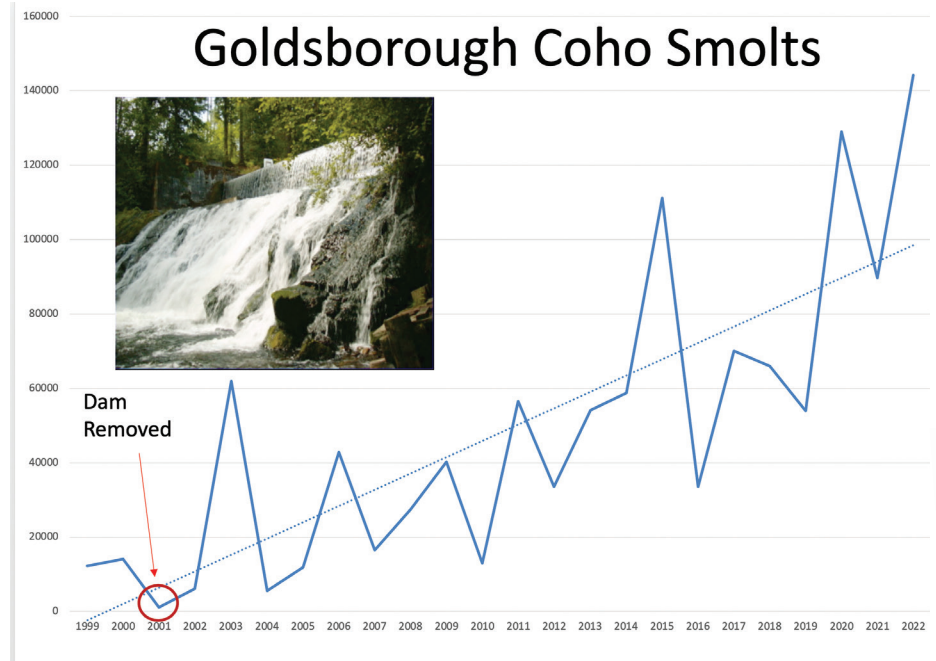
This work in Shelton Harbor builds off an earlier collaboration by the Tribe and Simpson Lumber that, in 2001, removed a 70-year-old fish-blocking dam from Goldsborough Creek. This project opened up 30 miles of near-pristine habitat and boosted the run of coho. During this same time, other salmon runs in Puget Sound continued to decline.

A combination of the dam removal and aggressive habitat restoration led to a record run of juvenile coho salmon in Goldsborough Creek for 2022. This year’s run of 144,200 continues a trend of increasing numbers of juvenile salmon entering Puget Sound.

Goldsborough went from being a minor producer of salmon to becoming the second biggest producer of coho in South Puget Sound. In some years, it is the largest, producing even more than the Nisqually River.

The lesson of Goldsborough Creek is pretty basic: If you provide salmon with good habitat, they

10 SE Squaxin Lane, Shelton, WA 98584
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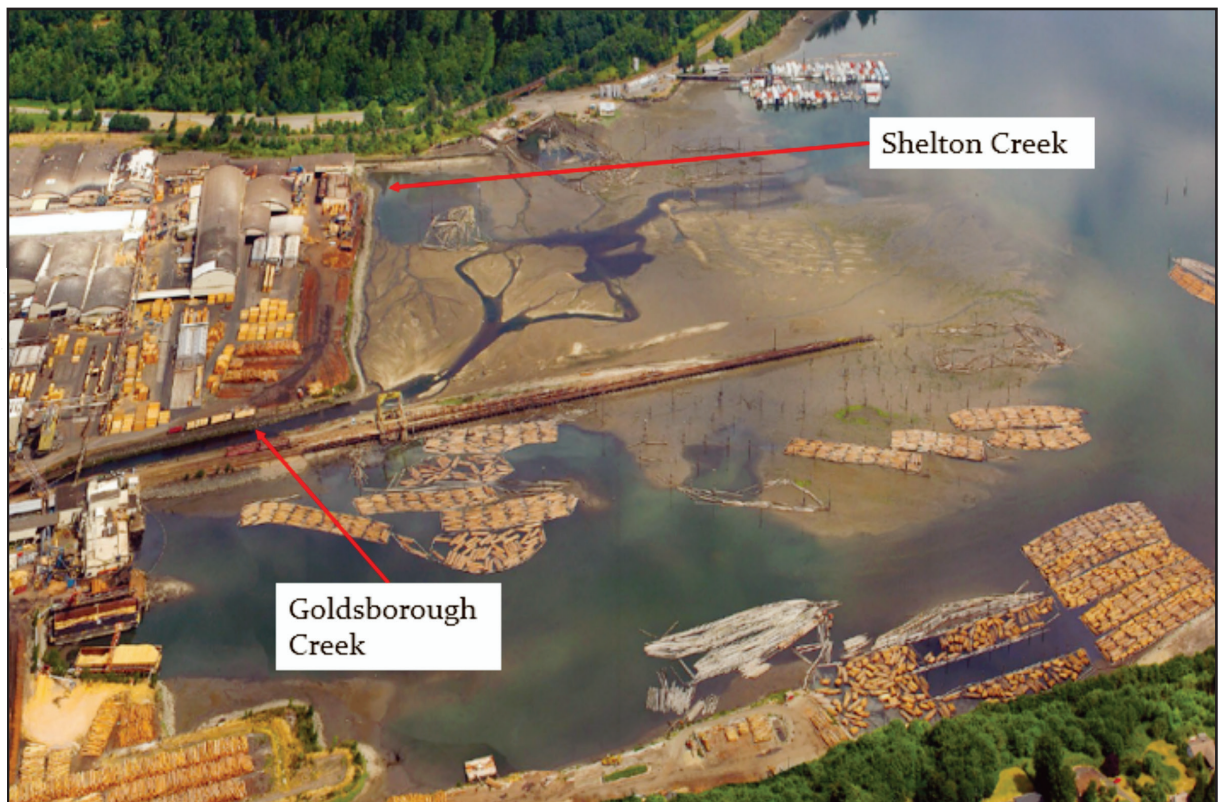


are going to succeed. The Tribe has been working to improve the already good stream habitat. For example, in 2015, the Tribe partnered with the South Puget Sound Salmon Enhancement Group, Simpson Lumber, the Green Diamond Resource Company, and Miles Sand and Gravel to restore habitat along the creek. The project partners added wood structures to the stream to give juvenile and adult

salmon places to feed and hide.

A year earlier, project partners replaced seven fish blocking culverts just upstream from the old dam site that were blocking two tributaries to Goldsborough. This project opened over two miles of new spawning and rearing habitat that had not seen salmon in 114 years.

Continued on Page 4





Walking On Jonie and Gary Fox

Jonie Renee Fox passed away peacefully on Sunday, June 26, 2022 in Seattle, WA after her short battle with cancer. She was born July 12th, 1964 in Shelton, WA to Arlene D Botts and Elmer W Strope.

Her husband, Gary Wayne Fox, passed away 21 short days later on Sunday, July 17th, 2022 in Shelton, WA surrounded by his close family and friends after a long battle with COPD. Gary was born July 6th, 1957 to Roberta S Ebinger and Rodney Dickison in Renton, WA and he was later adopted by William D Fox.

Jonie and Gary got married on August 20th, 2006 at Walker Park in Shelton 20 years after they started dating. Gary and Jonie enjoyed the same things; they loved to hunt, go to the beach, spend time with their dogs, Eliza and Talon, and spend time with their family, especially with their two kids and their grandbabies. Jonie was a big part of her Squaxin community. She loved to donate her cedar work, and she loved to attend events.

They are survived by their two children, Dax Fox (36) of Shelton and Tawny King (30) of Shelton; Jonie's sisters, Barbara Knudsen and Patti Riley; Gary's sister, Suzy Stuart; his brother, Grant Fox; many half siblings; and many nieces, nephews, cousins, and other relatives.



Squaxin Elders
Washington
STATE FAIR

PUYALLUP

Doing the Puyallup on September 21, 2022

Watch for updated info on our transit to & from!

\$20.00 refundable deposit.

Due By: September 15, 2022-noon

(as long as you attend & participate)



Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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www.squaxinisoland.org

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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Squaxin vet gifted with electrical chair



Shelton resident Kim Kenyon received an electric wheelchair from his fellow members of Disabled American Veterans Chapter 60 in Shelton at the 40 et 8 in Shelton. Kneeling is his son, Justin. *Journal photo by Gordon Weeks*



By Gordon Weeks, Shelton-Mason County Journal

Three years ago, Shelton resident Kim Kenyon was standing on a ladder replacing boards to put a roof on his shop when "my ladder up and left me," he recalled.

The 10-foot drop shattered his foot.

"I was looking at the bottom of my shoe after it busted," he said.

The U.S. Army veteran, who has lived almost all of his 74 years in Shelton, spent almost three years in a manual wheelchair, which was "cumbersome" he said. "I had to take down the bathroom doors," he said. "I kept running over my wife's toes."

The bones didn't heal well because the screws kept them apart, Kenyon said. Traveling to his rehabilitation sessions in Shelton was difficult, and he needed his son to push his wheelchair.

But on Monday, August 15th, Kenyon's fellow vets with Disabled American Veterans Chapter 60 in Shelton presented him with an electronic wheelchair at the 40 et 8 in downtown Shelton. They purchased the chair at a silent auction at the state DAV convention.

Alan Riddle, commander of DAV Chapter 60, said the chair was funded by the group's annual Forget-Me-Not fundraiser, the Knights of Columbus Tootsie Roll fundraiser in Belfair, and donations from residents, a group of local golfers, and a car club.

"I was kind of astounded because I didn't think anything like that was possible," Kenyon said.

Kenyon served with the U.S. Army from 1967 to 1970, first in artillery, then in the infantry, and then artillery again.

Kenyon said his life was "at a standstill" until he connected with fellow veterans.

"I can't say enough about my group," he said.

Need Refills at the Pharmacy?

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

WHY?

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



PLAN AHEAD

PLEASE ALLOW 3-5 BUSINESS DAYS FOR THE PHARMACY TO REFILL YOUR PRESCRIPTIONS.

(This does not apply to new prescriptions)

WE APPRECIATE YOUR COOPERATION.

THANK YOU!

Squaxin General Welfare Program



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

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

What qualifies for General Welfare Expenses?

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

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

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

Sign up online at:

squaxinland.org/general-welfare

Forms are also available at the Tribal Office.

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



Shelton Harbor Restoration *Continued from Page 1*

While restoration was occurring, another partner, the Capitol Land Trust, was identifying and conserving over 320 acres of high-quality streamside habitat that had been headed for development.

In the early 1900s, the Goldsborough Creek estuary was dredged to create what is now Shelton Harbor. The salt marsh was dug up, riparian plants removed, and shoreline armoring was installed. The project area and adjacent shorelines have been used for intensive industrial and commercial purposes for well over 100 years. Primary uses were associated with lumber mills, a logging railroad, timber transport, and commercial development. Rapid and widespread development of the waterfront by commercial interests in the late 1800s/early 1900s led to profound and abrupt changes in the ecological systems of Goldsborough Creek and Oakland Bay.

Habitat improvements in the estuary of Shelton Harbor were a logical extension of the work occurring in the creek. The Tribe is coordinating these efforts with Simpson Timber, Sierra Pacific Industries, the Port of Shelton, Capitol Land Trust, the Shelton Yacht Club, and the South Puget Sound Salmon Enhancement Group.

The first step of the estuary restoration project was accomplished in 2016 when 1,600 feet of marine shoreline at Eagle Point were conserved, preventing the removal of the trees and the building of three homes. With a grant written by the Tribe, the Capitol Land Trust purchased the 14-acre property. The entire parcel was then gifted to the city of Shelton, which created a nature park and is putting in trails to allow for public access to Puget Sound.

In 2017, the Tribe and the South Puget Sound Salmon Enhancement Group installed nine logjams at the mouth of Goldsborough to capture sediment and begin re-building the creek's estuary, which has been down-cutting since the early 1990s.

The enhancement group removed 156 creosote pilings, which were leaching toxins into Puget Sound in 2018. At the same time, in a unique partnership led by the Squaxin Island Tribe, the landowners, Sierra Pacific Industries, Simpson Lumber, and the Shelton Yacht Club worked with the Washington Department of Ecology to voluntarily clean up the estuary from legacy pollution and abandoned 80% of the harbor for restoration purposes. When this was complete, the Tribe worked with the Shelton Yacht Club to place almost 60 acres of tidelands into conservancy, making them available for restoration.

In 2019, the Tribe and the salmon enhancement group began the restoration of the lost salt marsh. Over 1/4 mile of shoreline armoring was removed, and 115,000 cubic yards of clean sediment was imported to provide a ten-acre base for marsh plants to begin growing.

A seven-acre salt marsh lobe was restored in 2020. This involved removing almost a 1/4 mile of shoreline armoring and importing over 75,000 cubic yards of clean sediment. The shoreline owner, Sierra Pacific Industries, planted over 10,000 riparian plants in the restored area.

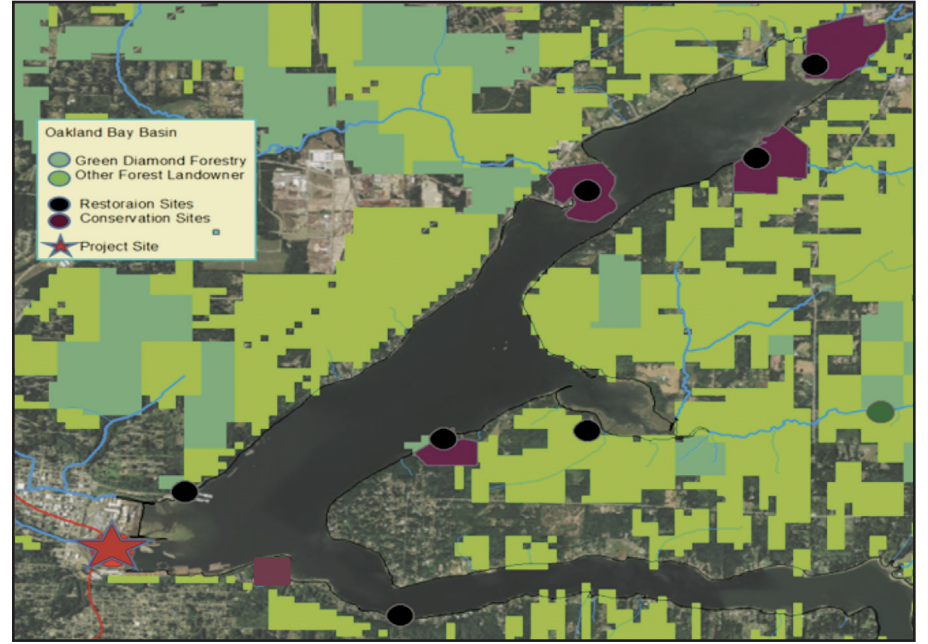
Future work planned includes the removal of another 1/4 mile of shoreline armoring and the restoration of an additional 17 acres of salt marsh habitat.

One year after construction, several species of native salt marsh have been documented growing throughout the marsh lobes. The Tribe, along with our project partners, will monitor re-vegetation and fish use of the site.

The completion of this project would represent a rare win for Puget Sound - we will have taken an estuary degraded by historic industrialization and returned it to a functioning state able to support the fisheries of Goldsborough Creek and Oakland Bay.

West Oakland Bay Restoration





SAVE THE DATE
MONDAY SEPTEMBER 12TH, 2022

12TH ANNUAL
CHAIRMAN'S CHALLENGE
GOLF TOURNAMENT

GOLF TOURNAMENT FOR
SQUAXIN ISLAND TRIBAL MEMBERS

Salish Cliffs GOLF CLUB **LITTLE CREEK** CASINO • RESORT.

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Stepping Stones

We are all wrapped up for the summer with Stepping Stones! We had a great six weeks together exploring careers and Squaxin culture and creating stronger bonds with friends and community. We had a very active final month of Stepping Stones and are very thankful to all our guests who came through to make the experiences even more fun and beneficial.

The youth made beautiful drums with some guidance from Patrick Braese. They used and traded the drums along with the beadwork they had made through the program when Little Bear and Kimberly Miller from Skokomish came over to teach us stick games. The youth had a blast learning this game and several found a true passion for it. One of our youths even went home and, on their own accord, hand-made his very own stick games set. Proud of you Mathew!

We enjoyed more kayaking and canoeing around Hope Island. We even took it to the next level with some cold-water training led by Taylor Krise and a support boat from the Mason County Sheriff's Department. For a few, this was their first time on the canoe and anxieties were high. It was hard to prepare to purposely tip the canoe but, with teamwork and trust in one another, we all successfully flipped, re-boarded and bailed out our canoe to make it back to shore. We left that day with a great sense of accomplishment and pride in ourselves and the team.

We ended off the program with a day at Little Creek Casino. The youth came in looking dapper in their business casual clothes. We shared a meal together and learned the etiquette of banquette dining.

We are so proud of what our teens accomplished this summer in the Stepping Stones program. There was amazing growth in our team and our individuals and we are already looking forward to next summer's experiences.

- Kiana Wily, OMS Student Advocate



Aiden



Ella



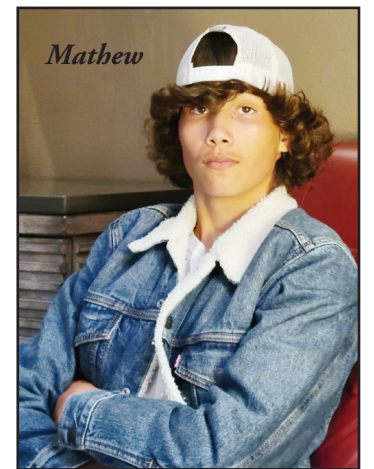
Emma



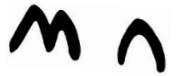
Kolby



Isis



Mathew





LEARNING CENTER



Stepping Stones





Teen Film Camp

Squaxin Teens worked with Sky Bear Media again on another film project, August 22-26. Our last Micro-Aggressions Awareness video was a super awesome experience and success for our teens. We are excited to see their creativity and pride come to life in this next project we are doing on the Island of Squaxin. Keep an eye out for the Squaxin Teens short film, coming soon!



September 2022 - Tu Ha' Buts Youth Center Calendar

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

Activities and Calendar are subject to change at any time.

Rec Room Phone Number: 360-432-3986

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No After-School Rec	2 No After-School Rec	3 BBall Conditioning: 6-7pm Open Gym: 7pm-9pm
5 Tribal Holiday	6 No After-School Rec	7 After-School: 3-6pm Ironing Beads BBall: 5 & Up – 5pm-7pm GSD – School Starts	8 After-School: 3-6pm Berry Popsicles	9 After-School: 3-6pm Back-to-School BBQ 4:00-4:30pm & Dance: 4:30-6:30pm	10 BBall Conditioning: 6-7pm Open Gym: 7-9pm
12 No After-School Rec	13 After-School: 3-6pm Beaded Hoop Earrings	14 After-School: 1:30-6pm Elder's Dessert: 5-6pm BBall: 5 & Up – 5pm-7pm SSD – 1.5 HR ER	15 After-School: 3-6pm Mini Cake Pops	16 After-School: 3-6pm STEM: Penny Spinners	11 BBall Conditioning: 6-7pm Open Gym: 7-9pm
19 After-School: 3-6pm Plant Education	20 After-School: 3-6pm Beaded Keychains	21 After-School: 3-6pm Paper Art BBall: 5 & Up – 5pm-7pm	22 After-School: 3-6pm S'mores Cupcakes	23 After-School: 3-6pm STEM: DIY Table Foosball	24 BBall Conditioning: 6-7pm Open Gym: 7-9pm
26 After-School: 3-6pm Plant Education	27 After-School: 3-6pm Medicine Bags	28 After-School: 1:30-6pm Balloon Tennis BBall: 5 & Up – 5pm-7pm SSD – 1.5 HR ER	29 After-School: 3-6pm Brownies	30 After-School: 3-6pm STEM: Save Fred	
Key: SSD – Shelton School District GSD – Griffin School District Bball - Basketball		After-School Meal Times: Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm		Activity Time: Teen from 3:00-3:45pm School-Age Youth from: 5:00-5:45pm	
Contact: Kasia: 360-432-3801 Kenna: 360-432-3895 Jerilynn: 360-432-3992					



Summer R.O.O.T.S.

We hope your summer was full of fun and adventure! Summer R.O.O.T.S Day Camp kicked off on June 27th this year! We had a really great summer, full of arts and crafts, outdoor games, animals, face painting, and water slides!!

Week One, June 27-July 1st: The first day we invited Kelly Aho from Squaxin Child Development Center to Summer R.O.O.T.S. to do some awesome face painting. Little puppies, kitties, Spiderman, and colorful bButterflies were some of the cool art we saw around camp.

Week Two, July 4-8th: Our Center visitor was Inflatable Event Professionals Water Slides and Inflatables. The Youth were able to have fun and play in the water, go down the water slides, and jump in the bounce houses. The youth really enjoyed the fun water play event. We went also went off site and visited the Salish Roots Garden with Aleta. The youth walked the trail along the creek and identified some of the large trees, like cedar, along the creek. Also during our visit, the youth got to see all the amazing flowers, vegetables, and fruits that are grown at the garden. Thank you to Aleta and the garden staff for having us.

Week Three, July 11-15th: Our Center visitor was Patty Suskin. Patty came and spoke to the youth about diabetes prevention. Patty also made some yummy snacks with the youth and talked with them about healthier snack choices and easy ways to prepare them.

Week 4, July 18th: We had amazing Animal Encounters join the fun! They had the coolest mobile petting zoo! There were three hens that like to give kisses (which the youth didn't partake in) and a Wallaby (looked like a mini Kangaroo). A fun fact that the youth learned is that Wallabies are a marsupials, like a kangaroos, but they are also in the family known as macropods. Animal Encounters also had some cuddly bunnies, pygmy goats, and even a large hamster that the youth all got to pet and see up close!

Week Five, July 25-28: Week Five of Summer R.O.O.T.S. was fun. We had JLO Magic and Balloon Twisters. A big silly shout out to magician, Jose, who did some really fun magic acts that the youth and staff got to be a part of! We had some great works of balloon art: Ninjago Lego guys, fishing poles, pandas eating bamboo, llamas, and even a baby turtle in gold! Thank you again, magician Jose and staff!

Week Six, and the last week: Tuesday, August 2nd, we loaded up the two younger groups, the Frogs and Salmon, ages 5-8, and went on a field trip to DEFY Trampoline Park. Then on Wednesday, August 3rd, we loaded up the two older groups and took them to DEFY Trampoline Park. The youth had a blast jumping, listening to music with their friends, swinging, eating snacks, and drinking slushies from the snack bar.

Field Day / The Last Day: Friday, August 5th was pretty fun. We had Inflatable Ax Throwing and prizes for those who hit the targets and bulls eyes. We had carousal bounce house, mini golfing, laser tag and laser tag course, and snow cones/slushies to cool off with on that hot last day of summer day camp. The staff were really amazing. They played with the youth and had fun themselves.

The After School Rec Program will begin on Wednesday September 7, 2022. The hours of operation will be Monday through Friday, from 3:00 - 6:00 p.m. During Wednesday early releases for Griffin and Shelton school districts, we will be open from 12:30 - 6:00 p.m. for youth and teens.

Stay updated on upcoming events and activities on our Facebook page Squaxin Island Parks and Recreation Dept. or join our Remind app! Text @ SquaxinRec to 8101.

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

Jerilynn Vail, Youth Activities Manager/
Food Program Manager
jvail@squaxin.us

Kenna Acosta, Youth Recreation Coordinator
(360) 349-6414 or kacosta@squaxin.us



Thanks!

Thank you to the adult staff, Sara Naranjo-Johns, Billie Marie Lopeman-Johns, Kyla Boelk, and Dakota Sigby! To the teen Summer R.O.O.T.S. staff, this summer was a challenge, but you were able to come together, be fun, play, and make it happen for this community. THANK YOU! You are appreciated. Teen staff: Tanalee Mendoza, Selah Thale, Judah Thale, Aiyanna Krise, Sarah Koshiway, Mykah Masoner, Syncere Ho, Raiatea Villeneuve, Ana Pinon, Shae Peters, Alys Meyer, Jesse (JJ) Cain, Micah Roberts, and Kameron Weythman.

Squaxin Island Parks & Rec

Are you ready?

**After-School Rec Program
September Activities:**

**Wednesday, September 7th: First day of
After-School Program** PLAY

**Friday, September 9th: Back to School BBQ & Dance
from 4:30pm-6:30pm**

**Tuesday, September 13th:
Beading Delica Hoop Earrings**

**Wednesday, September 14th:
Elders Dessert 5pm-6pm**

Thursday, September 15th: Mini Cake Pops

Friday, September 16th: STEM Penny Spinners

**Friday, September 23rd: DIY Your Own
Mini Foosball Table**

Contact us if you have any questions:
Kasia Seymour: kseymour@squaxin.us
Kenna Acosta: kacosta@squaxin.us





Squaxin Island Parks & Rec

Elders Dessert

Wednesday, September 14th, 2022
5:00PM-6:00PM
In the Rec Room

Please join us for dessert in appreciation for our elders!

If you have any questions, please contact:
Jerilynn: 360-432-3992 or
Kasia: 360-432-3801



Elders Talking Circle with Tribal Council

Photos by Meloney Hause



Youth Talking Circle with Tribal Council

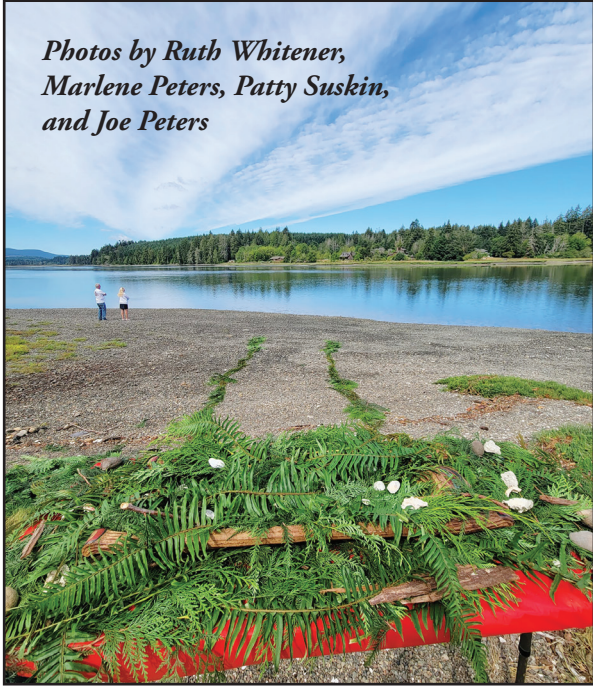




FIRST SALMON CEREMONY



*Photos by Ruth Whitener,
Marlene Peters, Patty Suskin,
and Joe Peters*





FIRST SALMON CEREMONY



*Photos by Ruth Whitener,
Marlene Peters, Patty Suskin,
and Joe Peters*





CHILD DEVELOPMENT CENTER



Mud Day

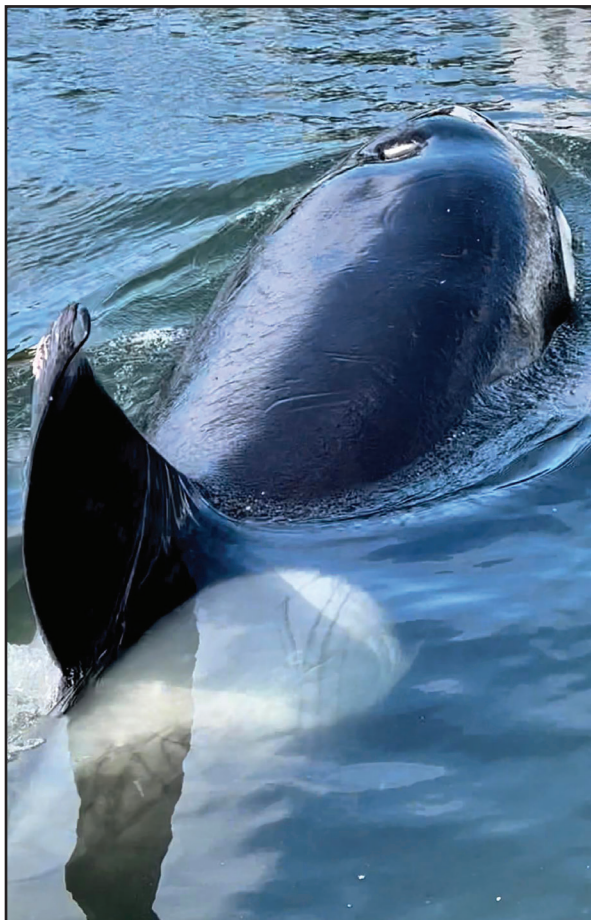
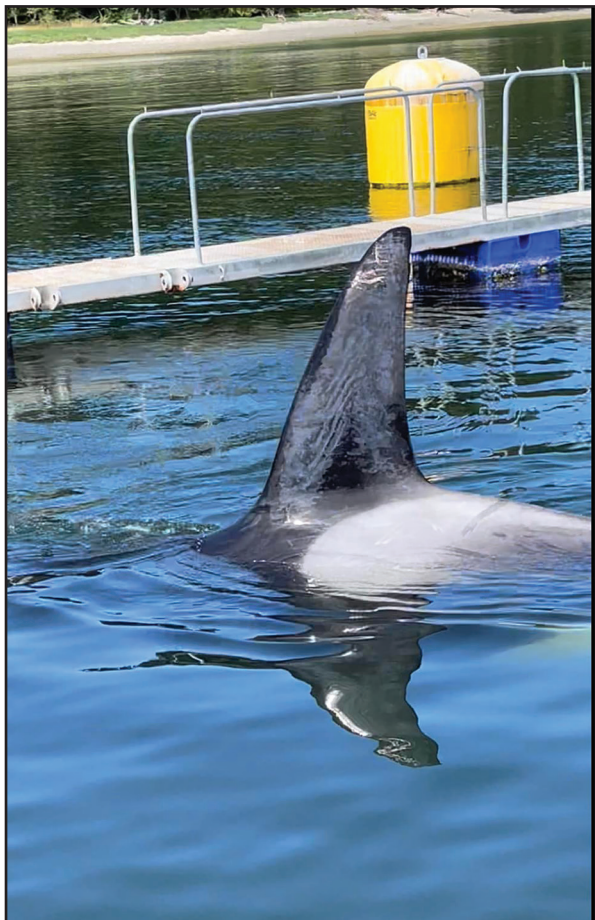
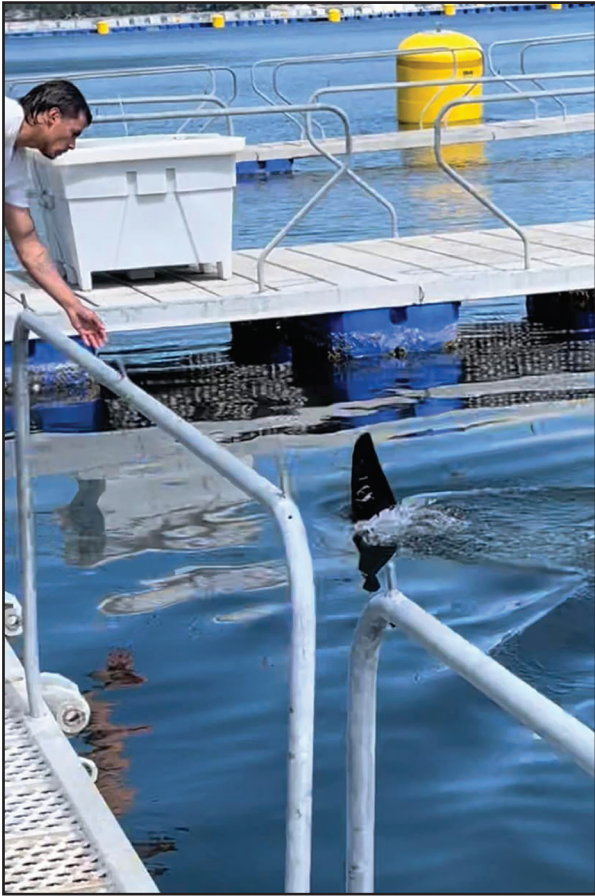
Story and photos by Kaitlin Krug - Squaxin Island Child Development Center participated in Mud Day on July 22nd. This is an annual activity where students get to explore mud and other sensory activities. Mud has numerous benefits for our students; it connects children to nature, aids in tactile learning, builds fine motor and gross motor skills. Moreover, playing in mud is a sensory activity that leads to imaginative play that can be done independently or as team. Fun fact: research has shown that exposure to *Mycobacterium Vaccae*, a safe bacteria found in soil, not only stimulates the immune system that signals your brain to release serotonin, this endorphin is produced by your brain to regulate mood.





Orcas Visit Netpens with Dakodah Vigil and Taylor Krise

Photos by Taylor Krise





Reminder!

Your Treaty ID Card is invalid without stickers!

Bring your receipt of payment to the NR Office to get issued your stickers.

Always carry your Treaty ID with you when harvesting. Treaty ID is required for buyers to issue shellfish and fish tickets and payments. Need a replacement? Call Us. (360) 432-3802

Instagram REEL CHALLENGE

First Prize \$250 Visa™ Gift Card

Runner Up \$100 Visa™ Gift Card

- Visit the Stream Team website for contest rules and entry.
- Showcase a Stream Team action for clean water OR what Puget Sound Starts Here means to you.
- Submit your reel on Instagram by Sept 30, 2022 and tag @Thurston_Stream_Team.

StreamTeam@ci.lacey.wa.us www.StreamTeam.info

Parks, Arts & Recreation

Saturday SEEK Adventures
Ages 11-14

Experience It!

Interested in joining us to explore local trails, parks, and beaches? We'll kayak in the bay, hike in Capital Forest, and learn about local plant wildlife and primitive survival skills.

Thanks to a SEEK Grant, Olympia Parks, Arts & Recreation is hosting FREE outdoor trips. Snacks provided.

Each Saturday, September 3-24, 9:00 AM - 5:00 PM
Drop-off and pick-up at The Olympia Center, 222 Columbia St NW

For more information and to register, contact Luke Burns:
360.570.5857 or lburns@ci.olympia.wa.us.

The Olympia Parks, Arts & Recreation Department is a recipient of the 2022 SEEK Grant. The purpose of the SEEK Grant is to increase access to quality outdoor programming for youth and communities who have historically been underserved and who have been most impacted by the COVID-19 pandemic.



Housing Survey

Enter to win a **\$100 VISA gift card** by completing a Housing Survey!

** Squaxin Island Tribal Members 18 and over only **

The Squaxin PCD Department is gathering information from ALL Tribal Members (18 and over) on housing needs for planning future developments. This information is vital in order to provide Tribal Members with the type of Housing they need.

Complete a survey and return it by September 15, 2022, to have your name entered in a drawing for a \$100 VISA gift card.

The survey can be found at: <https://squaxinland.org/housing-survey>. You may also request a copy of the application from one of the persons listed below.

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

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

OR

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

** Check the bottom of the survey for return options.*



Developed by:
COOPERATIVE EXTENSION
WASHINGTON STATE UNIVERSITY
ENERGY PROGRAM

Brought to you by:
NORTHWEST
AIR POLLUTION AUTHORITY

INDOOR AIR QUALITY Factsheet

Keeping Homes Dry

Keeping homes and apartments dry to reduce the chance for **mold problems** in the Pacific Northwest can be a challenge. We cannot control the weather, but we can build and operate our buildings in harmony with our environment, and keep them dry inside even in "rain forest" climates.

Homes with excessive moisture are at risk for serious structural problems, expensive renovation of damaged materials, and cosmetic problems such as peeling paint and staining. The occupants can also be at risk from exposure to excessive amounts of mold and other asthma triggers and allergens.

1) The first line of defense is to keep moisture out of homes.

- Make sure your roof does not leak and that it sheds water away from the foundation and crawlspace.
- Gutters, downspouts and landscaping should direct water away from the home.
- Check toilet, sink and washer plumbing for leaky fittings or hoses. Replace before it may leak.
- Make sure your windows, doors and other penetrations do not leak.

2) The second step is to limit the build-up of moisture generated inside.

- Our homes get moist from the inside from day-to-day activities of the occupants.
- Our breath contains water vapor and we perspire. The more people — and the longer they spend in the home — the more moisture builds up.
- We cook and do laundry.
- We wash dishes.
- We bathe and shower.
- We add water to our houseplants and aquariums.
- We mop the floors and shampoo carpets.
- We track water in with our shoes and hang raincoats and towels to dry.

We cannot stop living in our houses... so follow these easy tips to keep your house from getting wet from the inside out.





INDOOR AIR QUALITY FACTSHEET

1) Do not generate any more moisture than necessary.

- Reduce the number of house plants.
- Cook with lids.
- Put covers on aquariums.
- Do not hang damp laundry indoors.
- Take shorter showers.

2) Capture and remove moisture at the source.

- Use exhaust fans in the kitchen and bathroom.
- Make sure exhaust fans are pulling enough air and are vented to the outside.
- Keep bathroom door closed until all the bath moisture is exhausted.
- Make sure clothes dryer vent is unobstructed and has tight connections.

3) Like people, houses need to breathe.

- Exchange the moist air inside for fresh air outside.
- Consider that 40 degree outside air with 100 percent relative humidity will turn into 30 percent relative humidity air as you warm it to 75 degrees inside your home. (So, you can dry out your home by "flushing" outside air even if it is 40 degree fog.)

4) Use exhaust fans.

- Exhaust fans rid the home of excess moisture which is replaced with outside air.

5) The colder it is outdoors, the less outside air you will need to keep moisture levels under control.

- The warmer it is outside, the more outside air it will take to dry a home. While this is good news for energy use, in some mild and moist climates a **dehumidifier** may be required in addition to ventilation.

6) Keep your house and rooms warm.




- Cold surfaces will allow moist air to condense and can quickly lead to moisture, mold and mildew problems.
- "Closing off" rooms to conserve heat may well lead to mold growth in those rooms.

House Ventilation Strategies

Older homes can suffer from moisture problems when the occupants produce lots of moisture but do not actively remove it.

Running exhaust fans more frequently is often the easiest solution. Make sure your home has exhaust fans that actually work, and use them as needed to directly capture and remove moisture and to pull in outside air. Note: A ceiling fan or room fan does not pull in outside air.

While our **newer and tighter homes** save energy, they still need to breathe in order to avoid becoming damp. Newer homes can be less forgiving when we do not control moisture indoors or actively ventilate.

Homes built since 1991 in Washington are required to have a "whole house" ventilation system installed. These systems should have a clock timer that allows the home to be ventilated automatically.



Homeowner Assistance Fund (HAF) Help for Homeowners in Need

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

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

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

1. You own the home you live in and it is your primary residence, on or off reservation.
2. You have you experienced financial hardship due to Covid-19 (after January 21, 2020) from one of the following:
 - Mortgage delinquencies
 - Foreclosure
 - Unpaid property tax
 - Past due utilities
 - Home displacement due to critical home repairs (roof, structure damage)
3. Your income falls at or below these guidelines:

1 person	(\$63,000)
2 persons	(\$72,000)
3 persons	(\$81,000)
4 persons	(\$90,000)
5 persons	(\$97,200)
6 persons	(\$104,400)
7 persons	(\$111,600)
8 persons	(\$118,800)

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

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

If you have any questions please contact:

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

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



INDOOR AIR QUALITY

FACTSHEET

The amount of time these fans should be set to run depends on three things.

- 1) The season.
- 2) The climate.
- 3) The amount of moisture being generated indoors.

The less moisture being generated - - or allowed to migrate around - - inside the home, means less exhaust fan run-time required.

The colder or dryer the climate - - or the dryer the season - - the less run time required, because the outside air will have more drying effect.

On the other hand, the warmer or wetter it is outside - - the more the exhaust fan will need to run.

Facts on Mold

Mold needs moisture to live and flourish. The four things needed to grow mold are

Mold spores +Food source + Proper temperature +Moisture

- 1) Mold spores are everywhere in our environment, so they are in our homes all the time.
- 2) Mold needs food - our homes are made out of mold food such as drywall, wallpaper and paste, wood products, and normal everyday debris that we track in from outside.
- 3) Many molds like the same temperatures we like. It is unrealistic to keep our houses too hot or too cold.
- 4) Most molds like it wet. Most molds will not flourish without water or high relative humidity. Moisture is the one factor we can realistically control.

The solutions

A well-ventilated house with occupants that pay some attention to controlling internal moisture will discourage mold from moving in. We see houses in the "rain forest" with no signs of mold, so we know these basic techniques can work for the rest of us.

Cost of neglect is high

More and more insurance companies are excluding mold from their coverage - - especially if the mold is a result of a maintenance deficiency or improper operation of the home. Therefore, if window or roof leaks are not fixed right away, your insurance company may refuse to

help with a mold problem. If you allow moisture to build up in your home and do not use exhaust or ventilate with fresh air, the insurance company may refuse to cover mold damage.

A quick and thorough response after a water leak, spill or other event is needed to prevent a mold bloom. Experts say to thoroughly dry wet materials within a few days to be safe. Wet wall cavities often need to be opened up for rapid drying.

Relative Humidity

To avoid mold and moisture problems, homes should be maintained in the 30 to 50 percent relative humidity range.

Low cost (< \$30) digital relative humidity gauges are available and generally accurate enough to help you control the relative humidity in your home. The cost of these devices is small compared to health care costs and renovation costs.

Dehumidifiers

The typical dehumidifier used for homes will work for most applications as long as the room is maintained at fairly normal temperatures. These units require maintenance, use energy and produce some heat. The best approach is to avoid using dehumidifiers if possible by identifying and solving the source of the moisture, not relying on moisture removal by dehumidifiers only. Dehumidifiers are especially useful in basements, homes with concrete floors, and homes in mild damp temperate locations.

More information

- <http://www.homeenergy.org>
- <http://www.epa.gov>
- <http://www.alaw.org>
- <http://www.nwair.org>
- <http://www.energy.wsu.edu>
- <http://www.fsec.ucf.edu/bldg/>
- <http://www.cmhc-schl.gc.ca>
- <http://www.buildingscience.com>

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REUSE REDUCE RECYCLE



RECYCLING REMINDERS What to include in your curbside recycling cart

plastic containers

PREPARATION
empty · quick rinse · no lids

recycle plastics by shape
ignore numbers



plastic bottles milk jugs plastic tubs plastic jars buckets plant pots

paper and cardboard

PREPARATION
clean · dry · quick rinse for milk and juice cartons



milk and juice cartons paper or frozen food boxes cardboard newspaper paper bags shredded paper phone books mail, magazines, mixed paper and catalogs

aluminum and tin cans

PREPARATION
empty · quick rinse · no loose lids · do not crush



**NO GLASS
NO PLASTIC BAGS OR WRAP
NO DANGEROUS MATERIALS**

Questions?

Mason County Garbage & Recycling
PO Box 787 • 81 E Wilbur's Way • Shelton, WA 98584
360-426-8729 • 360-275-4590 • 1-877-722-0223
www.masoncountygabage.com



Good to Know

Milk and Juice Cartons

You can recycle milk and juice cartons. Please give them a quick rinse. Plastic spouts are fine, but toss the lid in the trash.

Aseptic packaging is NOT accepted. This means shelf-stable items like juice boxes, soy milk, soups and stocks.

Shredded Paper

Put shredded paper in a paper bag and roll down the top before putting in your recycle cart.

Glass

Glass is not collected curbside in Mason County. Glass has very little market value and makes up a small percentage of our waste stream. Throw glass in the trash or take it to drop-off sites for recycling.

Find a site near you at www.masoncountyclecyles.com

Contamination

Food residue is a contaminant that ruins the recyclability of materials. If you can't empty and rinse a container please don't put it in your recycle cart.

Safety

Needles, sharps, ammunition and other dangerous materials turn up at sorting facilities every day. These are all safety hazards for employees and should never be put in recycling carts.

Recycling Resources

Electronics Recycling
www.ecyclewashington.org
1-800-RECYCLE

Household Hazardous Waste

www.co.mason.wa.us/utilities_waste/solid_waste/

Mason County residents may bring household hazardous waste items like batteries, oil-based paint, fluorescent light bulbs and motor oil to:

Mason County Transfer Stations

Contact for materials accepted and hours of operations:
Belfair: 360-275-6462
Hoodsport: 360-877-9525
Shelton: 360-427-5271
Union: 360-898-3037

Plastics

Recycle Plastics By Shape

Numbers on the bottom don't tell you if an item is recyclable. That's why we ask you to look at the shape. The types of plastic we collect have the best chance of being recycled into new products.

We accept:

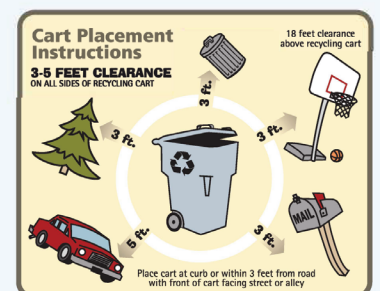
- Plastic bottles
- Plastic jars, tubs and buckets

Plastic Items NOT Accepted:

- **Lids**
Throw lids in the trash. Plastic lids and caps are too small to be sorted properly and don't get recycled.
- **Bags and Wrap**
Grocery bags and plastic wrap get tangled in machinery at sorting facilities. Throw plastic wrap in the trash. Reuse plastic bags or take back to participating grocery stores for recycling.
- **Crinkly and Lightweight Plastic**
Items like plastic drink cups, clamshell packaging for produce, and packaging around toys and electronics are not recyclable because they flatten during collection and processing and get sorted incorrectly as paper. Throw these items in the trash.

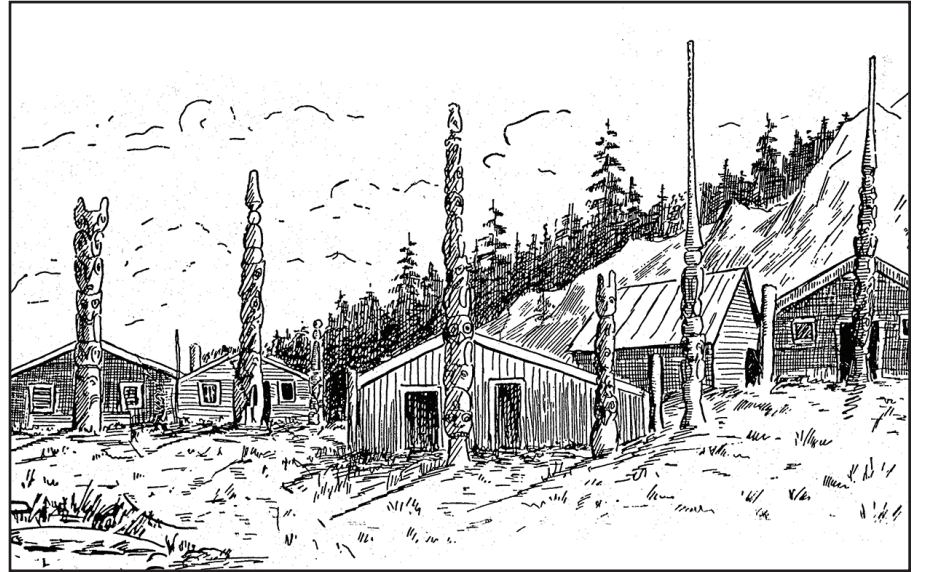
What to do on recycling day

- Cart should be at the curb by 6 am
- All items must fit in cart with the lid closed
- Lid opening toward street—handle toward house
- See diagram below for cart distances
- Remove empty cart from curb as soon as possible





hello fall



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

THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:
J.L.

Case No.: SWI-CW-2022-05-011

Indian child.

NOTICE OF GUARDIANSHIP HEARING

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Jason Longshore

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 October 6, 2022 at 10:30 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.

NOTICE- PAGE 1 OF 1

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



1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5
6
7 SQUAXIN ISLAND TRIBAL COURT
8 YOUTH COURT
9 SQUAXIN ISLAND RESERVATION
10
11 IN RE: Case No.:
12 BJ, EJ, EJ, LJ SQI-CW-2020-09-11
13 Indian Children SQI-CW-2020-09-12
14 SQI-CW-2020-09-13
15 SQI-CW-2020-09-14
16 NOTICE OF GUARDIANSHIP HEARING
17
18 THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Rachel Naranjo Johns and Ernesto Naranjo
19 Clemente
20
21 YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has
22 set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on
23 October 6 2022 at 11:30 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR
24 AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN
25 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.

NOTICE

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771

1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5
6
7 SQUAXIN ISLAND TRIBAL COURT
8 YOUTH COURT
9 SQUAXIN ISLAND RESERVATION
10
11 IN RE: Case No.: SQI-CW-2016-1603-0044
12 RK Indian Child. NOTICE OF GUARDIANSHIP HEARING
13
14 THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Bob Koshiway and Sally Scout
15
16 YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a
17 guardianship hearing in the above captioned matter. The hearing on this matter shall be held on October 6, 2022
18 at 10:00 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR
19 TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME
20 PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call
21 360-432-3828 for more information.
22
23
24
25

NOTICE

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771





September is National Cholesterol Education Month

Submitted by Patty Suskin, Registered Dietitian Nutritionist
Check out these lifestyle changes to lower your cholesterol:

Make Healthy Food choices:

Choose foods naturally high in fiber, such as: beans, whole grains, vegetables, fruits. Limit food with high saturated fats: pastries, fatty cuts of meat, cakes, bacon, salami, sausages, butter, coconut oil, palm oil. Limit fried foods. Choose fish, chicken, turkey, and lean meats.

Be Active Every Day:

Adults: at least 30 minutes a day
Youth: at least one hour a day

Maintain a healthy weight.

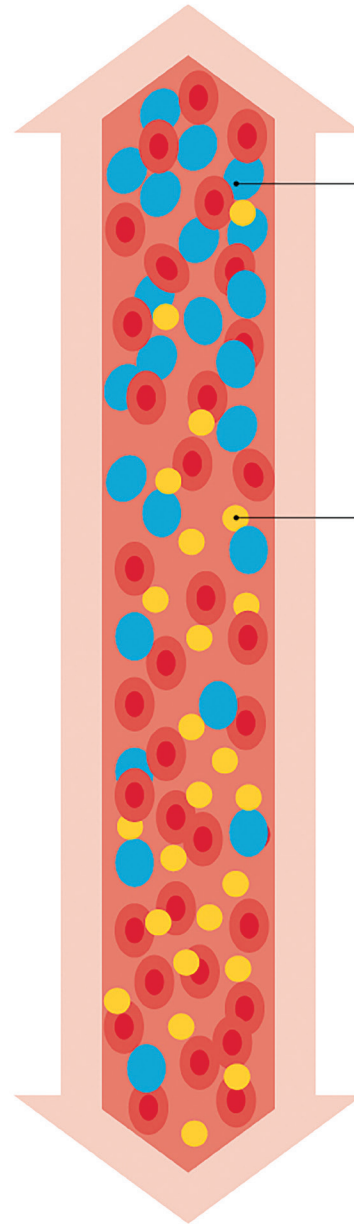
Don't smoke or quit if you smoke.

Need ideas? Contact Patty Suskin for an appointment:
(360) 432-3929 or psuskin@squaxin.us

Source: National Center for
Chronic Disease Prevention and Health Promotion
https://www.cdc.gov/cholesterol/myths_facts.htm



CONTROLLING Cholesterol



HDL:
THE HIGHER,
THE BETTER

Less than
40 mg/dL
is a major risk
factor for heart
disease



LDL:
THE LOWER,
THE BETTER

Optimal: Less
than 100 mg/dL
High: 160-189
mg/dL
Very High: 190
mg/dL and above



TOTAL CHOLESTEROL:

Best: 200 mg/dL or below
Borderline: 200-239 mg/dL
High: 240 mg/dL or above





HEALTH CLINIC



LOVE YOUR NUMBERS

These numbers, your health history and other information factor into your overall health. Make changes to help you reach the healthy numbers below.

Blood Pressure

120/80 or less

A blood pressure test measures the systolic pressure (top number) during heartbeats and the diastolic pressure (bottom number) when the heart rests between beats.



Cholesterol

200 mg or less

High cholesterol levels increase your risk of heart disease, but it's just one part of calculating your cardiovascular risk.



Blood Fat

150 mg or less

Triglycerides (Blood Fat) Excess alcohol, processed sugars and simple carbohydrates increase your blood fat level.

Heart Disease Risk

5% or less

Blood pressure, cholesterol and other measurements are used to determine your 10-year risk of heart disease (Cardiovascular Atherosclerotic Risk or ASCVD test).



BMI

18.6 to 24

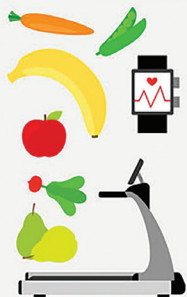
Body mass index (BMI) is calculated using a person's height and weight to estimate if you are at a healthy weight.



Blood Sugar

5.6% or less

The A1C test is a blood test that shows the average blood sugar (glucose) levels over the last three months. It shows blood sugar control over time.



Improve Your Numbers

1. Eat more fruits and vegetables.
2. Limit animal products; eat plant proteins.
3. Avoid bad fats.
4. Stay hydrated.
5. Avoid alcoholic and sugary beverages.
6. Get aerobic exercise 30 minutes every day.
7. Lose weight.
8. Stop smoking and avoid secondhand smoke.
9. Reduce stress by practicing mindfulness.
10. Use HEPA filters and avoid chemical and smoke irritants.

njhealth.org
1.877.CALL NJH (1.877.225.5654)



Now Is The Time To Schedule Your Kids' Back-To-School Dental Exams and Cleanings!!



Start the School Year Off With Clean Teeth and Healthy Habits!



Call Squaxin Island Dental Clinic at
(360) 432-3881
Today to Schedule



Keep Your Children Healthy: Schedule well-child visits & keep up on immunizations!



Well-child visits help make sure babies, children, and teens get the care they need to stay healthy.



Getting regular well-child check-ups help children and teens stay healthy by:

- Finding health problems early before they become serious.
- Preventing illness by making sure children get the right immunizations.

To keep your WIC benefits current, please provide WIC staff with:

1. Height, Weight, and date of your child's doctor appointment.
2. Ask your doctor to check your child's iron level & share with WIC.

WIC contact: 360.462.3224 or
Email: wicnutrition@spipa.org

Is your child due for a **Well Check Visit or Immunizations?**
Call your pediatrician to make an appt or discuss your options.



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



Covid-19 Statistics July 15 - August 15 Vaccinations

VACCINE	1st Dose	2nd Dose	Booster 1	Booster 2
Moderna	0	1	0	6
Pfizer (5-11 year-olds)	0	1	0	0
Pfizer (12 and up)	0	1	0	0
TOTALS	0	3	0	6

THROUGH PANDEMIC	Fully Vaccinated	Vaccines Provided
	2,326	2,786

Tests

Positive	Negative	Total Tests
37	81	118



Vaccine Status

	Non-Vaccinated	1 Dose	2 Doses	Boosted
Positive	14	4	4	15
Negative	13	3	11	54

Vaccine Status Percentages

	Non-Vaccinated	1 Dose	2 Doses	Boosted
Positive	12%	3%	3%	13%
Negative	11%	3%	9%	46%

Affordable Heart-Healthy Eating



- | | | |
|------------------------|-------------------------|-----------------|
| APPLES | BABY CARROTS | BANANAS |
| BROCCOLI | BROWN RICE | CANNED BEANS |
| CANNED TOMATOS | EGGS | FAT FREE MILK |
| FROZEN CORN ON THE COB | FROZEN MIXED VEGETABLES | GREEN PEAS |
| LENTILS | ORANGES | PEARLED BARLEY |
| PEARS | RAW SPINACH | REGULAR OATMEAL |
| SWEET POTATO | YOGURT | |

Keep Your
Brain
Sharp!



www.craniumcrunches.com

What is Silver Diamine Flouride?

Can it Help You?

Submitted by Carly Goltiani, Registered Dental Hygienist, Squaxin Island Dental Clinic

Silver Diamine Fluoride (SDF) is a liquid medication that your dental health professional can place on teeth to help with the relief of tooth sensitivity and stop cavity formation. It is a non-invasive procedure, which means it does not require numbing or drilling the tooth to place SDF.

The best candidates for SDF are individuals with a high decay rate, children whose primary teeth that will shed in a year or two, patients that have difficulty tolerating a lot of more extensive restorative procedures and patients whose treatment plan requires multiple appointments to complete. SDF is particularly advantageous for the treatment of decay in very young patients, those with developmental disabilities or elder populations that may have difficulty with lengthy procedures. SDF can help stabilize the conditions in the patient's mouth to keep the decay from getting worse and to keep the patient out of pain.

One of the main drawbacks to SDF is that it leaves black stain on the areas where there is decay. However, it will not stain areas of healthy enamel and the black stain is removed when the tooth is permanently restored with a filling. Some patients also report an unpleasant metallic taste and it can sometimes irritate the gum tissue. SDF usually requires multiple applications to fully arrest decay. The benefits of SDF far outweigh the drawbacks, however. Keeping the patient out of pain and stopping the damage of decay and disease processes should always be the number one dental priority.



1) Teeth with active decay | 2) Day after SDF application | and 3) Day 2 after SDF application

Taking care of your mouth and stopping active decay is extremely important. Be proactive and have regular dental exams and cleanings. Your dental team is here to help you. Call Squaxin Island Dental Clinic at (360) 432-3881 to schedule your appointment.

<https://health.mo.gov/living/families/oralhealth/pdf/silver-diamine-fluoride.pdf>



Foot Exam Afternoon in July with Dr. Kochhar

Submitted by Patty Suskin, Diabetes Coordinator

Did you know? **High blood sugar can damage blood vessels, decreasing blood flow to the foot and other parts of the body.** This leads to weakening of the skin and poor wound healing.

Infections that are usually minor can become serious, invading the deep tissue and bone. Also, nerves supplying the feet can be damaged which limit people's ability to feel pain in the affected area. When unaware of the pain, the person does not properly attend to the wound.

Thank you, Dr. Kochhar, DPM (Podiatrist) for conducting foot exams for people with diabetes. We appreciate your expertise and guidance to stay healthy with diabetes!

Elder Rose Davis (pictured with Dr. Kochhar) and others met with Dr. Kochhar. They know how important it is to take care of their feet.

To take care of your feet, Dr. Kochhar recommends:

- Work up to **30 minutes of physical activity a day** along with healthy eating to keep blood sugars in line and protect the blood vessels in your feet.
- **Check feet daily** for any cuts, cracking, dry skin, red or black spots, sores, or blisters. See your provider right away for any of these problems or changes in your skin.

If you have diabetes, please schedule your annual foot exam with one of our clinic providers or let Patty know ((360) 432-3929 or psuskin@squaxin.us) that you'd like to see Dr. Kochhar at her next visit.



Traci and Janice Lopeman



Managing Diabetes: It's Not Easy, but It's Worth It!

Submitted by Patty Suskin, Diabetes Coordinator

Congratulations to the following people for taking care of their diabetes in 2021: John Krise, Sr., Janice Lopeman, Millie Wagner, Traci Lopeman, Terri Capoeman, and Meloney Hause (not pictured) and six other tribal members!

To receive the socks, they completed all the 2021 tests and exams recommended by I H S to stay healthy with diabetes.

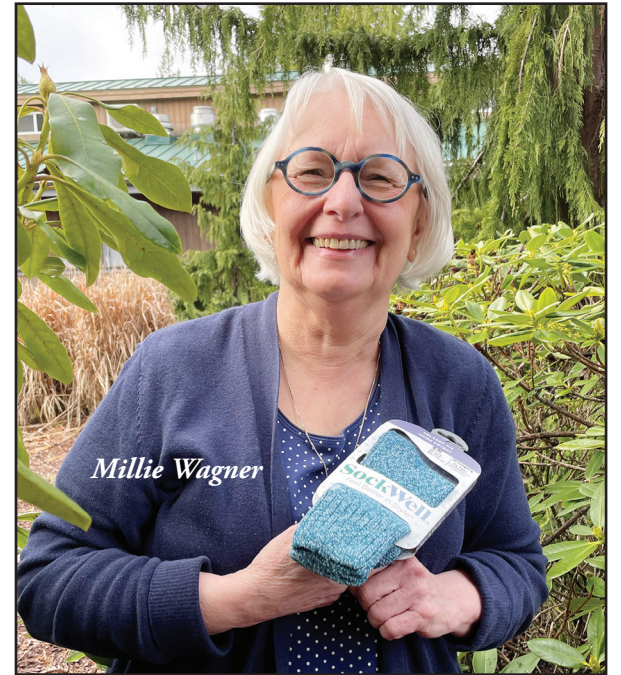
This is a lot of work! It includes an annual dental exam, foot exam, eye exam, diabetes education, blood work and much more!

As a reward, they were each given a pair of comfortable, moisture-wicking socks.

Keep up the good diabetes management!



Rose Davis and Dr. Kochhar



Millie Wagner



Terri Capoeman



John Krise, Sr.



Elders Menu . . . Fruit and salad at every meal

MONDAY 5:
Biscuits and Gravy, Boiled Eggs, Bacon

TUESDAY 6:
Corn Chowder, Ham Sandwiches

MONDAY 12:
Goulash, Corn, Garlic Toast

TUESDAY 13:
Butternut Squash, Biscuits

MONDAY 19:
Salmon, Baked Potatoes,
Brussel Sprouts

TUESDAY 20:
Chicken and Dumplings,
Soup w/ Crackers

MONDAY 26:
Spaghetti, Mixed Veggies, Garlic Toast

TUESDAY 27:
Italian Sausage Potato Soup,
Breadsticks

WEDNESDAY 7:
Tacos

WEDNESDAY 14:
Teriyaki Chicken, Rice, Veggies

WEDNESDAY 21:
Burger Dips, Potato Wedges

WEDNESDAY 28:
Pizza

THURSDAY 1:
Roast, Mashed Potatoes w/ Gravy,
Broccoli

THURSDAY 8:
Pork Chops, Red Potatoes,
Mixed Veggies

THURSDAY 15:
Turkey Sandwiches, Chips

THURSDAY 22:
Steaks, Sweet Potatoes, Spinach

THURSDAY 29:
Tuna Melts, Chips




**SQUAXIN COMMUNITY
CULTURE
NIGHT**

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

Meals Provided

This is a drug & alcohol free event

 **EMERGENCY**

CALL 9-1-1 FIRE POLICE MEDICAL RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

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



COMMUNITY



1
Alexander Donovan Solano
Jeremiah Longshore
Kui Lee Tahkeal Jr.
Patrick Wayne Whitener
Vanessa A. Tom

2
Jason Gabriel West

3
Austin Ray Peters
Kezia Marie Wentworth
Malachi Hartwell-Kinison
Rose Marie Krise

4
Kathrine K. Neilsen
Marty Joe Trinidad Jr.

5
Latoya Jean Johns
Mckenzie Brearley-Lorentz

6
Elijah Joseph Krise
James Vincent Youngs

7
Danielle Garnet Leas
Joshua Paul Coble
Talon Andrew Peterson
Wayne Joseph Lewis
Zayne Garner Dorland

8
Barry Wayne Hagmann
Charles Wesley Scheibel
Justine Amber Mowitch
William Dean Hagmann
William M. Weythman

9
Alexsii Grace Vigil
Avary M Jimmie
Joseph Andrew Stewart
Kaleb Joseph William Lutolf
Lewis Robert Napoleon Jr.
River Rae Guardipee

10
Debra Leone Mattson
Madison C.M. Mowrey
Roger Joseph Peters

11
Gunner Rodney Gouley
Hazel Sesal Lehman
Madeena M. Rivera

12
Austin K. Brearley-Lorentz

13
Anthony Joseph Ramirez III
Kaitlyn Michelle Brandt
Robert Thomas Farron

14
Oakland Park Krise

15
Florence A. Sigo
Gracelyn June Wier
Jonathan E. Harrell
Kristen Michelle Davis

16
Evelyn Rae Krise-Lyon
Jamie Danielle Queen

17
Carmen Marie Stearns
Cassie Ann Colbert
Kenedee K. Peters
Markie Jean Smith

18
Stephen Mark West
Tia Marie Jordan
Tiana Little Feather Henry
Willow A. Henry

19
Calvin Wayne Farr
Frances Estella Starr
Raiatea Charlize K. Villanueva
Sophia L. Pinon
Zion Gregory Murray

20
Kayla Marie Johnson
Terry Lee Brownfield

21
Atawit Krise-Lyon
Desmond Ashley Smith
Esther Melinda Fox
Gregory Scott Koenig
Jada Lesley Krise
Kassidy Mckenna Burrow
Melody Marie Moliga

22
Gloria Jean Hill
Kim Monique Cowing
Kiona Breeze Krise
Michael N. Peters

23
Amanda Rae Rodgers
Angel Lorene Sen
Chris T. Clementson
Leslie Allen Cooper Jr.
Mykah Jayson Masoner

24
Donald Lynn Whitener
Linda Lee Lake

25
Joan Martha Rioux

26
Barney Eugene Cooper
Susan Jeanette McKenzie
Vernon Patrick Kenyon

27
Dawne Marie Elam

29
Donald James Smith
Melissa Fay Maynard

30
Avaiah Charlene Coley
Isaiah Gaylen F. Schlottmann
Kim Sherwood Kenyon



COMMITTEES, COMMISSIONS & BOARDS

Please visit:

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

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



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

If it is an EMERGENCY CALL 911

What's Happening

Elders Dessert September 14

Elders Trip to Puyallup Fair September 21

Chairman's Challenge September 12

Court:
Family Court: September 1
Criminal/Civil Court: September 13
Vulnerable Adult Court: September 15

USDA FOODS WIC September 8
September 13



PRESCRIPTION DRUG

TAKE BACK BOX LOCATIONS



SHELTON

NEIL'S PHARMACY



MASON GENERAL HOSPITAL



SAFeway



SHELTON PHARMACY



GET UP AND GO CHALLENGE

TAKE THE CHALLENGE TODAY!

5 or more fruits & vegetables

2 hours or less recreational screen time

1 hour or more of physical activity

0 sugary drinks, more water & low fat milk

EVERY DAY!

Sponsored by the South Puget Intertribal Planning Agency - Comprehensive Cancer Control Program
Adapted from the Suquamish Tribe Community Health Program




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., Sept 13, 2022
We are continuing remote phone appointments through January 2023 due to the COVID-19 virus
We will call you on your appt day

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





South Puget Intertribal Planning Agency

USDA Foods Program
September Dates

PT. GAMBLE S'KLALLAM	9/1/22
SQUAXIN ISLAND	9/8/22
SKOKOMISH	9/14/22
NISQUALLY	9/16/22
CHEHALIS	9/21/22

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff.
For USDA Food, call SPIPA at 360.426.3990
This institution is an equal opportunity provider.




What is Early Head Start?

Early Head Start is a Federal program that promotes the school readiness of children from birth to age three for low-income families by enhancing their cognitive, social, and emotional development.



Who is Eligible

Children birth to 3 years old

- Annual income meets requirements; or
- Qualifies for special education services; or
- Developmental or Environmental risk factors.

EHS gives priority to a child who

- If family meets annual income requirements.
- If child qualifies for special education services.
- If family developmental or Environmental risk factors.
- Child is in foster care or involved with the child welfare system.
- If the family is homeless.

Benefits of EHS

- **Early childhood education in part day, full day or extended day classrooms.**
- **Social emotional development.**
- **Nutritious meals and snacks.**
- **Health screenings and connections to medical, dental and mental health services.**
- **Family support services.**
- **Parent education and leadership opportunities.**


3851 SE Old Olympic Hwy
Shelton, WA 98584
360-426-1390

Squaxin Island Child Development Center
"LEARNING FOR LIFE"



SICDC
Early Head Start

Now Accepting Applications for the 2022-2023 School Year!

PREGNANT TEENS & PARENTS OF INFANTS & TODDLERS (UP TO AGE 3) WITH DISABILITIES, IN FOSTER CARE, OR HOMELESS ARE ESPECIALLY ENCOURAGED TO APPLY.
TRIBAL PREFERENCE IS GIVEN

*Birth Certificate	*Proof of residency
*Proof of pregnancy (if applicable)	*Proof of income
*Current immunization record.	*Disability documentation (if applicable)
*Medical insurance card	

To Apply
Call 360-426-1390
Email kkrug@squaxin.us
OR
Stop in at 3851 SE Old Olympic HWY Shelton Wa 98584
All applications will be done interview style

