



Tribal Libraries and Museums

Charlene Krise, MLRC Director - I have had the honor of working with Dr. Sandra Littletree, Navajo and Assistant Professor, University of Washington, on a just released article entitled, *The Squaxin Island Museum Library and Research Center [MLRC]: A Report from the Field of Tribal Libraries and Museums in the International Journal of Librarianship*, Vol. 9, No. 2, pp. 51-59. In this 10-page article, we give the background of the MLRC, including the MLRC's origin story; narrative on our museum/library serving as an integral part of our community center, a brief description of our people's history that is showcased on the seven panels representing the seven inlets; and highlights of our self-publication, *A People's History of the Seven Inlets: Steh-Chass*, a 35-page resource widely distributed to emphasize our traditional territory that extends beyond Olympia to Henderson Inlet.

You can read the article at this web site:

<https://doi.org/10.23974/ijol.2024.vol9.2.361>



Our abstract describes the article as such:

Tribal museums and the libraries that serve them are spaces where tribes can not only preserve their history and culture for tribal citizens and visitors, but can also function as a place where the community can learn together, build relationships, and incorporate ancestral knowledge into their daily lives. In this paper, we discuss the broad issues of tribal museums and the role tribal libraries play in communities. We then introduce readers to the difficult history that started the museum, and focus on the library within the Squaxin Island Museum Library and Research Center (MLRC). We tell the story of the Squaxin Island MLRC and examine the role of the library in this cultural hub, including the ways the

tribe has taken control over our story through a self-publishing project. The article concludes with reflections on the future of the MLRC as well as a reflection on how the library incorporates Indigenous ways of knowing in a museum setting.

Thank you to Dr. Littletree for helping to make our work available to the entire international community.

Confluence, Stories of Conflict and Collaborations

As part of the 50th Anniversary Celebration of U.S. vs WA, better known as the Boldt Decision, it was an honor to contribute my perspective as a Squaxin tribal fisher woman in a new book called *Confluence, Stories of Conflict and Collaboration*, a Legacy

Continued on Page 2

Squaxin fights to save Puget Sound's vanishing underwater kelp forests

Hundreds of acres of underwater kelp forests in Puget Sound are vanishing, including the one on the southern tip of Squaxin Island. The once-thriving bull kelp field has decreased by 97 percent in just a decade.

A monumental partnership agreement was signed on July 22 between the Tribe and the WA State Department of Natural Resources (DNR) to restore and protect this and other critical marine habitats.

"Squaxin people have been stewarding these waters and lands for thousands of years," Chairman Kris Peters said. "Kelp beds have also been stewarding these waters for thousands of years, providing nourishment and a critical ecosystem for the many plants, animals, and fish of the Salish Sea. Sadly, we have witnessed a decline of the Kelp beds in recent years, and we recognize how important it is to protect this critical resource. But Squaxins can't do it alone; it takes us all coming together as partners. That is why this local inter-governmental agreement is so important and monumental."

Continued on Page 2

10 SE Squaxin Lane, Shelton, WA 98584
Change Service Requested

festival of the





- food • art •
- speakers •
- performances •

- music
- workshops
- cultural exchange

stəčas

• August 17, 10am-8pm • Heritage Park •

CELEBRATING THE CULTURAL & ECOLOGICAL RESTORATION OF THE DESCHUTES ESTUARY

learn more & sign up to volunteer at tinyurl.com/festivalsteh-chass





The Festival of the stəčas is supported in part by funding from Washington's Climate Commitment Act. The CCA supports Washington's climate action efforts by putting cap-and-invest dollars to work reducing climate pollution, creating jobs, and improving public health. Information about the CCA is available at www.climate.wa.gov.



Tribal Libraries and Museums Continued from Page 1

Washington book series by the Washington Secretary of State Office. The author, Edward Echte Jr., interviewed me along with other Northwest Native peoples, including Ed Johnston Jr., Quinault tribal member and Chair of the Northwest Indian Fish Commission, and Kadi Bizyayeva, Stillaguamish tribal member, DNR Director and young council member.

My chapter is subtitled, "Could you Please Not Cuss? I've got my Children on the Skiff?" It is part of a story about an angry non-Indian who confronted us for net fishing—and would not stop cussing....

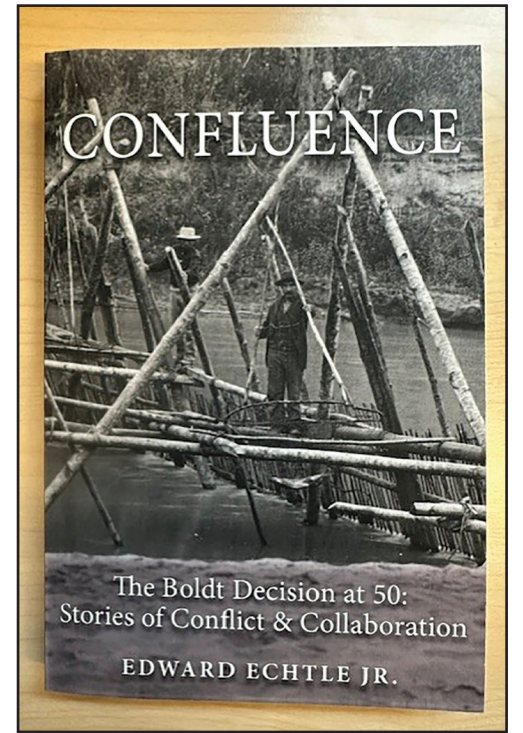
The author also interviews prominent non-Indian players in the Fish Wars, including Mason Morisset, lawyer, and Jim Waldo, consultant.

The book is nicely illustrated, with eight pages of *Who's Who in our Fish War Struggles* and a timeline from 1853 to 2024, the 50th anniversary of the Boldt Decision - with great pictures of the recent U.S. vs WA50's two-day meeting at Muckleshoot's new resort/hotel.

The bibliography includes our 2018 MLRC self-publication of *A People's History of the Seven Inlets: Steh-Chass*. If you don't have a copy, please come pick one up at our museum.

We will have copies of the new book, *Confluence, Stories of Conflict and Collaboration*, in our Museum Library. Please come by, and take a look at this new addition to our collections.

Thank you, Edward Echte Jr., for helping to preserve the voices and viewpoints of the Washington State Tribes.



TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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www.squaxinisoland.org

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- KRIS PETERS: Chairman
- JAIMIE CRUZ: Vice Chairman
- JIM PETERS: Secretary
- JOSHUA WHITENER: Treasurer
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- VICKI KRUGER: 2nd Council Member
- VINCE HENRY: 3rd Council Member

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

K L A H - C H E - M I N

Squaxin Island Museum
Library & Culture Center

WATER SOUNDS ART GALA

September 21, 2024

Skookum Creek Events Center
Little Creek Casino Resort

4:30pm Doors Open | 5pm Silent Auction | 6pm Traditional Dinner | 7pm Live Auction



Council Highlights A look at the key decisions and actions of our Council:



June 27th Council Meeting:

- Approved the June 11, 2024 Tribal Council minutes
- Approved the Slocum Ridge Phase III 6-plex construction
- Approved the annual funding request for a Timber, Fish & Wildlife grant
- Approved 2024-2025 Chum, Chinook, Coho and hunting regulations
- Approved a Pacific Salmon Treaty grant request
- Approved installation of solar panels on the tribal administration building, along with the NR building (previously approved using a grant that was received)
- Approved the enrollment of seven new tribal members



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.

Kelp Forests

Continued from Page 1



Scientists have not pinpointed one specific cause of the demise, but Chairman Peters believes global warming, the acidification of our oceans, population growth, and pollution have contributed to the problem.

Restoration Efforts and Challenges

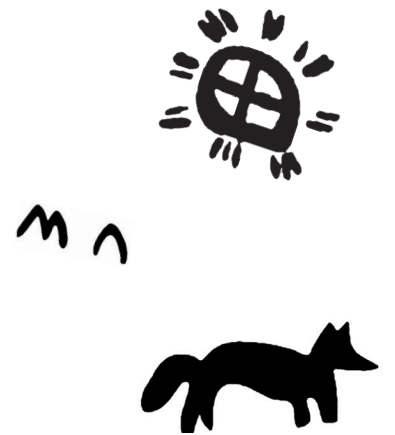
Back in 2022, the state legislature promised to preserve 10,000 acres of seagrass (eel grass and bull kelp) by 2040.

"There's a need for us to turn this around – there's a need for us to change this trend," a DNR leader stated.

In the two years since the commitment was inked, groundwork has been laid. DNR scientists have mapped existing forests and conducted research. However, they have yet to kickstart the actual restoration effort.

The largest obstacle might be the potential loss of funding from the Climate Commitment Act, criticized for raising prices at the pump. In November, Washington voters will decide whether to repeal it.

"I'm absolutely nervous. There's a lot of people who are against it," Peters said. "I understand it's expensive. I get it. I really do, and with expense there's going to be sacrifice. However, I contend the sacrifices we're taking today are going to pale in comparison to what our grandchildren are going to have to deal with if we don't protect these resources."



Tribal Policy Representative Joe Peters examines kelp



Kris Peters, Tribal Chairman



Patrick DePoe, Director of Tribal Relations, WA DNR

**CLINICAL
OPERATIONS**

Q&A

Ask questions and share concerns about current clinic operations.
Tuesday August 27th
5pm-6:30pm
Community Kitchen
Snacks will be provided



LITTLE CREEK CASINO • RESORTSM



What's happening at the Creek

Sizzling Summer Spins – Spin the giant wheel on Fridays and Saturdays in August for a chance to win up to \$2,000. Drawings take place each day from 12:00 p.m. to 4:00 p.m. and again from 7:00 p.m. to 11:00 p.m. every hour!

Crumbl Cookies continue Tuesdays all month long. Seniors 50+ can claim their cookie voucher from 10:00 a.m. to 10:00 p.m. each Tuesday. At 6:00 p.m., three winners will walk away with \$250 in free play and at 7:00 p.m. one lucky winner walks away with \$1,000 in cash.

Burning Hot Seats - Mondays and Wednesdays in August be in the hot seat and activate \$50 in free play for everyone on the row you're playing on, PLUS win \$300 in cash for yourself! These drawings are every 30 minutes from 1:00 p.m. to 9:00 p.m.

Blackjack Hot Seat Drawings (Table games only) – Win a seat in the blackjack tournament on September 1st. Drawings are Monday through Wednesday at 2:00 p.m., 4:00 p.m., 6:00 p.m., 8:00 p.m., and 10:00 p.m. for \$50 in promo chips and a tournament

Picnic in the Park | Outdoor Earn and Get – Earn 1,500 points between each Thursday through Sunday to claim the gift of the week! Pickup days are Thursday or Sunday from 1:00 p.m. to 9:00 p.m. each day.



Upcoming Entertainment

Jeff Foxworthy | August 10th | TWO SHOWS 6:00 p.m. & 9:00 p.m.

Jason Bonham's Led Zeppelin Experience | September 7th | 8:00 p.m.

Other Resort News

Team Member of the Month

We'd like to give a big round of applause to Linda Bennett from the EVS team for being our July Team Member of the Month! Linda consistently brightens our days with her infectious smile and positive attitude. Her enthusiasm is truly uplifting, and her colleagues appreciate her ability to make even the toughest tasks feel more manageable. Congratulations, Linda!



Forever Young

crumbl cookies

Every **TUESDAY**
FOR GUESTS 50+

AN EVENING WITH

JEFF FOXWORTHY

Jeff Foxworthy

2 SHOWS!

Saturday **AUGUST 10**

LITTLE CREEK CASINO • RESORT

Little Means More!



Giving Back to the Roots: Our Team Volunteers at Salish Roots Farm

At Little Creek Casino Resort our commitment to the community goes beyond just products and services. As part of our mission, we strive to be recognized by our community as a concerned and effective corporate citizen, actively involved in making a positive impact on the places we call home. That's why a dedicated group of our team members recently volunteered their time at Salish Roots Farm, a truly inspiring initiative run by the Squaxin Island Tribe.

Located in the beautiful Kamilche Valley, also known as "The Peaceful Valley," Salish Roots Farm is a ten-acre haven dedicated to food security and cultural revitalization. Led by Program Director, Patricia Green, the farm boasts forested wetlands, a flourishing orchard, a berry patch, and a thriving vegetable garden. Established in 2016, Salish Roots Farm goes far beyond simply growing food.

Our team members were honored to contribute their time and energy to this vital organization. The team spent the day learning the history of the farm and Patricia shared tribal stories about the deep connection between nature, herbal remedies, and the benefits of the diverse plants found in the connecting forest.

It was a rewarding experience to not only lend a helping hand, but also learn more about the Squaxin Island Tribe's rich cultural traditions and their commitment to sustainable food production.

Salish Roots Farm's mission resonates deeply with our company values, especially their dedication to:

- **FOOD SOVEREIGNTY:** Utilizing tribal land to ensure access to culturally significant foods and promote self-sufficiency
- **SKILL-BUILDING:** Empowering the community through education in food production, preservation, and traditional food knowledge
- **HEALTHY LIVING:** Promoting healthy eating habits through educational programs and classes.
- **LOCAL FOOD SYSTEMS:** Encouraging community ownership and participation in the food chain.
- **FOOD SECURITY:** Guaranteeing access to nutritious food for the Squaxin Island community
- **CULTURAL RECLAMATION:** Rediscovering and preserving traditional food and medicinal practices.

These are all causes we strongly believe in. Our team's volunteer efforts were just a small way to support this remarkable organization. We look forward to continuing our partnership with Salish Roots Farm and being a part of their ongoing journey to cultivate a stronger, healthier community.

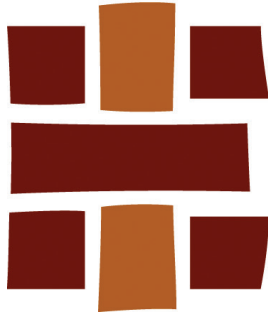




New Billboards

Contactors have started the infrastructure for billboards to be placed near Steamboat Trading Post and Kamilche Trading Post.

Here are some photos of what this has looked like so far! We will be updating the community as this project progresses!



Tumwater Trading Post



The Tumwater Trading Post construction is moving along! The construction crew has been working on the plumbing and electrical for what will be the Tumwater Trading Post. The fuel canopy base is being prepped and they are getting ready to frame the other retail building on site!

We are eager with the progress and excited to see what is in store!





New Employee



Tanalee Mendoza

Hi! My name is Tanalee Mendoza. I have been hired as a Youth Rec Mentor. I am the daughter of Davina Brease and granddaughter of Tonya Henry. I am most excited about seeing all the little kiddos!



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.

Get Wildfire Ready

with South Mason Fire & Rescue

AUGUST 24TH, 2024 11AM-3PM

DID YOU KNOW

Wildfires in the United States typically burn between **4 million** and **9 million** acres each year.

COME ENJOY YUMMY FOOD TRUCKS, VENDORS, GIVEAWAYS, AND ACTIVITIES FOR THE WHOLE FAMILY.

WE CAN TALK MORE ABOUT HOW TO PREPARE YOUR HOME AND BE WILDFIRE READY NEIGHBORS!

2970 SE ARCADIA RD, SHELTON, WA

PRESENTATIONS BROUGHT TO YOU BY:



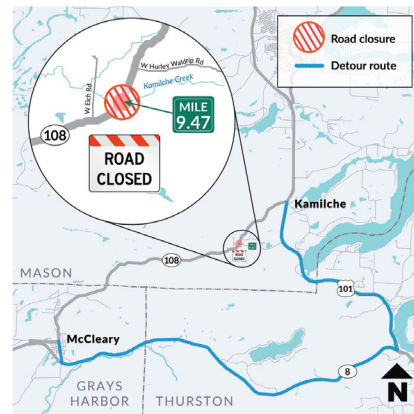
SERIES OF SR 108 AROUND-THE-CLOCK CLOSURES SCHEDULED JULY AND AUGUST

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.

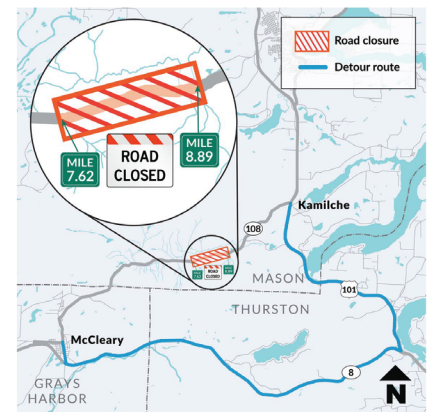
SR 108 BETWEEN WEST HURLEY WALDRIP ROAD AND EICH ROAD

8 a.m. Monday, July 8 – 8 a.m. Monday, July 22
8 a.m. Wednesday, Aug. 14 – 8 a.m. Wednesday, Aug. 28



SR 108 AT MILEPOST 7.6 TO MILEPOST 8.8 WEST OF EICH ROAD

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



EXTENDED CLOSURES DURING 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 the efforts to remove state-owned culverts that block habitat for salmon and steelhead by 2030.

GET UPDATED INFORMATION

Scan the QR to go to our website. Sign up for email updates on our project website. You can call the project team at (564) 225-3289 for additional information.



Americans with Disabilities Act (ADA) Information: This material can be made available in an alternate format by emailing the Office of Equity and Civil Rights (OECR) at wsdotada@wsdot.wa.gov or by calling toll free, 855-362-4ADA(4232). Persons who are deaf or hard of hearing may make a request by calling the Washington State Relay at 711. Title VI Notice to Public: It is the Washington State Department of Transportation's (WSDOT) policy to assure that no person shall, on the grounds of race, color, or national origin, as provided by Title VI of the Civil Rights Act of 1964, be excluded from participation in, be denied the benefits of, or be otherwise discriminated against under any of its programs and activities. Any person who believes his/her Title VI protection has been violated, may file a complaint with WSDOT's Office of Equity and Civil Rights. For additional information regarding Title VI complaint procedures and/or information regarding our non-discrimination obligations, please contact OECR's Title VI Coordinator at (360) 705-7090.



HUMAN RESOURCES



Summer Youth Employment



John Krise

My name is John Krise III. My position in the Summer Youth Program is Wastewater Trainee.

I am from the Krise Family.

I graduated from High School last year.



Trent Brown

My name is Trent Brown. My position in the Summer Youth Program is a Housing Maintenance Trainee.

I come from the Bagley Family.

I graduated high school from SPSCC online school.

HOYT

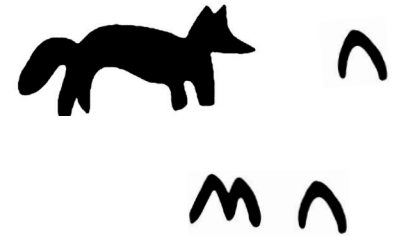


Melanie Sequak

My name is Melanie Sequak. My position in the Summer Youth Program is Summer R.O.O.T.S. Kitchen Assistant. My parents are Martin Sequak and Hope Longshore. I go to Shelton High School and completed the 10th grade.



Will Weythman



Howie Williams

My name is Howard Williams. My position in the Summer Youth Program is Cultural Apprentice. My parents are Howard Williams II and Chickie Rivera. I go to Shelton High School and completed the 9th grade.



Anthony Pinon

My name is Anthony Pinon. My position in the Summer Youth Program is NR Intern. I am from the Henry/Cooper Family. I go to Shelton High School and completed the 10th Grade. Thank you for this opportunity and thank you for the chance.



Mykah Masoner

My name is Mykah Masoner. My position in the Summer Youth Program is a NR Intern. I am from the Henry/Cooper family. I am home schooled and completed the 11th grade. I am a hard worker and do what needs to be done.



Jaidon Henderson

My name is Jaidon Henderson. My position in the Summer Youth Program is an NR Intern.

I come from the Henderson Family. I go to VPrep of Washington School and completed the 9th grade.



Summer Youth Employment



Gracie Garoutte

My name is Gracie Garoutte. My position in the Summer Youth Program is Little Creek Casino Intern. My parents are Lyle Garoutte and Panita Chairaska. I go to Shelton High School and completed the 11th Grade. I look forward to working with all of you.



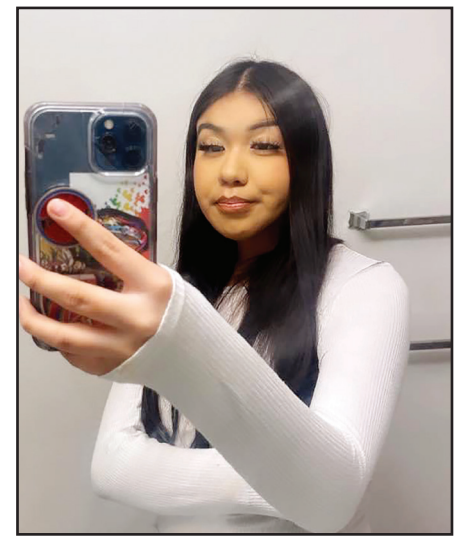
Randy Koshiway

My name is Randy Koshiway. My position in the Summer Youth Program is Grounds Maintenance. I am from the Koshiway family. My parents are Bob and Sally. I graduated from online school. I can't wait to experience this type of job.



Kameron Weythman

My name is Kameron Weythman. I have been hired as a KTP Stocker. My parents are Tamika Green and Justin Weythman. I just graduated from the 11th grade from the Capitol High School. See you around.



Olivia Mason

My name is Olivia Mason. My position in the Summer Youth Program is Center Assistant at the Daycare. I am from the Hernandez/Capoeman/Napoleon Family. My mother is Chevonne Obi. I go to Shelton High School and completed the 9th grade. I look forward to working with all the kids at the daycare! Thank you.



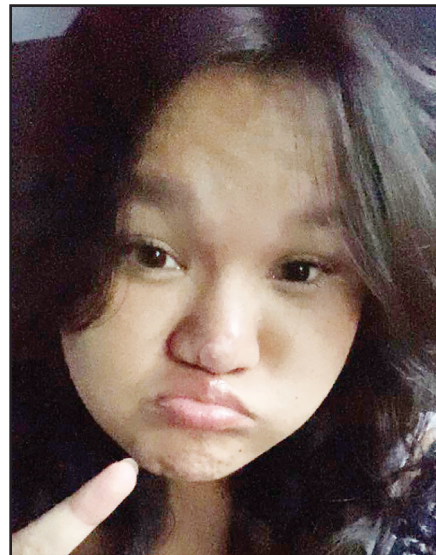
Dasan Williams

My name is Dasan Williams. My position in the Summer Youth Program is Cultural Apprentice. My parents are Chickie Rivera and Howard Willaims II. I go to Shelton High School and completed the 11th grade. I look forward to working.



Arthur Barragan

My name is Arthur Barragan. My position in the Summer Youth Program is Family Services Intern. My mom is Lettie Machado. I go to Shelton High School. Thank you for letting me work for you.



Anna Meas

My name is Anna Meas. My position in the Summer Youth Program is Center Assistant at the Daycare. I am from the Chehalis Tribe, and my grandma, Anna Hill, works here. I go to River Ridge High School and completed the 9th grade.



Jasmine Rivera

My name is Jasmine Rivera. I have been hired on as a Summer R.O.O.T.S. Activities Assistant. I am from the Cooper family, and my dad is Tony Rivera and my grandma is Rose Davis. I have just graduated from Shelton High School.



Summer Youth Employment



Monique Pinon

My name is Monique Pinon. My position in the Summer Youth Program is NR Office Assistant. I am from the Henry/Cooper family. My parents are Susan "Wicket" McFarlane and Patrick Laclair. I graduated from SPSCC with my high school diploma through the Beyond Program and completed in 2023! I hope to see y'all around.



Aj Wier

My name is Adrian Wier. My position in the Summer Youth Program is IEI Office Assistant. I am from the Cooper family. My parents are Lyssa and Matthew Wier. I go to Shelton High School and completed the 10th grade. I look forward to working with you, and I'm excited to learn new things.



Keona Rocero

My name is Keona Rocero. My position in the Summer Youth Program is Grounds Maintenance.

I come from the Cooper family. I go to Shelton High School and just completed the 10th grade.



Adrian Tucker

My name is Adrian Tucker. My position in the Summer Youth Program is IS Intern. I am from the Masoner/Tucker family. My parents are Chasity Masoner and Bradley Tucker. I am home schooled and completed the 8th grade. I look forward to learning new things and meeting new people.



Sarah Koshiway

My name is Sarah Koshiway I have been hired as the Assistant Cook.

My grandma is Ramona Mosier.

I look forward to seeing all the kids and working with my peers.. I also can't wait to make lots of food. I'm really excited about this opportunity I get to experience again.

Not Pictured ...

Kolby Winans

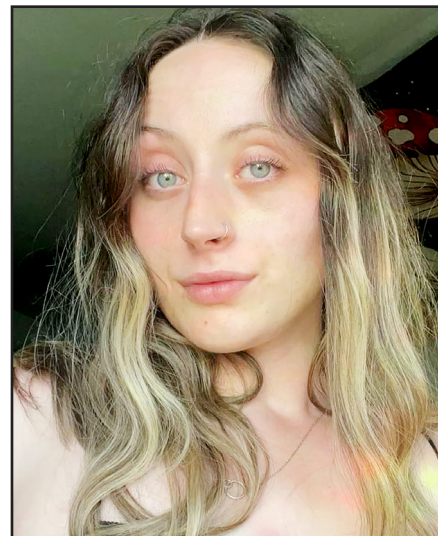
My name is Kolby Winans. My position in the Summer Youth Program is Salish Seafoods Intern. I am from Josh Coble's family. I go to Shelton High School and completed the 10th Grade. I am excited to work.

Matthew Pugel

My name is Matthew Pugel. My position in the Summer Youth Program is a KTP Stocker. My Aunt is Terri Capoeman and my parents are Juanita Algea and Tony Pugel. I went to Elma High School, but am going to Cedar High School next year. I completed the 11th grade. See you around.



Summer R.O.O.T.S.



Rae Tauscher

My name is Rae Tauscher. I have been hired as a Summer R.O.O.T.S. Program Assistant.

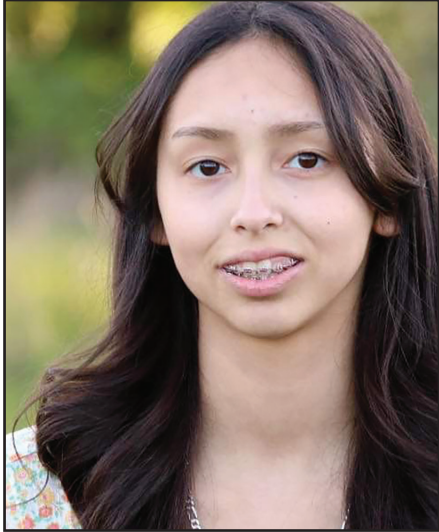
I have been working down at the Child Development Center and am working on my AA in Early Childhood Education. I am excited to get a chance to work older youth. I look forward to working with Squaxin youth and families this summer.



HUMAN RESOURCES



Summer R.O.O.T.S.



Emma Sparr

My name is Emma Sparr. My position in the Summer Youth Program is a Summer R.O.O.T.S. Mentor.

I go to Shelton High School and completed the 10th grade.



Millie Montano

My name is Milagros Montano but I go by Millie. I have been hired as a Summer R.O.O.T.S. Program Assistant.

I am a 22 year-old in college and determined to work and guide the youth. I am going after my teaching degree.

I am most excited about getting engaged with the youth and staff as well as learning more about the cultural practices and traditions. I am very appreciative of this opportunity.

I look forward to to being a part of the 2024 Summer R.O.O.T.S. Program.



Alysa Meyer

My name is Alysa Meyer. I will be working as a Summer R.O.O.T.S. Program Assistant.

I am the daughter of Jeromy Meyer and Stephanie Hodkinson.

This will be my 4th year returning as a Summer R.O.O.T.S. Assistant, and I am excited to see everyone! I look forward to working with you!

Hoyt.



Shae Peters

My name is Shae Peters. I have been hired as a Summer R.O.O.T.S. Program Assistant.

I am the daughter of Kris and Brandi Peters.

I have worked this job for the past two summers. I am excited to continue to connect with the community.

See ya around! HOYT.



Jayde Smith

My name is Jayde Smith. I have been hired as a Summer R.O.O.T.S. Program Assistant.

I have recently graduated from Saint Martin's University with a degree in secondary education.

I am most excited to work for my Tribe again and connect with the youth. I look forward to working with you.



Selah Thale

I have been hired as a Summer R.O.O.T.S. Program Assistant.

I have two younger siblings, Judah (16) and Elsie (13) Thale. I am Erika and Tyler Thale's daughter. (I've worked with R.O.O.T.S three years before, minus last year when I was a Life Guard. I am excited to be connecting with our community and seeing familiar faces and friends. I am so ecstatic to work with everyone.



William Ogden

My name is William Ogden. I have been hired as a Summer R.O.O.T.S Mentor.

I am from the Bagley - Seymour family, and my mom is Jorie Ogden. I attend the Shelton HighSchool and just completed my freshman year



Stepping Stones



Ana Pinon

My name is Ana Pinon. I have been hired as a Stepping Stones Mentor.

I am the daughter of Wicket McFarlane LaClair and Moose LaClair and the granddaughter of Larry McFarlane and Sue Henry. I am an enrolled member of the Squaxin Island Tribe.

I am excited to be working with the teens this summer. I look forward to teaching them new things, such as being a good role model to them.



Tayla Logan

Hi my name is Tayla Logan. I have been hired to work as a Stepping Stones Mentor this year. This is going to be my second year working with the youth.

My mom is Alexsii Vigil, my sister is Keesha Vigil-Snook, and my brother is Keenon Vigil- Snook. My grandparents are Lila and Jose Vigil.

I am excited to engage the youth in new activities and teach them new things. I look forward to working with the youth.



Alea Shae

My name is Alea Shae. My position in the Summer Youth Program is Stepping Stones Mentor. My mom is Christina Henry. I go to Shelton High School and completed the 11th grade. I'm looking forward to working along side you.



Josiah Perez

Hi my name is Josiah Perez. I am a Stepping Stones Mentor this year. My mom is Jennifer Brown and my aunty is Terri Capoeman. I go to CHOICE and just completed the 10th grade. Love you, Bye, Hoyt!



Ariana Salazar

My name is Ariana Salazar. I have been hired on as a Stepping Stones Mentor with the Summer Youth Program. I come from the John's family. I go to Shelton High School and completed the 11th grade. I am looking forward to working here.



Alexia Snyder

My name is Alexia Snyder. My position in the Summer Youth Program is a Stepping Stones Mentor.

I come from the Snyder family. My parents are Amber Gomez and Ramon Gomez.

I go to Cascadia High School and just completed my junior year. I can't wait to work with the teens!



Not Pictured ...

Kassidy Burrow

Hi my name is Kassidy Burrow. I have been hired to work as a Stepping Stones Mentor. My mom is Kim Elam.

This will be my second year working with Stepping Stones.

I am excited to work with the youth and engage in new activities.

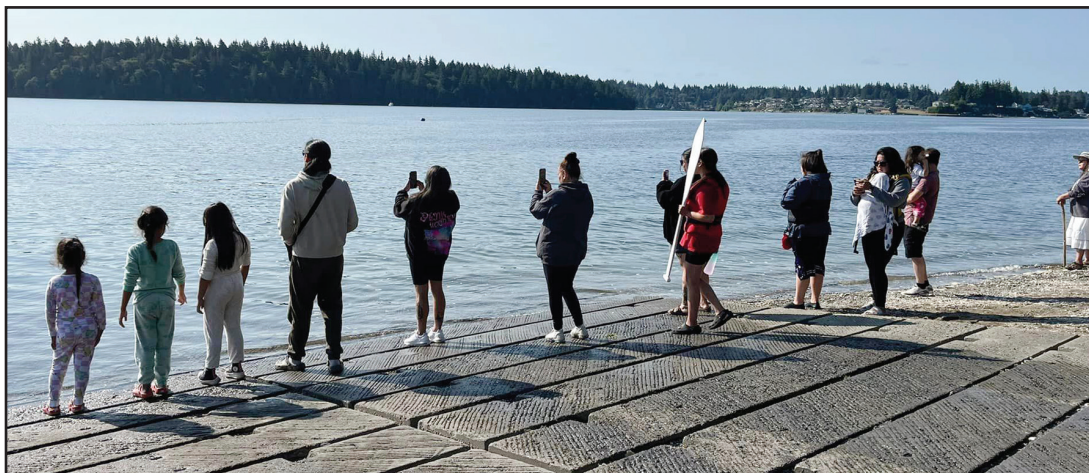
I look forward to working with the youth.



CANOE JOURNEY 2024



The Journey Begins by Charlene Krise and David Seymour





Flea Facts and Myths

Think you know everything there is to know about fleas and their impact on pets? Read these little known flea facts and common flea myths that can solve all your flea related doubts.



Flea Myth 1

A few fleas are okay to have

This is one of the greatest of all flea myths and hundreds of pet owners are under this misconception. The fact is that fleas multiply as rapidly as rabbits and even a single flea can multiply to 1000 fleas in 21 days on your pet. Pets that are highly sensitive to flea antigens can get greatly disturbed by even a single bite. Additionally, flea bites can be terrible for humans as well.

Flea Myth 2

Fleas can fly

Fleas cannot fly but did you know these related 'un-fun' flea facts? Fleas can jump 150 times their own body size; they can jump 30,000 times in a row without stopping, and can also jump left or right in opposite directions with every jump!

Flea Myth 3

A flea infestation is easy to deal with

Pet-owners believing in such flea myths are probably unaware of these flea facts: A single female flea can lay nearly 2000 eggs in her lifetime (nearly 40 to 50 each day!). Furthermore, a single flea can consume nearly 15 times her own body weight in blood every day. Each flea can live for nearly 3 months during which period it can cause a great deal of anxiety to your pet.

Flea Myth 4

We should use preventive flea measures only in the warmer months

The little known flea facts include the truth that flea protection is necessary all year round but especially in the warmer and humid environments.

Flea Myth 5

After the flea treatment is over, pet owners can rest assured

This is the biggest of all flea myths that many pet owners believe in. They even stop treating their pet, thinking the fleas are gone for good. The fact is: fleas are just going to return after a few months. Additionally, many pets are very sensitive to fleas and to their excreted matter and their eggs; all these can lead to allergic condition or dermatitis that causes itching, hair loss and lesions on the pets. Thus: flea control is a continuous and lifelong process.

Flea Myth 6

Spraying the home and yard with flea control products is all you need to do

Important among all flea facts is the logical step that merely treating the pet's environment is not enough. Fleas should be controlled on the pet itself otherwise they are simply going to feed and lay eggs on it.

Flea Myth 7

The more flea products the better

This is one of the most dangerous of all flea myths that owners believe in. Many owners end up using multiple flea products, believing that they are acting in their pet's interest. An important one among all flea facts is that one must never use a flea shampoo along with a flea dip or other flea products without the vet's approval. This will cause the pet to take in too much of the unapproved products that can do more harm than good. Similarly, if you have a cat and a dog as well, you cannot use the same products for the two, but must inform your vet so s/he can prescribe appropriate products for either pet.

Flea Myth 8

Flea products are toxic

This depends on the particular flea control product you use. Today, there are several FDA approved flea products available in the market. Prescription flea control agents have been created by the veterinarians (many of who also use them on their own pets). These flea control agents have been tested extensively by the FDA and guarantee the safety for humans as well as the animals.

- From Gus, the doggie guy



Squaxin Tribal Vendor Call Out

Come Join Squaxin Museum and Squaxin Tourism at the Olympia Harbor Days Festival

Come and stand in the place of our Steh -Chass Ancestors August 30- September 1, 2024

Squaxin Island Tribe is a major sponsor of this event come show your pride!!

Link to Olympia Harbor Days Festival <https://www.harbordays.com/>

Space is limited Please call for booth space by August 15, 2024 Contact Lisa Johns at 360-968-9066





YOUTH CENTER



Stepping Stones

Stepping Stones has been having an amazing summer. We have been hanging out at Skookum Park enjoying the sun and the fresh air while we prepare gifts and regalia for our time at the Youth Canoe Journey in Puyallup.

We also had the chance to spend a few days with Patricia and Sophia at Salish Roots Farm where we were able to make some natural medicines and learn about harvesting and preparing native plants.



Jessica's Finished Gifts



Zach, Markus, and Milo



Zach, Wyatt, and Skylebr



Jessica and Zach



Weaving Regalia at Skookum Park



Making Medicine at Salish Roots



Harvesting Medicine



Choosing Color - the Hardest Part



Ariana's Finished Journey Gift



Weaving Regalia at Skookum Park



Ana, Janelle, and Aliegha



Lolyta, Carmela, and Luna



Learning About Native Plants



Wyatt Creating Gifts



Salish Roots Farm



YOUTH CENTER



Summer R.O.O.T.S.

Welcome to the Tu Ha' Buts Youth Center Summer R.O.O.T.S. Day Camp!

July was filled with warm, sunny days swimming and creating fun and exciting cultural arts and crafts.

Monday, July 1st, was our first day of Summer R.O.O.T.S. Day Camp. We had swimming, making bone bead key chains, and games to introduce all the youth to their new group mentors and peers.

On Tuesday, July 2nd, the youth got to make traditional medicine, which was wild berry herbal tea. We also made a cool craft: a do-it-yourself sharpie marker coaster, which the youth got to color. At the end of the day, the mentors used alcohol rub-on and lit them to make them permanent!

On Wednesday, July 3rd, we got to swim, play some fun outdoor games and play in the sun at T' Peeksin Park.

On Monday, July 8th, we had swimming and made rainbow Jello pudding popcycles, which turned out to be a large hit. Yum! The youth also did cardboard yarn weaving looms and made fun pony bead key chains.

On Wednesday, July 10th, we all went to the Hands-on Children's Museum in downtown Olympia. It was an awesome field trip for the youth to experience, and they had a wonderful time. The youth got to go digging for fossils, go down the slides, have fun with water play, pretend to be a grocery store and restaurant, and many more cool things!

On Friday, July 12th, Puget Sound Estuarium came to the summer program and hung out with the youth. They made 3D dioramas with habitats and animals of their choice while learning about them. The youth were super creative and enjoyed learning about the estuary.

On Wednesday, July 17th and Thursday July 18th, the youth got to go to the WET Science center in downtown Olympia to experience environmental science and learn about protecting our clean water and salmon habitat. The kids learned a lot of awesome things about our water and how to keep our environment clean. Thank you, WET Science Center!

It was a fun and exciting July in the Summer R.O.O.T.S. Day camp!

Stay tuned for the upcoming after school registration link and our September after school 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!



Breakfast

AUGUST 2024		POOL CALENDAR				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: LS: LAP SWIM OS: OPEN SWIM SR: SUMMER R.O.O.T.S EA: ELDER'S AEROBICS WY: WATER YOGA SYP: SKOK YOUTH PROGRAM				1 LS: 8:30 - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	2 LS: 8:30 - 10:00 AM SR: 10:00 AM - 12:00 PM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	3 LS/OS: 8:30 - 5:30 PM
4 LS/OS: 8:30 - 5:30 PM	5 LS: 8:30 - 10:00 AM SR: 10:00 AM - 12:00 PM LS: 12:00 PM - 1:00 PM SR: 1:00 PM - 3:00 PM OS: 3:00 PM - 5:30 PM	6 LS: 8:30 - 10:00 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 1:00 PM SYP: 1:00 PM - 3:00 PM OS: 3:00 PM - 5:30 PM	7 LS/OS: 8:30 - 5:30 PM	8 LS: 8:30 - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	9 LS: 8:30 - 10:00 AM SR: 10:00 AM - 12:00 PM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	10 LS/OS: 8:30 - 5:30 PM
11 LS/OS: 8:30 - 5:30 PM	12 LS/OS: 8:30 - 5:30 PM	13 LS: 8:30 - 10:00 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 1:00 PM SYP: 1:00 PM - 3:00 PM OS: 3:00 PM - 5:30 PM	14 LS/OS: 8:30 - 5:30 PM	15 LS: 8:30 - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	16 LS/OS: 8:30 - 5:30 PM	17 LS/OS: 8:30 - 5:30 PM
18 LS/OS: 8:30 - 5:30 PM	19 LS/OS: 8:30 - 5:30 PM	20 LS: 8:30 - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	21 LS/OS: 8:30 - 5:30 PM	22 LS: 8:30 - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	23 LS/OS: 8:30 - 5:30 PM	24 LS/OS: 8:30 - 5:30 PM
25 LS/OS: 8:30 - 5:30 PM	26 LS/OS: 8:30 - 5:30 PM	27 LS: 8:30 - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	28 LS/OS: 8:30 - 5:30 PM	29 LS: 8:30 - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	30 LS/OS: 8:30 - 5:30 PM	31 LS/OS: 8:30 - 5:30 PM

*SCHEDULE IS SUBJECT TO CHANGE FOR COMMUNITY OR EMPLOYEE EVENTS



YOUTH CENTER



Frogs



Winnie Making Coasters



Evi Making Coasters



Searching



Hands On Children's Museum



Winnie Medicine Class



Elias



Nature Walk



Winona



Totten Making Tea



Sorting Fossils



Catori on Scooter



Catori Making Coasters



Playground Fun



Benny Making Coasters

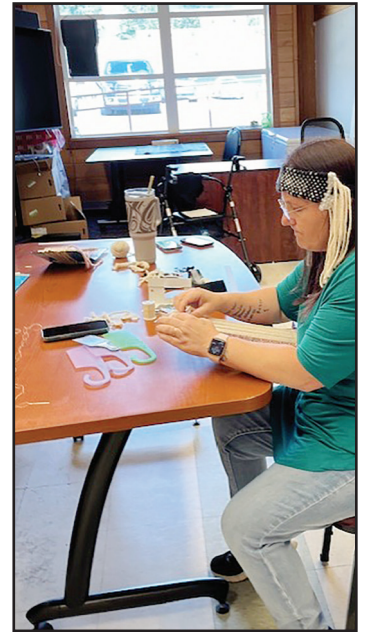


Hands On Children's Museum



Elders Weaving with Sierra Blueback

Photos by Deanna Hawks



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.



For more information

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



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

Eligibility

- Atleast one household member is enrolled in a 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.**



"I Chose to Breastfeed Because it is Natural.. It is What My Body Was Made to Do"

Paula Levy-Bearchild (Turtle Mountain Chippewa)

Additional reasons I chose to breastfeed:

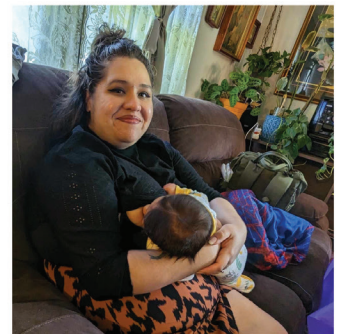
Knowing the nutritional benefits, the immune boosters, AND the bond that is created..

"HUGE BONUS: It saves me time from having to wash bottles AND saves me money"

What challenges did you have to overcome?

My biggest challenge was self-doubt- will my body be able to breastfeed in the end?

It was my own anxieties that were holding me back.



Paula successfully breastfeeding her second child, Andres.

The challenge not being able to breastfeed with my first born was I lacked support, and or knowledge of how long to breastfeed, my nipples cracked and bled, and finding which position works best for our comfort.



What tips do you have for future Moms ?

- **Knowledge is power.** Look up information on breastfeeding, join groups of other breastfeeding mothers and their journeys.
- **Find those comfort feeding positions.**
- **Grab your water** before you sit down and enjoy the bond and relaxation that ultimately comes from breastfeeding.
- Pregnancy hunger is one thing breastfeeding hunger is even more ferocious.



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



Congratulations Elijah Blueback! Third Grade Summer School Essay Contest Winner!

Mount Rainier

If adventure and hiking are interesting to you, you will love Mount Rainier! This wondrous place in Washington state was officially made a national park in 1899. It was one of the first national parks in the U.S. This park is a great place to have an adventure. Listen up! Because, by the end of this essay I will convince you to go to Mount Rainier.

There are so many things that people can see. In the article, *Establishing the US National Park System*, the author says that, "These parks are like outdoor classrooms where you can learn about nature like forests, meadows and glaciers". People can hike to explore forests, cross streams, visit ice caves, climb to the summit of Mount Rainier and if you want to challenge yourself try hiking the Muir Snowfield.

If you want to hike Muir Snowfield you have to read the article on the National Park Services website, *Mount Rainier: Hiking Safety*. In this article they say crossing the Muir snowfield can be disastrous. You need to use a compass, map and an altimeter. Be sure to grab all of your equipment for this treacherous adventure on Mount Rainier.

In the article: *Animals in our Nation's Greatest Parks*, Cynthia Keaton shares that there are amazing animals, for example you might see a marmot, they are small and fluffy and they look like a beaver. Another amazing animal is the Black bears. Black bears are cute and fluffy but don't go near the black bears Because they are feisty and they might hurt you so watch out!

Some people might want to go to beaches because they get to lay down, get a tan and go swimming but you can do that any day. Mount Rainier is not for the weak! Adventurers That climb this mountain are strong and never give up. That's why it's impossible to hate this mountain. It's clear that Mount Rainier is the best place to visit if you want to challenge your skills.

Again, I know you will love Mount Rainier! Don't forget to see the spectacular animals in their habitat. Now grab your equipment and get ready to challenge yourself on this giant mountain, Try not to die, this mountain can be a treacherous climb

By: Elijah



Elijah, we are so proud of you for winning the third-grade essay contest! Your hard work, creativity, and dedication have truly paid off, and this accomplishment is a testament to your talent and perseverance. Keep on shining and reaching for the stars!

- Love Grandma and Pop-Pop

Culture Night

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

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.: SWI-CW-2024-03-5

10 J.L.

11

12 NOTICE OF GUARDIANSHIP HEARING

13

14 THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Jason Longshore

15

16 YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has

17 set a guardianship hearing in the above captioned matter. The hearing on this matter shall be held on

18 August 1, 2024, at 10:30 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR

19 AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN

20 AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the

21 above listed address or call 360-432-3828 for more information.

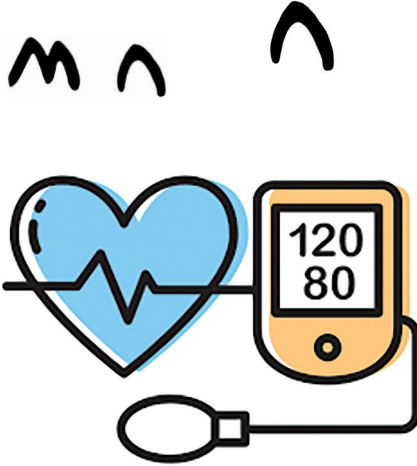
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24

25 NOTICE- PAGE 1 OF 1

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



Blood Pressure:

What You Should Know

Annette Johnson, RN - Blood pressure is the measurement of the pressure within the arteries. The top number of the blood pressure reading measures the pressure that comes when the heart contracts. The lower number is the pressure reading when the heart relaxes. Consistent numbers that are above 140/90 could indicate high blood pressure.

The reason you want normal blood pressure readings would be to decrease the risk of heart attack and stroke. Sometimes there are no symptoms related to high blood pressure. However, symptoms might be evident in higher blood pressure readings. Some of the symptoms one might see would be: re-occurring headaches, blurred vision, nausea, shortness of breath and chest pain. If any of these symptoms occur, patients should see a doctor.

There are many things that can affect your blood pressure. The following are factors that may increase your blood pressure: being overweight, having diabetes, having kidney disease, stress and emotion, drinking too much alcohol and caffeine, and eating too much salt.

If you feel you are a candidate for high blood pressure or have concerning symptoms, please follow up with your medical provider in order to prevent complications related to high blood pressure.



American Heart Association
Healthy for Good™

Life's Essential



HOW TO CONTROL CHOLESTEROL



UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

heart.org/cholesterol

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

HDL level + LDL level + 1/5th of triglyceride level = total cholesterol level.



TRACK LEVELS



A health care professional can measure your blood cholesterol and help you understand what the levels mean in context of your overall heart health..



Track your cholesterol levels over time and take steps to reduce high cholesterol.

Check your heart disease risk with the **Check. Change. Control. Calculator.**

Learn more at heart.org/lifes8

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TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Physical activity helps improve cholesterol levels.



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.



NO NICOTINE

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.



TAKE MEDICATION AS DIRECTED

Your health care professional may prescribe statins or other medications to control your cholesterol levels.



American Heart Association.
Healthy for Good™

Life's Essential



HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

✓ LEARN HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. *Poor sleep may put you at higher risk for:*

- ▶ Cardiovascular disease
- ▶ Cognitive decline and dementia
- ▶ Depression
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity



✓ LEARN THE BENEFITS OF SLEEP

- ✓ **HEALING** and repair of cells, tissues and blood vessels
- ✓ **STRONGER** immune system
- ✓ **IMPROVED** mood and energy
- ✓ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ✓ **LESS RISK** of chronic disease

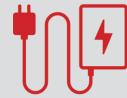
Learn more at heart.org/lifes8

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TIPS FOR SUCCESS

Clean up your sleep hygiene



MOVE IT.

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



DIM IT.

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



SET IT.

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.



LOCK IT.

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



BLOCK IT.

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.



Mammogram Dates



Aug. 29
Sept. 26

Be aware. Check regularly

Contact Clara Hernandez to get scheduled.

Phone#360-432-3930

Email : chernandez@squaxin.us





Pillars of Health

Physical Activity

Regular physical activity, along with a healthy diet, restorative sleep, and practicing stress reduction techniques is foundational for a healthy Lifestyle. Engaging in regular exercise is associated with a longer and healthier lifespan.

Numerous studies have demonstrated that physically active individuals have a reduced risk of chronic diseases, such as cardiovascular disease, type 2 diabetes, certain types of cancer, and even Alzheimer's disease. Exercise promotes a healthy immune system, reduces inflammation, and supports the body's natural defense against illness and disease. Exercise protects your bones, strengthens muscles, helps with weight management, and helps you sleep better.

Improving physical health through movement makes sense, but exercise does more than just tone your abs and arms. Regularly working out can improve your mood and self-esteem and reduce stress and anxiety. Exercise may help you sleep better and increase your interest in sex, two other lifestyle habits that may reduce stress and improve your mood. And, if you exercise outside, fresh air and sunshine are good for the soul and improve your mood!

If you want to add more movement to your daily routine, choose activities you like and can easily do. Remember, the best form of exercise is the one you enjoy and that you'll be most consistent with. That may be walking, running, dancing, spinning, hiking, or going to the gym. Don't forget, some daily chores, such as vacuuming the house or scrubbing the bathroom, can be considered exercise.

An easy way to add more movement is to take short breaks throughout the day, just 10-15 minutes between meetings or before a meal to get up and move. If you can get outside for a quick walk around your neighborhood, that's amazing. Or consider a few bodyweight exercises periodically throughout the day that we'll call "movement snacks." Just like snacks you may eat at regular intervals throughout the day, take 5-10 minutes for small movement breaks - or micro workouts - just the same.

Fun Facts:

- Regular activity improves people's mood and balance.
- For some people, a moderate workout can be the equivalent of a sleeping pill, even for those with insomnia.
- Regular activity boosts memory and concentration
- Staying active helps people maintain their independence.

Whatever it is you try, remember, that while exercise has unlimited physical perks, the real unsung hero is the mental outlet and resulting benefits.

The Mental Health Benefits of Exercise and Physical Activity
 Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:

- Reduce feelings of depression and stress
- Enhance your mood and overall emotional well-being
- Increase your energy level
- Improve sleep

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise. NIH National Institute on Aging



Summertime is Here!

Ways to Protect Your Teeth and Your Mouth During the Warmer Months

STAY HYDRATED

During the warm months it is important to drink plenty of water. Dehydration increases during the summer. Drinking water helps wash away food particles and bacteria from your mouth, preventing dry mouth. Dry mouth can contribute to bad breath and tooth decay.

LIMIT SUGARY AND ACIDIC FOODS AND BEVERAGES

Summer is a time to enjoy ice cream, sodas, and other sweet treats. Fruits and vegetables, in general, are excellent for gum health and overall well-being. Fruits, such as melons, are hydrating and contribute to maintaining moisture in our mouths. Fruits, like apples, can help to clean our teeth when we are on the go.

AVOID PROLONGED EXPOSURE TO CHLORINE

This is often overlooked - be cautious with chlorine in swimming pools. Be sure to rinse your body and your mouth thoroughly after swimming, as chlorine can dry out your skin and your teeth!

PROTECT YOUR LIPS

Most people know how important it is to use sunscreen during the summer, but you should also protect your lips from sun damage. Your lips don't have as much melanin as the rest of your skin, so they are more vulnerable to damage. Use lip balm that has SPF and it will help keep your lips moisturized and protected from the sun's harmful UV rays.

DON'T CHEW ICE AND BE SURE TO VISIT YOUR DENTIST

Chewing on ice is a popular way to cool down and get hydrated at the same time. However, this habit can cause serious damage to your teeth. Crunching on cold ice could chip or even break a tooth. Instead of chewing ice, drink a glass of cold water. During the summer be sure to visit your dentist for a regular checkup and cleaning.

Lastly, ENJOY YOURSELF AND HAVE FUN THIS SUMMER!!



Yearly Check-Up & Sports Physicals

We hope everyone is enjoying their summer so far. I was in the store the other day and they are already putting out the back-to-school supplies.

With that in mind, we just wanted to remind parents and guardians that your kiddo's yearly check-up and school sports physicals can happen at the same time.

If you are bringing in your child for their yearly check-up and, if they play school sports, check on your school's website or stop by the front office of their school and request a sports physical form. Bring that with you to your child's check-up and we will fill it out for you. Then you will have it and won't have to worry about scrambling for that last-minute appointment so your kiddo can play their sport.

Enjoy the rest of your summer and remember to stay hydrated!

New Peer Counseling Program

Jennifer Johns - Dear Community Members,

We are thrilled to announce the launch of our Peer Counseling Program aimed at fostering mental health and well-being within our community. Certified Peer Counselors are self-identified consumers of mental health services who have completed specialized training provided by the Washington State Health Care Authority.

Peer services offer wrap-around services, adding value through lived experience.

Peer Support Program Overview:

Certified Peer Counselors play a vital role in the community by offering support, understanding, and empowerment to individuals receiving services. By integrating peer counseling into our Behavioral Health Program, we aim to create a safe and empathetic space where community members can share their experiences, seek advice, and receive emotional support from their peers. Together, let us embark on this journey towards mental wellness and resilience.

A couple key benefits and services:

EMPOWERMENT: Peer counseling focuses on empowering individuals to take control of their recovery journey. Peer Counselors can offer practical strategies and resources based on their own experiences, helping clients develop coping skills and resilience.

NON-JUDGMENTAL SUPPORT: Offering a safe and supportive environment where individuals can openly discuss their struggles without fear of judgment.

ADVOCACY: An advocate for the needs of individuals with mental health challenges within the community. They can help clients navigate the healthcare system, access resources, and overcome barriers to care. While also promoting self-advocacy.

COMMUNITY CONNECTION: Peer counseling programs can help foster a sense of community among clients, and assist and provide opportunities for peer support groups, social activities, and networking. This sense of belonging can be instrumental in promoting recovery and preventing isolation.

Please reach out to talk or if you have any questions.

Jennifer Johns
Squaxin Island Behavioral Health
Certified Peer Counselor
360-426-1582 ext. 3613



Squaxin Island Health Clinic

back to school

HPV VACCINE EVENT

Join us at the Squaxin Island Health Clinic!
August 20, 2024
9am-4pm

There will be raffle prizes & \$25 incentives for those who get their HPV Vaccine.

Snacks will be provided!

HPV VACCINATIONS ARE RECOMMENDED FOR ALL GENDERS STARTING AT AGE 9

- The HPV Vaccination is the best protection against 6 types of cancers including cervical cancer, oral cancers, and throat cancer.
- Youth have a higher immune response to the HPV vaccine. While risk of exposure to HPV might be low at age 9, they will be better protected against future exposure.

VACCINATIONS AT AGES 9-12 COULD PREVENT OVER 90% OF THESE CANCERS

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



Concussion Basics: Recognizing Symptoms, Signs, and Early Intervention

Dr. Ferguson - Eighty-to-ninety percent of all brain injuries are concussions (or mild traumatic brain injuries). Concussions, particularly in sports, are widely reported in the media. However, many individuals experience concussions unrelated to sports, occurring in daily life, at home, at work, or elsewhere. Moreover, concussions can affect individuals of all ages, including toddlers, children, teenagers, adults, and elders. Concussions can occur from falling off a chair, diving in the shallow end of a swimming hole, being rear-ended at a stoplight (with enough force to cause some damage to your vehicle) or losing balance in your boat and hitting your head, among countless other examples. Symptoms commonly associated with a concussion are balance issues, dizziness, headaches, sensitivity to light or noise, low energy levels, mental fatigue, slower thinking speed, difficulty focusing, memory problems, and mood changes like irritability, low frustration tolerance, and feelings of sadness, among others.

Many concussions often go unreported because most individuals do not seek medical attention. Even though most individuals who experience concussions make a full recovery, however, every concussion should be taken seriously because things like excess brain swelling (leading to brain herniation) and brain bleeds, among other complications, can occur. Google the name Zackery Lystedt to learn more about rare but devastating complications of concussions. Also, please note that the information in this brief article is for information only and does not substitute for professional medical advice.

What Causes Concussions and How Long Is Recovery Time?

To violently shake is one of the meanings associated with the word concussion. Your brain floats in a salty liquid (called cerebral spinal fluid). When exposed to intense shaking, the brain, which can move freely, undergoes bouncing motions within the skull. These twisting and rotating movements are referred to as acceleration/deceleration and rotational forces by doctors. These forces can cause brain cells (neurons) and the fibers that connect brain cells (axons) to not work properly (the cause of symptoms). Fortunately, these effects are almost always only temporary.

Our understanding of the natural progression of concussions is fairly solid. Research suggests that athletes generally recover within 1-3 weeks. The average person usually takes 1-3 months to recover fully. Furthermore, if you have had previous concussions, the recovery time tends to be a bit longer than that.

How Are Concussions Diagnosed?

Despite differences in the classification of brain injuries by doctors and brain scientists, most approaches to diagnosis share three common features.

(1) First, was there loss of consciousness (i.e., was the individual knocked out)? If so, for how long? If the individual was unconscious for less than 30 minutes, all things being equal, they would likely be diagnosed with a concussion (milder injury), as opposed to a more severe brain injury. If they were unconscious for over 30 minutes, they would likely be diagnosed with at least a moderate brain injury.

(2) A second factor to consider in diagnosing concussions is by determining if the individual experiences gaps in their memory on the day of the injury (under 24 hours). Doctors call these gaps post-traumatic amnesia. "Post" means after, "traumatic" means violent injury, and "amnesia" means memory loss. If an individual struggles forming new memories right after the injury (e.g., they cannot remember most of the details on the ride to the emergency department), they probably have post-traumatic amnesia. The severity of an individual's post-traumatic amnesia helps us predict how well they will recover from their injuries.

Milder post-traumatic amnesia suggests a more favorable prognosis.

Memory loss can also occur for the events leading up to the injury, called retrograde amnesia ("retro" means "past"; like Dr. Wilton's bellbottoms are so "retro"). Due to the forceful shaking of the individual's brain (which disrupts memory storage), it is unlikely that those memories will ever be recovered.

(3) A third factor medical providers consider when diagnosing concussion is the Glasgow Coma Scale [(GCS) which, incidentally, is rarely available]. It is generally administered at the time of injury. The score of the GCS can vary between 3 and 15, with a lower score suggesting a more severe injury. The GCS assesses (a) eye opening, (b) response to questioning, and (c) limb movement or response to pain. Concussions range from a GCS score of 13 to a perfect score of 15. Moderate brain injuries range between a score of 9 to 12. Severe traumatic brain injuries fall in the range of 3 to 8. Having a lower GCS score generally means you will have a worse outcome from the injury.

Please note that the above examples are just a very rough outline to help you understand how concussions are diagnosed by medical providers. Reviewing these three elements, however, is just the tip of the iceberg when it comes to making a diagnosis. To accurately diagnose concussions, extensive training and medical expertise are necessary, emphasizing the need to consult with medical professionals if you believe you have suffered a concussion. "Doctor Google" can easily confuse and frighten you, rather than providing helpful information.

Early Intervention

From a medical provider's standpoint, providing patients with information about the recovery process and offering reassurance can be the best medicine. Regarding the appropriate duration of complete rest following concussion, the best available evidence suggests resting for 24 to 48 hours after a concussion with a gradual return to activity. Complete rest time should be somewhat longer for very young children. That means no screens for a day or two! Of course, if the individual is still highly symptomatic after a day or two to recover, they should seek medical attention immediately.

The Centers for Disease Control (CDC) offers 6-step return-to-play guidelines as part of their Heads Up campaign for high school and collegiate athletes. These steps occur in the following sequence. Step 1: Back to regular activities (such as school, not athletic activities); Step 2: Light aerobic activity (e.g., exercise bike, walking, etc.); Step 3: Moderate activity (e.g., moderate-intensity weightlifting, brief running); Step 4: Heavy, non-contact activity; Step 5: Practice and full contact; and Step 6: Competition. It is important to note that athletes only proceed to the next step if no symptoms reappear over the next 24 hours after the activity.

Regarding academics, students might request a 504 Plan, supporting accommodations. Accommodations might include: Reduced coursework, being allowed to wear noise-cancellation headphones at school, sunglasses in class, scheduled breaks, being allowed to leave class early to avoid the hallway noise and chaos of transitioning between classes, etc. A 504 Plan can be implemented rapidly unlike, say, a 504 Plan for Attention-deficit/hyperactivity disorder (ADHD). A physician's note is almost always necessary to initiate a 504 Plan, so the individual or their parents should act on this as soon as possible.

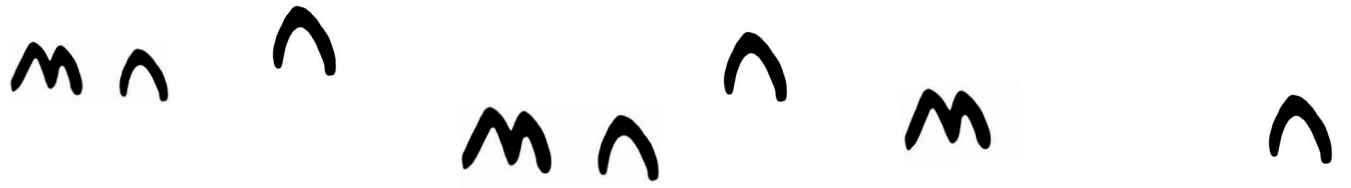
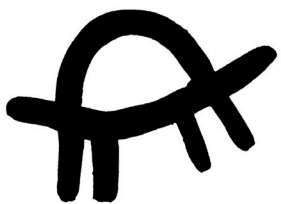
Unlike return-to-play guidelines, return-to-academic activity guidelines are less well defined in the literature. The spirit of these guidelines is to start slow and go slow. Guidelines vary based on a learner's individual learning challenges and needs.



If the ongoing symptoms of a concussion are interfering with your work performance, it is necessary to promptly seek medical evaluation from a physician. Employers often ask for a doctor's note if you need to be excused from work or given light duty. Workers' compensation could potentially become involved as well. In those rare instances where symptoms continue to pose a problem, individuals may need to take short-term disability.

Concluding Remarks

A concussion or mild traumatic brain injury, by definition, is self-limiting and generally follows a predictable course. Permanent cognitive (thinking), psychological, or emotional problems due to the physical effects of this injury are relatively uncommon. Regardless, you should contact the Squaxin Island Health Clinic or call the nearest urgent care or emergency department for sound medical advice if you think that you (or a family member, friend, fellow student, or co-worker) sustained a concussion. As the old saying goes, it is far better to be safe than sorry.



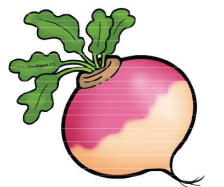
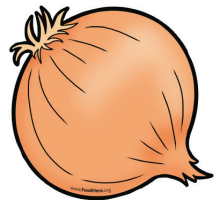

Vegetable Word Search

Use the word bank to find the hidden vegetables.

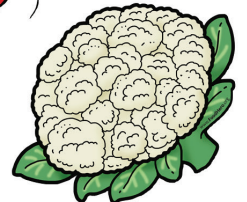
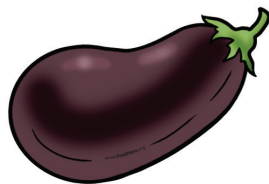
Words can be found going straight across, up and down, diagonally or backwards.

- Word Bank**
- Bell Pepper
 - Broccoli
 - Cabbage
 - Cauliflower
 - Eggplant
 - Kale
 - Mushroom
 - Onion
 - Radishes
 - Turnip

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



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



Find recipes by ingredient at www.FoodHero.org.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. 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.



8/1
Barbara Gail Kennedy
Jeremie John Walls

8/3
Anne Elizabeth Burgain
Darlene Wood
Louise Isabelle Kathy Burgain
Randolph Bert Foster

8/4
Kelly Josephine Jones
Lawton Jebadiah Case
Leighton James Case
Norman Riley Price
Tyrone S. Seymour

8/5
Christopher Eugene Brown

8/6
Jill Danielle Kenyon

8/7
David Charles Johns
Robert David Koshiway Jr.

8/8
Lettie Machado-Olivo
Lisa Fawne Frodert
Margaret Hazel Johns
Robert Edward Sigo
Roy Journey Bear Perez

8/9
Araceli Hernandez-Capoeman
Chasity Faye Masoner
David Wayne Peters Jr.
Juliet Lindsay James-Blake
Memphis Shawn Penn-Dodge
Molly Eileen Kirk
Nikieta S. Ho

8/10
Kalysi Renee Whitener

8/11
Marilyn Helene Mcfadden

8/12
Aaron James Edgley
Zaiden Elijah Jimmie

8/13
Arlo Jay Woodard
Brandon Eugene Campbell
Lola Noelle Bonin

8/14
Elena Lin James
Rory Jane Allen

8/15
Llewellyn Frank Parker
Naraiah Gray
Zachary W. Sanchez

8/16
Beverly Jean Mesplie
Kevin Henry Spezza
Matthew James Cooper
Rachel M. Naranjo

8/17
Magdelano Roy Perez
Virginia A. Farron

8/18
Hannah Lucille Forcier

8/19
Naomi Reyes

8/20
Dionna A.P. King
Rock James Johns

8/22
Aidan Alan Sizemore
Greg Anthony Lewis Glover
Jessica Eliza Spiering
Rene De Anne Salgado

8/23
Andre James Woody-Johns
Cadence Joseph Henry
Ernesto Naranjo-Johns Jr.
Jeremiah Obi-Rivera

8/24
Bryce Mitchell Penn
Victoria L. Sanders

8/25
Mitchell John Carrington
Nicole Mae Cooper

8/26
Eden Lee Van Cleave

8/27
Kaytlyn Joi Henderson
Meghan Elizabeth Burgain

8/28
Eathon Raymond Caasi
Jasper Silver-Hawk Cooper
Nancy Carol Combes
Rhonda Madge Foster
Terasa Malinda Kenyon

8/29
Angelo W. Rivera
Joseph D. Furtado
Lindsey Nicole Harrell

8/30
Catherine Mary Tuller
Debra Lee Sayers
James Ronnie Trinidad
Loreta Marie Swan Krise
Taylor Jeffrey Porad

Happy Birthday Kristy Krise Love, Aunt Stella!!!



Camp Bishop 2024

Register Today!

Combined Youth & Family Camp

Sunday, August 11 to Thursday, August 15



SPIPA Workforce Development is honored to partner with the YMCA of Grays Harbor for this year's summer camp at Camp Bishop. Join us for work skills training, cultural activities, pathways to success, seeing our WEX youth at work, sleepover camp, games, arts, swimming, boating, great food, family, new friends and so much more!

- Open to all members of SPIPA Client Households and non-clients who qualify for services
- Youth 7-15 may attend without a guardian
- Transportation provided from SPIPA Offices
- Camp supplies provided
- All food & housing provided during Camp
- Learn new skills, connect with nature & family
- Enjoy fishing, canoeing, paddleboarding, yoga, ropes courses, games, arts & crafts, outdoor living and more!

Please call **253-250-0550** or email cbear@spipa.org or atopai@spipa.org for registration instructions.

If you have already RSVP'd, we will reach out soon to complete your registration





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., August 13, 2024
We're offering both
phone appointments and
in person appointments.
Date subject to change

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





What's Happening

- Festival of the Steh-Chass** August 17
- Clinical Operations Q & A** August 27
- Get Wildfire Ready** August 24
- Harbor Days** August 30 - Sept. 1
- Court:**
 - Family Court August 1
 - Criminal/Civil Court: August 13

USDA WIC August 6
August 13

Need a Tribal ID?

Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us



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

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

MONDAY 5:
Chicken Burgers, Chips

TUESDAY 6:
Broccoli Cheddar Soup,
Turkey Sandwiches

WEDNESDAY 7:
Indian Tacos

THURSDAY 1:
Shrimp Fettuccine
Alfredo, Cauliflower

MONDAY 12:
Goulash, Broccoli

TUESDAY 13:
Clam Chowder, Fry Bread

WEDNESDAY 14:
Baked Chicken, Rice Pilaf, Brussels Sprouts

THURSDAY 8:
Crab Cakes, Veggie Rice

MONDAY 19:
Stroganoff, Veggies

TUESDAY 20:
Chili, Corn Bread

WEDNESDAY 21:
Fish Tacos

THURSDAY 15:
Veggie Frittata

MONDAY 26:
Salmon, Roasted Red Potatoes,
Veggies

TUESDAY 27:
Chicken Noodle Soup, Crackers

WEDNESDAY 28:
Baked Ham, Scalloped Potatoes, Carrots

THURSDAY 22:
Chicken Fried Steak,
Mashed Potatoes, Mixed
Veggies

THURSDAY 29:
Pizza

EMERGENCY

CALL 9-1-1

FIRE
POLICE
MEDICAL
RESCUE

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

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

USDA Foods Program August Dates



PT. GAMBLE S'KLALLAM	8/1/24
SQUAXIN ISLAND	8/6/24
SKOKOMISH	8/9/24
CHEHALIS	8/16/24
NISQUALLY	8/21/24



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

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.

ATTN Squaxin Elders!!!!

Do you have a short errand you need ran?

Weeds to pull?

Lawn Mown?

A fridge in need of cleaning?

ETC.

My name is Emily Sigo and I would like to offer assistance to any Elder who wants it! I am on the Rez Mon-Wed and am happy to help however I can.

If you would like to schedule a time for me to come by, please feel free to contact me via Facebook Messenger or one of the methods below. Thank you!

Cell: 360-292-9875

Email: esigo@squaxin.us



July-August 2024

Vol. 24



SPIPA HEALTH AND WELLNESS PROGRAM UPDATES



PROGRAM YEAR END REVIEW!

Program Year July 2023-June 2024

The Health & Wellness Team would like to give thanks to all who supported us in another successful year!

NWWP

Breast

389 out of 475 breast services completed.

82%

Goal for Breast Services: 475

- Chehalis: 82
- Nisqually: 106
- Shoalwater Bay: 120
- Skokomish: 5
- Squaxin Island: 76

Cervical

172 out of 187 cervical services completed.

92%

Goal for Cervical Services: 187

- Chehalis: 54
- Nisqually: 38
- Shoalwater Bay: 32
- Skokomish: 14
- Squaxin Island: 34

Total Services

322

85%

Goal Total Services: 662

- Chehalis: 136
- Nisqually: 144
- Shoalwater Bay: 152
- Skokomish: 19
- Squaxin Island: 110

Total served: 561

CCCP

NEW ADVISORY COMMITTEE MEMBERS
8

ADVISORY COMMITTEE MEETINGS
5

NEW PARTNERS
1
UW MEDICINE

CANCER PLAN DEVELOPMENT
END DATE
AUGUST 8, 2024

322

Total Community Wellness Surveys Completed

38

Total Community Events Attended

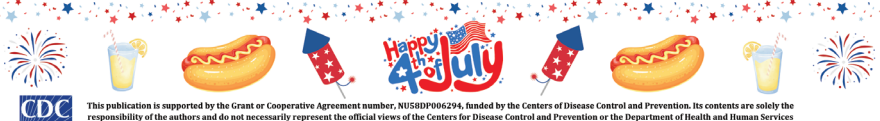
ATTENTION: FREE Wills for Squaxin Tribal Members and Their Spouses

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.



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