

## Priest Point Park Renamed Squaxin Park

Squaxin Island Tribal Council, along with staff from the Cultural Resources Department, Museum Library and Research Center, and Executive Services, worked with City of Olympia Council and employees for many months to plan for the day when Priest Point Park would be renamed Squaxin Park.

In a very perfect way, the renaming ceremony took place on Indigenous Peoples Day, October 10th, 2022.

Squaxin Island Tribal Chairman Kris Peters (after first offering the microphone to fellow Tribal Council members) greeted a large crowd of tribal members, community members (Olympia and Squaxin Island Tribe), and Olympia School District students. He often spoke first in Lushootseed and then translated into English.

He spoke about the Tribe's connection to the natural environment and the ancestors who also frequented the area.

"sqʷaxʷsədəbš - stəčas - lived . . . stewarded these lands, and waterways for thousands of years," he said. "We honor them by continuing the stewardship of these important places. We are still here today. We hold our seven generations, past and present, close to our hearts. Our ancestors are always with us, and we live the present, not just for us, but for our future generations."

He asked individuals to take time to be present and feel the energy of the trees and water.

"Happy Indigenous Day!", Chairman Peters said. "This is a day to acknowledge all indigenous people who had to overcome many hardships over many years, from colonization and assimilation, to generational trauma. Indigenous people now hold a vital cultural, political, social, and moral presence in our society. Indigenous Peoples Day is a day of valuing community and family by coming together to share something very important. This is a day to walk together with gratitude, value our surroundings, and be thankful. Please acknowledge and celebrate the rich heritage, culture, history, and way of life of all our Native American friends."

He thanked the Olympia Council, City of Olympia staff and Squaxin Island tribal staff for all their efforts in making this dream become a reality.

Chairman Peters then drew attention to the signs scattered throughout the park that are written first in Lushootseed and then in English.

ʔəsjuʔil čət ʔə ti sutəçilləp  
*We are joyful you folks have arrived.*

"That phrase perfectly encompasses the spirit of this gathering," he said. "And it perfectly encompasses the spirit of this park."

"Squaxin Park - the name change is about us all coming together as community. We learn and honor the history of this land the people who



lived here. We honor the surrounding community who lives here today. We wrap our arms around you as friends. Peter Puget, exploring this area a very long time ago, in his journal called our people 'the friendly Indians.' We are friendly people.

"dsyayayə...  
*Our relations*

"We hope you will open your arms to us in reciprocation . . . as one community.

"hawadubš cələp  
*Thank you for welcoming us back to our home."*

"I, klabsch, sqʷaxʷsədəbš Chair, welcome you all here with open arms to these lands of the stəča . . . the sqʷaxʷsədəbš.

"ʔəsjuʔil čəd  
*I am joyful.*

"həʔł sləxʷil txʷwəldəgwɪ  
*I am grateful to each of you.*

"həʔł kʷ(i) adsəsłabcəbut  
*Take care of yourselves.*

"huy'  
*Until we see each other again, bye."*



*More photos  
Pages 6-10*





# TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: (877) 386.3649  
FAX: (360) 426-6577  
[www.squaxinisoland.org](http://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:

- KRIS PETERS: Chairman
- JAIMIE CRUZ: Vice Chairman
- PATRICK BRAESE: Secretary
- MARVIN CAMPBELL: Treasurer
- ANDY WHITENER: 1st Council Member
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- VINCE HENRY: 3rd Council Member

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

## In Loving Memory of

# Virginia May Berumen

**November 10, 1945 – October 9, 2022**

Virginia was born in Shelton, WA to Estella Teo and Francis (Buddy) Arnold Cooper.

Virginia spent a few years with her mom and dad, but, after her mother's passing, she moved to Wapato to reside with her grandmother, Irene Teo. That is where she learned how to make fry-bread and her FAMOUS PIES. She also grew up traveling to many different places for Shaker church.

Virginia graduated from Wapato High School in 1965 and soon after went to work as a Nurse at Los Angeles (CA) General Hospital for a few months. She met her first husband, LeRoy Yocash, Sr., during her schooling in Los Angeles. What a small world to meet someone from the place you just left!

She eventually moved back to Wapato to raise her kids, and there she met her now husband, Cowboy. They lived in Wapato until 1982, when they moved to Kamilche.

She officially joined the Shaker religion in 1982 to which she dedicated her life up until her last days.

She worked at Fir Lane Nursing Home until 1995.

She got a job as a Blackjack Dealer at Little Creek Casino Resort when it opened in 1995 and worked there for 20+ years.

Her hobbies were making all types of bead works, such as wallets, medallions, necklaces, earrings, moccasins, bags, and loom work, as well as crocheting, making quilts, knitting, and weaving baskets.

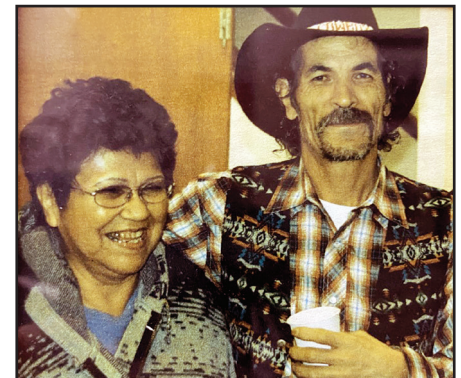
She also always loved to go yard saling with her loved ones, fishing, berry picking, mushroom picking, canning, and clam digging.

Virginia is survived by her husband, Jose (Cowboy) Berumen; children, Rose Krise, Stella Yocash, Leroy Yocash Jr., and Ginny Mae Berumen; her loving grandchildren, Kasia Seymour, Kristy Krise, Kenna Krise, Alan Krise Jr., Trisha Blueback, Billy Yocash, Shaelynn Peterson, Talon Peterson, Nyah Sicade, Stanton Sicade Jr., Loreta Krise, Cora Krise, and Kalea Krise; great-grandchildren, Tyrone Seymour Jr., Johnathan Seymour, Eviana Krise Madrigal, Larissa Krise, Camelo Krise, Natalia Krise, Leilani Blueback, Elijah and Kasai Blueback-Robinson; brothers, Arnold Cooper, Mike Cooper, Russell Cooper, and Edward Cooper; sisters, Rose Davis and Francis Starr; and numerous nieces and nephews.

She was preceded in death by her parents, Estella Teo and Francis (Buddy) Cooper; grandparents, Irene and Harry Teo; brothers, Joseph Cooper, Ronnie Cooper, Edward Cooper; son William (Sunny) Yocash; and grandson, Justin Peterson.

A service was held on Thursday, October 13, 2022 at the Mud Bay Shaker Church. Burial is at Squaxin Island Cemetery and Sacred Grounds.

The family of Virginia Berumen would like to thank everyone in the community for their love and support. Thanks to everyone who helped in so many ways. You are all appreciated and loved more than we could say!!!





## Squaxin Island Tribe: Conservation Success in Skookum Valley



*Skookum Valley by Doug Ridenour*

Capitol Land Trust (CLT) - The conservation of several large properties in Skookum Valley by the Squaxin Island Tribe is a local conservation story worth celebrating! The Tribe and Capitol Land Trust have partnered for many years to support our common goal of conserving land for generations to come. Sharing data and expertise, and making connections with landowners and funders—all help us work towards maintaining the local natural places needed for healthy fish, wildlife and human communities.

Skookum Creek cuts a path through southern Mason County, mostly along the north side of Highway 108, eventually emptying into Little Skookum Inlet and the southern reaches of the Salish Sea. The creek, once a rich stream corridor cutting through part of the Squaxin homeland, shows a century's weight of disturbance that supported a developing agricultural industry. The free-flowing waters were heavily diked and its shores managed for pasture and crops. Still, despite its challenges, the waters of Skookum Creek still support an active Coho salmon run and the most important population of cutthroat trout in the South Sound, while its adjacent riparian areas and meadows host the overwintering Black Hills elk herd.

### 4.5 creek miles and 266 acres preserved forever

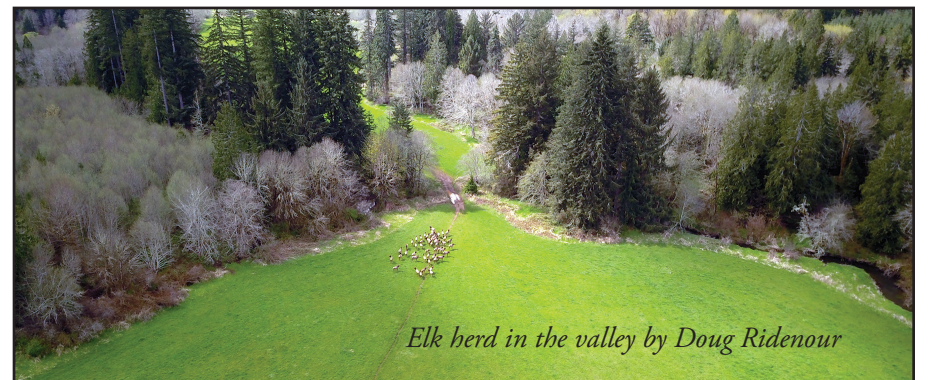
Thanks to the Squaxin Island Tribe's conservation work, the creek will continue to play its timeless role in the South Sound ecosystem. As of today, four and half miles of Skookum Creek, along with 266 adjacent acres, have been conserved forever; and will serve as an anchor where additional conservation investments can be made in a place where restoration efforts will only enhance the values delivered by Skookum Creek.

The conservation of Skookum Valley is a celebration of local conservation and the power of community partnerships to maximize investments. One of the valley landowners originally contacted CLT to gauge our interest in their property. CLT immediately recognized the conservation value of Skookum Valley and its creek. We also knew this area was a high priority for the Squaxin Island Tribe and recognized the land trust could be most valuable in a supportive role. Since a project of this size would require partners and the creek cuts a path directly through the Tribe's reservation land, CLT reached out to the Squaxin Island Tribe to gauge their interest in the project. They readily agreed to take the lead on the conservation efforts.

Over the course of six years, starting in 2017, conservation grants for the project have been awarded from numerous sources. These include the National Coastal Wetland Grant Program, the Washington Wildlife and Recreation Pro-

gram, the state's Salmon Recovery Funding Board, and the Squaxin Island tribal government. The grants and acquisitions all have been led by the Squaxin Island Tribe, while CLT partnered with the Tribe in sharing its expertise and knowledge in writing grants and helping with land acquisition. Altogether, more than \$2.2 million has been raised to purchase land from three different landowners. Helping to ensure that this stretch of the Skookum Creek will remain a haven for Coho, steelhead, and elk for generations to come.

The Tribe is not done with the project. They hope to add to the holdings and are pursuing opportunities to add approximately 100 more acres and over two miles of stream. In the meantime, work will get started on restoring what is already conserved—including restoring the bottomlands and reestablishing the originally forested areas. Meanwhile, CLT will assist the Tribe where appropriate and keep our eyes out for other opportunities to leverage partnerships that move forward our mutual conservation priorities in the South Puget Sound watersheds.



*Elk herd in the valley by Doug Ridenour*



*Bald eagle overlooking the valley by Doug Ridenour*



## New Employees



### Rachel Armas

Hi! I have been hired as the Family Nurse Practitioner with the Health Services Department.

I spent 12 years on Active Duty as an Army Nurse. My husband is currently serving as an Active Duty Physician Assistant.

We have a large blended family of eight children. We share our youngest, Olivia, together and she is two.

I came from MultiCare Internal Medicine serving the Olympia area. I have experience serving all age groups.

I am most excited about joining an experienced team that focuses on the community and makes patients and employees a priority. I look forward to serving you and the community.



### Angela Tobias

Hi! I am the new Physician at the clinic with the Health Services Department.

I'm a board certified Family Physician and mom to two 6th grade boys.

I've been in practice since 2006, and I love that I never stop learning new things in this line of work.

Connecting to other human beings in their moments of need and trying to help them is something I view as a sacred duty, and I'm so incredibly lucky to be able to do that all day long.

I am really excited to return to serve the Tribe. The clinic's current staff are so caring and capable, and growing the clinic to serve more people will do so much good in the community.

I was very sorry to leave the clinic before, so I'm very happy that I am able to return to care for such an amazing group of people.



### Laken Gray

Hi! I have been hired as the Information Health Clerk.

I am a mom of three and have been married for 10 years.

I am excited about experience and looking forward to working in the community.



### Rachel Espanto

Hi! I am the new Registered Nurse (RN) with the health center.

I have been married for 16 years and have 2 kids.

I am excited about the community focus of the team.



### Eddie Kim

Hi! I have been hired as the Shellfish Biologist with the Natural Resources Department.

I have a wife and two wonderful daughters that are eight and ten.

I have worked in so many different jobs in so many different fields its ridiculous. I hope this is one I will have for a long time, as I enjoy working in nature. I am excited to get back out in the field and work in a similar field as my degree again.

I have volunteered with Natural Resources before and really like all the people.

I look forward to working with you and getting to know everyone.



## New Employees



### Keely Kilmer

Hi! I have been hired in the Child Development Center as the Classroom Assistant.

I am married to David Lews and we have three babies. We love to spend time outside playing and fishing and going on hikes.

I am most excited to be working with all the little kids and to have the opportunity to teach them.

I look forward to working with the Squaxin community and helping shape the next generation.



### Kade Whitener

Hi! I have been hired as the Lifeguard for Parks & Recs. I became a certified Lifeguard and am still in High school.

My parents are Patrick and Jackie Whitener.

I am excited to get to know the community. COME UP AND SWIM FOLKS! : )



### Caleb Kinzner

Hi! I have been hired for the 7th - 8th grade Student Advocate position at OBJH. I was born in North Carolina, but grew up in Washington. I graduated from Olympia High School in 2019 and then graduated from the University of Washington in 2022 with my Bachelors. I am most excited to help the kids with school and navigate the transitional period of their lives. I look forward to being a part of the community.



### Donald Terry

Hi! I have been hired as the Fisheries Technician 2 with the Natural Resources Department.

I worked in fisheries for five plus years.

I am recently engaged to my girlfriend of almost eight years. No kids yet, but we have a yellow lab that is almost two years old.

I have always been passionate about fisheries and the environment we live in. I am most excited to continue working with salmon and expanding my knowledge even further about this very important resource.

I look forward to working in a new community, and am excited to meet and build relationship with people.





# SQUAXIN PARK





# SQUAXIN PARK





# SQUAXIN PARK





# SQUAXIN PARK





# SQUAXIN PARK





## Salish Cliffs Golf Club Partnership Recap with Varsity Communications

This was another great year partnering with our friends at Varsity Communications, a relationship that started a decade ago.

The year began with a warm welcome of events that we hadn't seen since the pandemic began...the Seattle Golf Show and the Portland Golf Show at the Seattle Convention Center and Portland Expo Center respectively. While the team at Salish Cliffs weren't able to attend the events, they were represented with booth space and announcements during the show. Combined attendance totalled over

14,000 golfers, all enthusiastic to hear about what the who's who of courses would be up to for the season.

Progressing into the year we never know what the weather might bring during the shoulder season. May 28th was no exception. Salish Cliffs hosted the 2022 Cascade Golfer Cup and it was a wet one. Despite the rain, the 54 players participated and endured the weather. August always brings the heat and so did the Cascade Golfer Match Play Final Tournament with over 60 players. Salish Cliffs was promoted throughout the season via email, social media, and print as the host course of the 2022 Cascade Golfer Match Play Elite Eight. The bracket leading up to this annual event has been dubbed 'The Road to Salish Cliffs' with prizes getting better as you advance to the Final Eight! Tournament events such as this, among many others, are a great way to expose the course to new players and are a committed source of revenue as well.

Throughout the season Little Creek Casino Resort promoted the Stay and Play package in the Cascade Golfer magazine that publishes bi-monthly beginning in April. The package included premium room accommodations, an 18-hole round of golf for two people, the GPS enabled golf cart, range balls before play, \$20 in free play credit for the casino, and a \$20 meal credit. And to complete the package, all Stay and Play bookings included a Salish Cliffs Golf keepsake gift.

Developed in 2007, Cascade Varsity's Cascade Golfer magazine declares the largest readership of any golf publication in the Puget Sound region at over 400,000 per year. The publication provides Seattle-area golfers with quarterly news, reviews of courses and highlights the best of the golf game in our region. In addition to the bi-monthly publications that can also be found digitally online, Varsity publishes the annual Destination Golfer, a high-end magazine that showcases the courses to visit throughout the West Coast.

To conclude the peak season, Cascade Golfer announced the Best Courses to Play in 2022 . . . and how did we do?! The call for votes asked Cascade Golfer readers, industry colleagues, and friends to cast their ballots making this an audience based match-up and Salish Cliff took home #5 for Best Course to Play in Washington!

"We're excited about the ranking, and we always enjoy hearing how much the public enjoys this unique course" says Tyler Brown, PGA Head Golf Professional. "The relationship with Varsity Communications began with the opening team for Salish Cliffs, and we're looking forward to another amazing year showcasing why this is an experience that golfers will return for time and time again."



#5 Ranking Best Courses to Play in Washington



Cascade Golfer Cup May 28, 2022



Portland Golf Show March 25-26, 2022 at the Portland Expo Center



### PRESCRIPTION DRUG TAKE BACK BOX LOCATIONS

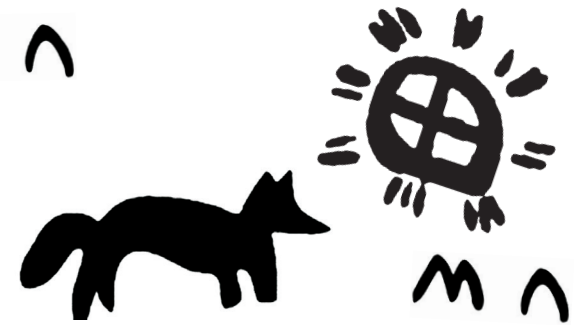
**SHELTON**

**MASON GENERAL HOSPITAL**

**NEIL'S PHARMACY**

**SHELTON PHARMACY**

**SAFeway**



## Addiction is real. So is Recovery.

**YOU MATTER AND WE CARE.**

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- 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**



## Bordeaux

Tamika Krise - Howdy everyone! We are in our third month of school already, and let me tell you, it has been a busy beginning at Bordeaux!

Our kiddos are trying their best to be successful, and it has really shown. Our attendance has improved tremendously from the year before. Each day the students are at school really counts. Compared to last year, our kiddos have been attending and participating a huge amount.

Watching these kids overcome their barriers and accomplish their goals is truly a blessing.

Speaking on accomplishments, we have had so many of our Squaxin youth receive *Top Dog* awards. Sometimes it's hard to snap a picture of them with their awards, but I do try to keep those updated on my Advocate Facebook account. If your Bordeaux Bulldog has received a *Top Dog* award, send me a picture via Facebook or email, and I will love to give them their own shout out!

With all the success, we still have some struggles. I want to remind everyone that myself and the Education team are always happy to help in every way we can. If your kiddo is struggling with attendance or academics, please reach out to me, if I haven't yet reached out to you.

Thanks y'all! Now enjoy these pictures of our Bordeaux kids!

### Contact

tmkrise@squaxin.us

Facebook: Tamika StudentAdvocate



## Olympic Middle School

Kiana Wiley

### Perfect Attendance

Shout out to Jayda Hawks and Domanick Hartwell for keeping perfect attendance from the first day of school through October! We are so proud of each of our students for each and every day that they get up and bring their shining spirits to school! Way to make your education a priority. Thank you for being here every day Jayda & Domanick! Keep up the excellent work!

### Olympic Middle School Native Ed Room Updates

We have been working hard on making sure the Olympic Middle School (OMS) Native Ed room is a welcoming spot for our tribal students. We are constantly figuring out better ways to best utilize our small space and make it available to our students. The Native Ed room is here for when they need that extra help or just a little break time to re-center themselves. We also have communication slips at our door for students to leave notes, suggestions, and meeting requests for when we are not in the room. Native Ed meetings will be increasing to every other week after hearing the input from our students who have expressed their wishes to have more Native Ed group times.

We want to give a big thank you to Mrs. Bowcutt, the Mt. View Native Ed Teacher! Mrs. Bowcutt welcomed Mrs. Chappell and I over to her amazing classroom to show us some examples of what she has built the Native Ed program into at Mt. View. She gave us much inspiration in things we will be incorporating into our program here at OMS. We are highly appreciative of all her help, collaborations, and team-oriented mindset. She is a great mentor to us all!





## OMS Continued



## Native American Heritage Month

November is Native American Heritage Month, and we are happy to see the ways that OMS administration and staff are working to provide accurate representation and information about Native Americans, and specifically, the tribes that surround Shelton. Mrs. Hall, our art teacher, has offered a main display case in the fifth grade hall to be filled by the Squaxin Island Museum Library and Research Center. Mrs. Hall always does a super awesome job of incorporating fun native-inspired art projects that give the children a taste of traditions, shapes, and art that are cherished by and help represent the Salish people. Our Native Ed students will also get the chance to make an art project during our Native Ed meetings this month.



Proud to be  
Native American

## Oakland Bay Junior High

Hello all, my name is Caleb Kinzner, and I am the new Student Advocate at Oakland Bay Junior High (OBJH).

While I am still new here at Oakland Bay, I do believe that having a Squaxin Student Advocate available on sight at the school has already made an impact, both on the students and on the school staff. School staff have been more aware of who our Squaxin students are and are working with me to develop plans to improve their grades/attendance.

On October 21st, one of our Squaxin students, who was labeled as "struggling," won a school recognition award. I believe those types of achievements will impact their academic career and hopefully they will go on to help others.

Overall, I hope that I can make some kind of improvement here at OBJH, and I look forward to connecting with the community and your students further.

### Contact

ckinzner@squaxin.us  
(360) 890-5766



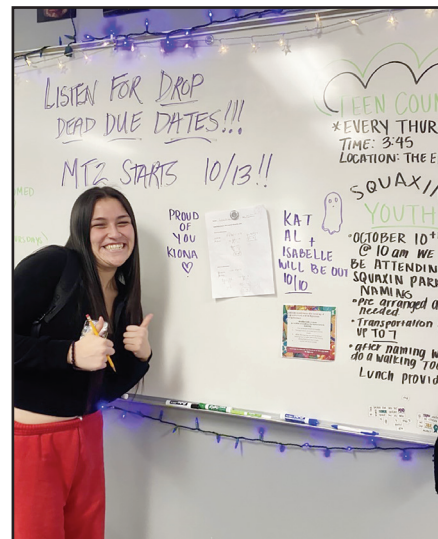
## Shelton High School

Isabelle LeClair - Hello everybody! We are off to an amazing start at Shelton High School. As our first trimester ends, I want to remind all our high schoolers to turn in missing assignments and late work, if possible, so we can finish the term off strong!

I also would like to remind our students that we have homework help available after school Monday - Thursday from 3:00 to 6:00 p.m. up at the Education Center. I would love to see y'all up there after school to get caught up with schoolwork!

If you do not have any schoolwork, you are more than welcome to come up to the Education Center to do crafts. We have beaded supplies. You can make a pair of earrings! Make a necklace! Make a lanyard! The possibilities are endless. We would love to see what y'all can do!

In other news, our Student of the Month is Kiona Krise!! Kiona has worked incredibly hard on her Algebra II. Kiona has put the time and effort into her class. It has not been easy, but her staying at her challenging work is paying off. She received an A on her Algebra II quiz. We are incredibly proud of you Kiona! Keep up the excellent work and good luck with your test!





## Teen Program Happenings!

Keesha Vigil - Hello everyone! October was so much fun. We had the opportunity to take the teens to the Squaxin Park naming in Olympia on Indigenous Peoples Day. After the ceremony, our TLC staff and the teens went on a self-guided walking tour where they learned all about Steh-Chass Inlet. It was so exciting to see the teens light up while learning about where some of our Squaxin people once resided.

I also threw a back-to-school event for our teens. They came and hung out with me on the 17th and enjoyed some Indian tacos and karaoke! If you missed out on this event, no worries; there will be lots more happening this year.

The Youth Council has been super successful. I am so happy with all the youth who have been coming up to participate. Thursday, November 20th, they will be voting on positions. Next month I will be sharing our elected officials!

Thank you all.

### Contact

[kvigilsnook@squaxin.us](mailto:kvigilsnook@squaxin.us)  
(360) 4630681





### Higher Education

Mandy Valley - If you haven't already completed your FAFSA for the 2021-2022 school year, please do that soon.

FAFSA opened up on October 1st and the sooner you complete your FAFSA the better it is for you as a student.

I hope everyone is off to a great start at college. Just a reminder, if you add or drop classes, please notify me with the changes. It is important that your Higher Education file stays up-to-date during the school year. In addition, if something in your file changes (ex. address, phone number, email address), it is your responsibility to notify me. It is difficult to keep in contact with students when they no longer check the email address provided or their phone number is no longer in service.

As always, if you have any questions or concerns, please don't hesitate to stop in, call, or email for assistance. I hope the new school year is off to a great start!

#### Contact

mvalley@squaxin.us  
(360) 432-3882



**SQUAXIN EDUCATION DEPT.**  
**KETCHUP ON SCHOOL WORK**  
**MONDAY THROUGH THURSDAY**  
**From 3:00 pm To 6:00 pm**

**COME RELISH IN THE HOMEWORK HELP! LETTUCE HELP YOU WITH MATH! (COMPLIMENTARY DAD JOKES)**

### Squaxin Island Child Development Center

Is looking for Tribal Elder to come to the center and tell traditional stories or read books to the children ages 6 weeks – 5 years old.

- We have a chair that will be in the lobby and have air purifiers for good air circulation.
- Children will be brought in groups no larger than 15 their teachers will stay with them.
- Stories/ sessions would be about 15-20 minutes
- All interested parties will have to pass a WATCH (Washington Access To Criminal History, WSP) background check prior to their first visit.

If you are interested, please call Marti Peterson, Office Manager at 360-426-1390 to do your background check.





## October's SPOOKY Activities

Kenna Acosta and Kasia Seymour - Mondays in October - We had plant teachings with Jerilynn and the focus was Big Leaf Maple. The youth were introduced to Big Leaf Maple and we talked about willingness. They got to take a nature walk with Jerilynn and Sara to collect maple leaves. The youth then did rubbings of their leaves. They learned about the veins on the back of the leaves. The Youth also learned how Big Leaf Maple will return in the spring and how to make fritters from the flowers.

Tuesday, October 4th - We made fry bread with the youth and then they got to eat it. The biggest hit was the butter, cinnamon and sugar combo. It was pretty great to see all the youth enjoying the fry bread. Thank you, Elders, for gifting us with some of the batter. We made beaded earrings and the youth learned how to thread a needle and use seed beads to make their earrings.

Wednesday, October 5th - The youth created some really amazing oil pastel Halloween silhouette art. The youth used Halloween cut-outs to shape their art and used oil pastels to create the silhouette. Their art was really creative and we hung it up in the hallway for all parents to see.

Tuesday, October 11th - The youth traced their feet to get their shoe sizes. Then we traced those onto buckskin leather for the youth to cut them out. The youth continued to sew and finish their moccasins throughout the month of



## November 2022 - Tu Ha' Buts Youth Center Calendar

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

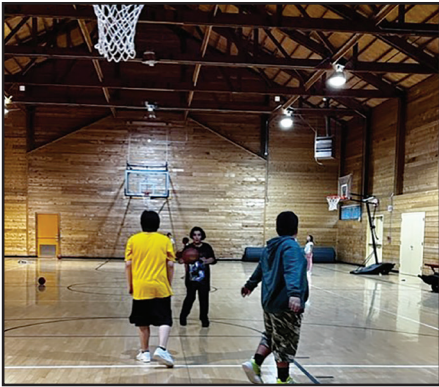
\*Activities and Calendar are subject to change at any time.\*

Rec Room Phone Number: 360-432-3986

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 After-School: 11:45-6pm On-Going Project: Make Your Own Ribbon Skirt or Shirt  <b>SSD – 3 HR ER</b>	2 After-School: 11:45-6pm Two Hand Touch Fball, Traditional Foods & Autumn BINGO <b>SSD – 3 HR ER</b> GSD – ER @ 2:15pm	3 After-School: 11:45-6pm Egg & Spoon Game & Brownies  <b>SSD – 3 HR ER</b>	4 After-School: 11:45-6pm Capture the Flag & Kick Ball  <b>SSD – 3 HR ER</b>	5 Open Gym: 2-5pm	
7 After-School: 3-6pm Plant Teaching	8 After-School: 3-6pm Ribbon Skirts & Free Choice	9 After-School: 3-6pm Cranberry Structures  GSD – ER @ 2:15pm	10 After-School: 3-6pm Chili Cook-off Prep	11 <b>No School</b> After-School: 8:30-3pm Kennedy Creek Salmon Trail & Judging for Chili Cookoff From 2-3pm	12 Open Gym: 2-5pm	
14 After-School: 3-6pm Plant Teaching	15 After-School: 3-6pm Ribbon Skirts & Free Choice	16 After-School: 1:30-6pm Paper Plate Owl Craft  <b>SSD – 1.5 HR ER</b> GSD – ER @ 2:15pm	17 After-School: 3-6pm Thankful Dinner 4:15-5:00pm & Choc Covered Apples	18 After-School: 3-6pm Playdough Autumn Tree	19 Open Gym: 2-5pm	
21 After-School: 3-6pm Plant Teaching	22 After-School: 3-6pm Ribbon Skirts & Free Choice	23 After-School Is CLOSED for Staff Development  <b>SSD – 3 HR ER</b>	24 Tribal Holiday CLOSED	25 Tribal Holiday CLOSED	26 Tribal Holiday CLOSED	
28 After-School: 3-6pm Plant Teaching	29 After-School: 3-6pm Ribbon Skirts & Free Choice	30 After-School: 3-6pm Painting				
<b>Key:</b> SSD – Shelton School District GSD – Griffin School District		<b>After-School Meal Times:</b> Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm		<b>Activity Time:</b> School-Age Youth from: 5:00-5:45pm		<b>Contact:</b> Kasia: 360-432-3801 Kenna: 360-432-3895 Jerilynn: 360-432-3992



# PARKS AND REC



October. Then youth had a chance to bead a simple design on them after they were finished. We had a few youth finish their moccasins completely and they turned out beautifully. It was a great experience watching the youth sew their own moccasins and being proud of themselves.

Thursday, October 13th - Youth had a great time making pumpkin pie twists. The youth used pre-made dough and pumpkin to create their twists. They each got to create their own! The staff baked them, and it smelled so amazing!

Tuesday, October 25th - We made cedar roses with Sara. Sara showed the youth how to pre-soak the cedar strips to prepare for the cedar roses. Each youth got a few strips of cedar. They sat around the table in the Rec Room while Sara instructed them on how to hold and make each fold for their Roses. Their roses turned out amazing.

Wednesday, October 27th - We taught the youth how to make homemade Halloween Chex mix. The mix had peanuts, pretzels, chocolates, and small Halloween colored candy. Each of the youth got to eat some and take some home afterwards. The Halloween Chex mix turned out so yummy and the youth did such a great job.

Parks & Rec and SICDC held our Community Trunk-Or-Treat on Friday, October 28th from 5:00 - 6:30 p.m. in the TLC parking lot. There were many awesome costumes this year, and youth were able to see a lot of fun and creepy trunks! The youth had a blast walking around to each trunk collecting candy to fill their bags. It was a very fun and exciting evening; there were a lot of cool costumes! Thank you for coming and joining us for the spooky night of fun.

Friday's in October were STEM related projects! We made CD spinners, salt crystals, and the Franken worms experiment.

Please stay tuned in November ... The After-School Rec program is going to have a traditional foods meal, and our annual Thankful dinner for the youth and their families! Dates and times will be posted on the Remind app, Parks & Rec Facebook page, and the November Youth Activities calendar.

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

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

## After-School Rec program hours of operation:

Monday through Fridays 3:00 p.m. - 6:00 p.m.

## Contacts

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

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

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



Squaxin Island Parks & Recreation

## What's Happening in November...

**Early Release Dates:**  
**Tuesday, November 1st - Friday, November 4th**  
**Shelton School District Conference Week.**  
**We are open 12:00pm-6:00pm each day!**

\*Monday's in November -Plant Teachings with Jerilynn\*  
 \*Tuesday's in November -Ribbon Skirts & Shirts\*  
 \*Saturday's in November - Open Gym 2:00pm-5:00pm\*

Tuesday, November 1st - Musical Chairs  
 Wednesday, November 2nd -Two Hand Touch Football, Autumn BINGO & Our Traditional Food's Day from 5-6pm  
 Thursday, November 3rd- Egg and Spoon Race & Baking Brownies  
 Friday, November 4th- Capture the Flag & Kick Ball in the Field

Wednesday, November 9th-Cranberry Structures  
 Thursday, November 10th -Teams Prepping for the Chili Cook Off  
**Friday, November 11th- We will be open from 8:30am - 3:00pm**  
**Kennedy Creek Salmon Trail Field Trip**  
**Leave @ 9:30am & Return @ 11:00am**  
**Guest will be here to judge our Youth's Veterans Day Chili Cook Off**  
**From 2:00pm-3:00pm**

Wednesday, November 16th - Paper Plate Owl Craft  
 Thursday, November 17th- Chocolate Covered Apples & Our Thankful Dinner from 4:15pm-5:00pm  
 Friday, November 18th - Playdough Autumn Trees

**Closure Dates:**  
**Wednesday, November 23rd - Saturday, November 26th**  
**We will be Closed for Thanksgiving Holiday.**



# HELP SAVE A LIFE FENTANYL FACTS:



## FENTANYL IS CURRENTLY VERY COMMON IN OUR COMMUNITY.

- Fentanyl and other synthetic opioids are the *most common* drugs involved in overdose death.
- Fentanyl is odorless, tasteless and colorless making it nearly undetectable.
- Fentanyl is 50 times stronger than heroin and 100 times stronger than morphine - taking only two salt-size grains can be enough to cause an overdose.
- Never leave an overdosing person alone. Call 911 as soon as possible and administer Narcan if available. High potency opiate drugs such as fentanyl may require several and/or repeated doses of Narcan to reverse the overdose.
- Talk to your youth, friends and family about never taking medication that doesn't come from their doctor!
- In the case of drug-related overdose, Washington's 911 Good Samaritan Law RCW 69.50.315 protects the bystander and overdose victim from drug possession charges.



### TO LEARN HOW ELSE YOU CAN HELP:

Below is a website to help you learn how to help someone experiencing an overdose and what symptoms to look for.

- [harmreduction.org/issues/overdose](http://harmreduction.org/issues/overdose)

Narcan/Naloxone will not harm someone if it is administered to someone who is not overdosing. For more information on Narcan:

- [www.narcan.com](http://www.narcan.com)

### FREE NARCAN AVAILABLE AT THE SQUAXIN ISLAND PHARMACY

For help getting into detox, inpatient or outpatient services contact  
**Squaxin Behavioral Health Outpatient.**  
☎ 360-426-1582

**Fentanyl does not discriminate!**

## Fentanyl is deadly and its in the Squaxin community!

Drugs have always made their way in and out of the Squaxin reservation. Now, more than ever, we must make a change to keep our community, our people and our youth safe!

### WHAT IS FENTANYL?

- A Powerful. Synthetic. Opioid - It is 50-100 times stronger than morphine.
- Fentanyl is being integrated into most forms of street drugs, including pills, and is undetectable. Some examples include;
  - Xanax, Heroin, Meth, Ecstasy and Cocaine.
- The rate of overdose deaths among American Indians is above the national average.

### WHO'S AT RISK:

- Fentanyl doesn't care what color your skin is, your lifestyle or your age.
- Youth/Young adults on social media are targeted by drug dealers to buy illegal and tainted drugs.
- People who are already using illegal street drugs are more likely to use Fentanyl.

### AWARENESS!

- Most community members may know someone who is at risk for overdose; Narcan can save lives!
- Fentanyl/Overdose not only effects the user, but the community as a whole.
- Sobriety is key; Don't be ashamed to ask for help - encourage those who need it!

### WHAT TO DO?

If you find any drugs; on or off the reservation - **DO NOT TOUCH IT!** Call 911 and report it. Fentanyl can be lethal if touched.

Learn the symptoms of overdose and don't be afraid to help!

### Free Narcan available at the Squaxin Island Pharmacy

For help getting into detox, inpatient or outpatient services contact  
**Squaxin Behavioral Health Outpatient.**  
360-426-1582



## South Puget Intertribal Planning Agency

# USDA Foods Program November Dates



<b>PT. GAMBLE S'KLALLAM</b>	<b>11/3/22</b>
<b>SQUAXIN ISLAND</b>	<b>11/8/22</b>
<b>SKOKOMISH</b>	<b>11/10/22</b>
<b>NISQUALLY</b>	<b>11/16/22</b>
<b>CHEHALIS</b>	<b>11/18/22</b>

**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.





### Elders Activities

Traci Coffey - August 31, 2022. The Lady Alderbrook trip was very successful. Afterward we stopped by Twana State Park and had a fried chicken dinner. Everyone had a great time.

September 21, 2022. The trip to the Puyallup Fair was a great excursion along with great weather. Thirty Elders attended, and I do believe everyone had a great time.

October 1 & 2, 2022. Oysterfest couldn't have gone any better. It was absolutely the BEST year ever, and this wouldn't have happened if it weren't for everyone's help and volunteering, along with all the donations. The weather was awesome these days as well. We would like to personally thank each and everyone of you but, the list is long and YOU all know who you are. My hands are up to all of you who made this happen for the Elders.

October 6, 2022. About 20 Elders went to the Cowlitz Host Luncheon in Toledo, WA. We had a great day and enjoyed everyone's company.

October 10, 2022. Squaxin Park dedication/Olympia Indigenous Peoples Day. Squaxin Transit took about 19 of us to the newly named Squaxin Park. It was an amazing time, and I think we all feel very grateful to have been able to witness this historic event.

August or September 2023. There will be an Alaskan cruise coming up. Please sign up for this ASAP. The last day to get on the Alaska trip list will be announced soon. All we know at this time are the possible months of travel (August or September). No more information on this is available at this time. Please get on the list soon! Thank you.

Traci Coffey, Elders Activities Coordinator  
10 SE Squaxin Lane, Shelton, WA 98584  
Cell: (360) 463-3385  
Direct: (360)432-3868  
tcoffey@squaxin.us



### Congratulations Misti Martinez! Body Building Champion

Misti Martinez - In August 2022, I had the honor to be accepted as an Angel Bikini Competition model for the San Antonio Pro bodybuilding competition. I was blessed and fortunate enough to receive support from Squaxin Island's 1% fund to help afford my trip. It was a fun and memorable weekend filled with opportunities to further my career in the bodybuilding industry.



I had the opportunity to wear something that represents me as a person. And so I entered the weekend determined to put Native Americans, specifically Squaxin Island Tribe, on the map in this sport, and I did just that! I received many praises for my regalia, all of which helped my confidence as a person and athlete.

As a result of my successful weekend, I was accepted, once again, as a model for the next bodybuilding fashion show. My next adventure is the biggest yet! I will be walking the stage at the Mr. Olympia in Vegas on December 17th. This is the super bowl of shows where the top athletes in the world will be battling for their titles. I'm so excited! And I can't wait to show them more of the beauty in our culture.

DECEMBER 9-10, 2022

**LONGHOUSE HOLIDAY NATIVE ART FAIR**

We're Back! Taking registration for art vendors now!

E-mail Laura

Contact Laura VerMeulen, Director  
VermeuLL@evergreen.edu

*Native American Fitness*



## 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)

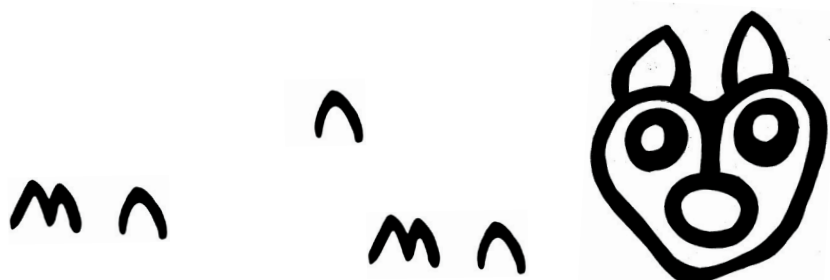


Please go to: [squaxinland.org/government/departments/community-development](http://squaxinland.org/government/departments/community-development) to fill out the forms listed below. You may also request a copy of the application from the contacts listed below.

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

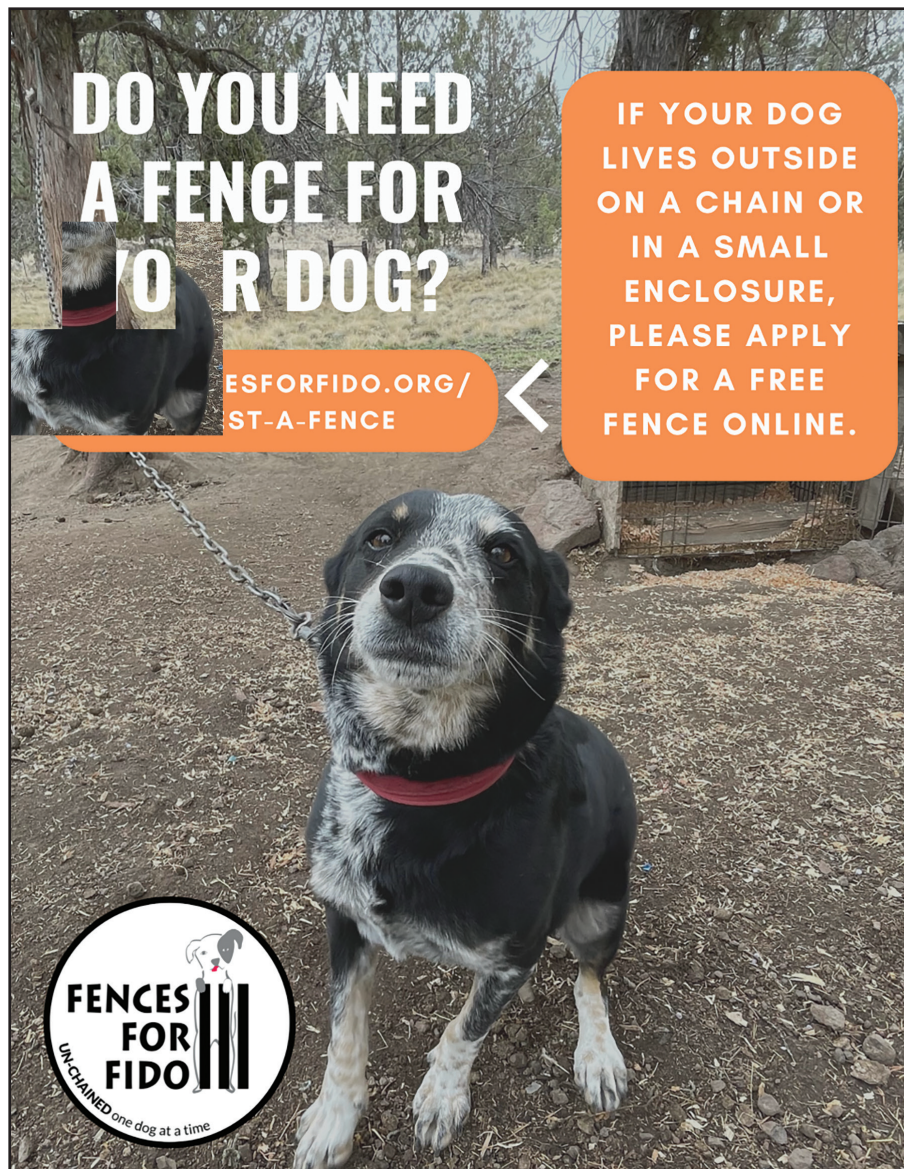
*If you have any questions please contact:*

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



## Winter Alert

Pet owners need to be reminded this each year but it can never be said often enough: Keep pets away from antifreeze. Even a small amount of antifreeze, as little as one single teaspoon, can be deadly if ingested. If you suspect that your pet may possibly have consumed even a taste of antifreeze, get him to your veterinarian immediately.





## It's Diabetes Awareness Month! Get Diabetes Screening at the Clinic

Submitted by Patty Suskin, Diabetes Coordinator

### Sources:

<https://diabetesjournals.org/spectrum/article/23/4/272/31851/Traditions-and-Diabetes-Prevention-A-Healthy-Path>

Diabetes Symptoms, Causes, & Treatment | ADA

Less than 100 years ago, diabetes was virtually unknown in native communities. It was not until World War II that diabetes cases began to be reported by IHS providers. In fact, a century ago, all chronic diseases, including diabetes, were practically nonexistent in Indian country.

### Understanding Prediabetes

When it comes to prediabetes, there are no clear symptoms - so you may have it and not know it. Here's why that's important . . . Before people develop type 2 diabetes, they almost always have prediabetes (blood sugar levels are higher than normal, but not yet high enough to be diagnosed as diabetes). A person may have some of the symptoms of diabetes or even some of the complications.



Are you at risk of developing Type 2 Diabetes?

- Sedentary lifestyle
- Overweight
- Family history
- High blood pressure
- High cholesterol

1 in 2 people with diabetes don't know they have it. If you think you are at risk, get tested.

### Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes. With Type 2, your body doesn't use insulin properly. While some people can control their blood sugar levels with healthy eating and exercise, most need medication or insulin to help manage it. Regardless, you have options.

A key part of managing type 2 diabetes is a healthy eating plan. Fitness is another key to managing type 2. Just get moving more. The key is to find activities you love and do them as often as you can. No matter how fit you are, a little more activity every day can help you put yourself in charge of your life.

### Are you at Risk?


If you are at risk for diabetes, call the clinic at (360) 427-9006 for a nurse appointment to get screened for diabetes every year. Diabetes screening (the A1c test) is a simple finger-poke test at the clinic (no need to fast - this test provides information for the past 3 months).


Early treatment of diabetes or prediabetes can help reduce the risk of complications.







### Have questions? Need more information?

Contact Patty Suskin, Diabetes Coordinator (360) 432.3929 or [psuskin@squaxin.us](mailto:psuskin@squaxin.us)



**EVERY 17 SECONDS** someone in the US is diagnosed with diabetes. 


**NEARLY 1 OUT OF 6 AMERICAN INDIANS/ALASKA NATIVES HAS DIABETES.** 

<b>COMMON MYTHS</b>	<b>THE FACTS</b>
 Diabetes doesn't run in my family, so I'm safe.	 Family history is only one of several risk factors for type 2 diabetes.
 Diabetes is caused by eating too much sugar.	 Type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing type 2, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.
 People with diabetes need to follow a special diet.	 People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

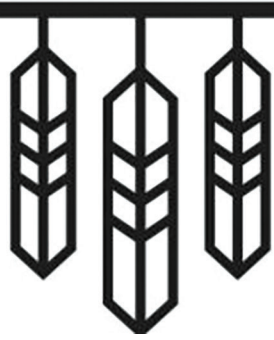
People diagnosed with diabetes, aged 20 years or older.

**LEARN MORE ABOUT LIVING WITH TYPE 2 DIABETES AT [DIABETES.ORG/TYPE2PROGRAM](https://diabetes.org/type2program)**

**1-800-DIABETES (342-2383)**



**American Diabetes Association.**



# NATIVE FITNESS

## NC AMERICAN INDIAN Diabetes Disparities

Data from 2011-2015 for NC American Indians

American Indians in NC have the **2nd HIGHEST** rate of diabetes of any racial/ethnic population in the state

The death rate for American Indians from Diabetes is **DOUBLE** that of Whites

### DIABETES



American Indian **1/7** adults have been diagnosed with diabetes

**#4** Leading cause of death for American Indians

**#1** Leading cause of adult blindness and kidney failure

By maintaining a healthy weight, eating right, and exercising, type 2 diabetes

**CAN BE PREVENTED!**



REDUCES RISK BY:

**1/2**



NORTH CAROLINA American Indian Health Board

For more information go to:  
[www.schs.state.nc.us](http://www.schs.state.nc.us)  
&  
[www.diabetes.org](http://www.diabetes.org)



## Being Active is Traditional

Submitted by Patty Suskin, Diabetes Coordinator

*Source:* Indian Health Service Being Active is Traditional | Physical Activity ([ihs.gov](http://ihs.gov))

For generations, Native people have lived active lives growing crops, hunting, fishing, and gathering berries, herbs, and traditional medicines. Cultural ways are active, such as dancing, running, drumming, carving, and playing games. Being active improves mental and spiritual well-being - it is good medicine.

Movements helps muscles use sugar for energy, which may improve blood sugars levels. Any increase in movement is good for you.

### Why be active?

- Feel less stress and have a happier mood.
- Increase strength, balance, and flexibility.
- Improve blood sugar, blood pressure, and cholesterol levels.
- Achieve or maintain a healthy weight.

### How to get started

- Talk with your health care team about what is safe and best for you.
- Set a day and time for your activity, and write it on your calendar.
- Ask a friend to join you.

### Do what you enjoy

- Start slowly, even if it is 5 or 10 minutes a day, and build from there.
- If sitting a lot, try to get up and move every 30 minutes.
- Try to increase your activity to 150 minutes a week, over three or more days
- Make it a goal to be active at least 30 minutes a day.

### Take care of yourself and your spirit

- Any increase in movement is good for you.
- Even adding chair exercises or arm movements helps you to be more active.
- Being active often brings peace and a sense of pride.
- Your family will be proud of you, too!





## Covid-19 Statistics September 15 - October 15

### Vaccinations

VACCINE	1st Dose	2nd Dose	Booster 1	Booster 2	Bivalent
Moderna	0	1	3	3	78
Moderna (12-18 y)	1	0	0	0	0
Pfizer (5-11 y)	2	1	1	0	0
Pfizer (12 and up)	0	0	0	0	2
Pfizer (Under 5)	0	0	0	1	0
TOTALS	3	2	4	3	80

THROUGH PANDEMIC Fully Vaccinated  
2,418

Vaccines Provided  
2,794

### Tests

Positive	Negative	Total Tests
9	36	45



### Vaccine Status

	Non-Vaccinated	1 Dose	2 Doses	Boosted
Positive	6	0	1	2
Negative	11	0	11	14

### Vaccine Status Percentages

	Non-Vaccinated	1 Dose	2 Doses	Boosted
Positive	13.33%	0%	2%	4.444%
Negative	24.44%	0%	24.44%	31.1%



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

- Squaxin Island Tribal Secretary Patrick Braese

**Need Refills at the Pharmacy?**

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

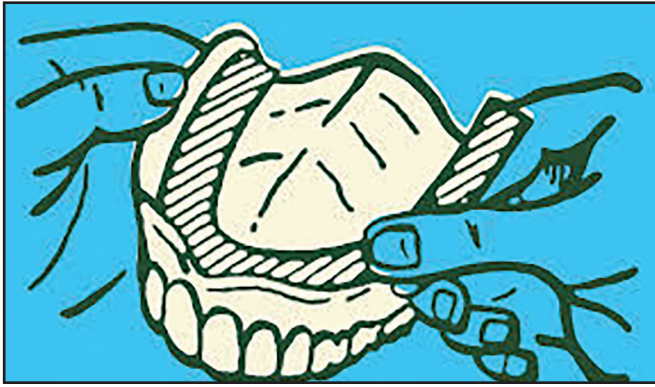
WHY?

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!



## Denture Adhesives


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

Last month we discussed the importance of keeping dentures clean and well maintained. This month I would like to discuss denture adhesives - the types, when and why to use them, and cleanup. Denture adhesives can be helpful for keeping appliances in place while also sealing out food and debris from getting underneath. Adding denture adhesives can create better retention which can aid in more bite force and easier chewing. The different types of denture adhesives include powders, pastes, and strips. It is recommended to try several types in order to figure out which works best.


### Here are some helpful hints for using denture adhesives:

- Always follow the manufacturer's instructions for the product being used. If any other assistance is needed, consult your dental office.
- Less is more! Usually a pea-sized amount in 3-4 areas is enough. Any oozing or overflowing means too much product was probably used.
- Some adhesives use zinc which is fine to use in moderation but can be harmful if used in excess. Following the manufacturer's instructions and not using too much product at a time is important. Also, zinc-free denture adhesive options are available.
- It is important to thoroughly clean used adhesive from dentures daily to avoid gum tissue irritants and keep the denture fitting properly. Gently scrub with a denture brush to avoid damaging the appliance.
- If the dentures seem excessively loose or bulky, it is important to have them checked by your dentist. Ill-fitting dentures can lead to mouth sores and bone loss. The appliance may need to be relined or replaced.

Proper adhesive use, denture care and regular dental check-ups are extremely important to living a life comfortably and successfully with dentures. To schedule your dental check-up, please call Squaxin Island Dental Clinic at (360) 432-3881.

**Are you pregnant?  
Breastfeeding?  
A family with a  
child under age 5?**



**You may be eligible for**

**It is easy to get started at WIC with SPIPA:**

1. Call WIC's direct line 360.462.3224 and leave your contact information.
2. We will call back and set up a phone appointment.
3. Have available your child's ID and recent measurements from their doctor, your photo ID with address, proof of income, and WA Medical/Provider One Card.
4. At your phone appointment, we will:
  - Check to see if you qualify
  - Check your child's growth
  - Talk about your family's health and nutrition needs
  - Tell you about other programs that may be able to help you
  - Explain how to shop with your WIC Card that we load with benefits at your appointments



Phone appointments only at least through April 2023

**2022-2023 WIC Income Eligibility Standards Effective April 2022**

**TABLE OF WIC ELIGIBILITY BY GROSS INCOME AND HOUSEHOLD SIZE**

Household Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	\$484	\$967	\$1,048	\$2,096	\$25,142
2	\$652	\$1,303	\$1,412	\$2,823	\$33,874
3	\$820	\$1,639	\$1,776	\$3,551	\$42,606
4	\$988	\$1,975	\$2,140	\$4,279	\$51,338
5	\$1,156	\$2,311	\$2,503	\$5,006	\$60,070

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

**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., Nov 8, 2022**  
We are continuing remote phone appointments through April 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.






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

- MONDAY 7:**  
Spaghetti, Corn, Garlic Toast
- MONDAY 14:**  
Teriyaki Chicken, Rice, Veggies
- MONDAY 21:**  
Baked Potato Bar, Broccoli
- MONDAY 28:**  
French Dips, Potato Salad
- TUESDAY 1:**  
Italian Sausage Potato Soup,  
Bread Sticks
- TUESDAY 8:**  
Chicken Rice Soup, Tuna Sandwiches
- TUESDAY 15:**  
Pork Pozole, Tortillas
- TUESDAY 22:**  
Beef Stew, Biscuits
- TUESDAY 29:**  
Split Pea Soup, Roast Beef Sandwiches

- WEDNESDAY 2:**  
Tacos, Spanish Rice
- WEDNESDAY 9:**  
Enchilada Casserole, Refried Beans
- WEDNESDAY 16:**  
Tator Tot Casserole, Brussel Sprouts
- WEDNESDAY 23:**  
Closed. Happy Thanksgiving
- WEDNESDAY 30:**  
BBQ Ribs, Mac-N-Cheese,  
Baked Beans
- THURSDAY 3:**  
Baked Ham, Scalloped Potatoes,  
Carrots
- THURSDAY 10:**  
Pork Chops, Stuffing, Mixed Veggies
- THURSDAY 17:**  
Salmon, Roasted Red Potatoes
- THURSDAY 24:**  
Closed. Happy Thanksgiving



## EMERGENCY

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

**SQUAXIN ISLAND TRIBE**

**Non-Life Threatening Emergencies**

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

If it is an EMERGENCY CALL 911

**Reminder!**

Your Treaty ID Card is invalid without stickers!

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



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

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



- 19  
Lucille Arlene Quilt
- 20  
Jason Lawrence Kenyon  
Lily Nicole Harris  
Nathan Allen Nunes  
Samantha C. R. Smith
- 21  
Aleta C Poste  
Bianca Angelina Saenz-Garcia  
Vincent Gene Henry Sr.



- 22  
Lahai'la Greenwood  
Susan Colleen LaClair
- 23  
Candee Graywolf Gillette  
Delores Del Johnson  
Diane Irene Deyette  
Lyssa Renee Wier  
Steven M. Dorland

- 24  
Arellys Francisco-Coley  
Cecily A. Neilsen  
Joseph Hugh Seymour Jr.  
Michael Aaron Parker

- 25  
Terry Nakai Tahkeal

- 26  
Anthony John Furtado Jr.  
Candace Olivia Penn

- 27  
Hope Victoria Pughe  
Leonard Gene Cooper  
Leslie Alan Cooper  
Nokomis Butterfly Masoner

- 28  
Ila Mae Ball  
Redwolf Wilson Krise II

- 29  
Daniel Alexander Combes  
Mark Allen Peters  
Sarah Elizabeth Thornton  
Tyler Eric Burrow

- 30  
Carol Ann Hagmann

- 1  
Kimberly RayeAnn James  
Wesley Arthur Fletcher

- 3  
Juanita Catherine Pugel  
Rickie Leigh Ramage  
Roxsanne Rene White  
Shannon Rae Bruff

- 4  
Twana Remedios Machado

- 5  
Beverly Jean Hawks  
Elizabeth Anne Kuntz  
Jason Charles Snipper  
Jennifer Leann Briggs  
Lawanna Bonnie Sanchez  
Max Warren Johns  
Olivia Ann Mason  
Sophia Rose Johns

- 6  
Keerah Lynn Brown  
Laura Lee Smith  
Lincoln Nash Costello  
Terri Louise Capoeman  
Thomas Richard Peterson

- 7  
Anthony John Furtado  
Cyrus Austin Little Sun  
Elijah Blueback-Robinson  
Russel W. Cooper

- 8  
David Wayne Whitener Jr.  
Tammi L. Birchall

- 9  
Amy Grace Taylor  
Jefferey Allen Blueback  
Kyler Matthew Guzman  
Malena Rose Herrera  
Mickey Lee Hodgson

- 10  
Alibi Lucian Tageant  
Jolene Sandra Jones  
Monique Abigail Pinon

- 11  
Benjamin James Sayers  
Carlo Kenyon McFarlane

- 13  
Arya Erika Johns  
Carver Haitwas Sigo  
Rachel Marie Parker  
Ryan Dee Fox  
Turumi Michelle Bush

- 14  
Mary Elizabeth Mosier  
Wolf Grace Allen

- 16  
Bennett Percy Howard Henry  
James Edward Orozco  
King Julious Tom  
Tammy Ruthann Rios

- 17  
Casey Lee Lacefield  
Elizabeth Ann Krise  
Jennifer Lee Johns  
Laura E. Snyder

- 18  
Ethan Edward Pugel  
Joseph Chetwoot Peters  
Taeahni Emilion Fox

## COMMITTEES, COMMISSIONS & BOARDS

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





# What's Happening

**Squaxin Museum  
Holiday Bazaar  
Indigenous Arts & Crafts**

**November 4th & November 5th**  
**9am - 5pm                      9am - 4pm**

**HOLIDAY BAZAAR  
FALL MUSHROOM FORAY**

November 4 & 5  
November 11


**Court:**

Family Court:  
Criminal/Civil Court:  
Vulnerable Adult Court:

November 3  
November 8  
November 17

**USDA FOODS  
WIC**

November 8  
November 8


Squaxin Island Museum Library & research Center

## ANNUAL HOLIDAY BAZAAR

November 4th 9:00 to 5:00  
November 5th 9:00 to 4:00

Native American Vendors providing unique gifts for your friends & family members Carvings, wool knitted clothing, bead work, & basketry. Our museum staff will hold a raffle, and sell baked goods.

*Located at 150 SE Kwuh-Deegs-Abxw Shelton WA 98584  
360-432-3839*




A SPoRE Event...

## Fall Mushroom Foray

Join us on a guided foray to find and ID fall mushrooms with local ecologist & avid forager, **Zack Lane**.

This event is free and open to the public.  
Squaxin Island Tribal member access is prioritized.

**November 11, 12:30-3:30pm**

**MEET AT THE SALISH ROOTS FARM**  
541 W. ST ROUTE 108, SHELTON, WA 98584

For more info and to reserve your spot, please e-mail [mack@metamimicry.com](mailto:mack@metamimicry.com)



# NOVEMBER SESSIONS

SATURDAY AND SUNDAY SESSIONS  
BRING CANNED FOOD FOR FREE LEVEL 1 (6-ON)

**ELECTRONIC BINGO DEVICES AVAILABLE FOR ALL SESSIONS!**

**FRIDAY NOVEMBER 4TH: DAUBIN IN THE DARK**  
8:30PM SESSION STARTS | DOORS: 5:30PM - EARLY BIRDS: 8PM

**SATURDAY NOVEMBER 5TH**  
DOORS: 11AM - EARLY BIRD: 1:30PM  
2PM SESSION STARTS

**SUNDAY NOVEMBER 6TH**  
DOORS: 11AM - EARLY BIRD: 1:30PM  
2PM SESSION STARTS

Multiple winners split the payout. Call 360-427-3005 for more details. Must be 18 or over to participate in BINGO. Ages 21 and over only for Friday session. Must be 21+ to use Free Play.

Management reserves the right to modify or cancel Bingo if not enough players.



# VINCE NEIL

PERFORMING ALL THE HITS

Saturday **NOVEMBER 19**  
Doors Open | 7PM  
Show | 8PM

TICKETS: **\$49/\$59/\$89**  
SKOOKUM CREEK EVENT CENTER

**SKYBOX FOR NINE PEOPLE | \$2,000\***

CONTACT PLAYERS CLUB FOR SKYBOX AVAILABILITY

\*INCLUDES TICKETS, SKYBOX PASSES, ACCESS TO VIP BAR, TWO DRINK TICKETS PER PERSON, CATERED FOOD



# OUT OF THIS WORLD NYE 2023

SKOOKUM CREEK EVENT CENTER

Saturday, December 31

DJ Smyles | 9PM - 1AM

Tickets  
\$25 General Admission

Rewards Members receive a  
\$5 discount at the Players Club

Balloon Drop At Midnight



LITTLECREEK.COM | 1.800.667.7711

# Little Means More!

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