



Squaxin Island tribe gets federal grant to remove 5th Avenue Dam

Reprinted from The Olympian - Two local tribes are receiving more than \$12 million in federal grants to remove fish passage barriers, including Olympia's Fifth Avenue Dam.

The two local projects are among nine projects the National Oceanic and Atmospheric Administration is funding in Washington state with a total of \$39.4 million.

The goal is to remove fish passage barriers such as small dams and culverts, open salmon and steelhead migration routes, and allow more salmon to return to their natural spawning grounds.

The Squaxin Island Tribe is receiving \$6.4 million to help remove the Fifth Avenue Dam across the mouth of the Deschutes River, draining the man-made Capitol Lake and restoring the Deschutes Estuary. According to NOAA,

restoring the estuary will help recover habitat for threatened Puget Sound Chinook, and support tribal capacity to expand their barrier removal efforts and engage in salmon recovery planning in South Puget Sound.

The Nisqually Indian Tribe is receiving \$5.8 million to remove and replace a culvert that is completely blocking fish passage on Brighton Creek, a tributary of the Nisqually River, and to replace the Harts Lake Road South culvert. The new channel-spanning culvert southeast of McKenna on the Pierce County side of the river will allow threatened Puget Sound steelhead and Chinook salmon to reach high-quality habitat. The project will include a wildlife crossing and help reduce flood risks and provide opportunities for further native plant restoration, NOAA says.

Congratulations Newly Elected Tribal Council Members



Jim Peters
Secretary



Joshua Whitener
Treasurer



The funds come from the NOAA Fish Passage through Barrier Removal grant program, funded by the Bipartisan Infrastructure Law and the Inflation Reduction Act. "Habitat restoration works, and these projects will help boost the salmon and steelhead runs our tribes and our regional economy depend on," said U.S. Sen. Maria Cantwell in a news release. "These grants will make lasting and meaningful improvements to habitat, including for Puget Sound Chinook stocks that orcas need to thrive. ..."

Cantwell and U.S. Sen. Patty Murray say these bills make up the largest investment into the climate crisis in American history and include record funding for salmon recovery and fish habitats.

"In Washington state, our fish drive local economies and are foundational to the culture of the Pacific Northwest—and the record investments in fish passage projects we secured under President Biden will make a big difference across our state," Murray said in a statement. "This influx of federal funding will be key to saving precious species, including our salmon, and restoring wetlands and other vital habitats. ..." All nine projects in Washington state will be led by or completed in partnership with tribes. Nationally, NOAA awarded \$240 million for 46 passage projects, and 40% of the recommended projects were led or supported by tribes. The new grants build on the \$166 million awarded in 2022 in the first round of funding. There will be one more round of NOAA fish passage barrier removal projects to come under the BIL.



SQUAXIN ISLAND MUSEUM GOLF TOURNAMENT BENEFIT



JUNE 3, 2024 @ 10AM

For Registration & Event Sponsorship Information
Contact 360.462.3673 or tyler.brown@salishcliffs.com

2024 Summer Employment!

SEEKING SQUAXIN YOUTH AGES 15-21 WHO DESIRE SUMMER EMPLOYMENT


If you are a Squaxin Tribal member between the ages of 15 and 21 and are interested in working in the summer, please contact Jessica Cruz in Human Resources at (360) 432- 3865 or jlcruz@squaxin.us for an application. These will also be available with the job listings at www.squaxinland.org All application packets should include a Squaxin Summer Youth application, cover letter and resumé.

Your application must be submitted by Monday June 3rd by 4:00 p.m. Applications received after June 3rd will be considered based on available positions.

Summer Youth Employment will begin on Monday, July 8th, and will run through Friday, August 9th.

Please note all applicants for Little Creek Casino Resort may be asked to attend an application workshop to complete required gaming licensing paperwork. Youth working in Education will start the week of June 24th to complete staff training.

Squaxin Preference will be exercised in the hiring of these positions in accordance with the Tribe's hiring ordinance.



ATTENTION ALL STUDENTS
Graduating in 2024

Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program?

To be recognized please email your information to Mandy Valley by;
4:00pm Monday June 3rd, 2024.
Please see contact information below

The Squaxin Island Tribal Council, Education Commission and the Tu Ha' Buts Learning Center would like to recognize and celebrate these individuals at the Twenty-seventh Annual Sgwi-gwi Celebration.

27th Annual Sgwi-gwi Celebration
Thursday June 13th, 2024
Time 5:00pm, Squaxin Gym.

Please go to the following link below and fill out the questionnaire.
https://squaxin.formstack.com/forms/2024_graduate

Contact:	Mandy Valley 70 SE Squaxin Lane Shelton, WA 98584	Phone:	(360) 432-3882
		Fax:	(360) 426-7897
		email:	mvalley@squaxin.us

**SQUAXIN ISLAND TRIBE
FY 25 FIRST PUBLIC
BUDGET HEARING**

June 5 @ 4:30 pm
Council Chambers

YOUR TRIBAL COUNCIL WANTS TO HEAR FROM YOU!

If unable to attend, please submit your input to kwentworth@squaxin.us.

The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities! Come & share your concerns, visions & help set priorities for FY25 programs!

If you need additional information, please contact a member of the Budget Commission:

Josh Whitener: Treasurer
Erika Thale, Executive Director
Marvin Campbell: Director of Operations
Jenn Ogno, Interim Chief Financial Officer
Susan LaClair, Tribal Member
Julie Owens, Tribal Member
Andrea Sigo, Tribal Member
Rhonda Foster, Tribal Member Alternate

Tribal Point of Contact:
Jenn Ogno, Interim Chief Financial Officer
jogno@squaxin.us 360-432-3940
Posted May 20, 2024-June 5, 2024



Series of SR 108 around-the-clock closures scheduled July and August

After the 4th of July holiday, travelers are encouraged to plan for a series of closures at two locations on State Route 108 west of Kamilche.

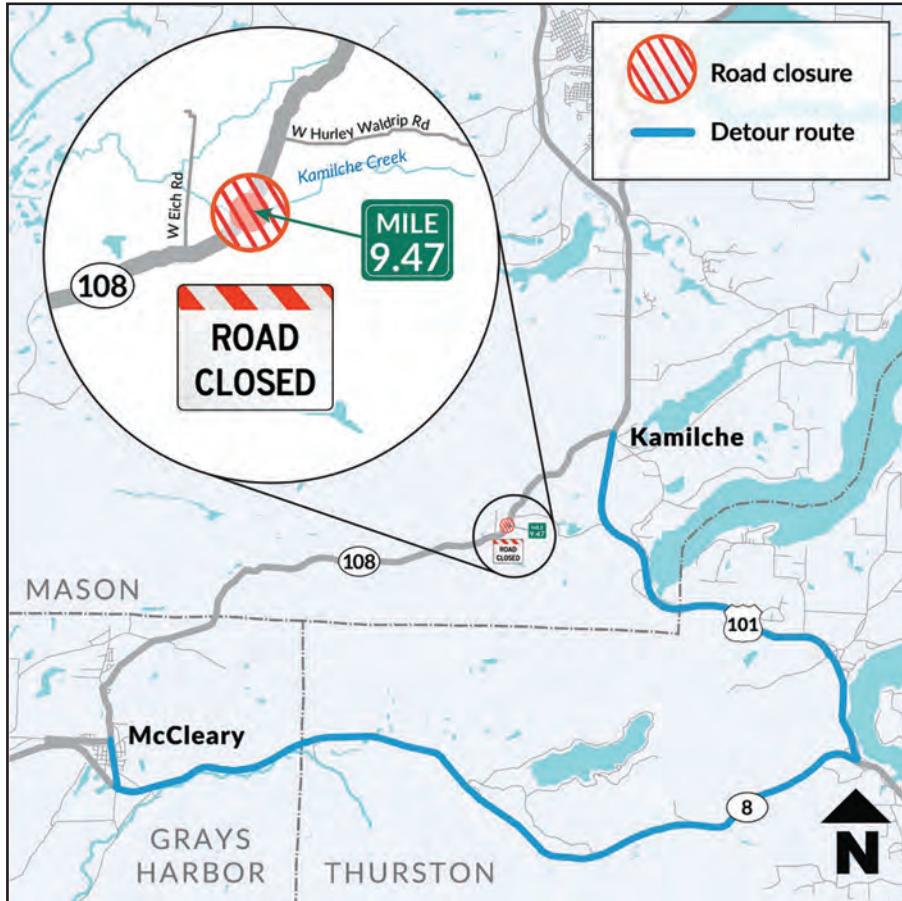
The first closure starts Monday, July 8. The closures allow crews to complete a lot of work in a relatively short period of time. A detour route will keep people moving during the closures.

SR 108 between West Hurley Waldrip Road and Eich Road

8:00 a.m. Monday, July 8 – 8:00 a.m. Monday, July 22

8:00 a.m. Wednesday, Aug. 14 – 8:00 a.m. Wednesday, Aug. 28

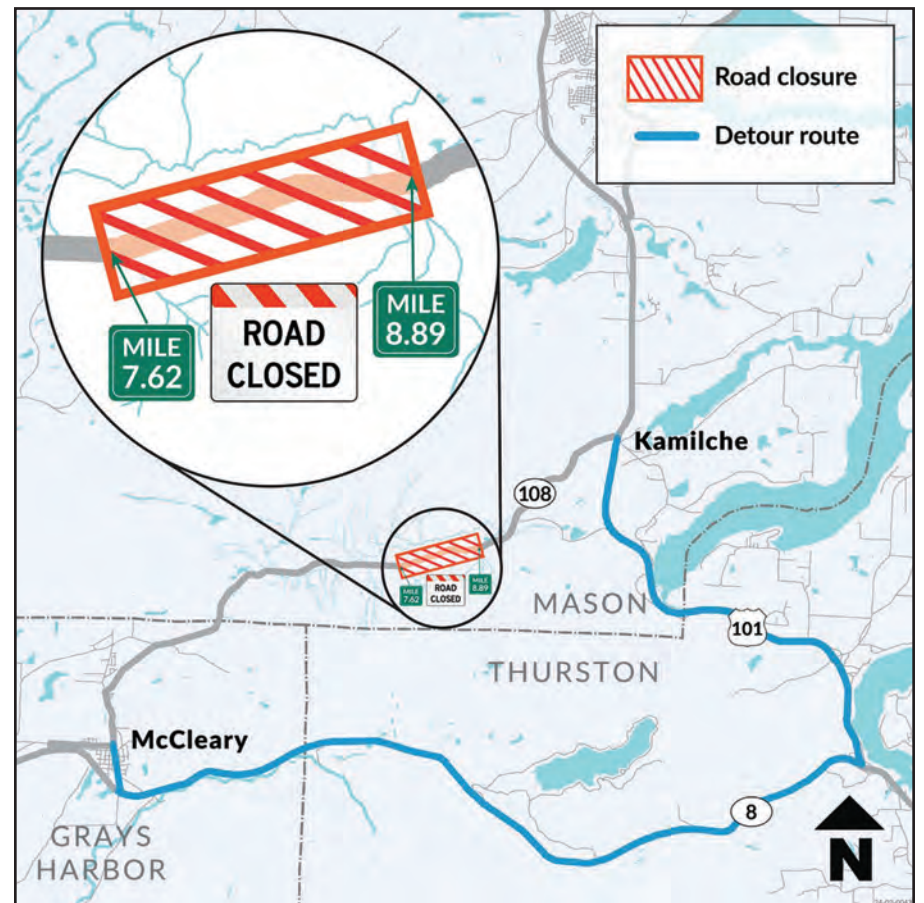
During this closure, travelers will detour via US 101 and SR 8



SR 108 at milepost 7.6 to milepost 8.8 west of Eich Road

8:00 a.m. Friday, July 26 – 8:00 a.m. Friday, Aug. 9

During this closure, travelers will detour via US 101 and SR 8



What's happening

Crews will start the complicated process of removing multiple barriers to fish under the highway. When completed, the barriers will be removed at tributaries to Skookum Creek, McDonald Creek and Kamilche Creek.

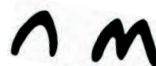
During the closures, workers will dig out the entire roadway. Crews will replace the existing culverts with new culverts that have a much larger opening, similar to a bridge, to accommodate fish habitat and migration.

Extended closures during the busy summer travel season

WSDOT knows this is at the very least inconvenient. If we could build these projects faster and without affecting traffic, we would. But this work must be done. WSDOT must comply with a federal court injunction requirement. Issued in March 2013, the permanent injunction requires the state to significantly increase efforts to remove state-owned culverts that block habitat for salmon and steelhead by 2030.

Some of the work crews will perform has to take place in the water. There is a limited time frame they are allowed to do this. The "fish window" is when working in the water will be the least disruptive to aquatic life.

WSDOT appreciates your patience and understanding as we work to remove barriers to fish.





SR 108 closures July and August *Continued from Page 4*

Tribal Council Oath of Office May 16th and administered by Cultural Resources Director Rhonda Foster

WSDOT
SR 108 around-the-clock closures

JULY 2024							AUGUST 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6					1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	31

Each day that portions of SR 108 will close to all traffic

Stay connected

Construction schedules can change, and we want you to stay informed. More information is available on the project webpage. The project webpage is available at wsdot.wa.gov and search: Kamilche. Or scan the code to go to our website:



Travelers can get advance notification and real-time information on the WSDOT app and statewide travel map. Sign up for email updates for major roadwork on state highways in Mason County. People can call the project hotline at (564) 225-3289.



Need a Tribal ID?

Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us





New Administration Building Set to Begin Construction

Anticipated Start: Late June or Early July

Little Creek Casino Resort is excited to announce the upcoming construction of our new administration building. This project represents a major step forward in our commitment to enhancing the operational efficiency and overall success of the resort, benefiting both our employees and the Squaxin Island Tribe.

Addressing Current Challenges

Our current administrative setup faces several significant challenges that hinder productivity and efficiency. The new administration building will address these issues directly:

Human Resources (HR) Department: Currently crowded and lacking private offices, the HR team works in an open, disruptive environment. The new building will provide private offices, ensuring confidentiality for employee conversations and phone calls, and reducing disruptions.

Finance Department: The finance team operates in a cluttered cubicle space, with managers lacking private offices, compromising privacy and effective communication. The new building will offer a more organized layout with private offices for managers, enhancing privacy and communication.

Executive Team: The executive team is physically separated, with the CEO's office located away from the COO and CFO, and the compliance and risk staff not integrated with the executive office. The new building will consolidate the executive offices, enhancing leadership cohesion and effectiveness.

Marketing Department: The marketing department is split into two areas, with about two-

thirds of the team residing in a temporary banquet space. The new building will bring the entire marketing team under one roof, fostering better collaboration and creativity.

IT Department: The IT department is currently located in an unused hallway, with the IT director not in the same area. Relocating IT to a dedicated, properly equipped space in the new building will enhance their operational efficiency and coordination.

Tribal Gaming Agency: The Tribal Gaming Agency is housed in aging mobile trailers with frequent maintenance issues and ongoing rental costs. Moving to the new building will provide a safer, more reliable working environment and eliminate rental fees and maintenance issues.

New Administration Building Benefits

- Improved Operational Efficiency**
 - CENTRALIZED OPERATIONS:** Consolidating key departments will streamline communication and coordination.
 - ENHANCED COLLABORATION:** Proximity fosters better collaboration and faster decision-making, leading to more agile and responsive operations.
 - RESOURCE OPTIMIZATION:** Shared facilities and resources reduce redundancy and lower operational costs over time.
- Increased Employee Productivity and Satisfaction**
 - MODERN WORK ENVIRONMENT:** A state-of-the-art building with modern amenities will significantly improve employee satisfaction, reducing turnover and improving productivity.
 - PRIVACY AND FOCUS:** Improved office layouts and facilities contribute to better health and well-being of employees, leading to higher morale and efficiency.
- Future Growth and Scalability**
 - SPACE FOR EXPANSION:** The new building will accommodate future growth, providing the necessary space and infrastructure to support the resort's long-term strategic goals. The new building will also free up space for revenue generating opportunities on the property.
 - ATTRACTION AND RETENTION OF TALENT:** A modern, well-equipped workspace is a

powerful tool for attracting and retaining top talent in a competitive job market.

- Enhanced Brand Image and Reputation**
 - SHOWCASE OF COMMITMENT:** Investing in a new building demonstrates the resort's commitment to its employees and the local community, reinforcing trust and loyalty.
 - IMPROVED CLIENT IMPRESSIONS:** A modern administration building enhances the overall image of the resort, positively impacting guests, partners, and potential investors.
- Long-Term Financial Benefits**
 - COST SAVINGS:** While the initial investment is significant, the long-term operational efficiencies and reduced maintenance costs of a new, energy-efficient building can lead to substantial savings.
 - ELIMINATION OF RENTAL FEES:** Relocating the Tribal Gaming Agency from aging, costly mobile trailers to the new building eliminates ongoing rental and maintenance expenses.
 - INCREASED REVENUE POTENTIAL:** Enhanced operational efficiency and improved employee productivity can contribute to higher revenue generation.
- Support for Tribal Gaming and Community Goals**
 - ECONOMIC IMPACT:** The construction and ongoing operation of the building will create jobs for tribal members and stimulate economic activity in the region.
 - COMMUNITY COMMITMENT:** Demonstrating a commitment to sustainable development and improving the working conditions of those managing the Tribal Gaming operations supports the broader goals of the Squaxin Island Tribe.





By investing in this new administration building, Little Creek Casino Resort is not only addressing current operational challenges but also positioning itself for sustainable growth and long-term success. The return on investment will manifest in various forms, including improved operational efficiency, enhanced employee productivity, and long-term financial benefits, all of which contribute to the overall prosperity and reputation of the resort and the Squaxin Island Tribe.

We are confident that this investment is the right thing to do for the future of our resort and our tribe. Construction is set to begin in late June or early July, and we look forward to seeing the positive impact this new facility will have on our community.

Happening at the Creek

Tuesdays – Crumbl Cookies continue on Tuesday’s for members 50+! Receive one free cookie and enter the drawings at 6:00 p.m. for three winners of \$250 in free play and 7:00 p.m. one winner for \$1,000 in cash.

Mondays and Wednesdays – Win up to \$600 in these hourly drawings every Monday and Wednesday from 1:00 p.m. to 8:00 p.m. We’re Ballin’ for Bucks, play this interactive game and win CASH!

Friday and Saturday – Have a chance to win \$2,500 and a kayak or paddle board! Drawings are every hour from noon to 4:00 p.m. and start up again from 7:00 p.m. to 11:00 p.m.

Earn and Get | Reelin’ in Cash – Earn 1,500 points from Thursday at 9:00 a.m. to Sunday at 8:00 p.m., each week, for a chance to get an item from the perfect summer collection!

Kings and Queens of Dice (Craps Only) – During the month of June, all players club members playing craps can have a chance at weekly free play prizes.

High Hand Hunt (Table Games) - During the month of June, players club members playing table games can have a chance at weekly free play prizes.

Blackjack Tournaments – Blackjack tournaments are being offered on Monday, June 10th and 24th at 7:00 p.m. Buy-in is \$40, and the prize pool is based on total participation.

~See the Players Club~

~For complete details on all promotions~

Upcoming Entertainment

MIKE EPPS
June 22nd | 8:00 p.m.

THUNDER FROM DOWN UNDER
July 12 & 13th | 8:00 p.m.

CRUISE AT THE CREEK CAR SHOW
July 20th | Registration starts at 10:00 a.m.

JEFF FOXWORTHY
August 10th
TWO SHOWS 6:00 p.m. & 9:00 p.m.



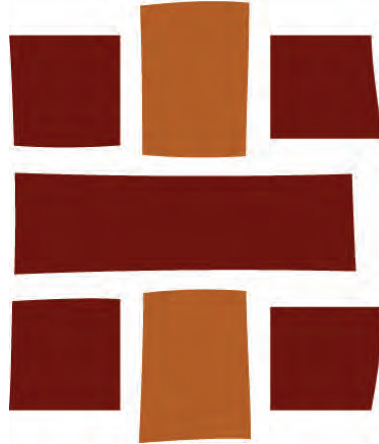


Tumwater Trading Post

In the last month, we completed the concrete footings of the new Trading Post building and started framing the walls! Underground fuel tanks were delivered and installed.

The other retail building also had the concrete pad and footings started.

Everything is moving along smoothly!





New Employees



Daniel Kuntz
Policy Program Manager

Hi! I have been hired as the Policy Program Manager for Natural Resources.

I am the son of Joseph and Elizabeth Kuntz.

I have spent my entire professional career working at the Natural Resources Department in various capacities.

I eagerly greet the new challenges that come with this position and I am most excited to interact with other agencies in efforts to assert, preserve and enhance our treaty fishing opportunities.

I am thankful for the opportunity and grateful to be part of the team at Natural Resources.



Kyle Ferguson
Clinical Psychologist

Hi! I will mostly be working with Behavioral Health and primary care, but see myself as working with the whole Squaxin community. I'm at your disposal! I trained for many years as a clinical psychologist and, if that weren't enough, I completed training as a neuropsychologist (which is why my hair is gray! Oh, and I have kids, too, which is why it is really, really gray!).

A clinical psychologist tries to figure out what might be going on with a person, from a mental health perspective. For example, does this individual have depression or bipolar disorder? Do they have schizophrenia or are their symptoms related to severe mood symptoms or, perhaps, due to the substances they are using? Do they have attention/deficit hyperactivity disorder or autism, etc.? (Honestly, I don't like using diagnoses but that's how healthcare professionals communicate with one another).

A neuropsychologist has specialized knowledge in brain function and how it relates to thinking and behavior. Sometimes children are referred because of concerns about having a learning disability, like challenges with reading or math. Youth and adults might also be referred because they've noticed changes to their thinking or behavior after a brain injury. Elders might be concerned about having memory

disorders like Alzheimer's disease, especially if they have family members who have or had it. Sometimes neuropsychological evaluations are the best medicine because, in some cases, the feedback I give after the assessment is that their memory and other thinking abilities (which have kept them up so many nights stressing out about) are perfectly in line with other individuals their age who have healthy brains.

I am the baby of three children. My brother is eight years older, and my sister is our years older. I was born in a very small town in Saskatchewan, which had the only hospital in the area. My parents' first house was in the country, among golden wheat fields and land so flat you could see the curvature of the atmosphere. They did not even have running water! And you guessed it, they did their business in an outhouse (which I can't imagine in 40 below winters!).

My parents moved to another small town one providence over, in Alberta. We moved to a town called Ponoka. Ponoka is a Cree word for black elk. Incidentally, my brother is mayor of Ponoka as I type these words. If you are ever passing through, tell him you know me, and he will hook you up with a bag of swag. I was a toddler when we moved out of Saskatchewan and the car ride to our new home in Alberta is my first memory. We had an old black lab then, who loved to hang his head out the window. I sat next to him and got doused in his slobber!

The Hobbema reservation (renamed Maskwacis in 2014) is located about 15 minutes from Ponoka. As a boy, my father used to take me to Samson Cree Nation powwows. I loved watching the sacred dancing and eating Bannock (fried bread) and Pemmican (dried meat and fruit). My very first job was working for the Samson Band on their commercial farm, on the Rez. I was 13 years old. I drove tractors, changed oil, shoveled grain, hauled bales, etc. There was always work that needed to be done.

I just love the Squaxin community and am absolutely thrilled to be back! I missed everyone! I feel truly honored to get to serve the community again.

If you have any questions or concerns about you or family members, don't hesitate to reach out. I am down at behavioral health, but am sometimes at the health clinic (mostly to make sure Dr. Ott doesn't drink too much coffee – otherwise, I will have to put him back in his cage!).

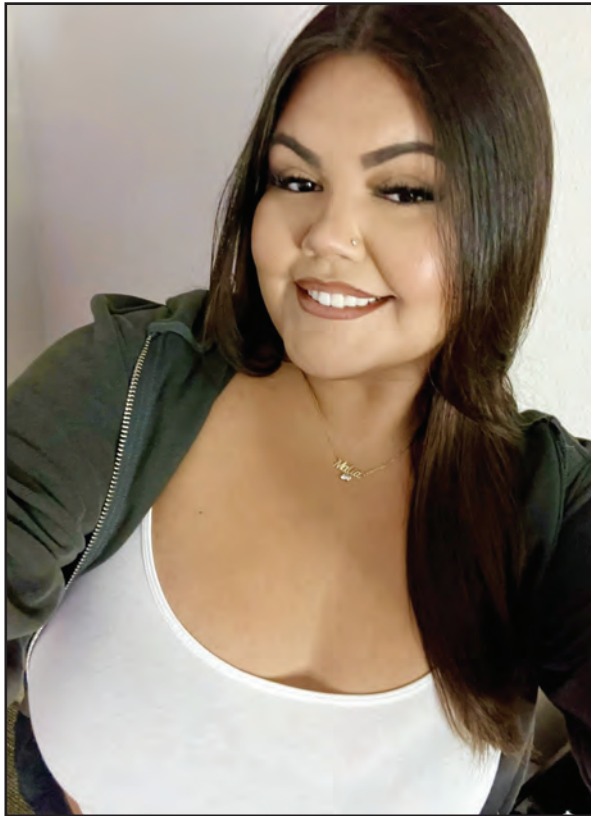


Employment Opportunities:
squaxiniland.org

If you would like assistance updating a resume or have questions about any of our open positions, please reach out to Jessica in Human Resources.



New Employee



Malia Henry
Parks & Rec
Facilities Coordinator

Hi! My name is Malia Henry, and I have been hired as the Squaxin Island Parks & Rec Facilities Coordinator.

My parents are Vincent and Margaret Henry. My grandma on my dad's side is Barbara Henry, and my grandma on my mom's side is Marjorie Seymour-Hill.

I am so excited to join the Parks & Rec/education team also known as the "Dream Team."

I am also excited to help our community get the most out of the amazing facilities the tribe offers.

I look forward to working with you.



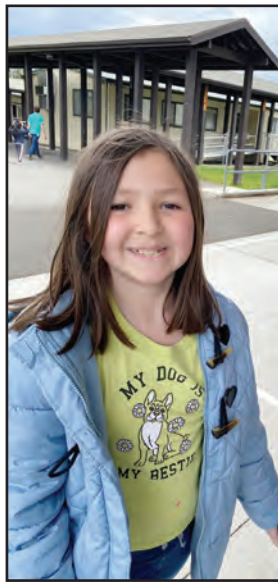
Bordeaux

It is crunch time! Us Bordeaux Bulldogs have been slammed, slammed, slammed! It is the time of the school year for testing, organizing, and preparing, as well as all the fun stuff too! With field trips, projects, concerts, and more, our kiddos have been busy trying their best on their testing, which can really tire a person out.

Our fourth graders are getting prepared to go to middle school. ALL OF THE KIDS are waiting at the door for summer break, and I do not blame them. We have tried to be a little more laid back in the Native Ed room, with coloring breaks, snack breaks, and spending time outside. These things are good for the students, considering they have been working hard all year. Sometimes we all just need a little chill time.

As we get closer to our final days, it is still important to have our kiddos here at school and on time. This is the time of the year for field days and fun class parties, which our students so rightfully deserve. Being at school on time and consistently allows them to enjoy any of that fun stuff that will happen.

Next school year comes fast, and transitioning can be difficult for families and students. If there is anything I can do to help, let me know! Summer school questions, school enrollment, etc. Anyways, enjoy these pics!



Smiles from Sydney



Felipe lookin' cool!



All good vibes from Andre



BFFS TBlaze and Totten



Pastels and Color Pages!



Chill vibes in Native Ed with Zayne and Barney



Oakland Bay Junior High

We are now finishing the last full month of the school year. Students are doing their best to finish the year on a high note and carry that success into next year.

Every student grew one way or another during this school year, whether it was socially or academically. I am extremely proud of the success that each student had this year no matter how small.

Each student set a lot of small goals throughout the year to try and keep themselves on track. I felt that this helped develop a routine that they could fall back on.

A big emphasis this year was to focus on the small details. It is easy to forget things, like putting your name on a paper, due dates, and things like extra credit. But these details can make all the difference in your grades.

OBJH will be having their moving up ceremony in June that will celebrate both grades moving up and then the 8th graders will have their own private graduation ceremony held by the school.

You may be contacted by the school about fees for missing books or anything else that can prevent graduation. At this point, every current 8th grade student should be registered for their high school classes and, if they aren't, please reach out to me.

I want to thank all the parents/guardians for keeping up on their students throughout the year. But we still do have some time left in the school year, and students are still being sent home with homework and are still taking tests. So please keep up on them for just a little bit longer.

I hope everyone has a great summer!

The student of the month this month is Mason Ehler. He has had great grades all year and has been the model of consistency. Not only did he play sports for the school this year, but he has also recently joined the Squaxin basketball team while still being able to maintain his grades. He will be very successful in his freshman year of high school next year, and I am excited to see what he can do.



Mason Ehler
Student of the Month

Higher Education

Don't forget to turn in your final grades and any receipts from spring quarter/semester. They need to be turned in by July 1st.

If you are planning to apply to the Squaxin Island Education Commission for higher education financial aid, completed packets are due August 5th. New and returning students will need to complete the packet for the 2024 fall quarter/semester. Packets are available now and can be picked up at the Youth Center between 7:30 - 4:00; or they can be emailed by request.

If you have any questions or need assistance please don't hesitate to ask.

Thank you,
Mandy Valley
mvalley@squaxin.us
(360) 432-3882



YAY!
SUMMER
BREAK
IS FINALLY
HERE!!!



Lolyta Johns, Carmela Valencia, and Janelle Krise



Lolyta Johns, Carmela Valencia, Aliegha Johns, Janelle Krise



Button Robe Workshops

The Squaxin Community Culture Program is here to help Squaxin families with educational achievement regalia

The Museum & Culture Center is offering Squaxin families workshop time, fabric, buttons, use of sewing machines, irons, large project space, and knowledge

CONGRATULATIONS CLASS OF 2024!

Questions? Please contact Ruth Whitener 360-432-3841 rwhitener@squaxin.us



Olympic Middle School

Kiana Wily, OMS Student Advocate - The end of the year has been spent preparing ourselves for transition into the next year and the next grade and, for some, that means going onto junior high; for others that means stepping up as 6th grade leaders and welcoming in our incoming fifth graders.

OMS has done a great job of creating opportunities for the incoming fourth graders to visit and warm up to their new school. The Native Ed 4th graders from each Shelton elementary got to have their own personal visits to meet Ms. Kiana, Ms. Chappell and our administration team here at OMS.

We are continuing our reading groups and Lu-shootseed groups till the end of the year.

We had Ms. Winter Strong from Skok/Hood Canal come to visit. She gifted us with knowledge about the benefits of nettle and shared with us some nettle and daisy biscuits and some yummy nettle drink options.

We were also so happy and lucky to get to have a special book reading from Shawnell McFarlane! She shared her book she wrote working for NASA and gifted a couple copies to our Native Ed.

I've been so proud to see the way many of our Squaxin youth have switched up their mind sets for the end of the school year, doing much better at making it to class and completing their assignments on time!

On June 5th, the seniors will be doing their walk through. June 6th is Field Day, and several teachers are having parties in their classrooms.

On June 7th we will be having a fry bread lunch in Native Ed and having some relatives join us.

The 6th Grade Moving On Award Ceremony will be on June 12th at 8:30 a.m. We will have the Native Ed room open after the school ceremony for Native Ed families to join us.

It has been a year filled with growth and learning. I hope you all have an amazing summer and remember to keep practicing your reading. I greatly look forward to seeing all my new OMSers next year and all my returning ones, too.



LJ, Elliana, Ellie, and Kai working on a red hand print project



Autumn transplanting starts we grew for Earth Day that we got from Salish Roots garden



Luke and Thailer making some gifts



Nettle, daisy and flower biscuits



Grace enjoying her adventure bite!



Winter Strong preparing a treat made with indigenous medicines



Ali and her FALP class enjoying some beach ball

The Spending Frenzy
Brought to You by First Nations Development Institute

Coming to Squaxin Island this summer!

June 25th @ 4:30 pm
Education Classroom
Squaxin Island Youth Center

Interested in learning how to manage your money? Don't miss your chance to check out the exciting financial skills money game that's taking Indian Country by storm!

- Go shopping with \$30,000!
- Purchase vehicles, homes, and food!
- Identify wants and needs!
- Save and invest big money!
- Have a blast by taking a trial run at living on your own!

For More Information Contact:
Mandy Valley (360)432-3882
MValley@squaxin.us
Or
Isabelle LeClair (360)968-4453
lLeclair@squaxin.us



Shelton High School

Isabelle LeClair, Shelton High School Student Advocate - Hello everyone!

We have completed our very last full month of school! May was certainly full of fun.

We had our annual Button Robe Ceremony that was a beautiful evening for most of my seniors. I walked with them for three out of their four years, and I feel very proud and honored that we got to share those three years together.

I know this road has not been easy, but y'all showed up and did the thing! I can't wait to see where life will take you.

I hope my seniors know that, no matter where they go, I will always be in their corner cheering them on!

Congratulations to the class of 2024!



Button Robe Recipients



Button Robes



Cassidy and Tayla



Cora and Jasmine



Tanalee and Isabelle



Isabelle, Alysa and Cora



Alysa



Journey Bear



Jasmine



LEARNING CENTER



After School Program

Summer is making an entrance in the After School Program!

On Monday, May 6th, Kenna introduced the chamoy pickle challenge! The youth loved the Taki chips, fruit roll up, and sour salsaggetti wrapped around the pickle. Some of the youth didn't like it at all but others loved it and wanted more. Thank you, Kenna, for making it fun and introducing new things to the youth.

On Tuesday, May 7th, we made seed bead key rings. Some of the youth got creative and made their family some bracelets or necklaces.

On Thursday, May 9th, we made fruit pop-cycles with fresh fruit. The youth got to choose from strawberries, bananas, oranges, raspberries, and blueberries.

Every Wednesday in May, the youth had a chance to swim in the pool during their early release days, and they had a blast swimming in the pool. Thank you to the lifeguards!

The sun was shining a lot in May, so we got the youth outside as much as we could to play football, kickball, and even games of tag on the playground!

Keep an eye out for the last day of the After School program. We will post this to our monthly calendar.

Summer Rec is starting in July. If you would like to register your youth, we will post our QR Code and the Formstack link to the Remind App, and our Tu Ha' Buts Youth Center Facebook page.

We hope you all have a happy, healthy and fun summer!

Stay tuned for the upcoming Summer Rec calendar on our Facebook Page: Tu' Ha Buts Youth Center or Join our Remind app! Text @SquaxinTYC to 81010 - The Remind App will text our weekly hours and any urgent updates directly to your phones!

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

Kenna Krise, Youth Recreation Coordinator
360-432-3958 or kekrise@squaxin.us

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

Squaxin Island Tribe Summer Rec Program

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 First Day of Summer Rec. Swimming, Camp & Cultural Activities	2 Swimming, Outdoor Games & Sports	3 Closed For 4th of July Holiday	4 Closed Happy 4th of July	5 8:30-12pm Swimming & Fun Fridays
8 Swimming, Camp & Cultural Activities	9 Plant Medicine, Outdoor Games & Sports	10 Camp Activities, Drumming, Dancing & Singing with Granny Vicki	11 Field Trip Days More information on Remind or Facebook for Weekly Trip and Times!	12 8:30-12pm Swimming & Fun Fridays
15 Swimming, Camp & Cultural Activities	16 Plant Medicine, Outdoor Games & Sports	17 Field Trip: WET Science Center Leave: 9:55am Return: 1:30pm	18 Field Trip: WET Science Center Leave 9:55am Return 1:30pm	19 8:30-12pm Swimming & Fun Fridays
22 Swimming, Camp & Cultural Activities	23 Plant Medicine, Outdoor Games & Sports	24 Camp Activities, Drumming, Dancing & Singing with Granny Vicki	25 Field Trip Days More information on Remind or Facebook for Weekly Trip and Times!	26 8:30-12pm Swimming & Fun Fridays
29 Swimming, Camp & Cultural Activities	30 Plant Medicine, Outdoor Games & Sports	31 Summer Rec Closed, Staff will be Providing Activities @ Puyallup Youth Canoe Journey TBD		

Calendar is Subject to Change at any time. Summer Rec is Tobacco/Vape, Drug and Alcohol-Free Program.
Hours of Operation: Monday-Thursday 8:30am-3:00pm & Fridays 8:30-12 noon.



LEARNING CENTER



After School Program

Monday	Tuesday	Wednesday	Thursday	Friday
After-School 3-6pm Plant Teachings: BINGO	After-School 3-6pm Beading with Kenna	After-School 2:30-6pm Variety Games Swimming, Bring your Swimsuits & Towel GSD Early Release@ 2:30	After-School 3-6pm Cooking: Tong hulu Fruit	After-School 3-6pm Last Day of After School Program Musical Chairs and Snacks!!
No After School Closed Getting Ready for Summer Rec				
No After School Closed Getting Ready for Summer Rec				
Closed Summer Rec Staff Training Week				Summer Rec Begins July 1 st !
Key: SSD – Shelton School District GSD – Griffin School District	After-School Meal Times: Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm	Activity Time: 5:00-5:45pm	Contact: Kasia: 360-432-3801 or 360-490-0595 Kenna: 360-432-3958 Sara: 360-432-3992 Rec Room # 360-432-3986	

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

KEY:

- LS: LAP SWIM
- OS: OPEN SWIM
- EA: ELDERS AEROBICS

JUNE '24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 1
<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 2	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 3	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • EA:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 4	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • Daycare: 10:30am - 11:30am • LS (12-1PM) • OS : 3:00pm - 5:30pm 5	<ul style="list-style-type: none"> • LS: 8:30am-10:00 • EA : 10:30am - 11:30 12 pm - 6 pm CLOSED private pool party! 6	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS (12-2PM) • after school swims: 3:00pm - 4:45PM 7	<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM CLOSED private pool party! 8
<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 9	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 10	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • EA:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 11	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • Daycare: 10:30am - 11:30am • LS (12-1PM) • OS : 3:00pm - 5:30pm 12	<ul style="list-style-type: none"> • LS: 8:30am-10:00 • EA : 10:30am - 11:30 12 pm - 6 pm CLOSED private pool party! 13	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS(12-2PM) • os: 3:00pm-5:30 14	<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 15
<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 16	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 17	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • EA:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 18	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • Daycare: 10:30am - 11:30am • LS (12-1PM) • OS : 3:00pm - 5:30pm 19	<ul style="list-style-type: none"> • LS: 8:30am-10:00 • EA : 10:30am - 11:30 first day of summer pool party! 20	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS (12-2PM) • OS: 3:00pm - 5:30 21	<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 22
<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 23	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 24	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • EA:10:30-11:30AM • LS: (12-2PM) • OS: 3:00pm - 5:30 25	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • Daycare: 10:30am - 11:30am • LS (12-1PM) • OS : 3:00pm - 5:30pm 26	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • EA:10:30-11:30AM • LS: (12-1PM) • OS: 3:00pm - 5:30 27	<ul style="list-style-type: none"> • LS: 8:30-9:30AM • OS:10:30-11:30AM • LS (12-2PM) • os: 3:00pm - 5:30 28	<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM 29
<ul style="list-style-type: none"> • OS: 9:00AM-11:30PM • closed (12-1:00PM) • OS: 3:00-5:30PM CLOSED private pool party! 30						



Did You Know?

Feedback forms are available on: squaxinland.org

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

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

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

SHELLFISH HARVESTER REMINDER

THE CURRENT SHELLFISH CYCLE ENDS 5/31 & THE NEXT SHELLFISH CYCLE STARTS ON 6/01

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

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

2nd cycle June through Nov. → 1st cycle Dec. through May

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

1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5 SQUAXIN ISLAND TRIBAL COURT
6 YOUTH COURT
7 SQUAXIN ISLAND RESERVATION
8
9 IN RE: Case No.: CW-2015-1503-0080
10 MP NOTICE OF GUARDIANSHIP HEARING
11 Indian child.
12
13 THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Juanita Pugel and Anton Pugel
14
15 YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has
16 set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on
17 July 11, 2024, at 9:30 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT
18 THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A
19 GUARDIANSHIP. File your written response with Squaxin Island Tribal Court at the above listed
20 address or call 360-432-3828 for more information.
21
22
23
24
25 NOTICE- PAGE 1 OF 1

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

Need Diapers?

Diapers are NOT CHEAP
Often times, those in low income families face high costs and limited supplies of this essential need.

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

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

SPIPA is excited to be able to provide Diaper Distribution services to eligible Consortium Tribal Members

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

Eligibility

- At least one household member is enrolled in a Federally Recognized Tribe, and
- Must meet income guidelines

If you qualify for:
 Food Vouchers
 LIHEAP/ Weatherization
 USDA Foods
 WIC
 Workforce Development Programs
You are eligible to receive diaper distribution.

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

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



Concern for Animals

www.concernforanimals.org

Concern for Animals is a non-profit 501(c)(3) located in the heart of Olympia that provides life-saving services for pets in need throughout Thurston, Mason, Lewis, and Grays Harbor Counties.

Concern for Animals' services include financial assistance for spay/neuter and veterinary care, a weekly pet food bank, adoption and rescue, a vaccine program, and a grooming program (for senior pet owners only), and so much more.

The senior pet owner grooming program helps people and their pets stay together in a way that is often overlooked. Seniors often face specific hardships when caring for their pets, in particular with pet grooming. That's why, in addition to other services, qualified senior pet owner can also contact CFA for assistance with grooming needs.

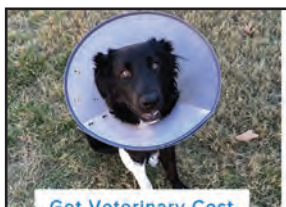
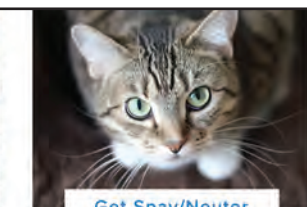
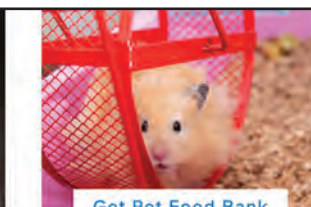
The services help keep pets safe, healthy, and home. Whether we are placing a kitten with the perfect forever family, or providing assistance to a pet owner that can't make ends meet, Concern for Animals is dedicated to helping those who cannot help themselves.

Monday - Friday: 9:00 a.m. - 4:30 p.m.

1414 State Ave NE
Olympia, WA 98506

Phone: (360) 456-8176
Email: odc.cfa@gmail.com



 <p>Get Veterinary Cost Assistance</p> <p>Is your pet in need of non-routine or emergency veterinary care? We may be able to help with the costs of treatment.</p> <p>Medical Voucher Program</p>	 <p>Get Spay/Neuter Cost Assistance</p> <p>These procedures are critical to pet health and happiness. For pet owners facing financial hardship, we can help lower the cost.</p> <p>Spay/Neuter Vouchers</p>	 <p>Get Pet Food Bank Assistance</p> <p>If you are struggling to feed your pets, help may be available. Our pet food bank provides food and supplies for a variety of species.</p> <p>Pet Food Bank</p>
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Squaxin Island Tax Site

The Squaxin Island Tax Site received a Certificate of Appreciation from the IRS for 20 years of service, recognizing the outstanding contributions to public service and the Volunteer Income Tax Assistance Program (VITA).

Lisa Peters is the Site Coordinator. Cathy Magby and Greg Barckley are the volunteer tax preparers and without them the VITA Site would not be possible. They put in countless hours preparing taxes for tribal and community members. Everyone at the Tax Site is required to take annual classes and certify at an advanced level with the IRS.

The Squaxin Island Tax Site offers free tax preparation services to low and moderate-income families to help avoid costly tax preparation fees and ensure that working families are getting the credits they deserve.

Keeping money in our community!!



Lisa Peters



Cathy Magby



Greg Barckley



What goes in my recycling cart?


Empty, clean and discard lids	DO NOT put in recycling cart
Plastic Containers  Paper and Cardboard 	Plastic Bags  Glass 
Aluminum & Tin Cans  Mixed Paper 	Pizza Boxes  Styrofoam 
Plastic Tubs  Phone Books 	Light Bulbs  Aerosol Cans 



Hanging Baskets and Screen Repair Workshops




Squaxin Transit can be reached at
(360) 280-7612 or
(360) 480-1402 or
(360)432-3951






Squaxin Island's 2ND ANNUAL COLOR RUN!

**JUNE 29, 2024
11AM-3PM
@
SQUAXIN ISLAND BASEBALL FIELD**

This Cancer Awareness and Cancer Survivor event is brought to you by the Squaxin Island Tribal Health Clinic and SPIPA. More details to come!

Scan the QR code below to register for the Color Run. When registering please include each child individually. This will ensure they receive a t-shirt. Registration deadline is June 8, 2024. If you register after the deadline, you may lose your chance at receiving a t-shirt.

Questions?
Contact Squaxin Island
patient navigator
Clara Hernandez at
(360)561-4812



The Pillars of Health

The basic Pillars of Health include maintaining a balanced diet, an active lifestyle, getting sufficient quality sleep, and fostering social connections. We began this discussion with sleep, and now let's move on to some tips that can help you make healthier food choices and develop better eating habits.

Healthy eating doesn't mean following strict dietary rules or depriving yourself of the foods you enjoy. It's about feeling good, having more energy, and keeping a balanced mood. When it comes to nutrition, it is recommended to consume foods that are as close to their natural state as possible. Whole, unprocessed foods such as fresh fruits and vegetables, whole grains, lean proteins, and healthy fats are a great source of essential vitamins, minerals, and fiber that your body needs to function at its best.

For example, try to choose:

- Whole grains like brown rice, oatmeal, or whole-grain bread over refined grain products like white rice and white bread
- Lean proteins, like fish, poultry, or plant-based proteins, like lentils, quinoa, and tofu, instead of processed meats.
- Healthy fats from sources like avocados, nuts, seeds, and olive oil, rather than unhealthy fats found in fried foods or baked goods.

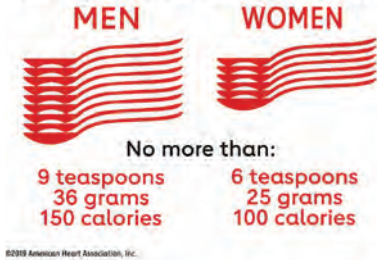
It's important to keep in mind that it's not only the type of food you eat that matters, but also how much you eat. Even healthy foods can lead to weight gain if consumed in large quantities. Therefore, it's crucial to be mindful of portion sizes to prevent overeating. You don't necessarily need to measure or weigh everything you consume, but it's useful to know what a serving size looks like.

Here are some simple ways to keep your portions in check:

- Use smaller plates and bowls to make your portions appear larger.
- Fill half of your plate with fruits and vegetables, a quarter with protein, and the remaining quarter with grains or potatoes.
- Listen to your body's hunger and fullness cues. Eat when you're truly hungry, and stop when you're satisfied, not when you're full.

Increasing your intake of plant-based foods, like fruits, vegetables, nuts, and seeds, can have significant health benefits. These foods are rich in fiber, vitamins, minerals, and antioxidants that support overall health and can help prevent chronic diseases. Aim to fill half your plate with colorful vegetables

Daily Added Sugar Limit



or fruits at each meal. They not only add a variety of flavors and textures to meals but also make your meals more visually appealing.

Added or "Hidden" sugars contribute to empty calories, which provide little to no nutritional value. These empty calories can lead to weight gain and health problems, such as heart disease and diabetes. While some added sugar in your diet is okay, it's important to limit your intake. It is essential to be mindful of hidden sugars in processed foods, even those that may appear healthy or don't taste sweet, such as bread, sauces, and salad dressings. To avoid products with a lot of added sugars, examine the nutrition labels. Food labels contain a list of sugars in foods, and while it may seem complicated initially, there are a few simple tricks you can use to understand hidden sugars.

The only way to know if a food has added sugar is to read the product label. There are some terms that are important to understand, such as:

- **SUGAR-FREE:** means that the product contains less than 0.5 grams of sugar per serving.
- **REDUCED SUGAR OR LESS SUGAR:** indicates that the product has at least 25% less sugar per serving compared to the traditional variety.
- **NO ADDED SUGARS or WITHOUT ADDED SUGARS:** means that no sugars or sugar-containing ingredients were added during processing, any sugar in the product is natural.

When you're checking the ingredients of a product, be aware of hidden sugars. Some sugars can be disguised in the ingredient lists with names such as brown sugar, corn sweetener, corn syrup, fruit juice concentrates, high-fructose corn syrup, inverted sugar, malt sugar, molasses, raw sugar, sugar, sugar molecules ending in "ose," syrup, and honey. It's important to check the ingredients carefully, because honey may seem like a healthier alternative to high-fructose corn syrup, but all added sugars are alike. Therefore, don't ignore the ingredient list, and always be mindful of the type and amount of sugar you consume.

It's also important to understand what a healthy amount of sugar is. Women are advised to

consume less than 24 grams [6 teaspoons] of added sugar daily, while men should not consume more than 36 grams [9 teaspoons] of added sugar daily. To put it into perspective, A 12-ounce can of regular Coke contains 39 grams of added sugar, which would exceed the recommendation for men and women for a whole day!

Starting a journey towards healthy eating and active living can be daunting, but it's important to remember that you don't have to make all the changes at once. Start with small and gradual changes, and celebrate every victory, no matter how small. Be patient with yourself, as change can take time. With persistence, you will develop habits that will lead to a healthier and happier life.

Reducing Fall Risk

Annette Johnson, RN, Public Health Specialist - There are many reasons a person might be more prone to falls. The following conditions may affect balance: diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels. For elderly people, sometimes a sudden fall may also indicate an underlying infection, such as a urinary tract infection.

A sudden dizziness and instability with walking should always be checked out with the help of a medical provider. Symptoms, such as numbness or weakness in the legs, should also be addressed with a medical provider.

Falls are more likely to occur as we age. Following are a few tips to decrease the risk of falls and injury.

It is important to go over a list of medications with your medical provider to address possible risks that may stem from medications. If any falls have occurred, it is important to let the provider know the time, date, and situation related to the fall. Symptoms to discuss with your provider would include, weakness or changes in sensation of your limbs, vision, or hearing changes and changes to strength level.

Keeping up with a regular exercise routine is helpful in maintain muscle strength.

Wearing comfortable shoes helps decrease fall risk.

Keeping your environment clutter free and well lit is very helpful as well.

Last, but not least, using assistive devices when needed is very important to ensure stability when walking as well.

Falls can be prevented in many cases and using guidance described above will greatly reduce the risk of both falls and injuries.



YAY, IT'S SUMMER

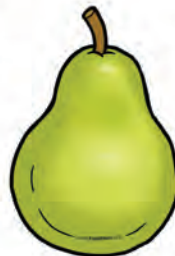
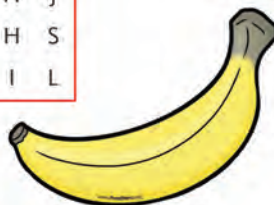


Fruit Word Search

Use the word bank to find the hidden fruits.
Words can be found going horizontal, vertical, diagonally or backwards.

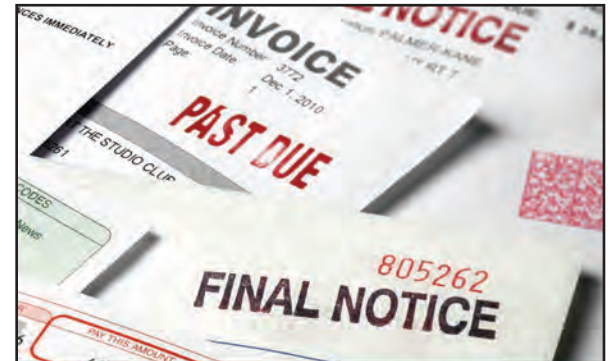
- Word Bank**
- Apple
 - Blueberries
 - Banana
 - Cherries
 - Grapes
 - Orange
 - Peach
 - Pear
 - Strawberry

A	G	O	P	P	L	M	R	A	N	D	Z	U	W
S	T	R	A	W	B	E	R	R	Y	S	R	F	M
H	N	H	P	I	Q	M	O	H	A	G	P	U	A
B	O	S	P	I	R	V	W	N	E	V	E	A	S
Q	L	B	T	Z	R	O	A	I	N	M	A	B	E
R	A	U	I	L	H	N	B	T	U	A	R	O	I
J	T	U	E	A	A	P	P	L	E	C	Y	P	R
H	R	L	G	B	T	R	A	L	J	M	D	O	R
C	S	G	S	P	E	U	E	A	T	C	A	H	E
A	I	N	D	K	N	R	P	P	L	C	L	C	H
E	U	E	M	S	Y	O	R	A	N	G	E	F	C
P	L	A	Y	I	R	O	P	I	Q	R	R	A	J
O	G	R	A	P	E	S	X	Z	E	K	P	H	S
A	N	A	N	E	O	G	M	A	Y	S	M	I	L



Talk with your family and friends about how you would like to eat these fruits!

Find recipes by ingredient at www.FoodHero.org.



If you are a Tribal member who is Tribal Member Services eligible (formerly PRC) and have any questions or concerns regarding medical bills or our processes, please contact me at 360-432-3956 or Jaclyn Meyer at 360-432-3922. I am available from 7:30AM-4:00PM. Jaclyn, with the help of Clara Hernandez, has been working very hard to ensure that all of our TMS eligible patient bills are being processed and paid. We appreciate your patience as we are shoring up our processes and procedures within the department. Thank you for your time and I look forward to hearing from you.

Sincerely,
Eric Ellerbe
Health Services Office Manager

Mammogram Dates

June 20
July 25

Aug. 29
Sept. 26

Be aware. Check regularly

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



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low incomes. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2019 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



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

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

STORY TELLING
DANCE
DRUMMING
WEAVING
BEADING
CARVING
GATHERING
MEDICINAL MEDICINE

INTERESTED VOLUNTEERS REACHOUT TO MARTI PETERSON
mpeterson@squaxin.us

From Joanne Decicio With Love



Chehalis Elders Luncheon



SPIPA event at LCCR on 5/14/24 picture taking booth



Pic of Patricia Green, Gloria Hill and Tamika Green taken by Joanne Decicio on 5/9/2024

Thank you, beautiful ladies, Patricia Green and Tamika Green, for coming to our Elders Luncheon to drum and sing a song for us for Mothers Day on Thursday, May 9, 2023.



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**SQUAXIN ISLAND TRIBAL COURT
SQUAXIN ISLAND INDIAN RESERVATION**

8 IN RE THE ESTATE OF:) NO. DV-2023-03-2
9 RAMONA MOSIER,) NOTICE TO CREDITORS
10 Deceased.)

11

12 The personal representative named below has been appointed and has qualified
13 as Personal Representative of this estate. Persons having claims against the deceased
14 must, prior to the time such claims would be barred by any otherwise applicable statute of
15 limitations, serve their claims on the personal representative or the attorney of record for
16 said estate, at the address stated below and file an executed copy thereof with the Clerk
17 of the Court within four (4) months after the date of first publication of this notice or within
18 four (4) months after the date of the filing of the copy of this Notice with the Clerk of the
19 Court, whichever is later or, except under those provisions included in RCW 11.40.013,
20 the claim will be forever barred. Decedent's Social Security No. xxx-xx-3825

21 Date of Filing Copy of Notice to Creditors with Clerk of the Court: February 26, 2024.

22 Date of First Publication: February 27, 2024, then March 26, 2024, then April 30, 2024.

23 Personal Representative: Viola Thomas

24

25 DATED February 22, 2024. s/s Robert C. Brungardt
26 ROBERT C. BRUNGARDT, WSBA# 8214
27 Attorney for Personal Representative

28 Notice to Creditors Page 1 of 1

Law Office of Robert C. Brungardt
P.O. Box 638
Shelton, WA 98584
360-490-5705 FAX 360-427-1173



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

Suicide & Crisis Lifeline
Dial 988
for mental health emergencies.

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







PARENT TIP SHEET



Kids in the Kitchen

Together we can prevent diabetes!

Cooking together as a family helps children learn basic kitchen skills. Kitchen time is also a great time to learn about your child's day and is a good way to spend more time with your child at home. Kids are more likely to try new fruits and veggies if they help make them. Below are some ideas for what your child can do to help in the kitchen.

Remember:

- Wash hands before touching food.
- Watch children when they are using sharp kitchen items: knives, box graters, blenders or hand mixers.
- Watch children when they use the stove top or oven.

Ways Your Child Can Help in the Kitchen

2 Years	3 Years	4 to 6 Years	7 Years
<ul style="list-style-type: none"> • Wash fruits and veggies • Tear lettuce • Snap green beans • Make "faces" out of fruits and veggies 	<ul style="list-style-type: none"> • Add ingredients to bowls • Knead dough • Spread peanut butter • Stir • Shake closed containers 	<ul style="list-style-type: none"> • Peel fruits and veggies • Cut soft fruits • Mash beans and veggies • Measure dry ingredients • Clean up counters 	<ul style="list-style-type: none"> • Pre-heat oven • Measure wet ingredients • Microwave • Crack eggs

Information adapted from www.ChooseMyPlate.gov



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



Material funded by USDA SNAP. This institution is an equal opportunity provider. For more information, visit www.GetFreshCooking.com/EagleAdventure.



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., June 11, 2024**

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



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



CONSUMER PROTECTION WASHINGTON

www.dfi.wa.gov/cpw

Recognize & Prevent Fraud!

Tuesday, June 11

11:45 am—12:45 pm

Squaxin Island Tribe Elders Building

Elders Luncheon Presentation

10 SE Squaxin Lane, Shelton

Members of "Consumer Protection Washington" will be at the Squaxin Island Tribe Elders luncheon to share free resources and information about Elder Financial Fraud, Charity Fraud, Identity Theft and more!

Don't miss this!

You'll be equipped to protect yourself and your loved ones from scammers!



WASHINGTON Secretary of State Corporations & Charities Division



South Puget Intertribal Planning Agency

USDA Foods Program June Dates



PT. GAMBLE S'KLALLAM	6/4/24
SQUAXIN ISLAND	6/7/24
SKOKOMISH	6/13/24
CHEHALIS	6/21/24
NISQUALLY	6/26/24



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

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



HEALTH AND WELLNESS FAIR



Photos by Jaimie Queen

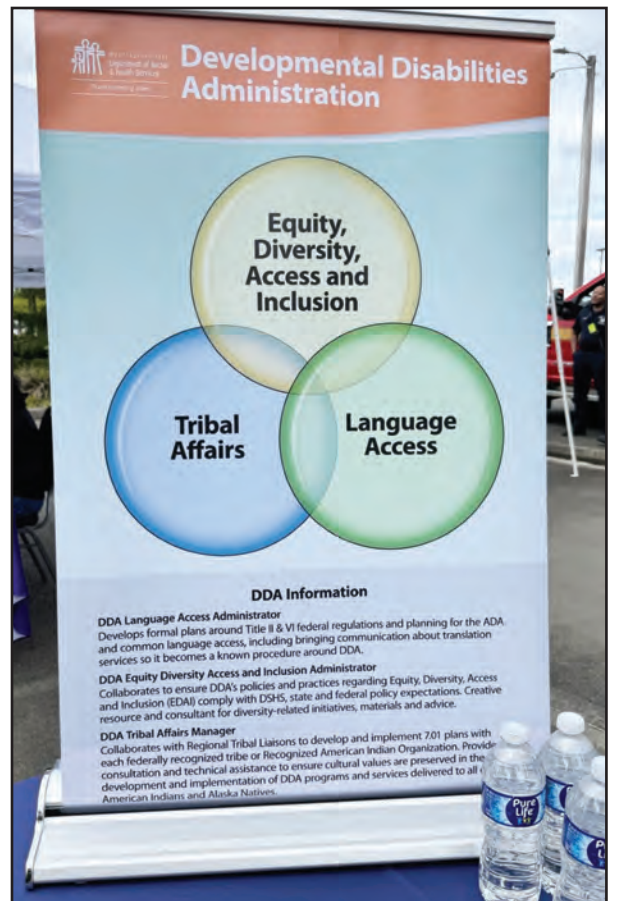




HEALTH AND WELLNESS FAIR



Photos by Jaimie Queen





HEALTH AND WELLNESS FAIR



Photos by Jaimie Queen





COMMUNITY



6/1
Jenene Joy Miller
Alexandra Cooper-Lewis
Kenai Alexander Blueback

6/2
Zachary Stuhqayo Johns

6/3
Jayde Christina Jewell Smith
Angeline Lehman
Tyrone Jade Krise
Francis Peterson
Rocky Lane Bloomfield

6/4
Wendy Schlottmann
Malachi Richard Jean Johns
James Patrick Sen
Victoria Skye Rodriguez

6/5
Julie Goodwin
Debra Kay Tennis
Emily L. D. Whitener

6/6
Alyana Rose Van Horn
Dominique McFarlane
Alkai Lee Sanchez

6/7
Randall Gavin Aldrich
Trisha Rae Blueback
Kim Lindy Olson
David Merle Krise
David Brian Elam

6/8
John Daniel Snyder
Elizabeth Marie Seymour

6/9
Laken Nicole Gray
Julie Rose Van Horn
Kimberly R. Peterson
Pamela Sue Hillstrom
George William Sumner

6/10
Tamie Jo Rioux
Brandy Nicollette D'Angelo

6/11
Alex C. Ehler
Hayze Dauntless Johns

6/12
Brandon Michael Greenwood

6/13
Teresa Lynn Pfaff
Danielle Madison Hall

6/14
Ana Marie Pinon
Stephanie Lynne Tompkins

6/15
Casey E. Brown
Kylynd M. Powell

6/16
Andrew Ernest Sigo
Dorothy May Huff
Kristin Robin Penn
Yvonne Joy Bell
Trent Anthony Brown
Andre Maxwell Roberts

6/17
Heather Marie Perez
Ronald John Whitener
Jackson Louis Cruz

6/18
Tasha Racquelle Rodriguez
Daniel F. Napoleon
Kamela Lee Smith
Armonie Rose McFarlane

6/19
Nicholas S. Armas
Jacob D. Johns
Andrea Marie Sigo
Thomas L. Farron
Vicki Lee Kruger

6/20
Donald Edwin Whitener
Eugene Edward Galos
Verna Beverly Henry
Shelby Nycole Dominquez
Jason Two Feather Longshore

6/21
Kyleigh May Peterson
Ann Marie Anderson
Jaime Charles McFarlane
Beau Michael Henry
Rodney Louis Schuffenhauer
Laurinda P. Thomas
Wynn Dale Clementson

6/22
Monica Eileen Nerney
Rose Marie BlueBack
Alexander James Smith

6/23
Tamika Sharon Green
Desiree Jo Combes
Lisi Xaire Manu-Saenz

6/24
Abigail Harleen Brandt
Christopher David Cain

6/25
Joanne Faye Decicio
Katherine Elizabeth Smith
Beau Michael Henry

6/26
Andrew St. John Barker
Candace Anne Sumner Dani
Arthur Richard Pleines

6/27
Robert Lee Cooper
Geraldine Elizabeth Bell

6/28
Hurricane Lucinda James
Jeremiah Jack George
Sequoia Rose Goodfellow

6/29
Zachary Hetzler
Judah Krise Thale
Fleet Thunder Sky Johns
Kaitlyn Makenzie Burrow
Jessica Leona Cruz

6/30
Dakota Riley Lorentz
Nicole Marie Ducolon
Joshua Dylan Mason



**Happy birthday
to the world's best sister
Puddy**



Love Marlana and kids



What's Happening

- 1st FY25 Public Budget Hearing** June 5
- Recognize & Prevent Fraud** June 11
- Sgwi' Gwi** June 13
- Spore Symposium** June 14
- 2nd Annual Color Run** June 29
- AA MEETINGS** Every Wednesday
- Court:**
 - Family Court: June 6
 - Vulnerable Adult Court: June 3
 - Criminal/Civil Court: June 11
- USDA** June 7
- WIC** June 11



SPORE SYMPOSIUM

connecting tribal mushroom knowledge

Join us to learn more about the Squaxin Island Tribe's novel mushroom program.

Find out how your tribal community can grow mushrooms for food, medicine, and cleaning the environment from the Salish Place of Remediation Education (SPORE program)

Let's share what we know and grow!



Friday, June 14
10 am to 3 pm
Salish Roots Farm

rsvp and questions to jade@metamimicry.com



Metamimicry

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

MONDAY 3:
Hamburgers, Potato Salad

TUESDAY 4:
Broccoli Cheddar Soup,
Ham Sandwiches

WEDNESDAY 5:
Sandwich Bar

THURSDAY 6:
Orange Chicken, Rice

MONDAY 10:
Pot Pie w/ Veggies

TUESDAY 11:
Italian Sausage Potato Soup,
Bread Sticks

WEDNESDAY 12:
Chalupas

THURSDAY 13:
Salmon, Red Potatoes, Broccoli

MONDAY 17:
Twice Baked Potato Casserole,
Mixed Veggies

TUESDAY 18:
Tomato Basil Soup, Grilled Cheese

WEDNESDAY 19:
Lo Mein w/ Veggies

THURSDAY 20:
Tuna Sandwiches, Chips

MONDAY 24:
Chicken Rice Casserole w/ Veggies

TUESDAY 25:
Chili, Corn Bread

WEDNESDAY 26:
Veggie Quiche

THURSDAY 27:
Sausage Pasta Bake w/ Spinach

Bible Study

Non-Denominational and Led by Marvin Campbell



Community Kitchen
Thursdays at 6:00 p.m.



See you there!
5:30pm Wednesdays
@ The Community Kitchen

ATTENTION: FREE Wills for Squaxin Tribal Members and Their Spouses

The Tribe is offering the services of Mark Allen, an attorney who has worked for the Squaxin Community for 10 plus years. Mark Allen is ready to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents. Please be advised that this program provides estate planning services in accordance with **WASHINGTON STATE** laws.

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

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

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



EMERGENCY

CALL

9-1-1

FIRE
POLICE
MEDICAL
RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

**Emergency Operations Center
(EOC) Hotline**
(Information only - no voicemail)
(360) 432-3947

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

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

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

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

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

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

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