



Feedback forms are available on: squaxiniland.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.

HOSTED BY SICDC

TRUNK OR TREAT

FAMILY ACTIVITIES **HOT CHOCOLATE, CIDER, & LIGHT SNACKS SERVED**

PEDESTRIAN SAFETY EDUCATION

SATURDAY OCTOBER 26TH, 2024
START AT 2PM-4:00PM

AT SICDC
 3851 SE OLD OLYMPIC HWY
 SHELTON, WA 98584

REGISTER VEHICLE THEME & CHILD ACTIVITY TO KAITI KRUG BY OCTOBER 25TH 2024 KKRUG@SQUAXIN.US

EACH PARTICIPANT WILL BE RESPONSIBLE FOR THEIR OWN CANDY, VEHICLE DECORATIONS AND CHILD ACTIVITY!



TU HA' BUTS YOUTH CENTER

JOIN US FOR A SPOOKY NIGHT

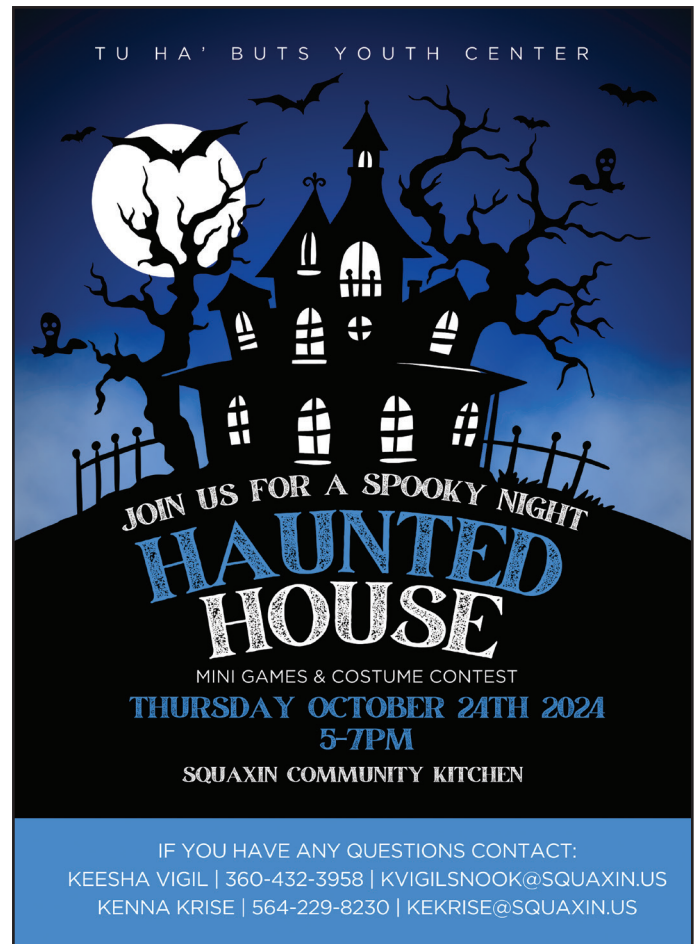
HAUNTED HOUSE

MINI GAMES & COSTUME CONTEST

THURSDAY OCTOBER 24TH 2024
5-7PM

SQUAXIN COMMUNITY KITCHEN

IF YOU HAVE ANY QUESTIONS CONTACT:
 KEESHA VIGIL | 360-432-3958 | KVIGILSNOOK@SQUAXIN.US
 KENNA KRISE | 564-229-8230 | KEKRISE@SQUAXIN.US




Employment Opportunities:

squaxiniland.org



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

EMPOWERING OUR COMMUNITY MASTER PLANNING FORUMS

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...

SAVE THE DATES!

October 16, 2024
 YOUTH FORUM - 2:00 PM
 COMMUNITY FORUM 2 - 4:00 PM

October 17, 2024
 ELDERS FORUM - 11:00 AM

November 7, 2024
 COMMUNITY FORUM 3 - 4:30 PM

Questions? Email mpuhn@squaxin.us

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






Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

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

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

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THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:
J.L.

Case No.: SWI-CW-2024-03-5

Indian child.

NOTICE OF FACT FINDING AND
DISPOSITIONAL HEARINGS

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Jason Longshore

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set Fact Finding and Dispositional Hearings in the above captioned matter. The hearing on this matter shall be held on November 7, 2024, at 12:00 p.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

NOTICE- PAGE 1 OF 1

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



Council Corner

Summary of the August 22 Council Meeting:

Tribal Council approved the June 27th minutes which are available on the tribal website.

Travel reports and upcoming events were discussed, such as the Native American Night at the Seattle Mariners, the Centennial Accord, the Community Preparedness Fair, and taking Olympia City Council members on a boat tour around the Squaxin Island Tribe's traditional areas, including Squaxin Island.

The Council discussed the master planning forum that took place that evening and scheduling future forums.

The Executive Director's report included updates on various meetings and events attended. Discussion took place on the importance of community engagement and partnerships.

Tribal Council approved the fiscal year 2025 draft budgets, and there was discussion on education funding and potential impacts due to changes in revenue, as well as housing policies.

LCCR reported on the tree thinning project at the golf course to let more light through to the green and improve the health of existing trees.

Tribal Council approved their first franchise lease agreement: Jimmy Johns and Baskin Robbins at the Little Rock property. This will be a great opportunity for Squaxin!

Ray Peters provided an update on the political races, the importance of supporting candidates who align with tribal interests, and how political decisions impact the community.

Tribal Council appointed Kris Peters to be the tribal delegate for both Affiliated Tribes of NW Indians (ATNI) and National Congress of American Indians (NCAI); Josh Whitener and Jaimie Cruz as alternates to ATNI; and Jeremie Walls as alternate to NCAI. Both of these organizations provide an important benefit to the Tribe by advocating for a wide range of policy issues at the state and federal level.

Summary of the September 12 Council Meeting:

Tribal Council was excited for upcoming events, such as the annual museum art auction (which sold out!) held at LCCR on September 21st and the annual Indigenous Day Celebration that will be held at Squaxin Park on October 14th.

Many Tribal Council members attended the annual Centennial Accord meeting which was held at Suquamish this year. This is a good opportunity for tribes to meet with the WA State Governor to discuss issues.

Tribal Council would like to encourage membership to not only register to vote, but to also VOTE! Anyone can register on the WA Secretary of State website, or at the front desk of the Tribal Center where there are forms, or by scanning the QR code below.

Master planning was discussed, so watch for upcoming forums that will allow tribal members to share their input on the future of the reservation!

Tribal Council approved the Interlocal Agreement that pertains to the Deschutes Estuary. This agreement encompasses all who are involved with the restoration. This is a monumental moment that has been in the works for years.

Tribal Council got a phenomenal presentation from the President of Saint Martins University. He and other key staff visited with Tribal Council to share their appreciation for collaboration over the years on various fundraisers and events. They are offering a generous financial aid package for tribal members and a student housing package at no cost to Squaxin members! For more details, please work with our Dream Team at the Education Department.

Tribal Council met with the newly formed Potlatch Committee and approved their bylaws. This committee is tasked with reviving Sa-He-Wamish Days. The Council is excited to see their plan!

Council is also looking forward to Phase II of Klabsch apartment Construction, which will begin soon. Progress!



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.

360-426-9781

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>



Are You Struggling to Reach Your Savings Goals?

Did you know?

Lattes, Mochas etc.

\$6 per day = \$42 per week = \$2,184 per year

Cigarettes (1 pack)

\$10 per day = \$70 per week = \$3,640 per year

Going out for lunch

\$15 per day = \$105 per week = \$5,460 per year

Bottle of Soda

\$2.50 per day = \$17.50 per week = \$910 per year

Manicure

\$50 every 2 weeks = \$1,300 per year



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

Construction Activity Notice

TO OUR RESIDENTS
Upcoming Construction in Your Area
SLOCUM RIDGE MULTI-FAMILY DEVELOPMENT
New Construction

Location: Klabsch Lane

Work Activity:

Work consisting of Slocum Ridge's additional housing Six-Plex, carport, and gravel will include excavation and drainage, as well as construction of the building.

Dates:

Equipment will begin moving in on Wednesday, September 18th, 2024, and construction processes beginning on or about Monday, September 23rd.

Hours:

Working hours are limited to 7:00 AM to 6:00 PM, Monday through Saturday.

You can anticipate typical construction like equipment noise, such as work excavators, generators, power saws, etc., and temporary construction fencing near the construction site.

The Contract, Allen Homes and Construction, will be limiting noise impacts.

If you have any questions, please contact:

Tully Kruger 360-432-3969



Photo Magic

Taking pictures of pets is a favorite hobby of most pet owners. In fact, surveys show that 69% of animal households have at least one photo of their pet on display. Many people also carry pictures of their favorite pet in their wallets.

Experts offer three tips to taking great photos:

1. Be ready. Most of your animal's antics are spontaneous, and that is often when he or she is the cutest. Have a camera handy. Even disposable cameras take adequate photos so having more than one in your home is not a bad idea.
2. Get down. Everyone has seen pictures of animals where they are looking almost straight up at the camera. It is not a natural pose or even their natural personality. Get down to the level of your pet, eye-to-eye. It is a unique perspective for the camera lens and creates some fascinating photos.
3. Practice patience. Animals, like children, will rarely stay in one position for any length of time. They are typically perpetual motion, so you have to be willing to wait for the pose, activity, or action you are looking for. An animal's spontaneous actions also make great pictures. The secret to successful pet photos: Keep the camera handy and waiting for that perfect shot.



HAF Testimonial

The Squaxin Island Tribe, Office of Housing has received funding through the Department of Treasury for the Homeowner Assistance Fund (HAF). Below is another homeowner testimonial on the positive impacts HAF funding has had in our community!

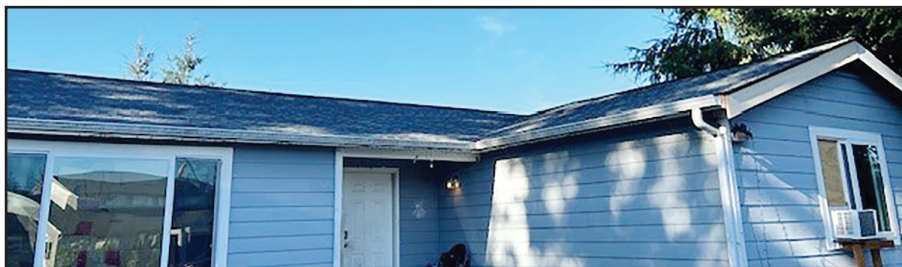
Homeownership Assistance Fund (HAF) Testimonial

The Squaxin Island Tribe's Homeowners Assistance Fund (HAF) provided me with crucial home repairs and improvements that significantly enhanced my living conditions. Through this program, I received a new roof, repairs for my floors, bathroom, and kitchen sink, along with a new kitchen counter installation and heaters. Additionally, the program improved my home's energy efficiency and comfort by repairing the windows. This assistance has not only improved the functionality and aesthetics of my home, but also offered peace of mind by addressing critical maintenance needs. I am deeply grateful for the support provided by the HAF.

Sincerely,
Rose BlueBack



Roof before and after



Bedroom window before and after



Fall Maintenance Checklist for Homeowners

Fall is upon us, which means it's time for homeowners to make sure their homes are up to par for the winter ahead. Here are some items for fall home maintenance checklists.

1. Inspect the Roof

Check the roof or hire a professional to look for damage, loose shingles, missing tiles and other leaks. Any issues with the roof could lead to major problems once the weather starts getting colder and winter precipitation begins falling.

2. Clean the Gutters

Clean leaves, dirt, twigs and debris from the home's gutters. Don't forget to clean the downspouts, too! Clogs in these places can cause water to back up, leading to eventual water damage and damage to the roof, trim and siding.



3. Seal Air Leaks

Make sure leaky doors and windows are sealed before temperatures begin to drop. Use weatherstripping to keep the cold air out and the warm air in. A door sweep at the bottom of doors can also prevent drafty entrances.

4. Have the Furnace Inspected

Make sure the furnace is running safely and smoothly this fall and winter. Have a professional clean and inspect it for a warm home that's also safe and energy efficient.

5. Clean up Landscaping

Rake or mulch leaves to avoid damaging the lawn. It's important to also trim tree branches, as they can pose a danger to both people and the house during icy and snowy winter storms. Fall is also a good time to fertilize the grass for optimal growth come spring.

6. Store Away Equipment

While in the yard, clean the lawn mower and remove any remaining fuel before storing it away until next year. Turn off faucets and store away hoses. It's probably also time to locate snow shovels, too.

7. Clean the Chimney

A fireplace and chimney are great for warming up during the cold months, but it's vital that they are cleaned and inspected before starting any fires. A professional can clean and check for blockages, gas line issues, leaks and other problems that could cause accidental fires and other safety threats.

8. Test Smoke and Carbon Monoxide Detectors

Whether or not there are fireplaces in the home, this is a task that should be completed all year round. Test the detectors to make sure they work and replace the batteries if necessary.

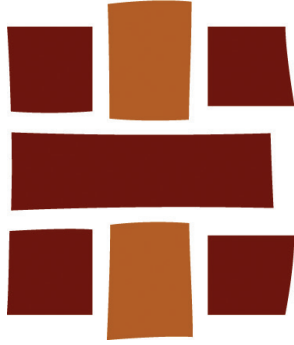


Tumwater Trading Post Update

In the last month we have seen many changes over at the Tumwater Trading Post construction site!

We had the doors and windows installed on the TTP building, and they started the duct work, which should be finished in the coming weeks. The concrete for the fuel Island has been poured, and they will work on constructing the fuel canopy soon.

In the last month they have made great progress on the retail building. They had the concrete slab poured and have almost completed framing of the building. Next they will begin electrical and plumbing.



Tumwater Trading Post ...



The Retail Building ...





What's Happening at the Creek

Autumn Brewnanza – Fridays and Saturdays have a chance to win a Keurig K Elite and \$300 in cash each hour between 12:00 p.m. – 4:00 p.m. & 7:00 p.m. – 11:00 p.m. It's the perfect way to warm up for the season!

- **Crumb Cookies** - Tuesdays all month long in October. 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.
- **Spooky Swipe and Win** – No tricks, just treats this October! Swipe your card at any of the promotional kiosks on October 30th and 31st for your chance to win up to \$5,000 in cash!
- **King and Queens of Dice** (Craps Only) – Play for your chance to make the longest roll of the month and win your share of \$1,250 in prizes Sunday through Thursday!
- **Candy Cornhole Showdown** – Mondays and Wednesdays two people will face off in...Cornhole! Each hour between 1:00 p.m. and 9:00 p.m. contestants will face-off for a chance to win their share of \$60,000, all month in October.
- **Fall Into Relaxation | Earn and Get** – Earn 1,500 points each Thursday through Sunday to claim the gift of the week! Items for the month include a cordless deep tissue percussion massager, personal shiatsu massage pillow, oil diffuser, and a flameless candle set with remote! Pickup days are Thursday or Sunday from 1:00 p.m. to 9:00 p.m. each day.

Other Resort News

Team Member of the Month Announcement

We are excited to announce that Jerry Emery from our Environmental Services Department has been named our Team Member of the Month! Jerry has been a Little Creek team member for over 15 years, and his contributions have not gone unnoticed. He consistently demonstrates solid values and professionalism, approaching every task with a positive attitude and dedication. His ability to get the job done efficiently, while always maintaining a friendly demeanor, makes him a pleasure to work with. According to his team, Jerry isn't just a standout professional- he's also a genuinely nice guy to be around. His positive energy and kindness create a supportive and enjoyable work environment for everyone.



Best of the South Sound

Little Creek Casino Resort and Salish Cliffs Golf Club took home all the awards to show we're the best resort in the South Sound! The resort won the first-place award for Best Bar (Starlight Sportsbar and Lounge), Best Hotel, Best Golf Course, Best Seafood Restaurant (Squaxin Island Seafood Bar), and Best Day Spa!

Company Picnic

Our company picnic was an absolute blast! We kicked off the day with beautiful weather, obstacle courses, and water slides that had everyone laughing and cheering. The friendly department challenges spiced up the competition, while face painting and a pie-eating contest added a fun twist to the festivities. Carnival games kept the excitement going with a chance to win fantastic prizes. One of the highlights was the dunk tank, where our managers and directors bravely took the plunge to raise money for local charities. The food was barbecued by our management and the Rewards and Recognition team! The entire day was filled with joy and laughter, with team members and their families coming together to enjoy the fun and create lasting memories. What a fantastic celebration of our team spirit and community!

Starlight Sportsbar and Lounge Football

It's the place to catch all the NFL games and enjoy amazing food and drink specials! Starlight Lounge will offer game day specials like chili cheese fries, mango jalapeno wings, buckets of beer that come with a souvenir bucket, and MORE!

Halloween Trick-or-Treat Event

Mark your calendars for October 30th! Little Creek will be hosting a family-friendly trick-or-treat event for all community members. Enjoy a safe environment to get in costume, bring your family, and trick-or-treat in the Skookum Creek Event Center. Departments of the resort will be decorating their space, and you can vote on the best decorated booth! Visit littlecreek.com for more information.





New Employees



Kaylee Wright **Pharmacy Technician**

Hi! My name is Kaylee Wright.

I have been hired as a Pharmacy Technician with the Health Services Department.

Most of my family grew up or was raised in Mason County. My grandma, Jan, is an inspiration of mine and retired from the Squaxin Island Tribe.

I am most excited about being able to help the community and trying my best to become familiar with the community.

The health clinic team has been nothing but welcoming.

I look forward to meeting as many people as possible and helping how I can!

Thank you!

Sela Kalama **Police Officer**

Hi! My name is Sela Kalama.

I have been hired as a Treatment Attendant 1 for the Northwest Indian Treatment Center.

I'm an enrolled Nisqually tribal member and grew up in Quinault.

I've worked in many different tribal places.

I am excited to start my new journey.

Thank you for reading.

I am very excited to be working with you!

Zach Yates **Police Officer**

Hi! My name is Zack Yates, and I have been hired as a police officer with the Public Safety and Justice Department.

I grew up in a family of first responders, my mother and father both being in the fire service. I see the positive impact they had within the community, and I followed in their footsteps.

I worked as a firefighter EMT before pursuing a career in law enforcement.

I am most excited about working with and getting to know the people within the community. Working with people, and doing what I can to better other people's life, has always been a passion of mine.

I'm excited to make a positive impact within the community and to serve and protect the property and the people of the Squaxin Island Tribe.

I am looking forward to working with the community



Tiffany Dungan **Treatment Attendant**

Hi! My name is Tiffany Dungan.

I have been hired as a Treatment Attendant at the Northwest Indian Treatment.

I have three boys who are 23, 21, and 11. They are my everything!

I recently celebrated three years clean and sober.

I love working with others to help get them on the same path.

I am most excited to be able to help others and show that there is so much more to life and how the worst day in sobriety is better than the best day while in active addiction.

I am excited to start this new chapter in this new position and be able to be a part of a team.

Squaxin Tribal Transit Department is Hiring!

Are you a Tribal Member without a CDL?
Great News! Mason Transit is offering FREE CDL Training for Tribal Members!

Requirements:

- Must be a Tribal Member
- Commitment to work for the Transit Department for at least 1 year after obtaining your CDL

Benefits:

- Free CDL Training
- Secure Employment
- Serve Your Community

Apply Now!

For more information, contact: Squaxin Transit Department Phone: (360) 432-3951

Email: mnerney@squaxin.us

For an application contact Human Resources: (360) 426-9781 or Email : apply@squaxin.us

Thank you
To All of Our Valued
Employees!



YOUTH CENTER



Teen Program

Spooky season has officially arrived... that means Haunted House time!

Dates for October Planning:

Tuesday October 1st 4:00 - 5:00 p.m.
Thursday October 3rd 4:00 - 5:00 p.m.

Early Release Week (Build Week)

Monday October 21st 1:00 - 5:00 p.m.
Tuesday October 23rd 1:00 - 5:00 p.m.
Wednesday October 23rd 1:00 - 5:00 p.m.

October 24th- Final Build! 12:00 - 4:00 pm

Please feel free to join us on our ride to make this haunted house happen.

Keesha Vigil
Kvigilsnook@squaxin.us
(360) 463-0681



Higher Education

The FAFSA update has pushed the opening date to December 1st, the sooner you complete your FAFSA the better it is for you as a student.

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

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

Thank you,
Mandy Valley
Higher Education Coordinator
(360)432-3882

October 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 3-6pm Cooking Activity: Fruit Smoothies 1	After-School 3-6pm Traditional Medicine: Oak Tree 2 GSD - ER @ 2:15pm	After-School 3-6pm After School Swimming 4:00-5:30pm 5:00- DIY Dragon Puppets 3	After-School 3-6pm Funday Friday: Ironing Beads 4
After-School 3-6pm Cultural Activity: Cedar Earrings 7	After-School 3-6pm Cooking Activity: Muddy Buddies (Chex Mix) 8	After-School 3-6pm Traditional Medicine: Oak Tree 9 GSD - ER @ 2:15pm	After-School 3-6pm After School Swimming 4:00-5:30pm 5:00- DIY Puffy Ghost 10	After-School 12-6pm Funday Friday: Painting Rocks 11 SSD 3 Hour early Release
After-School 3-6pm Cultural Activity: Painting/Beading on Medicine Bags 14	After-School 3-6pm Cooking Activity: Homemade Pizza Pockets 15	After-School 1:30-6pm Traditional Medicine: Oak Tree 16 SSD 1.5 Hour Early Release GSD - ER @ 2:15pm	After-School 3-6pm After School Swimming 4:00-5:30pm 5:00- DIY Skeleton Handprint 17	After-School 3-6pm Funday Friday: Cloud Dough 18
After-School 12-6pm Cultural Activity: Cedar Headbands 21 SSD 3 Hour early Release conferences	After-School 12-6pm Cooking Activity: Halloween Rice Krispy Treats 22 SSD 3 Hour early Release conferences	After-School 12-6pm Traditional Medicine: Oak Tree 23 SSD 3 Hour early Release conferences GSD - ER @ 2:15pm	CLOSED FOR Haunted House 5-7:30pm 24	After-School 12-6pm Funday Friday: Movie Night 5-6 25 SSD 3 Hour early Release conferences
After-School 12-6pm Cultural Activity: Dentalium Earrings 28 GSD early release @12 conferences	After-School 12-6pm Cooking Activity: FANTA Jack O' Lantern Floats 29 GSD early release @12 conferences	After-School 12-6pm Traditional Medicine: Oak Tree 30 GSD early release @12 conferences	After-School 12-6pm After School Swimming 4:00-5:30pm 5:00- DIY Witch Handprint Happy Halloween 31 GSD early release @12 conferences	
Key: SSD - Shelton School District GSD - Griffin School District	After-School Mealtimes: Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm	Activity Time: 5:00-5:45pm After School Swimming: Thursdays 4:00-5:30pm	Rec Room # 360-432-3986	

After-School Program Hours: Monday - Friday: 3:00-6:00pm

After-School & Recreation programs are Tobacco, E-cigarette, Alcohol & Drug Free. Activities Calendar subject to change at any time





Bordeaux

Hello Squaxin people!

The school year is in full effect! It is already spooky time, which means a lot of fun in our Bordeaux Elementary school. I am excited for all the fun activities the classrooms will bring and to make these memories with our students!

With it being October, also comes parent/teacher conferences. Conference week is October 21st-October 25th. These days will be 3-hour early release, and the students will be released at 12:30.

I will post reminders on my advocate Facebook page. Reach out to me on that Facebook page (@Tamika StudentAdvocate) or via email at tmkris@squaxin.us or tkrise@sheltonschools.org.

I can help schedule conferences or join in on them as well, if wanted. However I can support the students and the family, let me know!

With all that said, I hope our first month of school has been treating everyone well. I can't wait to get to work with you all more and to watch the students grow.

Like always, I am always just a message away. If I don't have the answers, I can find someone who does! We are here for y'all!

And a friendly reminder, consistency is key! Getting these kiddos to school as much as possible is the move! Now, here are some pictures of some of our Squaxin youth. Enjoy!

HOYT

Tamika Krise

Elementary Student Advocate



Totten, James, & Blaze



Turumi & Lillie



Roselani



Evelyn, Ivy, & Marty

Shelton High School

Hello everybody!

As we start off October, I wanted to do a little refresher on our norms and expectations in the Native Ed room at SHS.

We understand that creating new routines can be very overwhelming and challenging, but we are doing great!

It's also important to remember to get your syllabus's signed and turned back in! The majority of syllabus's are worth a grade, so it's important to turn those slips back in!

Lastly here are our norms and expectations:

You will wait politely for your teacher to give instructions, then you can ask if you can come down to Native Ed.

1. I will have permission from my teacher and Native Ed Advocates, meaning I will have a note or a phone call down to Native Ed asking to come down to get some work done.
2. I will have work to do and purpose for my presence.
3. I will not leave Native Ed without notifying a Native Ed advocate.
4. The advocates will not work harder than I do!
5. If I'm late or skipping NO NATIVE ED FOR ME!

Isabelle LeClair

Shelton High School Student Advocate



YOUTH CENTER



Oakland Bay Junior High

Hi all, it has been an amazing start to the school year so far here at OBJH.

This year's atmosphere at school has been a lot calmer, which has resulted in less students skipping classes. The class attendance rate for students has greatly improved, which will lead to higher grades and retained information.

I am extremely optimistic about this school year and what these students will accomplish; this 7th and 8th grade class looks to have a bright future!

Please check with your students to see if they have any syllabus that they need to have signed. Some students are still missing these, which will hold back their grade to start the year.

Aside from forms, students have been off to a hot start, so please continue to keep up on them! Please reach out to me if you have any questions about classes or assignments.

Lastly, I will be reaching out to some community members to visit the school to try and get some familiar faces that can help incorporate culture. There are many students here that are eager to learn in school, but also from community members. If you

have any interest in visiting OBJH, please reach out to me at ckinzner@squaxin.us.

Caleb Kinzner
OBJH Squaxin Student Advocate



Beau Henry in Wood Shop



Jessica R and Heather P

OCTOBER 2024 POOL CALENDAR

KEY:
 LS: LAP SWIM
 EA: ELDER'S AEROBICS
 OS: OPEN SWIM
 ASP: AFTER SCHOOL PROGRAM
 SYP: SKOK YOUTH PROGRAM

MON	TUES	WEDS	THURS	FRI	SAT	SUN
1 	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	2 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	3 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	4 LS/OS: 8:30 AM - 5:30 PM	5 LS/OS: 8:30 AM - 5:30 PM	6 LS/OS: 8:30 AM - 5:30 PM
7 LS/OS: 8:30 AM - 5:30 PM	8 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	9 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	10 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	11 LS/OS: 8:30 AM - 5:30 PM	12 LS/OS: 8:30 AM - 5:30 PM	13 LS/OS: 8:30 AM - 5:30 PM
14 LS/OS: 8:30 AM - 5:30 PM	15 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	16 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	17 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	18 LS/OS: 8:30 AM - 5:30 PM	19 LS/OS: 8:30 AM - 5:30 PM	20 LS/OS: 8:30 AM - 5:30 PM
21 LS/OS: 8:30 AM - 5:30 PM	22 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	23 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	24 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	25 LS/OS: 8:30 AM - 5:30 PM	26 LS/OS: 8:30 AM - 5:30 PM	27 LS/OS: 8:30 AM - 5:30 PM
28 LS/OS: 8:30 AM - 5:30 PM	29 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM HALLOWEEN POOL PARTY: 4:00 - 5:30 PM	30 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	31 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			

*SCHEDULE IS SUBJECT TO CHANGE FOR COMMUNITY OR EMPLOYEE EVENTS



Olympic Middle School

Hey everyone! Its me, Kiana Wily, and I'm back again for another school year! I am so happy to be here alongside and serving our Squaxin middle schoolers.

We have 25 Squaxin students here this year and 60 tribal students in total that utilize Native Ed. The start of the school year has been going very well. I am very happy to see how good our attendance has been so far overall. Good job making it to class, kiddos! Being present is an important step in our learning journeys.

There are a lot of changes that have happened since last school year. We have some new teachers and staff, new expectations, and new mindsets! With change comes opportunity, and Ms. Chappell and I are very proud of the way so many students have taken the opportunity to improve their experience here at OMS. Our sixth graders are still getting used to the differences, but we appreciate their willingness to find the new rhythm here at OMS.

This year's incentives for Squaxin students are very much based around the importance of turning work in! It's often that a student will do their work, but then miss the step of turning it in to get credit. Partial work is way better than no work and still gets them their points for participation. Any support or reminders in getting them to turn in assignments is helpful; you know how forgetful our middle schoolers can get. At the end of semesters, I will be doing an Incomplete Assignment Check. Students with zero missing assignments will be eligible for their own personal prize, and anyone with five or less missing assignments will be entered into a raffle for a chance to win some items that have been donated. It's my hope that building healthy habits from the jump will carry with them through the school year and into their education journey.

I am looking forward to seeing what our Squaxin and Native Ed kids accomplish this year! With so many big brains, bright personalities and Squaxin representatives in the building, I know that it will be a fun and productive school year.



Daniel, Zayne, Natalia, Satayla, Milah, and Josiah after our 1st Native Ed meeting



Breezy and Milah enjoying some time together in the Native Ed room



Barney, Alexis, Simona, and Lucas at 1st lunch



LJ Cooper w/ canoe and salmon display



Mrs Hall's art class's Salish design



Barney and Alexis at their homeroom lunch table



Mayella, Thailer, and LJ getting math done



How Eliana feels about the fire drill being over



Chase and friend hanging up fish



ELDERS



Doin' the Puyallup





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



Congratulations on your retirement Dorinda Then





Bake Sale

The Elders Fundraising Committee would like to express a huge Thank You to all who contributed to our bake sale at KTP on August 30th. We have some incredible bakers and others who helped out with all that was needed. We really appreciate all the continued support.

Thank you to all who came to purchase and donated in cash. A big shout out to the KTP and the casino for always supporting and helping us get advertised, set up, and cleaned up ...

We made over \$2,000. This fiscal year we have made nearly \$10,000 in bake sales and raffles. These funds all go towards Elders' activities along with our biggest fund raiser, Oyster Fest, that is coming up soon.



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

STORY TELLING
DANCE
DRUMMING
WEAVING
BEADING
CARVING
GATHERING
MEDICINAL MEDICINE

INTERESTED VOLUNTEERS REACHOUT TO MARTI PETERSON
mpeterson@squaxin.us

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



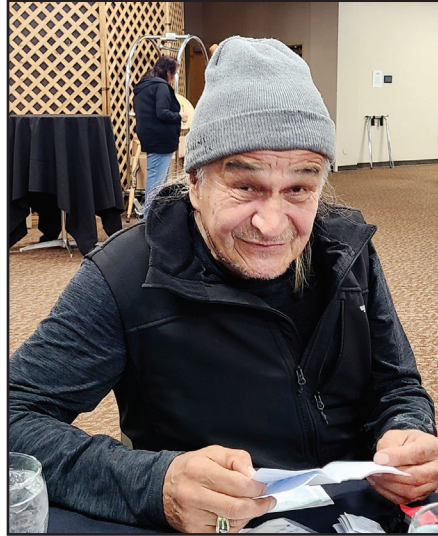
Elders Appreciation Dinner

The Elders Inc. Board and Squaxin Elders would like to thank the Little Creek Casino Resort, Kamilche Trading Post, Squaxin Drum Group, and Family Services for your generous donation to the Squaxin Elders Appreciation Dinner. Your donations made this evening special. It is greatly appreciated, and we can't thank you enough.





ELDERS





Energy Drinks

Cindy Beck - It's that time of year again. Summer is over, school is back in session and schedules are jam-packed. Some of us rely on coffee for a boost, but many rely on energy drinks. Energy drinks are popular beverages with teens and adults. In the US, 30% to 50% of adolescents report consuming energy drinks regularly; 34% of young adults aged 18 to 29 years, and 42% of adults between 30 to 49 years of age.

Energy drinks come in various types, each designed to boost energy and focus. Besides traditional energy drinks, such as Red Bull and Monster, you can get energy shots, natural energy drinks, pre-workout energy Drinks, caffeinated sodas, caffeinated waters, energy drink mixes and organic and health-focused energy drinks.

Energy drinks usually have a high caffeine content, high sugar content;

plus other stimulants to “get you going”. The “other stimulants” could be taurine, a sulfur-containing amino acid; guarana, a plant with naturally high levels of caffeine; or L-carnitine. L-carnitine is an amino acid that helps your body convert fat cells into energy. Every energy drink is different and has varying levels of ingredients. Energy drinks may also contain electrolytes, but their main purpose is to serve as a stimulant and should not be used to replace electrolytes and fluids lost during exercise.

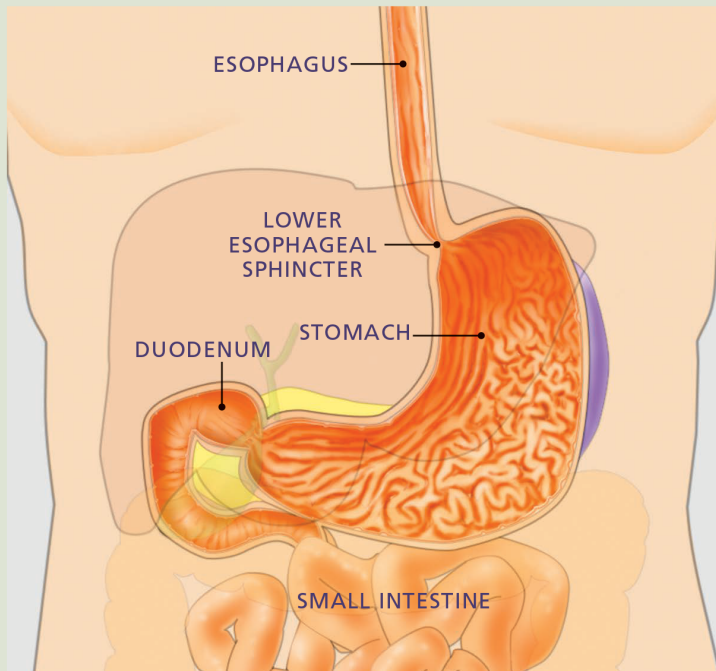
Caffeine is the primary ingredient in energy drinks. In addition to being a stimulant, caffeine is also a diuretic. Diuretics send you running to the bathroom constantly, causing dehydration, which also dries out your skin. Dermatologists suggest giving up caffeine to help boost your skin's appearance, so it doesn't appear dry, dull, or aged. Yes, you could drink more water, but it's unclear as to

Diet and Gastroesophageal Reflux Disease (GERD)



What is GERD?

Gastroesophageal reflux is a chronic disease that occurs when stomach contents flow back (reflux) into the food pipe (esophagus). It is usually caused by failure of the muscle valve (called the lower esophageal sphincter) between the stomach and the esophagus to close properly. The backwash of stomach acid irritates the lining of the lower esophagus and causes the symptom of heartburn.



Heartburn, which is the most common symptom of GERD, usually feels like a burning sensation behind the breastbone, moving up to the neck and throat.

TRIGGER FOODS

Some foods are known to trigger symptoms of GERD. By keeping a food diary, you can identify your trigger foods and change your diet to reduce discomfort. Below is a list of some foods recognized to trigger symptoms of GERD and how they affect the digestive tract:

- **Coffee** (with or without caffeine) and caffeinated beverages relax the lower esophageal sphincter.
- **Citrus fruits and juices** such as orange, grapefruit and pineapple have high acid content.
- **Tomatoes** and processed tomato-based products such as tomato juice, and pasta and pizza sauces are highly acidic.
- **Carbonated beverages** (fizzy drinks) cause gaseous distension of the stomach (bloating) which increases pressure on the lower esophageal sphincter causing acid reflux.
- **Chocolate** contains a chemical called methylxanthine from the cocoa tree, which is similar to caffeine. It relaxes the lower esophageal sphincter, which causes acid reflux.
- **Peppermint, garlic and onions** relax the lower esophageal sphincter causing acid reflux.
- **Fatty, spicy or fried foods** relax the lower esophageal sphincter as well as delay stomach emptying and therefore cause acid reflux.



Contact your health care provider if symptoms do not improve with diet and lifestyle changes. Initial treatment may start with over-the-counter (OTC) medications that control stomach acid.

For more information, visit www.asge.org.

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HEALTH AND HUMAN SERVICES



whether that makes a big enough difference to counteract your caffeine intake. While we're talking about skin and appearance, some studies suggest that drinking too much caffeine (like what's found in energy drinks) can trigger acne outbreaks.

While an energy drink gives you a 'lift', it will raise your blood pressure, as caffeine and other stimulants typically do. High blood pressure raises your risk for heart attacks and strokes. Studies have proven energy drinks can also increase your heart rate or cause heart palpitations. Cardiologists have documented cases of people who consume high amounts of caffeine developing calcium deposits inside their hearts, which interferes with heart function.

Most energy drinks have more sugar in them than soda or sports drinks. Sugar is bad for our health when consumed in high amounts and can be extremely damaging to teeth. When you look at an energy drink label and see "Sugar: 37 g" (like Red Bull) you're drinking about 3 tablespoons of liquid sugar! Monster Energy is just a little less, at about 27 g. You get the picture. Every time you drink a sweetened beverage, the sugar coats every surface in your mouth. Including the deep grooves in your tooth enamel and between your teeth. AKA all of the places that are most cavity-prone.

The biggest risk factor to your teeth from energy drinks is cavities. Besides being loaded with sugar and artificial sweeteners, energy drinks have extremely acidic pH levels. They tend to be even more acidic than sports drinks or traditional soda. What does pH have to do with cavities? The acidic nature of the energy drink will erode your tooth enamel. All carbonated beverages have a low pH and will damage tooth enamel if not rinsed off with water. Because the carbon dioxide gas combines with water [in the beverage] to form carbonic acid, lowering the drink's pH level. Acidic beverages can erode tooth enamel over time, leading to tooth sensitivity and cavities.

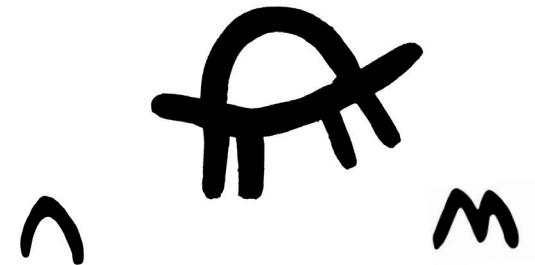
Carbonation can sometimes exacerbate the symptoms of dry mouth, a condition characterized by insufficient saliva production. Saliva is vital in maintaining oral health by washing away food particles and neutralizing acids. Tip: Do not brush your teeth when your mouth's pH is acidic, as that will increase the erosion of your enamel. Instead, swish clean water in your mouth and rinse the acidic coating off your teeth.

Even though tooth enamel is the hardest substance in the human body, it's not invincible. Etching your teeth with an acidic liquid solution day after day will start to wear your teeth out. Gradually as the enamel thins, bacteria, sugar, and acids will also create cavities. The bad news is that the cavities tend to be scattered across your entire mouth, which can lead to sudden and major dental treatment needs in multiple teeth all at once.

What about "sugar-free" energy drinks on the market? Are they bad for teeth? Sadly, yes. All energy drinks have a low pH level, even if there's no sugar in them, they can still damage your teeth.

If you are worried about appearances, remember that drinking energy drinks can cause stains and discoloration on your teeth. Any colored liquid—such as coffee, tea, wine, soda, etc., will deposit dark particles on your teeth that can soak into the tiny pores across your enamel. If you drink energy drinks regularly, you've probably already seen some discoloration in your smile. While the stain might not seem as bad as what you get from soda or coffee, any colored energy drink will eventually start to cause dental stains, given the low pH levels that are etching your teeth while you drink it.

Energy drinks are just one example of how our food choices affect our general health and the health of our teeth and gums. To protect your health, take care of your mouth every day.



ENERGY DRINK COMPARISON CHART					
CONTENTS PRODUCTS	SUGAR	CARBS	CALORIES	B VITAMINS	SWEETENER
XS	0	0*	8*	B3 - 100% B5 - 100% B6 - 300% B12 - 4900%	Ace-K (Acesulfame Potassium) Sucralose
RED BULL™	27 g	28 g	110	B3 - 100% B5 - 50% B6 - 250% B12 - 80%	Sucrose Glucose
DIET™ RED BULL	0 g	3 g	10	B3 - 100% B5 - 50% B6 - 250% B12 - 80%	Acesulfame K Aspartame
AMP™	29 g	29 g	110	B2 - 20% B3 - 10% B5 - 10% B6 - 10% B12 - 10%	High Fructose Corn Syrup Sugar
FULL THROTTLE™	29 g	29 g	110	B6 - 20% B12 - 10%	High Fructose Corn Syrup
ROCKSTAR™	31 g	31 g	140	B2 - 200% B3 - 100% B5 - 100% B6 - 100% B12 - 100%	High Fructose Corn Syrup Glucose Sucrose
DIET™ ROCKSTAR	0 g	0 g	10	B2 - 200% B3 - 100% B5 - 100% B6 - 100% B12 - 100%	Acesulfame K Sucralose
180°™	30 g	33 g	120	B6 - 100% B12 - 100%	High Fructose Corn Syrup
SOBE™ ADRENALINE RUSH	35 g	37 g	140	B6 - 150% B12 - 300%	High Fructose Corn Syrup
WIRED™	25 g	26 g	110	B3 - 100% B6 - 250% B12 - 80%	High Fructose Corn Syrup
MONSTER™	27 g	27 g	100	B6 - 100% B12 - 100%	Sucrose Glucose Sucralose



Do you have active medical insurance? *If not...*

MEDICARE HEALTH INSURANCE

1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JOHN DOE

MEDICARE CLAIM NUMBER **000-00-0000-A** SEX **MALE**

IS ENTITLED TO **HOSPITAL (PART A)** EFFECTIVE DATE **01-01-2007**
MEDICAL (PART B) **01-01-2007**

SIGN HERE → _____

Reach out to DHHS representative:

Liz Mcknight
Telephone: (360) 432-3920
Tuesdays and Thursdays



Why is medical insurance important?

- Improve health outcome
- Emergency hospital support
- Access to wider network of providers
- Reduce medical costs

Are you 65 years+ with Medicare insurance?

Do you have Medicare Part D?

If not ...

Reach out to:

Jaclyn Meyer
Location: Squaxin Island Health Clinic, downstairs
Telephone: (360) 432-3922

BINGO NIGHT!

Squaxin Island Health Clinic will be hosting Breast Cancer Awareness events. Join us in the fun and let's play some Bingo!

WHEN: **OCTOBER 15 & 29, 2024**
TIME: 4PM-6PM
LOCATION: Squaxin Island's Community Kitchen

There will be snacks and prizes!

If you have any questions, contact Patient Navigator, Clara Hernandez at 360.427.9006 or 360.463.0321

OCTOBER IS BREAST CANCER AWARENESS MONTH

S.P.I.P.A'S Native Women's Wellness Program
Inter-tribal Breast Cancer Awareness Walk hosted by the
Chehalis Tribe on Saturday, October 12, 2024

Registration starts at 10:30am @ Chehalis Tribal Community Center's **Gathering Room** walk begins at 11am

10:30 am Registration Begins 10:55 am Opening Prayer and Welcome 11:00 am walk begins
Event Starts Time: 10:30am to 2:00pm Location: Gathering Room

There will be Photo booth, Cancer Screening Information, Pledge sheets, Incentives, T-shirts for all walkers, Cancer Speaker, and Lunch

All walkers are Welcome to come Show your Support for all Breast Cancer Champions.

Questions Please Contact:
Christina Hicks at Phone:360.709.1741 or email: chicks@chehalistribe.org

National Breast and Cervical Cancer Early Detection Program



HEALTH AND HUMAN SERVICES



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



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**



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

Walk ins are not accepted; Patients are required to be scheduled by November 22, 2024

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

* 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**

Scan the QR code below to sign up!

Assistance with transportation and gas available!

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 Della 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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COMMUNITY



10/1
Donna Penn
Carmen Dee Orsillo
Jess Travis Ehler

10/3
Joshua Gregory Smith
Adam Wade Mowitch
Thailer Budd Vilter Jr.

10/4
Lorenzo A. Solano
Nicole Lee Seymour
Steven Robert Sigo Jr.

10/5
Amanda Lee Maynard
Lydia Ann Buffington
Beth Ann Robinson

10/6
Jeremiah Micah Schlottmann
Michael Shawn Todd
Russell Lane Pleines
Shiloh Ann Henderson

10/7
William Raymond Peters
Michael David Krise
Kalani Amor Castillo

10/8
Alea Lynn Janine Shea
Theresa J. Davis
Audelia Marie Araiza

10/9
Mathew Anthony Nelson
Ronald Day Jr.
Addison Yvette Peters
Colton Jeffery Gott

10/10
Kade Benavente Whitener
Justina Marie Hess
Christina Smith Claridy
Ernest Leonard Pluff Jr.
Susan Ann Clementson
Owen David Dorland

10/11
Michael Alan Peters
Dontae O. Hartwell

10/12
Larry Douglas McFarlane Jr.
Sharen I. Ahrens
Paxton John Ackerman

10/13
Julian Sorin Hawk Masoner
Adrian Valerio De La Cruz
Steven Robert Sigo
Jericho Lon Hartwell

10/14
Savannah R. Fenton

10/16
Bobbie L. Filipetti
Troy Tye Baxter
Leo Eugene Henry Jr.

10/17
Wilson Charles Johns
Mitchell Elliot Coxwell
Ruth Branch Matoon
Kelly Leanne Bell

10/18
Shanika Rose Diane Cooper
Clara Rose Seymour-Luby
Danielle Charlene Whitener
Christina E. Price
Micha Roberts

10/19
Chloe E Kirk
Christine Thompson
Trelace Rose Burrow

10/20
Michael Henderson Jr.
Jacey Cruz Gonzales
William Austin Randy John

10/21
Sean Robert Spezza
Giovanni Xavier Solano
Draven Brown
Leroy Yocash Jr.
Bear Jon Lewis

10/22
Danielle Lyne White

10/23
Erik Jason Johnson

10/24
Jorie Ogden
Rose Ann Davis
Roger Allen Turner-Ford
Rolayno Jay Charters

10/25
Cloe' Angelique Martin
Erika Ada Thale

10/26
Lisa Marie Johns
Selah George Thale
Kasia Lee Seymour

10/27
Mario Lee Rivera
Ellen M. Davenport
Grace A. Scout

10/28
Gavin Anthony Bell
Andrew Stephen Crone

10/29
Zackary Taylor Sayers
Ronnie Patrick Johns
Mariano C. Bello
John Edward Krise
Marvin Stanley Henry III
Adrian James Wier
Arthur Barragan

10/30
Autumn Dancing Fire Wily
Tori Anne Willis
Carie Ann Kenyon
Josef Turner Sigo

10/31
Tarvail Roy Garcia
Sam Emilio Luby
Wilma Moneaka Morris
Marvin Stanley Henry Jr.
Tanya Gaylene Zock
Hayden Joseph Seymour
Leanora Isabella Afo-Krise
Chantel Vendella Afo-Krise



Suicide & Crisis Lifeline

Dial 988

for mental health emergencies.

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

Culture Night

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

Need a Tribal ID?

Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us





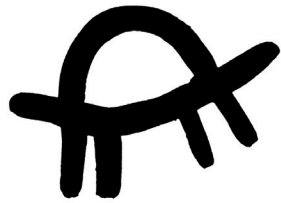
What's Happening



**Haunted House Halloween Party:
Trunk-or-Treat at Child Development Center:** October 24
October 26

Court: October 3
Family Court October 8
Criminal/Civil Court:

USDA WIC October 16
October 4



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



In Season:

WINTER ✓ SPRING ✓ SUMMER ✓ FALL ✓

Acorn Squash!



NUTRIENTS IN ACORN SQUASH:
Vitamins: C and A; potassium, calcium, magnesium, folate, and fiber.

SELECTION:
Select acorn squash that are dull and heavy for their size.

STORAGE:
Store acorn squash in a cool, dry area away from extreme temperatures and sunlight. Acorn squash can stay fresh for up to 3 months.

QUICK FIX TIPS:

- Serve acorn squash cooked and mashed with cinnamon or ginger.
- Peel, cut up, and add acorn squash to pies, soups, pasta sauces, or stews.
- Cook squash, cut into cubes, and add to a vegetable medley for a delicious side dish.

Cherokee Corn & Beans with Acorn Squash

Prep Time: 60 Minutes
Serves: 8
Cups of Fruits and Vegetables per Serving: ½

Ingredients:

- 1 acorn squash
- 1 tsp canola oil
- 1 small onion
- 1 can (15-oz.) low-sodium chili beans, rinsed and drained
- 1 can (15-oz.) gold and white whole kernel corn, drained
- 1 can (15-oz.) low-sodium veggie broth
- hot, cooked rice, for serving

Preparation:

1. Preheat oven to 375° F.
2. Place squash on oven rack and bake for 15 minutes, or until softened slightly.
3. Peel squash and cut into 1-inch chunks. Set aside.
4. In a large saucepan, heat oil over MEDIUM heat.
5. Add onion and cook for 5 to 7 minutes. Add a splash of water to the pan after about 3 minutes to help the onions cook.
6. Add chili beans, corn, squash, and veggie broth.
7. Reduce heat and simmer, covered, for 20 to 25 minutes, or until the squash is tender.
8. Serve over rice.

Nutritional Information per Serving:
Calories: 220; Total Fat: 1.0g; Dietary Fiber: 5g; Sodium: 314mg
Recipe is courtesy of Produce for Better Health Foundation (PBH).

fruits & veggies more matters®
fullsandveggiesmorematters.org



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

Elders Menu ... Fruit and salad at every meal

MONDAY 7: Chicken Alfredo, Green Beans	TUESDAY 1: Broccoli Cheddar Soup, Biscuits	WEDNESDAY 2: Stroganoff, Brussel Sprouts	THURSDAY 3: Indian Tacos
MONDAY 14: Tuna Casserole, Peas	TUESDAY 8: Tomato Basil Ravioli Soup	WEDNESDAY 9: Chicken Burgers, Mac Salad	THURSDAY 10: Salmon, Roasted Red Potatoes, Spinach
MONDAY 21: Chicken Pot Pie	TUESDAY 15: Chicken Noodle Soup, Egg Salad Sandwiches	WEDNESDAY 16: Hot Dogs, Chips	THURSDAY 17: Steak, Ranch Mashed Potatoes, Broccoli
MONDAY 28: Fish-N-Chips	TUESDAY 22: Baked Potato Soup, Turkey Sandwiches	WEDNESDAY 23: Sandwiches, Chips	THURSDAY 24: BBQ Ribs, Mac-N-Cheese, Baked Beans
	TUESDAY 29: Ministrioni Soup	WEDNESDAY 30: Twice Baked Potato Casserole, Carrots	THURSDAY 31: Lo Mein w/Veggies



South Puget Intertribal Planning Agency

USDA Foods Program October Dates



PT. GAMBLE S'KLALLAM	10/3/24
SQUAXIN ISLAND	10/16/24
SKOKOMISH	10/18/24
NISQUALLY	10/22/24
CHEHALIS	10/25/24



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

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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:

Friday, Oct 4, 2024

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

Date subject to change

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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



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.

In Washington State, Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling
- Disaster Aftercare
- Everything Else

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation



2-1-1

Washington



Learn more at www.wa.gov/211

Learn more at www.wa.gov/traumatic-brain-injury

