

Chairman Kris Peters Elected Vice Chair of Affiliated Tribes of Northwest Indians

Squaxin Island Tribal Chairman Kris Peters was elected Vice President of Affiliated Tribes of Northwest Indians (ATNI) on October 2nd and sworn in on October 3rd.

ATNI (atnitribes.org) is dedicated to promoting tribal self determination and sovereignty through a consortium of tribes from Washington, Oregon, northern California, Idaho, Western Montana, and Alaska.

Kris was originally appointed to serve the remaining term of a previous board member as the Assistant Secretary. He won the election for the ATNI First Vice President with 70% of the votes. He takes over the position from longtime Board Member Mel Sheldon (Tulalip) who left the position in April of 2024.

ATNI is governed by a seven-person board with three-year terms. The board oversees an executive director and staff at an ATNI embassy in Portland, Oregon.

Leonard Forsman, Chairman of Suquamish Tribe serves as President.

"I'm looking forward to continued work with Chairman Peters," Leonard said. "He possesses a great knowledge of the culture and history of the Northwest tribes, is a good listener, and is a creative voice on the ATNI Board."

There are currently 57 member tribes. Each Tribe has a delegate and alternate to vote on resolutions and board positions.

There are three ATNI conferences a year where all tribes get together to discuss issues they face together in common. Anyone from a tribe's leadership and/or staff is welcome to attend the conferences.

The board meets via Zoom every month. The VP runs the board meetings when the president is not available. The VP also helps coordinate the conferences and takes turns with the president and other board members to emcee each day of the conference.



Board members blanketing departing DNR Commissioner Hillary Franz.

L-R: ATNI board member Sharon Goudy (Yakama), ATNI board member Kris Peters (Squaxin Island), Commissioner Fanz (DNR), ATNI board member Jon George (Grand Ronde), ATNI board member Jeanie Louie (Coeur d'Alene), and ATNI President Leonard Forsman (Suquamish)



"I take great pride in providing leadership in this organization and helping guide the direction of all of the tribes in a good way," Kris said.

"I was already attending the conferences, so the impact on my Chairmanship at Squaxin is minimal. I hope to have a direct and positive influence on this organization and, more importantly, the name Squaxin will be attached to all of it."



L-R:
ATNI board members

Leonard Forsman
(Suquamish)

Kris Peters
(Squaxin Island)

Caj Matheson
(Coeur d'Alene)

Mel Tonasket
(Colville)

Sharon Goudy
(Yakama)

EMPOWERING OUR COMMUNITY MASTER PLANNING FORUM #3

Tribal Council will be creating a Master Plan for the Reservation - and wants your input!

Together, let's discuss the needs of our Community! Come share your thoughts and ideas on housing, youth center, trails, basketball courts, lighting...

November 7, 2024

**4:30 PM - COMMUNITY FORUM
COMMUNITY KITCHEN**

This forum will be the third Community Forum. Dinner will be provided.

Questions? Email mpuhn@squaxin.us



Can't make the Forums, but want to share your thoughts? Submit them here!





City of Olympia Recognizes October 14th as Indigenous Peoples Day



TRIBAL NEWS

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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
- JEREMIE WALLS: 1st Council Member
- VICKI KRUGER: 2nd Council Member
- VINCE HENRY: 3rd Council Member

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

FRONT (L-R):

- Clark Gilman City of Olympia Council Member
- Jeremie Walls Squaxin Island Tribal Council Member
- Dontae Payne Mayor, City of Olympia
- Jeremiah George Assistant Director, Squaxin Island MLRC
- Joshua Whitener Squaxin Island Tribal Council Treasurer

BACK (L-R):

- Jay Burney City Manager
- Robert Vanderpool City of Olympia Council Member
- Dani Madrone City of Olympia Council Member
- Yen Huynh Mayor Pro Tem
- Lisa Parshley City of Olympia Council Member
- Jim Cooper City of Olympia Council Member

ARE YOU REGISTERED TO VOTE?

Have an impact on our community.
Be a registered voter!

Register here or go to
<https://vote.gov/register/washington>

Feedback forms are available on: squaxinisland.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 Executive Director, Erika Thale. Please take time to let us know what great ideas and concerns you have.



Council Corner

September 26th Council Meeting Highlights:

The Indigenous Peoples Day Celebration was being planned to be held at Squaxin Park on October 11th with a focus on education about Native culture.

8th Generation blanket design contest: Council narrowed their decision down to two options and will be ordering a sample blanket of each option to review.

Helpers permits were discussed on providing permits for treaty harvesting allowing families to assist. This will be further discussed at an upcoming work session with a full Council.

Council approved an updated Covid policy that treats Covid like any other illness, following Centers for Disease Control (CDC) guidelines.

The transit program shared their expanded services, which includes expanded routes, grocery and pharmacy pick ups, and collaboration with Mason and Grays Harbor Transit.

Island Enterprises provided their Annual Operation Plan for approval, including revenue projections and cost saving measures.



October 10th Council Meeting Highlights:

Approval of 9/12 Council Minutes

Master Planning Forums were scheduled:

October 16:	2:00 p.m.	Youth Forum
October 16:	4:00 p.m.	Community Forum
October 17:	11:00 a.m.	Elders Forum
October 17:	1:00 p.m.	Meet with PCD staff
October 18:	8:00 a.m.	Site visits with PCD
October 18:	10:30 a.m.	Meeting w/ Department Directors

October 14: Indigenous Peoples Day Celebration, Squaxin Park

Council discussed Squaxin Island Tribe flag raising at Olympia schools and eventually the entire district (Olympia School District hosted a Squaxin flag raising on October 21st).

Josh and Jeremie attended a City of Olympia Council meeting to accept the proclamation of October 14th as Indigenous Peoples Day.

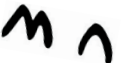
Vicki, Josh, Kris, Jim, and Jaimie all attended ATNI. They said it was a great conference, and they all have ideas to bring back to the Tribe. Kris Peters was nominated as the ATNI Vice Chair!

Council received an update from the Housing Program:

- Housing programs were discussed, and staff said they were able to assist 34 home owners using a grant they had received. This assistance included preventing foreclosure, replacing roofs, utility payments, mortgage assistance and water damage repairs. Housing is proud to be able to help tribal members in need using grant funds.

- Housing hosts multiple classes throughout the year, including home maintenance classes and financial trainings.
- Housing repainted and repaired siding on five of tribal rentals, replaced five roofs, replaced the ridge cap on the apartments, replaced roof insulation in one home (with the plan to do another three), installed four new HVAC systems using PUD rebates, and replaced doors, windows, flooring, and gutters on various homes.
- They conduct annual roof cleanings and chimney inspections/cleaning as part of their annual home inspections.
- Council received a report from the Housing Commission Treasurer:
 - Discussed some of the difficult decisions the commission is faced with
 - They are working with Housing on land lease options for tribal members.

Council Engagement and Strategic Outreach:



In addition to local and regional efforts, the Squaxin Tribal Council has been active in fostering relationships with other governments, both tribal and state. Recently, Council members attended two significant events: the Affiliated Tribes of Northwest Indians (ATNI) Conference and the Centennial Accord meeting with Washington State Governor, Jay Inslee. These gatherings continue to strengthen the Tribe's partnerships and governmental relations.

At the Centennial Accord, Council had the honor of participating in the Governor's final Accord meeting before his retirement. As a gesture of appreciation for his years of service, and in collaboration with other tribes, Squaxin Island Tribe gifted the Governor with a beautifully crafted rattle made by Squaxin artist Andrea Sigo. This staff symbolizes the ongoing relationship between the Tribe and the State of Washington, as well as the Governor's role in upholding treaty rights and tribal sovereignty.

During the ATNI Conference, Chairman Kris Peters was elected as ATNI's 1st Vice President. This election is a significant achievement, as it strengthens Squaxin's voice in the broader message of ATNI and amplifies the Tribe's role in regional discussions.

The Council's presence at these events emphasized the importance of maintaining and strengthening relationships with other tribal governments in the Northwest and beyond, as well as continuing a respectful and productive dialogue with state leadership. These connections are vital for advancing the Tribe's goals and ensuring the continued protection of tribal rights and interests.

Continued on Page 4



DO YOU NEED HELP?



The Tribal Council SPIPA Representative would like to encourage any tribal member who needs help paying for things such as car repairs, insurance, work clothes, special tools or anything related to employment to apply at Family Services for the Work Force Development or Vocational Rehabilitation Program. Call 360-426-9781.



Council Corner

Treasurer Update

Your Treaty Rights Include Tax Exemption!

Joshua Whitener, Tribal Council Treasurer - Tribal members in WA are exempt from certain retail taxes. This is one of the many ways we protect our way of life.

THIS INCLUDES:

• *Sales delivered to Indian Country.* You may already know that if you purchase a vehicle and have it delivered to tribal land this sale is tax exempt. But did you know you can get tax exemption for all of your online purchases: Amazon, Best Buy, Costco, Home Depot and many more all offer ways to receive tax exemption.

• *In-person purchases related to fishing, hunting, or gathering.* Even if you buy something at a store, your purchase should be tax exempt. This is a newer option that is sometimes difficult to employ. You will be required to present your tribal ID and there is a form on the Washington Department of Revenues website that can be used to help encourage sellers. This includes items and work done to your boat.

The forms can be accessed on the DOR website:
dor.wa.gov/education/industry-guides/indian-tax-guide
OR

squaxinisland.org/wa-state-native-american-tax-exemption-forms



The vendors are supposed to have forms available but often do not. It is a good idea to print and bring the tax exemption form along with your Tribal ID. You can also get these forms from the front desk of the Tribal Center.

I am available to help. Give me a call for clarification or reach out at: treasurer@squaxin.us | (360) 432-3935.

Indigenous Peoples Day at Squaxin park

Photos by Zoltan Grossman



On November 7th the City of Tumwater will Recognize November as American Indian Heritage Month

Proclamation

WHEREAS, November is the officially recognized month to celebrate and commemorate the heritage of American Indians. It is a time to honor the contributions, achievements, and sacrifices of America's first people, and a time to learn and celebrate the rich cultural and historical legacy of Native people; and

WHEREAS, Native Americans have inhabited the area now known as Washington State since time immemorial. Today, twenty-nine federally recognized Indian tribes, out-of-state tribes with treaty-reserved rights, and other tribal communities reside in Washington; and

WHEREAS, Tumwater Falls, where the Deschutes River enters Budd Inlet, was a ceremonial and sacred site of the Steh-chass people, ancestors of today's Squaxin Island Tribe. Their village on Budd Inlet below the falls and the river itself were both named Steh-chass. The Steh-chass fished and gathered seafood on Budd Inlet and nearby waterways and the area was a gathering place for the Steh-chass and nearby related tribes, including the Squaxin, Nisqually, Chehalis, and many other Salish Sea tribes and Indigenous Peoples; and

WHEREAS, as the first people to live on the land we all cherish, American Indians have profoundly shaped our country's character and our cultural heritage. Native people are leaders in every aspect of society. Their contributions and values have shaped the social, political, environmental, and economic fabric of our community while also enhancing freedom, prosperity, and cultural diversity; and

WHEREAS, we renew our commitment to respecting each tribe's sovereignty and cultural identity, while ensuring equal opportunity for all, and continuing to work to strengthen our government-to-government relationships.

NOW THEREFORE, I, Debbie Sullivan, Mayor of the City of Tumwater, do hereby proclaim the month of

November 2024

American Indian Heritage Month

and I encourage people to celebrate the rich cultures of indigenous people, honor their sacrifices, acknowledge the unique challenges Native people face, historically and in the present, and recognize their continued significance in our community.

Signed in the City of Tumwater, Washington, and recognized on this 4th day of November in the year, two thousand twenty-four.



Debbie Sullivan
Mayor



Olympia School District raises Squaxin Island Tribe flag alongside national, state flags

Tribe's chairman said this will be 'so our grandchildren can remember who we were and sing our songs, speak our language, and honor who we are as Squaxin'



Photo by Danny Stusser:
Olympia School Board President Hilary Seidel, Squaxin Island Tribe Chairman Kris Peters and Olympia School District Superintendent Patrick Murphy secure the halyard holding the Squaxin Island Tribe's flag. October 21, 2024.



The Squaxin Island Tribe's flag flies below the Washington State and United States flags for the first time on October 21st

Deepening commitment

"This ceremony is not just a symbolic gesture. It represents our commitment to deepening our relationship with the Squaxin Tribe, the people of the water, and honoring their rich culture and heritage," said Superintendent Patrick Murphy.

"For 10,000 years, they have stewarded this very land that we stand upon. By raising the Squaxin flag, we acknowledge not just the importance of inclusivity in our educational community, but the vital role that native voices, the Squaxin voice, has played, does play, and will continue to play, in shaping a brighter future for all of our students as we move forward," Murphy added.

JOLT, the Journal of Olympia, Lacey, and Tumwater, by P. Jade Asumbrado and Danny Stusser - For the first time, the Squaxin Island Tribe's flag was raised along with the United States and Washington State above the Olympia School District's offices.

More than 100 people attended an 18-minute ceremony held on October 21st at the Knox administration building, 111 Bethel Street NE, Olympia, from 3:00 p.m. to 5:00 p.m.

Other regional institutions, including the City of Olympia, The Evergreen State College, and Griffin School District, previously began flying the Squaxin Island Tribe's flag.

Healing from trauma

Squaxin Island Tribal Council Chairman Kris Peters minced no words as he both appreciated the school district's gesture of respect and reminded the audience of the years that his people and other Indians were abused and dishonored. "The school districts, for a long time, played a role in the systematic racism and ... lies about tribal people, and what I'm happy about is that the school system is now embracing diversity and growth in the real history," he said.

"We had elders at one point who were ashamed of being indigenous due to racism and discrimination, and dealt with assimilation and trauma," he said, adding, "A lot of that came from the systems, including the school system. And we're still feeling that trauma today ... it took generations to get here, and it's going to take some years to heal from that trauma," Peters said.

Hope for the flag to instill pride

"And my hope is that this flag represents our people in a way that when our elders or our youth, when they come into Olympia, or they see this picture on-line ... that it instills a sense of pride, a sense of feeling. If our elders come in here and they look at this flag and say, wow, we've come a long way. I am proud to be Squaxin, and I'm proud of my heritage. If our youth come in here and they feel, wow, I'm connected to this land and I'm connected to our ancestors, then hallelujah, we're doing our part to heal our people," Peters added.

"That's what this flag symbolizes, to me, our connection to our land and our ancestors all so that we can take who we are as Squaxins and continue it to our next generation, so our grandchildren can remember who we were and sing our songs, speak our language, and honor who we are as Squaxin," Peters said, adding, "I am so honored to be here, and I'm so thankful to the school district."



SQUAXIN ISLAND MUSEUM

Holiday Bazaar

NOVEMBER 1st 9AM- 5PM & NOVEMBER 2nd 9AM- 4PM

FREE ADMISSION

150 SE KWUH-DEEGS-ALTXW
SHELTON, WA 98584



Tumwater Trading Post

The Tumwater Trading Post site is coming along! They have done the drywall and will finish up with mudding and taping soon. They have started the rock around the exterior of the building and have been working on the metal roof panels. The wood siding will be finished in the coming weeks.



Billboards

Two of three billboards have finished construction and are now operational. Construction of the final billboard at Tumwater Elevation has been started, and we are excited to see the finished project.

Turkey Basket Handout

When:	Where:
11/22	Community
4 PM - 6 PM	Kitchen

Each basket will include :
1 Thanksgiving Turkey
1 bag with some sides.

Tribal Elders may pick up 2:30 pm - 3:45 PM.
By the Loading Dock behind the Community Kitchen

1 Basket per household, minimum of 18 Years old.
Squaxin Island Tribal Member Only.
Tribal Member must be present to pick up.
 Baskets are distributed on a first come basis while supplies lasts.



What's happening at the Creek

Radius Riches Weekend - Spin to win \$2,000 cash with extra chances to win based on your zip code every Friday & Saturday. Lucky players will be drawn to spin every hour from 1:00 p.m. to 5:00 p.m. and 8:00 p.m. to 12:00 a.m.

Forever Young - On Tuesdays all month long in November seniors 50+ can claim their cookie voucher from 10:00 a.m. to 10:00 p.m. At 6:00 p.m., three winners will walk away with \$250 in free play and at 7:00 p.m., one lucky winner will walk away with \$1,000 in cash.

Shower Me with Gifts! - Earn & Get - Earn 1,500 points each Thursday through Sunday to claim your gift of the week! Items this month will elevate your bathroom just in time for holiday company! This month come in each week to receive a waffle weave shower curtain, digital scale, shower towel set, and bathroom accessories set. Claim all four to be entered to win a \$250 Home Goods gift card.



Veteran's Day Swipe & Win November 10th & 11th – Swipe at the promotional kiosk for a chance to win up to \$5,000 in cash!

Thanksgiving Swipe & Win November 28th & 29th – Swipe at the promotional kiosk for a chance to win up to \$5,000 in cash!

\$2 Domestic Drafts - Every Tuesday, Friday, and Saturday after 4:00 p.m. on the casino floor and in the Starlight Lounge.



Other Resort News



Team Member of the Month Announcement

We are excited to announce that Eddie Brown, our exceptional craps and table games dealer, has been named Team Member of the Month!

Eddie has consistently demonstrated what it means to be a valuable part of our team. His outstanding attitude and willingness to go the extra mile - whether that means staying late, stepping up in emergencies, or lending a hand wherever needed - set a remarkable example for us all.

Not only does Eddie provide excellent service with unmatched patience, but he also excels at building connections with our guests. He takes

the time to learn their names and remember their bets, making their experience at our tables truly special. His passion for teaching players and sharing his knowledge makes him a role model for fellow team members.

Join us in celebrating Eddie's hard work and dedication. Thank you, Eddie, for being an awesome part of our team!

Sips & Tips at Seven Inlets Spa

Calling all spa enthusiasts! Immerse yourself in a day dedicated to self-care and relaxation at our exclusive Sips and Tips event on November 21st at 2:00 p.m. For just \$120, you'll enjoy an unforgettable spa experience that includes:

- A day pass to access all our luxurious amenities
- Two drink tickets to sip and savor
- A guided Eminence facial to rejuvenate your skin
- A delightful charcuterie table to indulge your taste buds
- 25% off an upcoming service to keep the pampering going
- A fun photo booth to capture your special moment
- A fabulous goodie bag to take home!

Connect with fellow spa lovers, unwind, and treat yourself to a day of pure bliss. Tickets are available now, so don't miss out on this amazing opportunity! Reserve your spot today and get ready for a day of relaxation and fun at Seven Inlets Spa!



Mission in Motion

As we wrapped up our fiscal year, we continued to show our commitment in being a positive business within the community.

Here are our latest community contributions for September:

- TVW golf tournament
- Swing for the Heroes Golf Scramble – An effort to assist junior active-duty enlisted members and recently discharged veterans and their families
- Family Support Services of the South Sound – Serves the South Sound to reduce the impact of poverty, homelessness, and family violence in our area
- Centennial Guild Golf Tournament - Raising funds for medical scholarships

Support for the Squaxin Island Tribe:

- Assisted the museum to achieve fundraising goals at the Waters Sounds Art auction
- Donated to a fund raiser dinner for the Indian Education Parent Advisory Committee for Shelton Schools
- Contributed to the Health and Family Services Cancer Awareness program
- Sponsored a bounce house for the Tribe's back-to-school community event
- Donated to the Elder program for OysterFest and their Elder dinner at LCCR



New Employees



Kezia Wentworth
Accounts Payable
Travel Coordinator

Hi! I am an enrolled tribal member. My great-grandmother was Clara Bagley.

I started my education with Grays Harbor College and got my AA in Business Management, then transferred to The Evergreen State College to obtain my BA.

After graduation from Evergreen, I was first hired on at the Squaxin Community Garden about eight years ago. I have a passion and knowledge for traditional foods and medicine.

After working in the garden for a couple of years, I then applied for the Cashier position in the Tribal Center.

I then furthered my education by taking additional accounting classes at SPSCC and have since moved through to Accounts Receivable as a Finance Specialist, then Budget Coordinator, and now Accounts Payable Travel Coordinator.

I am most excited to be able to work with more people and learn the other side of the accounting process.

I look forward to working with you, and I'm excited about this new adventure. Thank you!



Sharon Waters
Treatment Attendant

Hi! My name is Sharon Waters, and I have been hired as a Treatment Attendant for Northwest Indian Treatment Center.

I'm a Collville tribal member and recently moved to Aberdeen. I have 5 kids and four grandchildren who I love dearly.

I moved here to pursue my dream in becoming a Certified Peer Counselor and Recovery Coach for the people who want to stay in recovery as much as I do.

I am excited about gaining experience and working with the staff in a professional manner.

I am also excited to show that I truly want to keep my sobriety and that it's possible to obtain and still have a happy and wonderful life without any substances.



Matt Dickison
Law Enforcement
Officer

Hi! My name is Matt Dickison, and I have been hired as a Law Enforcement Officer with Public Safety and Justice.

I grew up across the road and spent a lot of time playing and doing activities on the reservation.

I have prior experience in law enforcement and working at an inpatient mental health facility.

I'm most excited about getting to know the members of the community and giving back to the community I grew up with, period.

I look forward to working with you and getting to learn more about the history.



Edward Harrold
Chief of Police

Hi! My name is Edward Harrold, and I have been hired as the Chief of Police in the Public Safety and Justice Department.

I have been with the Squaxin police force for the past three years.

Prior to that, I was a Deputy Sheriff for Los Angeles County for 33 years.

I am looking forward to the police department working closely with the community. I look forward to working with the staff members and the members of the community.



Austin Penn
Natural Resources
Office Assistant

Hi! My name is Austin Penn, and I have been hired as the Office Assistant for Natural Resources.

I am from the Penn Bagley family. My father was the late Nathan Penn, and my mother is Lisa Blevins.

I've been adopted and raised by Morningstar Green and John Ackerman.

My grandparents are the late Big Bill Penn and late Myrtle Richards-Sigo, more than likely your syayə? (family). Ayeees!

I am most excited to be joining the NR team as my father worked for Quileute Natural Resources and did lots of collaboration with Squaxin Natural Resources.

I am eager to learn more about what we do to help and help where I can.

I hope to see you when you come to the office or anytime I happen to be out and about!



Thank you
To All of Our Valued Employees!

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 Chief of Police Sworn In by Tribal Council

Chief Ed Harrold had his "Swearing in Ceremony" October 9th at 10:00 a.m. in the Council Chambers. Below are pictures from the event.



Chief Harrold with Mason County Sheriff Ryan Spurling



Chairman Peters conducting the ceremony



Ed and his wife, Karen, with Chairman Peters



Come have coffee and meet the new Chief of Police, Ed Harrold, after Senior Lunch on Wednesday, November 13th in the Senior Lunch Room.



Welcome Back Officer Drogmund

We are pleased to have Officer Tony Drogmund back on our police force.

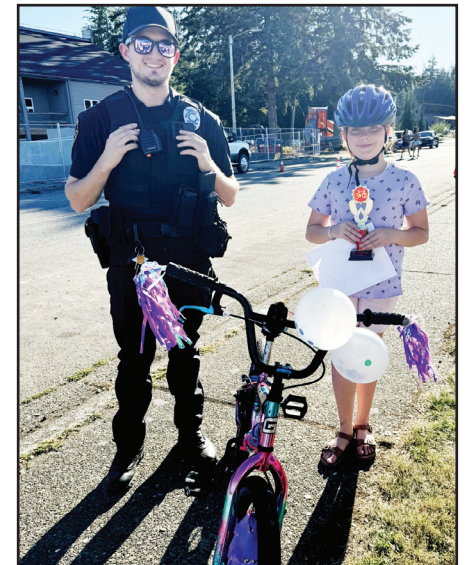
He recently returned from a ten month deployment to the Middle East with the Washington Army National Guard.

He is happy to be home with his family and back to work!



Bicycle Rodeo

Officer Hunter Falash set up the bicycle course and helped kids ride through the course. Daisy Dyer, granddaughter of Millie Wagner, won the "Best Decorated Bike" award, and Sally Brownfield won the raffle gift basket.





Bordeaux

November is here! We are in our third month back in school and we are busy!

At the end of October, we had our conference week and book fair. I hope all our families got to make it to those. If you haven't made it to a conference and still want to have a meeting, let me know and I can arrange that.

It is Native American Heritage month, and I am so excited to share our activities. Along with the help of our Native Ed program, we will be working with our K-4th grade classrooms providing resources to help teach our native history, tales, and legends, and just having those important conversations about our Native people and the work that has been done to allow us to get this far.

We also are putting on a Native American Heritage assembly and will be inviting some important guests to share with our Bordeaux bulldog family. We will be excited to share pictures of our activities and events in the next Klah-Che-Min newsletter.

Here are some pictures of our last month at Bordeaux, an inside look at our busy little lives here.

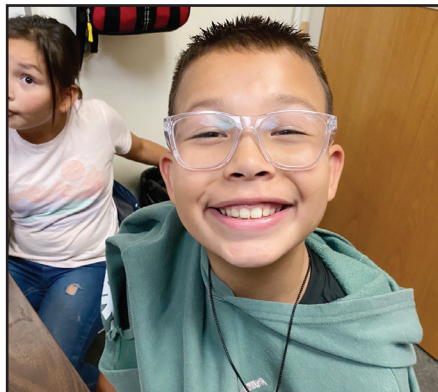
- Tamika Krise



Zion doing math



Evelyn getting active in our Native Ed convos



Elijah and Ivy



Fourth grade lunch crew



Oakland Bay Junior High

Hi all, it has been a great start to the year, and I couldn't be more proud of the students.

This year at Oakland Bay Junior High has been a true step up over the last two years I've been here, in all aspects. Average attendance has gone up, grades have improved, and disciplines have gone down for Squaxin students.

The 7th graders have done a great job of adjusting to the new school and have flourished. I am extremely optimistic about their future and can't wait to see what they accomplish.

I also want to say that I am available at the Education Center after school from 3:00 - 5:00 if students need help catching up in class or just extra help in general. I encourage students to take advantage of this, because it is a valuable resource for students, no matter the grades they have.

Also, please keep up on your students' homework. It is still the number one reason that students are missing assignments or having lower grades than they should have.

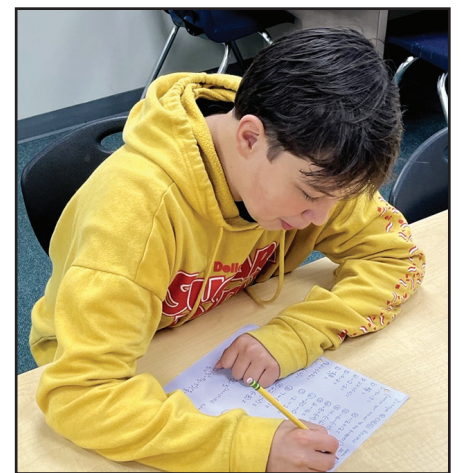
Native American Heritage month is coming up, and I will be attempting to reach out to community members to potentially stop by the school and speak to our students. If you are interested, please reach out to me at ckinzner@squaxin.us and let me know your availability.

Student of the month! The first student of the month this year is Emilio. He has made a seamless transition from OMS to OBJH and has been truly flourishing. Emilio currently has straight A's and has only missed two days of school. But the most impressive thing that he has done so far is have the ability to advocate for himself. He knows when to reach out when he feels that he doesn't understand a subject or just needs a calm space to work in. I can't wait to see what he can accomplish this year!

- Caleb Kinzner



Emilio happy at OBJH!



Beau getting the work in!



YOUTH CENTER



Olympic Middle School

We are already three months into the school year, can you believe it?!

We were able to hold our third annual welcoming ceremony this year to start the year off again and it was our biggest circle yet!

Thank you to all the adults and Elders who showed up to show OMS Native Ed students your support. Our Squaxin kiddos took the healthy risk this year and led us in a song and dance. It was so much fun for everyone.

Whether at recess, inter-mural sports with the school or after school at the Squaxin gym, our middle schoolers love to get down into sports.

The girls volleyball team and the boys flag football teams were filled with our Native Ed students. Our boys are always looking for some extra time to shoot hoops and take a lot of pride in our Squaxin basketball team.

The last weeks of October were conferences and a book fair!

Doing grade checks and attendance checks, I was very happy to see how much work our kiddos have been putting in! Just about every single one of them qualified for our No Missing Assignments raffle or our Good Attendance raffle, if not both! Amazing work, OMS Eagles, keep it up!

- Kiana Wily



Satayla and Liv at their volleyball game



Zayne and Natalia with Janelle enjoying the tacos at the Master Plan Meeting



Squaxin youth and advocates leading a song at Welcoming Ceremony



Edwin, Eden and Wiki working hard in Academy



Squaxin youth and advocates leading their friends in a song and dance



OMS Welcoming Ceremony

Attendance

Hello Squaxin!

We have been serving Shelton School District Squaxin youth with a new approach. We have been meeting with the youth, the advocate for their school, the truancy prevention specialist, and Keesha, our Teen Coordinator.

Keesha and Jaimie have been partnering and using a restorative practice.

Each of our children deserve a safe space to receive their education. As a community, we need to be good relatives and encourage our youth to attend school. Academics are important, but youth need social/emotional support to develop life skills.

Tips and Tricks to help your student be a good relative in school:

ESTABLISH ROUTINES - Having regular bed-times, wake up times, and homework times helps students get to school without it feeling like a daily battle.

BE INVOLVED - Ask your student how their school day went! What's one thing you liked about today? Anything you disliked? How can we solve this problem? Is there anything I can do to support you?

SEEK HELP WHEN NEEDED - If excessive absences persist, please reach out! Jaimie and I are here to help. We have advocates in schools that are always willing to help, too. We have homework help from 3:00 - 6:00 p.m. Monday through Thursday weekly.

We are here for you and the students!

Love you all,
- Keesha Vigil and Jaimie Cruz



Jaimie, Keesha and Caleb ready to help a student develop an attendance plan!



YOUTH CENTER



Shelton High School

Hello from SHS! We over at the high school have been very busy getting used to schedules and new routines! We are trying to get into good academic habits on and off campus!

Last month we had our annual homecoming assembly and spirit week! It was so much fun, and we had a few Squaxin teens in both assemblies and football games. It was awesome to see our teens in their element at school! We love it when our teens take that healthy risk and join a team or club at SHS!

Finally I want to give a quick reminder that after school homework help is open, so if you need help getting that assignment turned in, come on up and we can get ya back on track! We are here for ya 3:00 - 6:00 p.m. Monday - Thursday.

- Isabelle LeClair



Higher Education

Winter quarter is right around the corner! Remember to send in your final grades for fall, new class schedule for winter quarter/spring semester, and your completed Memorandum of Commitment for the quarter/semester.

I need all of this information for your Higher Education file by December 6th.

I cannot process your paperwork for the college until your file has been updated.

I hope everyone had a very successful first quarter/semester.

If you have any questions I can be reached at my direct line or email. Thank you,

Mandy Valley
Higher Education Coordinator
(360) 432-3882
mvalley@squaxin.us

NOVEMBER 2024 POOL CALENDAR						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: LS: LAP SWIM EA: ELDER'S AEROBICS OS: OPEN SWIM ASP: AFTER SCHOOL PROGRAM SYP: SKOK YOUTH PROGRAM					01 LS/OS: 8:30 AM - 5:30 PM	02 LS/OS: 8:30 AM - 5:30 PM
03 LS/OS: 8:30 AM - 5:30 PM	04 LS/OS: 8:30 AM - 5:30 PM	05 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	06 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	07 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 4:00 PM ASP: 4:00 PM - 5:30 PM	08 LS/OS: 8:30 AM - 5:30 PM	09 LS/OS: 8:30 AM - 5:30 PM
10 LS/OS: 8:30 AM - 5:30 PM	11 LS/OS: 8:30 AM - 5:30 PM	12 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	13 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	14 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 4:00 PM ASP: 4:00 PM - 5:30 PM	15 LS/OS: 8:30 AM - 5:30 PM	16 LS/OS: 8:30 AM - 5:30 PM
17 LS/OS: 8:30 AM - 5:30 PM	18 LS/OS: 8:30 AM - 5:30 PM	19 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	20 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	21 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 4:00 PM ASP: 4:00 PM - 5:30 PM	22 LS/OS: 8:30 AM - 5:30 PM	23 CLOSED FOR PRIVATE POOL PARTY!
24 LS/OS: 8:30 AM - 5:30 PM	25 LS/OS: 8:30 AM - 5:30 PM	26 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	27 LS/OS: 8:30 AM - 12:00 PM CLOSED REMAINDER OF DAY FOR HOLIDAY BREAK!	28 CLOSED FOR HOLIDAY HAPPY THANKSGIVING!	29 CLOSED FOR HOLIDAY BREAK!	30 LS/OS: 8:30 AM - 5:30 PM



YOUTH CENTER



October After School Program

Spooky Season was here...

October was an exciting and busy month in the T.Y.C building. We held our Trunk-or-Treat and haunted house on Thursday October 24th from 5:00 p.m. - 7:00 p.m. All the fun and spooky Halloween costumes were awesome and cool. We had tons of fun getting a little scared in the haunted house. Thank you to all who worked so hard putting the event on. It was fun! We hope you enjoyed your Halloween and got tons of candy!

On Tuesday, October 1st, the youth had a great time playing outside in the sunshine and hanging out with their friends. We had new Kindergarteners join the program for the first time, and it was great to meet them and introduce them to the after-school program.

The first two weeks of the program were spent getting back in the swing of the after-school schedule by playing outside on the playground, creating art in the Rec Room, and having a great time playing basketball in the gym.

On Monday, October 7th, the youth had a great time creating their cultural activity, playing in the gym, and running around outside in the beautiful weather.

On Tuesday, October 8th, the youth got to hang outside on the playground, have free choice in the rec room, and played in the gym.

On Thursday October 9th, the youth swam in the swimming pool from 4:00 - 5:30 p.m. and had a blast.

On Monday, October 14th - Indigenous Peoples Day - we talked to the youth about what Indigenous Peoples Day represents and why we celebrate it. During the 5:00 p.m. activity time, the youth made medicine bags and got to

paint and bead on them.

Friday, October 18th was movie night in the rec room, and the youth all got to watch a Halloween movie while eating snacks and popcorn. The youth voted on the movie they wanted to watch that evening.

Monday, October 21st - 23rd and 25th was Shelton School District's early release for conferences, and we were open for the youth from 12:30 p.m. - 6:00 p.m.

Monday, October 28th – Friday, November 1st was Griffin School District's early release for conferences, and the after-school program was open 12:30 p.m. - 6:00 p.m. We had fun activities for both school districts' early release weeks. We played games, were out on the playground, in the gym playing basketball, and creating fun DIYs in the rec room, along with some fun cooking activities for all the youth.

We will be having swimming for all after school youth weekly from 4:30-5:30 p.m. on Thursdays, so please make sure to have your youth bring their own swimsuit and towel. No borrowing.

Stay tuned for the upcoming after school events 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 and Kenna Krise



November 2024

Kasia: 360-432-3801 | Kenna: 360-432-3895 | Sara: 360-432-3992 | Tanalee: 360-432-3919 | Rec Room: 360-432-3986

Monday	Tuesday	Wednesday	Thursday	Friday
				After-School 12:30-6pm Pour Art on Canvases <small>GSD Early Release Conferences @ 12:30pm</small>
After-School 3-6pm Cultural Mini Button Blankets 4	After-School 3-6pm Cooking: Pumpkin Truffles 5	After-School 3-6pm Traditional Plant Teachings: Gathering Cedar 6	After-School 3-6pm DIY Dragon Puppets Swimming, Bring your Swimsuits & Towel 7	After-School 3-6pm Pastel Turkey Art 8
After-School 8:30-3pm No School Veterans Day Field Trip to Kennedy Creek Leave at 10am Return at 12pm 11	After-School 3-6pm Cooking: Manila Clams 12	After-School 1:30-6pm Traditional Plant Teachings: Cedar 13 <small>SSD 1.5 Hr. Early Release GSD Early Release 2:30</small>	After-School 3-6pm DIY Paper Crafts Swimming, Bring your Swimsuits & Towel 14	After-School 3-6pm Traditional Foods Dinner 4:30-5:30pm 15
After-School 3-6pm Cultural Mini Button Blankets 18	After-School 3-6pm Cooking: Pumpkin Cookies 19	After-School 3-6pm Traditional Plant Teachings: NW Tree Bingo 20	After-School 3-6pm DIY Masks Swimming, Bring your Swimsuits & Towel 21	After-School 3-6pm Movie Night 5-6pm 22
After-School 3-6pm Cultural Mini Button Blankets 25	After-School 2:30-6pm Cooking: Fry Bread 26 <small>GSD Early Release @2:30</small>	Closed Thanksgiving Holiday 27	Tribe Closed Thanksgiving Holiday 28	Tribe Closed Thanksgiving Holiday 29
Key: SSD – Shelton School District GSD – Griffin School District	After-School Mealtimes: 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	After-School & Recreation programs are Tobacco, E-cigarette, Alcohol & Drug Free. Activities Calendar subject to change at any time



SALISH ROOTS FARM HARVEST FESTIVAL



October 17th at the Community Kitchen



Thanking Garden and Natural Resources Staff



Blanketing Charlene Krise in place f her daughter, Aleta Poste, for her years of dedicated service to the Garden





FAMILY SERVICES



Every Child Matters Event

Family Services celebrated Every Child Matters day with a pop up event on September 30th.

We did it on Friday, September 27th, so everyone could wear their hoodies or t-shirts on Monday.

We wear orange to support the survivors and those affected by boarding schools.

We had a little jump rope contest and everyone received a thank you gift for participating.

Walking tacos were also served.

The event was sponsored by Squaxin Island Tribe's Family Violence program, Voc Rehab, and Family Justice, who all collaborated to make this a success





BASKET WEAVERS CONFERENCE



Margaret Seymour-Henry, NNABA Board Member - The 27th annual Northwest Native American Basket Weavers Association (NNABA) conference was hosted by the Tulalip Tribe on October 4th and 5th.

Congratulations to Malia Henry for teaching her first class and Kiana Henry, for being her assistant. Everybody was so happy with them and we got some great feedback on their abilities.

It's always fun to see everyone's excitement in learning how to weave a new style of basket while visiting old friends and making new ones. We were especially happy to see all the youth who made it.

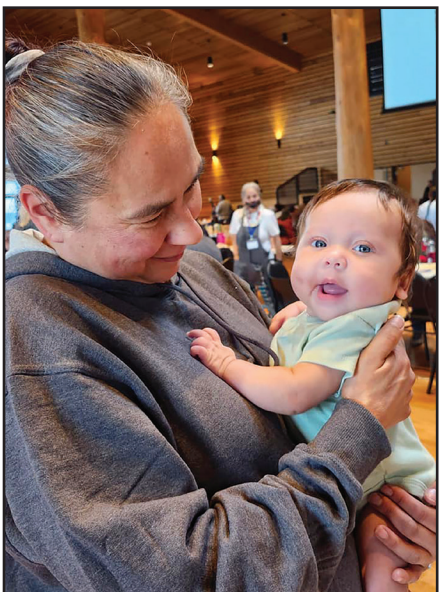
We are hoping to host the 30th annual NNABA conference here at Squaxin. Please start preparing weavers, gatherers, and vendors, etc.

Thank you to the Squaxin Island Tribal Council for always supporting us up to at least 15 weavers every year!





BASKET WEAVERS CONFERENCE



Photos by Margaret Seymour-Henry and Morningstar Green



VETERANS



Thank you, Squaxin Island Veterans

Addison, Moody
Aldrich, Jake

Bagley, John
Baller, Christopher
Bloomfield, Charles
Briggs, John Clayton
Brown Garcia, Alex
Brown, Dan Charles, Sr.
Brown, Dan L.
Brown, Edward B.
Brown, Henry P.
Brown Pfundheller, Jan
Brown, Joe
Brown, John Mac
Brownfield, Donald R.
Brownfield, Gary L.

Campbell, Marvin E.
Capoeman, Donald L.
Capoeman, Felix E.
Capoeman, Vernon
Cheeka, Cecil P.
Cheeka, Ernest R, Jr.
Clapanhoo, Edward
Cooper, Francis
Cooper, Rusty

Dailey, Ronald

Elam, Sallee
Ellerbe, Elroy
Fletcher, Harry
Fletcher, Wesley
Frank, Billy, Jr.

Giles, James
Greenwood, Dustin

Henry, Christopher
Henry, Edward
Hoosier, Jeffery

James, Arthur Douglas
James, Robert
Johns, Delwin
Johns, Lloyd
Johns, Richard

Johnson, Bruce
Johnson, Robert
Jones, Robert
Jones, Sean

Kenyon, Kimble
Krise, Darrell
Krise, Delbert
Krise, Frank
Krise, Harvey, Jr.
Krise, Harvey Sr
Krise, James
Krise, John
Krise, John, Sr.
Kruger, Pete, Sr.

Lewis, Riley
Lewis, Toby
Lister, James

Martin, Arthur, Sr.
Martin, Dennis
Martin, Phillip
Mason, Joshua
McCloud, Andrew
McCloud, Donald

Napolean, Francis, Jr.
Napolean, Louis
Newell, Marvin, Jr.

Parker, Glen
Parker, Levi
Parker, Vernon
Penn, Willian
Peters, Calvin
Peters, Raymond
Peters, Rick
Peters, Steve Ray
Peters, Steve Michael
Peters, William Bagley
Peters, William Ray
Pleines, Rusty

Reynolds, Donald (Dawson Mowitch)

Saeger, Mishell
Sequak, Martin
Seymour, David
Seymour, Jonella
Seymour, Joseph H., Jr.
Seymour, Joseph H., Sr.
Sigo, Dennis
Sigo, Dewey
Sigo, Steve, Jr.
Snipper, Brent
Stephens, Gail Marie


Witcraft, Steve
Whitener, David, Sr.
Whitener, Donald E
Whitener, Donald K
Whitener, John Brady
Whitener, Joseph
Whitener, Robert
Whitener, Ronald
Whitener, Wilson

WE HONOR
AND THANK
OUR
VETERANS!



You can watch a video at: squaxinland.org/squaxin-island-veterans

If you know a veteran who should be included on this list, please contact: Theresa Henderson | thenderson@squaxin.us

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



T' Day for Pets

Each Thanksgiving, there are reports of dogs who are injured and even die after being given turkey bones to chew on. Dogs love to chew, but turkey bones should never be given. They are very brittle and can splinter easily. If swallowed, the sharp ends could cause internal bleeding. As a treat, give your dog a beef bone to chew.

Overindulging during the holidays is an American tradition, but too much "human" food can make your pet sick.

Holiday food is typically richer than usual. It is definitely much richer than your pet is accustomed to eating.

Even when those big eyes stare at you, pleading for just a taste of your food, remember that the healthiest meal for pets is their usual quality foods.

- From Gus the Doggie Guy

Squaxin Island Tribe's Office of Housing

Housing staff is available. Please do not hesitate to call or email with any questions or concerns.

The Office of Housing contact information:

- ⇒ Liz Kuntz – Housing Manager
⇒ Email: lkuntz@squaxin.us PH: 360-432-3937
- ⇒ Lisa Peters – Housing Counselor
⇒ EMAIL: lpeters@squaxin.us PH: 360-432-3871
- ⇒ Kristin Penn – Housing Occupancy Specialist
⇒ EMAIL: kpenn@squaxin.us PH: 360-432-3863
- ⇒ Ashly Sigo – Housing T-HOPE Specialist
⇒ EMAIL: asigo@squaxin.us PH: 360-432-3888
- ⇒ Gus Nilsson – Housing Enforcement Officer
⇒ EMAIL: gnilsson@squaxin.us PH: 360-432-3953
- ⇒ Guy Cain – Housing Maintenance Technician
⇒ EMAIL: gcain@squaxin.us PH: 360-432-3957
- ⇒ For Housing related emergencies call
Maintenance PH: 360-545-2768

Squaxin Island Tribe
Office of Housing
10 SE Squaxin Lane
Shelton, WA 98584



Fall Back, Not Down Spring Forward, Fall Back.

When fall arrives, Daylight Savings Time ends. November 3th is the date to remember to turn your clocks back an hour.

"Fall" is something most animals do not want to do. Birds have a special talent in this area.

When animals sleep, most of them lay down for their nap, or curl up to sleep. Not birds. They sleep standing up. But how do they get their rest and not fall while asleep?

The deeper the sleep of a bird, the less likely he is to fall. The grip of the bird's claws is controlled by a long tendon that runs along the back of the bird's leg.

The more the tendon stretches, the tighter the claw's grip. As the bird relaxes into deep sleep, the legs bend and the tendon stretches, tightening his grip on the perch.

- From Gus the Doggie Guy



ELDERS VISIT CABO



Elders Health and Well-Being Discussions

Please join us weekly on Thursdays for Elders' Health and Wellbeing discussions during senior lunch. These health discussions focus on improving the health of our community by preventing common health problems. These discussions will also help reduce misconceptions surrounding mental health conditions and create a safe environment for people to share and seek assistance.

Please join us for our weekly lunch talks:

11:45 a.m. - 12:15 p.m. on Thursdays!



1st Thursday of the Month:

Behavioral/Mental Health

2nd Thursday of the Month:

Medical Health

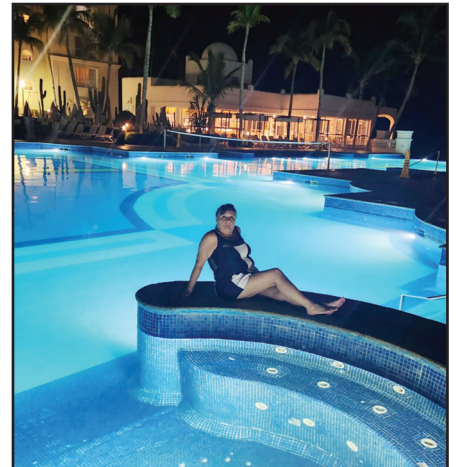
3rd Thursday of the Month:

Wellness





ELDERS VISIT CABO





ELDERS VISIT CABO





Fall Prevention

By Dr. Ferguson - Elderly individuals are at a high risk of injury and death due to falls. Every year, one in three adults aged 65 and older, and half of those aged 80 and older, report experiencing a major fall. That number increases with elders who have transitioned to alternative living arrangements, like assisted living and skilled nursing facilities, where about two thirds of those elders fall every year.

Minor bruises or cuts occur in about 30 to 50% of falls, whereas major injuries, like broken bones (e.g., hip, hand, forearm, upper arm, thigh bone, ankle, pelvis, and spine fractures), or traumatic brain injury result from 5 to 10% of falls. Falls, incidentally, are the number one cause of traumatic brain injury (concussions) in older adults. Symptoms commonly associated with a traumatic brain injury or 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. If your healthcare provider doesn't ask about these symptoms after a major fall, don't hesitate to bring it up during your visit if you are experiencing any of these.

Falls are the reason for 90% of hip fractures in the elderly. Hip fractures commonly occur when individuals fall to the side. Hip fractures often lead to extended bed rest, causing significant muscle loss, which increases a person's risk for falls even further. Further muscle wasting delays recovery and requires extensive physical rehabilitation. After a hip fracture, most tragically, 25% of older adults die in the first year, 76% will experience significant reductions in their ability to move, 50% will face a decline in their ability to perform daily routine activities, and 22% will have to transition into nursing homes.

Falling often leads to fear of falling in older adults. Psychologists call this basophobia or ptophobia. An unhealthy cycle of fear and activity avoidance often results in poorer physical health, more social isolation, and depression.

Muscle Weakness and Fall Risk

Carefully controlled scientific studies reveal that muscle weakness, particularly in the lower extremities, is the primary physical risk factor for falls in elders. According to studies, having muscle weakness alone can increase the risk of falling by a factor of five. Put simply, having muscle weakness increases the likelihood of falling in a year by five times.

Tai Chi, originating from China, is a martial art that requires slow and continuous movements of all body parts. There is an abundance of scientific evidence supporting its use in fall-prevention programs. Tai Chi proponents assert that it has potential benefits for older individuals by incorporating strengthening, balance, postural alignment (body placement), and concentration.

If Tai Chi might be of interest to you, please see the following brief introductory video titled, How Tai Chi and Qigong exercises can help prevent falls in older adults: <https://www.youtube.com/watch?v=uOqkdvQPXkU>. Moreover, the kind folks at Tai Ji Quan: Moving for Better Balance in Thurston County would be willing to conduct classes at the reservation if there was enough interest (<https://www.betterbalance.net/>).

Additionally, please check out the graphic showcasing a straightforward chair rise exercise aimed at enhancing the muscles in your thighs and buttocks. Prior to starting any workout, however, it is essential to consult with a qualified medical professional to make sure it is safe for you to do.

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total			Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.

To check your risk online, visit: www.bit.ly/3o4RiW8

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499). Adapted with permission of the authors.

Other (Potentially) Modifiable Factors Related to Fall Risk

There are other factors associated with fall risk including environmental hazards, medication side effects, and diet, among others.

Environmental hazards: Environmental risks, such as slippery surfaces, uneven flooring, and poor lighting, as well as objects scattered around the room, like toys and loose rugs, along with unstable furniture and pets nearby, can pose tripping hazards. On the other hand, you can make the shower safer by installing grab bars, using a shower chair, and eliminating tripping hazards.

Medications: Some medications can contribute to falls among older individuals (i.e., Beers Criteria). Sedatives, pain medicine, antidepressants (due to what's called cholinergic effects), antihistamines (to relieve allergy symptoms), muscle relaxers, and medications that affect blood pressure, are medications that can increase fall risk.

Continued on Page 24



Fall Prevention *Continued from Page 23*

If you have concerns about your medications affecting your balance or causing dizziness, it may be helpful to discuss possible medication adjustments with your prescribing provider or a pharmacist. This, of course, might not be possible, as going off of the medication might do more harm than good. It's possible, however, that there are non-pharmacologic (non-medication) options to help with these conditions.

Health Conditions: Some health conditions can also contribute to an increased risk of falling. Parkinson's disease and Multiple Sclerosis are prime examples since they affect balance and one's ability to move. Risk of falls rises with progressive illnesses, such as Alzheimer's disease, which impair thinking abilities. Walking, climbing stairs, maintaining balance, etc., are also impacted by peripheral neuropathy (nerve damage) caused by diabetes, which naturally heightens the risk of falling. Fall risk has been found to rise in individuals with depression, which may not be immediately apparent.

Further Fall Prevention Information:

Check for Safety: A Home Fall Prevention Checklist for Older Adults (Centers for Disease Control and Prevention)
<https://www.cdc.gov/steady/pdf/steady-brochure-checkforsafety-508.pdf>

Family Caregivers: Protect your Loved Ones from Falling (Centers for Disease Control and Prevention)
www.cdc.gov/steady/pdf/STEADI-CaregiverBrochure.pdf



Fall-Proofing Your Home: (National Institute on Aging)
www.nia.nih.gov/health/fall-proofing-your-home

Chair Rise Exercise: This strengthens muscles in your thighs and buttocks (Centers for Disease Control and Prevention)
www.cdc.gov/steady/pdf/STEADI-Brochure-ChairRiseEx-508.pdf

Postural Hypotension: What it is & How to Manage it (Centers for Disease Control and Prevention)
www.cdc.gov/steady/pdf/STEADI-Brochure-Postural-Hypotension-508.pdf



Aging and Oral Health

Do you find that as you age you are experiencing difficulties with your teeth, mouth or oral hygiene? Perhaps you have noticed that your gums have receded or you're having issues with a dry mouth. Maybe your dentures or partials are not fitting correctly, or you are not quite sure how to properly clean them. Although frustrating and uncomfortable, there are things you can do and assistance you can get to make these problems easier to deal with.

Dry mouth is commonly caused by certain medications (blood pressure control, antidepressants, bladder control meds) and dehydration. It can also be caused by diseases (diabetes, Sjogren's syndrome, HIV/AIDS), radiation therapy/chemotherapy and nerve damage.

Not only does it make it difficult to swallow, chew, or talk, but other problems can be caused by dry mouth. These problems include an increased risk of cavities or fungal infections because saliva protects the teeth from harmful microorganisms. This is especially concerning when there is significant gum recession,

as the exposed root surfaces are softer and more susceptible to tooth decay than the harder enamel crowns. Also, without the proper amount of saliva, wearing dentures can be uncomfortable, not fit as well, develop sore spots, and are at risk of developing fungal infections underneath the dentures.

Things you can do to help with dry mouth:

- See your dentist regularly so they can monitor for decay and fungal infections. They can also provide you with advice, strategies or products that can help alleviate the symptoms of dry mouth, such as saliva substitute rinses and prescription fluoride products.
- See your physician about the medications you are taking. They may be able to change the medication type or dosage if necessary.
- Use OTC products such as xylitol gum or dry mouth lozenges and dry mouth rinses.
- Use fluoride toothpaste and mouthrinses to help make your teeth stronger, slow cavity formation and help with sensitivity.

Tooth loss can affect people of all ages and not just older adults. Dentures and partials can be a helpful alternative to tooth loss. However, if they do not fit properly, it can be incredibly difficult to eat or even talk. If you have dentures and feel like they are not fitting properly, contact your dental clinic immediately for a consultation. Your dentist can help you get your dentures re-fitted, re-lined or re-made if necessary.

Make sure you are properly caring for your dentures:

- Remove dentures while you sleep. This allows the tissues in your mouth to breathe and rest.
- Clean dentures every day. Use a denture cleaning brush to softly remove stain. Avoid using toothpaste as it is abrasive and can damage the denture. You can brush after soaking in denture cleanser or white vinegar overnight. Or use a drop of dawn dish soap and water to gently cleanse while brushing.
- Visit your dentist at least once a year to have your mouth and dentures checked. It is important to check the health of your tissues, as well as the condition and fit of your denture.

Contrary to popular belief, gum disease is not a condition brought upon by age. Gum disease (periodontal disease) is a bacterial infection of the gums, bone and connective tissue surrounding the teeth. It can cause inflamed gums, loose teeth and eventually tooth loss if left untreated.

To prevent and/or treat gum disease:

- Brush twice a day for two minutes each time with an electric toothbrush. The research shows that any electric toothbrush cleans better than any manual toothbrush.
- Floss and use a Waterpik or water flosser at least once a day. When using a Waterpik, use it on the lowest settings. Close your mouth and lean over the sink to avoid water spillage.
- Visit your dentist regularly. Get the proper type of cleaning every 4-6 months at your dental hygienist's recommendation.

Aging does not have to mean a deterioration of your oral condition. Aging is an honor but one that brings its own set of challenges. Keeping your mouth and teeth healthy can help to alleviate stress and improve quality of life.



Respiratory Virus Guidance Snapshot

CORE STRATEGIES

Core Prevention Strategies

Immunizations

Hygiene

Steps for Cleaner Air

Treatment

Stay Home and Prevent Spread*

ADDITIONAL STRATEGIES

Additional Prevention Strategies

Masks

Distancing

Tests

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until,**

Your symptoms are getting better

and

You are fever-free (without meds)

for 24 hrs

Then take added precaution for the next 5 days

November

Diabetes Awareness Month

LET'S BEAT DIABETES TOGETHER

SPIPA

Health & Wellness

ARE YOU DUE FOR YOUR MAMMOGRAM?

SPIPA Health & Wellness is partnering with Carol Milgard Breast Center to provide mammograms!

Date: December 7, 2024

When: 10:00am- 12:00pm

Where: 4525 S 19th St
Tacoma, WA 98405

Assistance with transportation and gas available!

Women 40+ Are eligible if:

- Meet Income guidelines
- No breast pain
- Photo ID
- No new breast lumps or concerns

INTERESTED IN SIGNING UP?

Please contact Della Culp
SPIPA NWWP Coordinator
at 360-426-3406 or
call/text 360-968-3768

If you do not have insurance SPIPA will pay for services, if you do have insurance SPIPA will cover copays and out of pocket costs.

* Carol Milgard Breast center will contact you to schedule once NWWP Screening forms are done*

This publication is supported by the Grant or Cooperative Agreement number, NUS8DP006294, funded by the Centers of Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services

SPIPA

Health & Wellness

ARE YOU DUE FOR YOUR MAMMOGRAM?

SPIPA Health & Wellness is partnering with Swedish Mobile Mammography to provide FREE mammograms!

2025 Dates:

Friday February 21, 2025

Friday May 23, 2025

Friday June 27, 2025

When: 7:40am- 3:20pm

Where: 3104 SE Old Olympic Hwy Shelton, WA 98584

Assistance with transportation and gas available!

Scan the QR code below to sign up!

Women 40+ Are eligible to use to the mobile bus if:

- Meet Income guidelines
- Photo ID
- No new breast lumps or concerns
- Must be able to walk up and down stairs
- Must be able to stand for exam

QUESTIONS OR HELP SIGNING UP?

Please contact Delia Culp
SPIPA NWWP Coordinator
at 360-426-3406 or
360-968-3768

* If you do not have insurance SPIPA will pay for services, if you do have insurance SPIPA will cover copays and out of pocket costs.

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11/1
Kimberly RayeAnn James
Wesley Arthur Fletcher

11/3
Rickie Leigh Ramage
Shannon Rae Bruff

11/5
Beverly Jean Hawks
Elizabeth Anne Kuntz
Jason Charles Snipper
Jennifer Leann Briggs
Lawanna Bonnie Sanchez

11/6
Keerah Lynn Brown
Laura Lee Smith
Terri Louise Capoman
Thomas Richard Peterson

11/7
Russel W. Cooper

11/8
David Wayne Whitener

11/9
Amy Grace Taylor
Mickey Lee Hodgson

11/10
Jolene Sandra Jones

11/13
Rachel Marie Parker

11/16
Tammy Ruthann Rios

11/17
Elizabeth Ann Krise
Jennifer Lee Johns

11/18
Joseph Chetwoot Peters

11/19
Lucille Arlene Quilt

11/20
Jason Lawrence Kenyon

11/21
Aleta Chelan Poste
Bianca Angelina Saenz-Garcia

11/23
Candee Graywolf Gillette
Delores Del Johnson
Diane Irene Deyette
Lyssa Renee Wier
Steven M. Dorland

11/24
Cecily A. Neilsen
Joseph Hugh Seymour
Michael Aaron Parker

11/26
Candace Olivia Penn

11/27
Leslie Alan Cooper

11/28
Ila Mae Ball

11/29
Daniel Alexander Combes
Mark Allen Peters
Sarah Elizabeth Thornton

11/30
Carol Ann Hagmann



Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us



Indigenous Peoples Day at Squaxin park

Photos by Zoltan Grossman and Jaimie Cruz



1
2
3 THE HONORABLE ANITA ESTUPIÑAN NEAL
4
5
6 SQUAXIN ISLAND TRIBAL COURT
7 YOUTH COURT
8 SQUAXIN ISLAND RESERVATION
9
10 IN RE: Case No.: SWI-CW-2024-03-5
11 J.L. NOTICE OF FACT FINDING AND
12 DISPOSITIONAL HEARINGS
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 Fact Finding and Dispositional Hearings in the above captioned matter. The hearing on this matter
18 shall be held on November 7, 2024, at 12:00 p.m. at 10 SE Squaxin Lane, Shelton, Washington.
19 FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE
20 CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with
21 Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.
22
23
24
25 NOTICE-- PAGE 1 OF 1

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



COMMUNITY



What's Happening

Holiday Bazaar:

November 1 & 2

Master Planning Forum:

November 7

Court:

Family Court
Criminal/Civil Court:

November 7
November 12

**USDA
WIC**



November 16
November 12



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



Another great photo from the Harvest Festival



Culture Night

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



Where the Tide Meets the Creek

SCAN TO VIEW THE STORYMAP



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



MONDAY 4:

Chicken Teriyaki, Rice, Veggies

TUESDAY 5:

Italian Sausage Potato Soup, Bread sticks

WEDNESDAY 6:

Baked Potato Bar, Broccoli

THURSDAY 7:

Spaghetti, Corn, Garlic Toast

MONDAY 11:

Tator Tot Casserole, Brussel Sprouts

TUESDAY 12:

Chicken Dumpling Soup, Crackers

WEDNESDAY 13:

Tacos

THURSDAY 14:

Baked Ham, Scalloped Potatoes, Carrots

MONDAY 18:

Enchilada Casserole, Black Beans

TUESDAY 19:

Split Pea Soup, Biscuits

WEDNESDAY 20:

French Dips, Potato Salad

THURSDAY 21:

Pork Chops, Stuffing, Mixed Veggies

MONDAY 25:

Hamburgers, Mac Salad

TUESDAY 26:


Turkey, Mashed Potatoes/Gravy, Rolls, Stuffing

WEDNESDAY 27:

CLOSED for Cleaning

THURSDAY 28:

CLOSED
Happy Thanksgiving!



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:
Call: 360.462.3224,
Email: wicnutrition@spipa.org
 or
Debbie Gardipee 360.462.3227
Email: dgardipee@spipa.org
 Main SPIPA number: 360.426.3990

Next WIC:
Tuesday, Nov 12, 2024
We're offering both phone appointments and in person appointments.
Date subject to change

wic WOMEN, INFANTS & CHILDREN

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


ALL CALL

FOR SQUAXIN ARTIST

LOOKING FOR AN ARTIST TO HELP DESIGN A LOGO FOR AN UPCOMING RECOVERY EVENT

Design will be used for event promotional items to include but not limited to T-shirts and flyers.

If you are an artist and interested, please contact ERICK at Northwest Indian Treatment Center to inquire more information.
 Phone- 360-482-2674
 Work Cell-360-463-3047
 Email- EBussard@squaxin.us



South Puget Intertribal Planning Agency

USDA Foods Program November Dates

PT. GAMBLE S'KLALLAM	11/1/24
SQUAXIN ISLAND	11/16/24
SKOKOMISH	11/12/24
NISQUALLY	11/15/24
CHEHALIS	11/22/24

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.




NEED DIAPERS?

The Diaper Distribution On Reservations **DDOR** Program works with other SPIPA programs to deliver supplemental diapering supplies to eligible families.

Families that are eligible for other Family and Community Resource Programs are eligible for Diaper Distribution.

Scan this QR code to get started today.



P: 360.426.3990



SPIPA.ORG/FAMILY-AND-COMMUNITY-RESOURCES



Christmas SPONSOR

FOR FOSTER CHILDREN

Squaxin Island ICW is currently looking for individuals or departments to sponsor a child/children who are in our care for Christmas

GIFTS DUE DECEMBER

MONDAY	9	8:30 - 4 PM
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2024

Contact Shaelynn Clark
 Sclark@squaxin.us
 360-490-7269