

Mark your Calendar!

2025 Winter General Body Meeting

JANUARY 18, 2025
9:00 AM

Little Creek Casino
Sa-Heh-Wa-Mish Room

Don't miss this opportunity to meet with your Tribal Council Members!

If you have any questions please reach out to Melissa at mpuhn@squaxin.us

EMPOWERING OUR COMMUNITY

MASTER PLANNING FORUM #4

December 11, 2024

4:30 PM - COMMUNITY FORUM
COMMUNITY KITCHEN



In conjunction with Culture Night. Dinner provided.

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



Questions? Email mpuhn@squaxin.us

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

South Sound Science Symposium

southsoundscience.org

Erica Marbet - The Squaxin Island Tribe hosted the South Sound Science Symposium (S4) on October 16, 2024. Held every two years for nearly two decades, S4 highlights exceptional environmental science in the South Sound region.

The Squaxin Island Tribe organizes this event in collaboration with various agencies, businesses, and the Nisqually Indian Tribe.

The symposium fosters a deeper understanding of local water quality and fish and shellfish populations and habitat by bringing together people who have different roles.

This year, one presentation featured work directly from the Squaxin

Squaxin Island
Tu Ha' Buts Youth Center

Youth Christmas Party

December 18th, 2024
5-6:30PM
Squaxin Gymnasium

A SPECIAL THANK YOU TO OUR SPONSORS
SQUAXIN ISLAND TRIBAL COUNCIL & SKOOKUM CREEK TOBACCO.

SQUAXIN ISLAND TRIBAL MEMBERS, DESCENDANTS BIRTH TO 5 YEARS WILL RECEIVE A GIFT YOUTH 6-18 YEARS WILL RECEIVE A GIFT CARD

Child must be present to receive their gift. Youth must be accompanied by a parent or guardian to receive their gift.

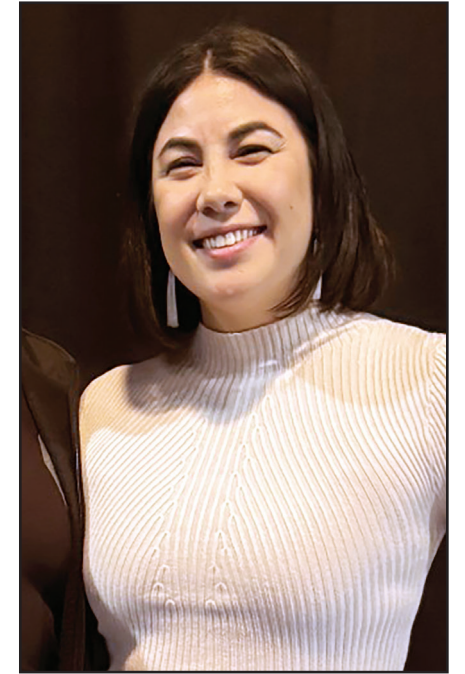
See you there!

If you have any questions, Contact:
Kasia Seymour 360-432-3801 or kseymour@squaxin.us
Kenna Krise 360-432-3895 or kekrisse@squaxin.us

This is a Drug, Alcohol, Tobacco, & Vape Free Event



Continued on Page 2



Candace offering her presentation

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

South Sound Science Symposium

Continued from Page 1



Island Tribe: Tribal member and Natural Resources Department employee Candace Penn shared research on sea level rise in the Skookum Valley.

The story map for Candace's collaboration with the University of Washington Climate Impacts Group can be accessed online using the QR code on Page 2. While the web address for the story map may change in the future, you can always obtain it by contacting the Natural Resources Department.

Over 450 people attended from 80 different organizations, including: state and federal agencies, like WSDOT, WA Dept of Ecology, WA DOH, WA DNR, WDFW, EPA, NOAA, USFW; Pierce, Thurston and Mason Counties; the cities of Olympia, Lacey, Tumwater, and Tacoma; the Puyallup, Nisqually, Chehalis, Skokomish, and Suquamish Tribes; University of Washington, St. Martins University, and The Evergreen State College; and many conservation organizations, private consultants, school districts, timber companies, and shellfish companies.



More on Page 4

Feedback forms are available on: squaxinland.org



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

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

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



Council Corner

November 14, 2024 Council Meeting

Tribal Council highlighted several upcoming community events as part of Native American Heritage Month. Notably, Griffin School hosted an assembly on November 18th, where Squaxin tribal flags were raised in each classroom to celebrate the month.

Council shared their appreciation for IEI & Family Services for the upcoming turkey basket handout on November 21st at the Community Kitchen. This provided turkeys and sides to tribal families in time for Thanksgiving.

In appreciation of Native American Heritage Month, Council acknowledged the City of Olympia's support in promoting awareness and understanding of indigenous culture. Council shared positive feedback from the recent retreat they attended, that fostered productive discussions on cultural initiatives and long-term goals.

Executive Director Erika Thale announced plans to expand clinic hours beginning January 2025, responding to community needs for increased health-care access.

Tribal Council approved the distribution of American Rescue Plan Act (ARPA) funding to further support tribal departments and projects.

Council discussed family assistance permits, a program intended to support tribal families beginning March 2025. With plans for descendant identification cards underway, the Council expects to finalize the program's specifics at their January work session. More details to follow.

Updates on major development projects were provided by Director Chad Bedlington from the Department of Community Development. The Tribe's ongoing projects, including the construction of a bus barn and the Taylor water project, are progressing on schedule. Bedlington also discussed NWITC upgrades, which is currently in the contractor engagement phase. Detailed plans for infrastructure expansion and improvements are set to be discussed at the December meeting.

Ramon Nunez of Little Creek Casino Resort provided updates on feasibility studies for potential expansions and new entertainment initiatives. Tribal Council approved key contracts for the upcoming Tower 2 renovation and administrative building construction, with those projects slated to begin in January.

Recent feedback from casino events, such as the Halloween gathering, demonstrated positive community response, which Tribal Council appreciates seeing.

Chairman Peters praised the commitment of tribal leaders and staff for their dedication to enhancing community life.

The Tribal Council will reconvene next month on December 12th.



National Congress of American Indians (NCAI)



Dear Citizens of the Squaxin Island Tribe,

As we move forward into a new chapter with the transition to a Republican administration, it is important to reaffirm our commitment to our sovereignty and the trust responsibilities that the federal government holds toward our tribe. While the political landscape may shift, our dedication to advocating for the needs and rights of our community remains steadfast.

The Squaxin Island Tribe will continue to actively engage with our representatives in Washington, D.C., and work closely with our state delegation and various branches of government. Our goal is to ensure that our voices are heard and that we effectively address the challenges and opportunities that lie ahead.

We have confidence that together, we will navigate this transition, fostering relationships and advocating for policies that benefit our people and preserve our culture and heritage.



-Squaxin Tribal Council

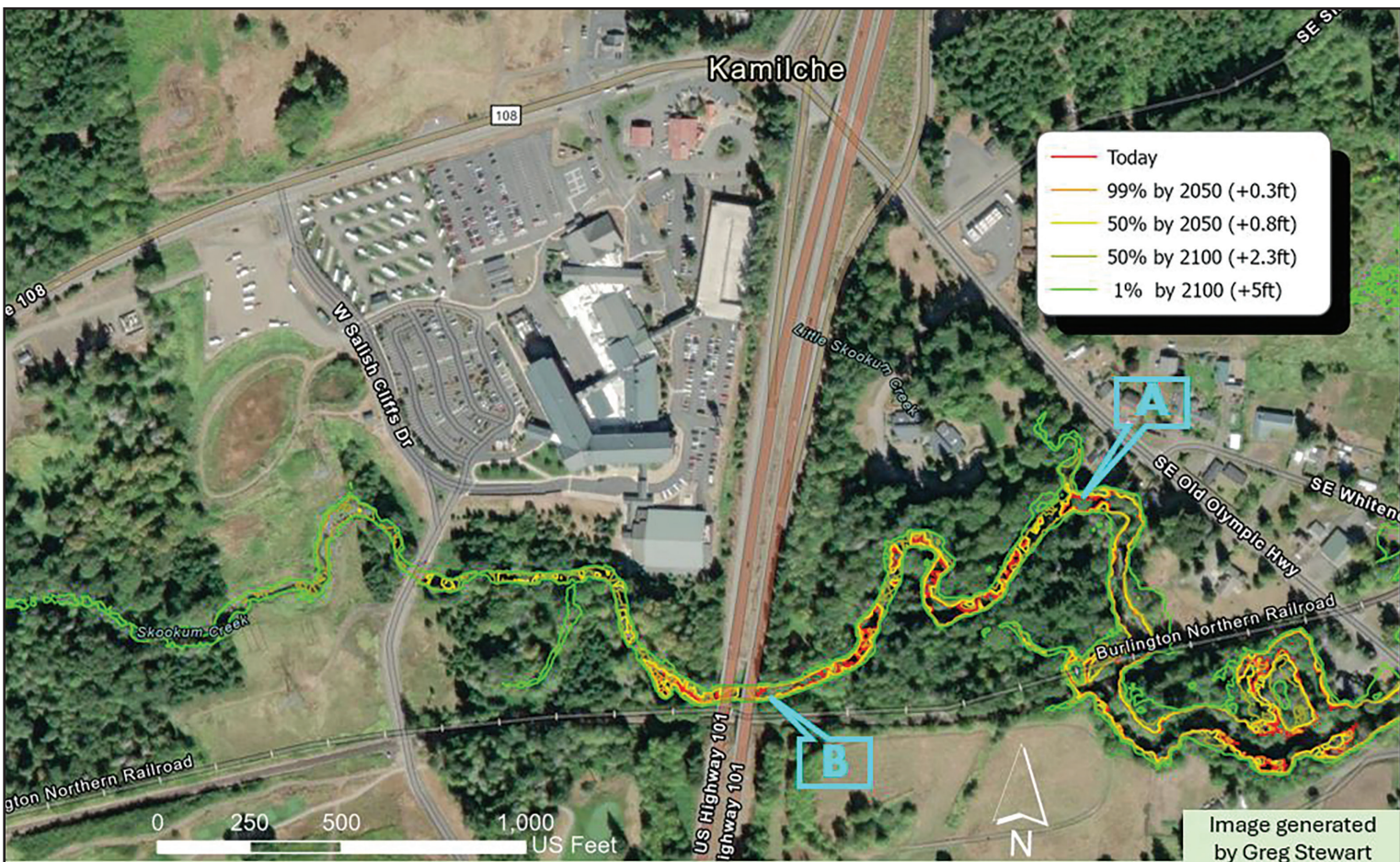
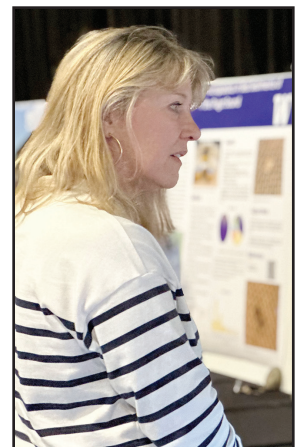
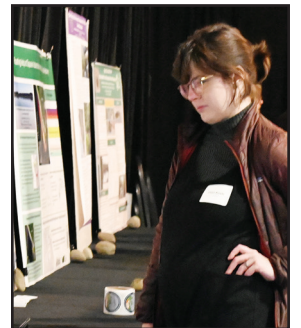
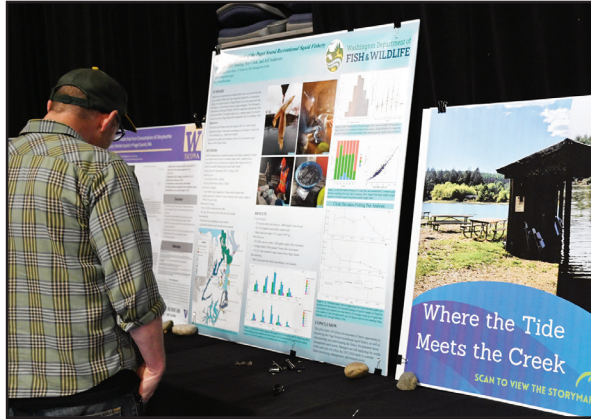


DO YOU NEED HELP?

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.



NATURAL RESOURCES



Elevation of the 2-year return interval high tide (17.35 feet above Mean Lower Water).

Colors indicate elevation change and likelihood of inundation for different years. This image does not include streamflow flood inundation (yet to be produced). Though the red line indicates that the tide reaches just past Hwy. 101 today (Point B), we have observed that saltwater inundation does not move beyond Little Creek (Point A). The roughness and sinuosity of Skookum Creek holds back the

This image illustrates how rising sea levels may cause the tide to move further up Skookum Creek.



What's happening at the Creek

• **Gingerbread Bucks:** Sweeten your holidays with up to \$250,000 every hour! Play our fun electronic game board on Sundays, Mondays, Wednesdays, and Thursdays from 1PM - 9 PM. Check in at the kiosk to join the fun and see if you'll be the next big winner!

• **Forever Young (50+):** Tuesdays are all about our seasoned guests! If you're 50 or older, claim a Crumbl cookie voucher starting at 10AM while supplies last. Then, join us at 6PM when three winners score \$250 in Freeplay, and stick around for the \$1,000 cash prize drawing at 7PM!

• **Flakes of Fortune:** The Cash Cube is back and blowing your way! Check in at the kiosk to enter drawings held every hour from 1:30PM to 9:30PM on Thursdays and Sundays in December. Winners step into the cube for a chance to grab up to \$4,500 in cash. It's a whirlwind of holiday fun!

• **Stocking Stuffers:** How much can you stuff in 30 seconds? Every Friday in December, you could win up to \$3,000 in cash and prizes from 4PM - 8PM. Gift cards, Solo Stoves, Bluetooth speakers, iPads, Apple Watches, and Freeplay are just a few treasures waiting to be stuffed into your stocking!

• **Jingling Jackpots:** We're putting extra jingle in your pockets! Every Saturday from 12PM to 5PM in December, score an extra \$500 in cash for every jackpot over \$1,200 from noon to 5PM. Keep those bells ringing!

• **December Keno Tournament:** Join us for the Keno Tournament on December 1, the festivities start at 2PM (registration begins at 11AM). Receive a free 3-spot voucher, \$10 food voucher, \$5 Freeplay, and a surprise gift! Plus, don't miss the halftime prize drawing—tis the season for Keno cheer!

• **Table Games Earn & Get:** Every Monday through Thursday in December from noon to 6PM, play your favorite table games and win your share of \$4,000.

• **Blackjack Tournaments:** Test your luck every Monday in December at 7PM in our Blackjack Tournament. With a \$40 buy-in, you could play your way to big holiday winnings!

• **Holiday Surprises Swipe & Fun:** Swipe on December 24 and 25 to win up to \$5,000! Visit a kiosk to swipe your card and start earning more swipes while you play. Two days of festive winnings await!

• **December Bingo:** End the year on a winning streak! From December 27-29, Bingo players can win their share of \$25,000 in cash, plus prizes like a Seven Inlets Spa Certificate and a Smart Watch to kick off 2025 in style. Don't miss Blacklight Bingo at 8PM on Friday or regular sessions starting at 1PM on Saturday and Sunday.

• **Countdown to Cash:** Saddle up for a Western-style New Year! Win \$2,025—or multiply it up to \$10,125—in drawings every other hour from 1 PM to 1 AM on December 31 and 1PM to 7PM on January 1. Grab your boots and wrangle up some cash!

STARLIGHT SPORTSBAR AND LOUNGE

• **Girls Night Out:** Pop Divas Takeover! Friday, December 6 at 8 PM in the Starlight Lounge, join us while the DJ spins the ultimate pop hits from Sabrina Carpenter, Chappell Roan, Taylor Swift, Ariana Grande, and more! Sip on espresso martinis, enjoy \$2 domestic drafts, and dance to diva anthems all night. Don't miss the fun!

• **Ugly Sweater Party:** Friday, December 20 at 8PM, break out your wildest holiday sweater and head to the Starlight Lounge! Sip on \$2 well cocktails while competing for cash & prizes in our sweater contest. Whether it's the best or the worst, your sweater could be a winner!

Team Member of the Month

Congratulations to Ron Wright, our Executive Casino Host and Team Member of the Month! Ron has been recognized for his outstanding initiative in developing a comprehensive player development strategy for our host team.

Guests of the resort consistently praise his exceptional service, while his peers appreciate his go-getter attitude and leadership. His dedication continues to elevate the guest experience and inspire those around him!



Warm Hearts, Warm Beds December Special

This holiday season, spread warmth and joy with our Warm Hearts, Warm Beds package. When you book a room for your stay in December and donate a new children's coat or toy, you'll receive \$20 off your room rate. It's the perfect way to give back while enjoying a cozy stay! Generous donations will help bring warmth and cheer to children in need through the efforts of our local charities.

Lasso in the New Year!

New Year's Eve concert! Saddle up and celebrate 2025 with a boot-stomping tribute to Toby Keith concert! Featuring opening act Antwane Tyler, a local rising star, this show is set to be unforgettable. The music kicks off at 8:00 p.m. on December 31. Tickets are just \$40 - grab yours before they're gone!





National Tribal Gaming Commissioners and Regulators Board Conference

Squaxin Island Tribal Gaming employees Raven Miller and Amber Gomez and Gaming Commissioner Joanne Decicio are pictured here (L-R) on their last day of tribal gaming training on November 15, 2024 in Las Vegas.

"The training was intense, beneficial, and encompassing," Joanne said. "There were 35 tribes represented, and most attendees were ready to be comfortable by the last day."

Training was held Tuesday, November 12th through Friday, November 15th from 8:30 a.m. to 5:00 or 5:30 p.m. One night it went until 5:40 p.m.

Congratulations on earning training certificates!



As part of our commitment to fostering a positive social impact, Little Creek Casino Resort, Seven Inlets Spa and Salish Cliffs Golf Club actively supports community donations to local causes and initiatives.

COMMUNITY CONTRIBUTIONS OCTOBER/NOVEMBER:

- **Squaxin Island Tribe** - Resort prizes for the annual Employee Appreciation Day
- **Squaxin Island Child Development Center** - Wellness prizes for the wonderful team at the center to enjoy a day of rejuvenation
- **Mason General Hospital Black & White Ball** – Silent Auction Resort packages
- **Northwest Indian Treatment Center** – Spa Treatment packages for auction
- **South Puget Sound Community College Foundation** – Auction items for Brunch with A Purpose, supporting students with emergency needs
- **Washington Golf Foundation | Youth on Course** – Rounds at Salish Cliffs Golf Club
- **McCleary Museum** – Stay and Play package for fundraiser auction
- **Saint's Pantry in Shelton** – Bingo and Poker donated 22 bags of non-perishable food items
- **Squaxin Island Tribe Food Bank** – The resort donated all contributions from the November hotel canned food drive to the food bank!
- **Treats at the Creek** – Family friendly, safe trick or treating experience open to all for Halloween

STOCKING STUFFERS

WIN UP TO \$3,000 IN PRIZES EVERY HOUR!

Fridays
Drawings every half hour 4pm - 8pm

Grab a stocking and fill it with as many gifts as you can!
Cash | Gift Cards | Tablets
Headphones & Much More

One free entry to all guests
50 tier points = 1 entry
10 extra entries for 50+ guests

Receive one (1) entry for every 50 points earned each promotional date. Limit of one (1) prize per promotional date. Must be present to win. Management reserves all rights. Must be age 21+. See Players Club for details. If you think you have a gambling problem, call 1-800-522-4700.



ISLAND ENTERPRISES INC

Weaving a strong business foundation for the Squaxin Island Tribe's future.



Tumwater Trading Post

The Tumwater Trading Post looks amazing! In the last month they have been working diligently on the fuel canopy and put up the decking. They have asphalted the entire parking lot around both buildings. They started and finished installing and staining the cedar planks on the ceiling. The floor tile has been started, and we hope to see that finished soon! We are excited to boost our presence in Tumwater!



Turkey Basket Thank You's

Island Enterprises would like to thank all of our volunteers who helped us prepare the bags for the turkey hand out in November! We would also like to thank Little Creek Casino Resort, Squaxin Island Tribe, Kamilche Trading Post and Harbor Wholesale for their donations to make this happen each year!



CHRISTMAS Turkey Baskets

Each basket includes:
 1 Christmas Turkey
 1 Bag with sides

**December 20 th
 4:00 PM-6:00 PM
 Community Kitchen**

Tribal Elders 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 Tribal Member only, Tribal Member must be present at pick up
 Baskets are distributed on a first come fist serve basis, while supply last.
 IEI: 360 423 3442



Employee Appreciation Brunch

On October 11th, 2024, Tribal Council and Human Resources hosted a special event to recognize and appreciate the hard work and dedication of its employees. The event, held at LCCR's event center, was filled with gratitude, celebration, and a sense of community. Employees were honored for their years of service to the Tribe, with special recognition given to those who have reached significant milestones. The event was a testament to the strong bond between the Tribe and its employees. By recognizing and appreciating their hard work, the Tribe reinforces its commitment to fostering a positive and supportive work environment.

This year's honorees:

Photos by Emily Sigo and Theresa Henderson

5 Years of Service:

- Jackson Cruz
- Jaimie Cruz
- Jessica Cruz
- Rose Davis
- Shaun Dinubilo
- Ashley Dolge
- Billie Lopeman-Johns
- Erika Thale
- Scott Voie

15 Years of Service:

- Jessica Dolge
- Liz Egan
- Nick Jones
- Juana Nelson
- Randi Packard
- Aleta Poste
- Brittanya Spence
- Mandy Valley

20 Years of Service:

- Rusty Cooper
- Esther Fox
- Tim Johnson
- Daniel Kuntz
- Lisa Peters
- Gorge Ventura

25 Years of Service:

- Joe Puhn

10 Years of Service:

- Beauford Brown
- David Dorland
- Neil Johnston-Blueback
- Erica Marbet
- Will Marchant
- Gus Nilsson
- Candace Penn
- Brock Pohl
- Michelle Voie



35 Years of Service:

- Shelley Rawding

**Thank you
To All of Our
Valued Employees!**





New Employees



Chad Bedlington
Director, PCD

Hi! My name is Chad, and I have been hired as the Director of Planning and Community Development.

I come to the Tribe with over 22 years of experience in public service and support for communities.

I have a wonderful large family with five children and a loving, supportive spouse.

I am looking forward to helping with more housing for tribal members and with the economic growth opportunities.

I'm joining a very experienced team and hoping for a smooth transition into this role.

I appreciate this opportunity to serve and look forward to some success stories.



Annie Beth Henry
Office Assistant, NR

Hi! My name is Annie Beth Henry, and I have been hired as an Office Assistant for the Natural Resources Department.

I am married to Cameron Henry, and we have three kids, Bailie, Brooke, and Bennett.

My parents are David Whitener, Sr. and Barbara Whitener.

I am very happy to continue within our Tribe.

I am excited to learn more about our Natural Resources department.

It's my hope that I can benefit my new coworkers and community.



Betty Thomas
Accounting Clerk, PCD

Hi! My name is Betty Thomas, and I have been hired as the Accounting Clerk for the PCD department.

I have a bachelor's degree in accounting and over 20 years experience in this area.

My husband, grandmother, and I live with our three dogs.

I am excited for the opportunity to work with the wonderful people in PCD and want to continue the success of the Squaxin Island Tribe.

I am excited to work with everyone and look forward to the changes we make going forward.



Employment Opportunities:

squaxiniland.org



Meet and Greet With New Chief of Police

On November 13th, I met with community members at the Elder's Center. It was a pleasure to meet the Elders, to trade experiences, and talk about the concerns of the community.

Some of the topics discussed were how our police officers must prioritize our responses based on the severity of the call for service, the response of mental health co-responders to person(s) in crisis, drugs, when to call 911 for emergencies, and calling MACECOM (360-426-4441) for incidents of a non-emergent nature.

We discussed the ability to remain anonymous when calling MACECOM and circumstances when a Squaxin Police Officer may be seen at a location in Shelton or other areas.

We also discussed the possibility of providing rules of the road safety training for community youth.

I hope to again meet with the community in mid-December to continue discussing the concerns of the community.

- Ed Harrold
- Squaxin Island Chief of Police





YOUTH CENTER



Bordeaux

December is here!

November was an awesome month for our Bordeaux bulldogs. It was Native American Heritage Month, so, of course, we were busy! We decked out the halls as much as we could to show some representation. At the end of the month, we hosted an assembly and invited our Squaxin and Skok relatives to come in and share some songs and dances. We made sure to coordinate with our Teen Program Coordinator and High School Advocates, Keesha and Isabelle, to bring in teens to show our littles how proud we all are. I remember being younger and looking up to the teens and thinking how cool they were. To show our littles all the different generations is so important, to remind them how proud they should be as Native Americans and to see how strong our lineage is.

During November, we started a drum group with our students at the end of the day to encourage them to want to stand up with our people at the assemblies. On one assembly day, we asked our fourth graders to come up and dance. I will have the videos and pictures of our November up on my Student Advocate Facebook page.

Jumping into our December! It is always such a fun time here at the school, with Christmas activities, hot cocoa, good books, and a bunch of love.

Here are some dates to keep in mind for all our BDX families:

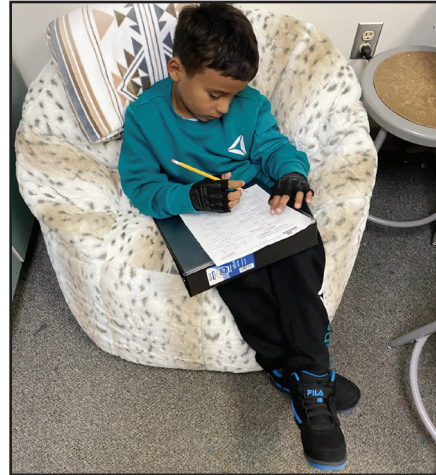
- Dec. 11th - 1.5-hour early release
- Dec. 20th - 3-hour early release (Beginning of winter break)
- Dec. 23rd - Jan. 3rd – NO SCHOOL (WINTER BREAK)

Before and after winter break, I know it can be hard to want to come to school. I want to encourage our students and families to try to maintain consistent attendance. Consistency is key! Much love to everyone, and HAPPY HOLIDAYS!

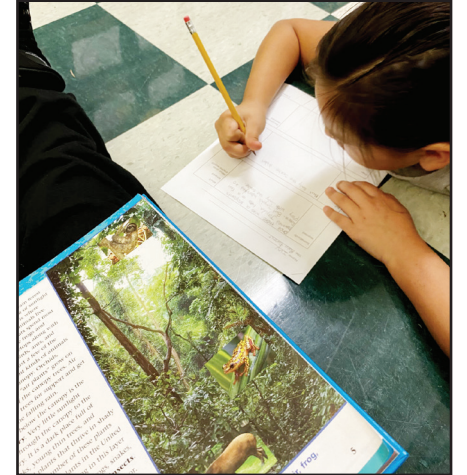
Tamika Krise
Elementary Student Advocate
(360) 643-5827



Marty crackin' jokes



Zion- Comfy, stylish, and hardworking



Even on the floor, we get the job done!



Love hearing the convos! Roselani, Elijah, Tyde, and Ivy

Basketball Practice Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|---------------------------------------|-------------------------------------|---|----------------------------|--|---|
| 1 | 2 10u: 4:45-5:45pm Coach T Out! | 3 12u/14u:4-5pm 7u: 5:05-6pm | 4 12u/14u:4-5pm 10u: 5:05-6pm | 5 12u/14u: 4-5:30pm | 6 12u/14u:4-5pm 7u: 5:05-6pm | 7 Muckleshoot Tourney: 7u, 9u, 11u & 13u |
| 8 | 9 10u: 4:45-5:45pm Coach T Out! | 10 12u/14u:4-5pm 7u: 5:05-6pm | 11 12u/14u:4-5pm 10u: 5:05-6pm | 12 12u/14u: 4-5:30pm | 13 12u/14u:4-5pm 7u: 5:05-6pm | 14 |
| 15 | 16 10u: 4:45-5:45pm | 17 | 18 Christmas Event: No Practice Coach T Out! | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Holiday Break: No Practice | | | | | | |
| 29 | 30 Holiday Break: No Practice | 31 | | | Schedule is subject to change at anytime | Coach Tae'Lor: (360)688-8452 |

SQUAXIN YOUTH BASKETBALL TEAM

Toy Drive

Accepting Donations On
Wednesday, December 4th

Please donate unopened/unused toys. These toys will act as the teams entry fee for an upcoming tournament, & the toys will go to kids in need.

Drop off at the Bus Stop by Kaya Circle between 4pm - 5pm

For more information contact Coach Tae'Lor (360)688-8452

Cookies & Coco will be provided by the basketball team as a thank you for donating



Shelton High School

Hello from SHS!

We are cruising towards the finish line of the first trimester! We start our new trimester on December 2nd, and that means we have new schedules and routines to learn.

If you have a problem with your new schedule, please make an appointment with your counselor or come chat with me and we can try to get you the classes you need/want before we are too far into the new trimester.

Last month we had our annual Career Expo! It was an all-day campus wide event! We had tons of different colleges and trade schools set up all around the Mini Dome. There is a lot of really important information about life choices after high school. I hope we all took advantage of having all these valuable resources on campus for the day!



Students working at OBJH



Milo lifting the ammo case!



Janelle at Career Day



Riley at the Homecoming Assembly



Milo on Career Day



Zach at Career Day



Oakland Bay Junior High

Hi all! We are approaching the last few weeks of the 1st trimester over here at OBJH. Most of our students are passing a majority of their classes, but please check in on their Skyward to see if there are any missing assignments. I have been keeping up on students on missing assignments and tests, so please be on the lookout for grade reports that I may send home with your students. I am beyond proud of this class of students, they have been able to be very independent but also advocate for themselves when they need help.

I also want to say that I am available at the Youth Center after school from 3:00 - 5:00 p.m. in case 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.

The 7th and 8th graders both went on their field trips over the last month. The 8th graders went to Skokomish Farms and the 7th graders went to Bayshore. Both grades said that they had a blast and wish they could do it again. On the 7th grade field trip students were able to learn about the salmon life cycle and how surrounding plants/trees can support salmon runs. Some students were also tasked with teaching the rest of their class about these local plants/trees, and it was an invaluable learning experience for those groups.

Student of the month! The student of the month this month is Jayda Hawks! She is one of our 7th graders who did amazing in the transition from middle school to the junior high. She has fantastic grades and near flawless attendance. Her teachers have nothing but great things to say about her also. I'm happy to see what she can accomplish this year!



Emilio C. Giving presentation



Emilio C. Digging



November After School Program *November was Native American Heritage Month!*

We celebrated Native American Heritage Month in the after-school program by doing some culturally relevant activities with the youth. The youth made mini button blankets. They also got to cook some Manila clams that were locally harvested, and they really enjoyed trying them out.

On Thursday, November 7th, the youth got to work with cedar and make cedar earrings or a cedar fan. It was amazing to watch our youth create traditions here in the after-school program. The youth were also able to swim in the pool and had a great time swimming with their friends.

Monday, November 11th was Veterans Day, and we had the after-school program open 8:30 a.m. - 3:00 p.m. We also had a field trip to Bayshore Preserve in Oakland Bay to let the youth observe Chum salmon. We all met the South Sound Estuarium volunteers at the gate of the Bayshore Preserve and they took us to their tents and to the creeks edge so the youth could observe the Chum. They had underwater cameras that made it easier for the youth to see the salmon, and it was a pretty awesome experience for the kids. The youth got to walk out on to the beach to get a close up look at all the fish from Oakland Bay into the creek. They all enjoyed this so much. Some of the kids spotted seagulls and even a couple bald eagles were flying above us. It was a great learning experience for the youth, and they had a really great time. Thank you to the education staff who attended with us and the South Sound Estuarium for the experience!

Tuesday, November 12th was a cooking activity and, to celebrate our heritage here at the program, we brought in clams for the youth to cook and try out. We talked about where they come from and their habitat. We also talked about our traditional shellfish harvesting areas while they helped to cook the clams.

On Friday, November 15th, we held our Traditional Foods Dinner for the youth. The youth were involved in the making of the nettle tea and berry cobbler, and the youth helped to prepare for the dinner throughout the week. This was a great opportunity for the youth to get a taste of their traditional foods as well as learning about their ancestors and culture in the process.

On Mondays in November, the youth got to create their very own mini button blankets. We had them choose their fabric, create their own designs, and fasten their own buttons onto the mini blankets. They did some awesome work!

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 calendar and weekly schedule 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!

- Kenna Krise and Kasia Seymour





YOUTH CENTER



December 2024

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

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | |
|---|---------|--|----------|---|----|---|----|--|----|
| After-School 3-6pm Cultural Christmas Gifts | 2 | After-School 3-6pm Cooking Melted Reindeer Bark | 3 | After-School 3-6pm Traditional Medicine Bath Soak | 4 | After-School 3-6pm After School Swimming 4:00-5:30pm DIY Christmas Ornaments | 13 | After-School 3-6pm STEM: Snowball Shooter | 6 |
| After-School 3-6pm Cultural Christmas Gifts | 9 | After-School 3-6pm Cooking Christmas Sugar Cookies | 10 | After-School 1:30-6pm Traditional Medicine Body Scrub | 11 | After-School 3-6pm After School Swimming 4:00-5:30pm DIY Christmas Cards | 12 | After-School 3-6pm STEM: Build an Igloo | 13 |
| After-School 3-6pm Cultural Christmas Gifts | 16 | After-School 3-6pm Cooking DIY Graham Cracker Longhouses | 17 | No Afterschool Youth Christmas Event 5-7pm | 18 | After-School 3-6pm After School Swimming 4:00-5:30pm Christmas Movie Night 5-6pm | 19 | No Afterschool Youth Winter Dance Time TBD | 20 |
| Tribe Closed for Holiday | 23 | Merry | 24 | Christmas | 25 | Tribe Closed for Holiday | 26 | Tribe Closed for Holiday | 27 |
| Tribe Closed for Holiday | 30 | Happy New Years Eve | 31 | | | | | | |

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
Swimming: Thursdays:
4:00-5:30pm

After school Program open
January 2-3, 2025
Hours: 8:30-3:00pm



YOUTH CENTER



Olympic Middle School

This past month was a pretty active one! We made it through conference week and had a good book fair.

If you didn't get the chance to have your conference, it's never too late to check in with your kiddos' teachers. Family Skyward access to track grades and attendance is helpful too!

Speaking of attendance, though, the majority of our students are having very good attendance this year, I want to give a big shout out to Thailer Velter for having perfectly perfect attendance! It's not always easy to make it to school every day, and to every single class on time, but Thailer makes sure he is always where he needs to be and it is appreciated and respected!

We also had over 10 others who had less than five attendance infractions for this school year so far! Keep it up guys! The good attendance reflects in their missing work - most of our Squaxin students had little to no missing assignments at the semester change. I'm so proud of my middle schoolers!

We enjoyed our lunch Halloween party. Ms Chappell and I made treats for everyone and we had some fun raffles for all our kids who came in costume. There were so many cute and creative costumes!

In November we had an Elders luncheon with chili and fry bread at lunch time on the 22nd. Our students love to have guests and we appreciate everyone who takes the time to come and visit with us and share stories and good conversation. We also had our Native American Heritage Month assembly which all the native Ed students had a big hand in planning. We have so many amazing and enthusiastic young leaders here in OMS Native Ed.

- Kiana Wiley



Milah in the book fair



Ms Chappell and Ms Kiana watching kids afterschool sports



Lunch time talking circles



Liv and Ms Kiana working on math



LJ Zayne and Thailer playing ball with some friends at recess



Autum speaking at the Veterans Day assembly



Grace and her friend in their demon slayer costumes



Liv working hard on her math problems



Halloween party at third Lunch



Pumpkin decorating group



Thailer and his friend as peanut butter and jelly



Teens

The haunted house was a hit! I want to thank the community for showing up for our teens and seeing all their hard work. The teens did so awesome and worked so hard making sure the haunted house was perfect. Thank you, Janelle, Jean Marie, Zack Johns, Lolyta, Thailer, and many more who dropped in to help.

December - Bead with Keesh! Come make some X-Mas gifts from 3:00 - 6:00 p.m. every Tuesday and Thursday until winter break! Make keychains, earrings, and whatever strikes your fancy. I can help with <3 As always, we are open for homework help Monday - Thursday from 3:00 - 6:00 p.m.

Save the date! We are getting ready for our annual staff versus teens basketball game on MLK day, Jan, 20th, 2025!

- Keesha Vigil, Teen Program Coordinator
(360) 463-0681

Higher Education

If you are planning to attend winter quarter paperwork was due on December 6th. I can not 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. If you are a new student and need paperwork for Higher Education funding please get in touch with me.

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



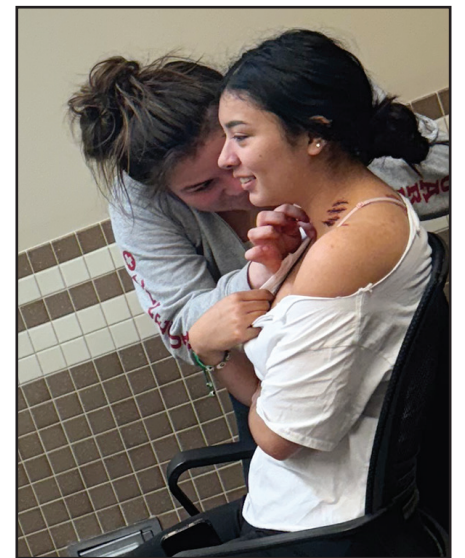
Jaime and Keesha, Zombie Attack!



Staff with Nozzle the clown



Kiana Wily in action



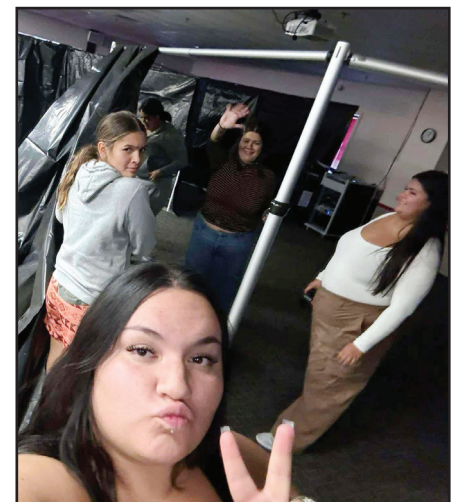
Kiona the Zombie make up artist



Big Group pic after the scares!



Janelle and Jean Marie after working hard!



Behind the scene teens setting up



YOUTH CENTER



Pool Updates

Hey everyone! I just want to give an update on the pool and put out there that our pool is OPEN and available for the community/employees 7 days a week!

The pool is a great way to get your body moving, burn calories, and relieve stress.

Did you know, swimming for just 30 minutes burns an average of 200 calories?!

We also offer Elders aerobics classes on Tuesdays and Thursdays from 10:30 a.m. - 11:30 a.m. led by our very own lifeguards, Kiona and Colby.

We hope to bring back water yoga in the winter months, so stay tuned for that!

Over the past few months, we have had lots of pool parties for the youth and community. We aim to have at least one party a month that is free of cost for anyone who wants to join!



Winter Break Pool Party!

SQUAXIN ISLAND POOL/WELLNESS CENTER

FRIDAY, DEC 27TH, 2024
12:00 PM - 4:00 PM

HOT CHOCOLATE, SNACKS, AND SWIMMING

LOOKING FOR SOMETHING FUN TO DO DURING WINTER BREAK? BRING THE FAMILY TO THE POOL FOR SOME OPEN SWIM TIME! WE WILL ALSO BE OPEN THE 28TH AND 29TH FOR OPEN SWIM, THEN WILL BE CLOSED AGAIN FOR THE REST OF THE BREAK. WE WILL RETURN TO NORMAL HOURS 1/2/25.

Christmas MOVIE NIGHT In The Pool!

THURSDAY, DECEMBER 12TH, 5:30 PM - 7:30 PM

Gather your loved ones, bring your swimsuits, and join us for the showing of "Elf." Enjoy the magic of the season on the big screen, complete with hot chocolate, festive treats, and holiday cheer!

Squaxin Island Wellness Center
70 SE Squaxin Ln.

MORE INFORMATION
Pool Front Desk:
360-432-3852



YOUTH CENTER



December 2024 Pool Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Notes: |
|--------------------------------|---------------------------------------|--|--|--|--|--------------------------------|--|
| 1 LS/OS: 8:30 AM - 5:30 PM | 2 LS/OS: 8:30 AM - 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 - 5:30 PM | 4 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM | 5 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 | 6 LS/OS: 8:30 AM - 5:30 PM | 7 LS/OS: 8:30 AM - 5:30 PM | <p>KEY: LS: LAP SWIM EA: ELDER'S AEROBICS OS: OPEN SWIM ASP: AFTER SCHOOL PROGRAM SYP: SKOK YOUTH PROGRAM</p> <p>Front Desk: 360-432-3852 (Call for recording of daily schedule)</p> <p>Pool Office: 360-432-3873</p> |
| 8 LS/OS: 8:30 AM - 5:30 PM | 9 LS/OS: 8:30 AM - 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 - 5:30 PM | 11 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM | 12 EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM CHRISTMAS MOVIE NIGHT IN THE POOL! 5:30 PM - 7:30 PM | 13 LS/OS: 8:30 AM - 5:30 PM | 14 LS/OS: 8:30 AM - 5:30 PM | |
| 15 LS/OS: 8:30 AM - 5:30 PM | 16 LS/OS: 8:30 AM - 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 - 5:30 PM | 18 CLOSED FOR TYC CHRISTMAS PARTY! | 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 - 4:00 PM ASP: 4:00 PM - 5:30 PM | 20 LS/OS: 8:30 AM - 5:30 PM | 21 LS/OS: 8:30 AM - 5:30 PM | |
| 22 LS/OS: 8:30 AM - 5:30 PM | 23 CLOSED FOR HOLIDAY BREAK | 24 CLOSED FOR HOLIDAY BREAK | 25 CLOSED FOR HOLIDAY BREAK MERRY CHRISTMAS! | 26 CLOSED FOR HOLIDAY BREAK | 27 COMMUNITY POOL PARTY: 12:00 PM - 4:00 PM | 28 LS/OS: 8:30 AM - 5:30 PM | |
| 29 LS/OS: 8:30 AM - 5:30 PM | 30 CLOSED FOR HOLIDAY BREAK | 31 CLOSED FOR HOLIDAY BREAK | | | | | |

SCHEDULE IS SUBJECT TO CHANGE FOR EMPLOYEE/COMMUNITY EVENTS



Trick-or-Treats

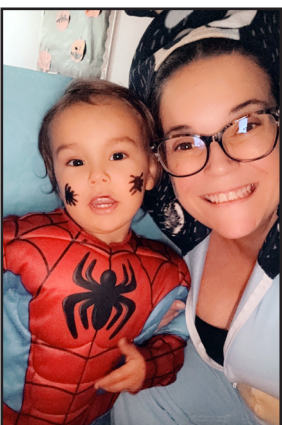
The Squaxin Island Child Development Center's Trick-or-Treat event on October 26th, 2024, was a fantastic celebration filled with themed activities and pedestrian safety-focused fun.

Each classroom featured a unique theme: the Fox Room brought Beetlejuice to life with a bean bag toss; the Eagle Room honored "Time of the Elk" with Pin the Tail on the Elk; the Coyote Room went Hawaiian with a limbo contest; the Raven Room was Bluey-themed with bowling; the River Otter Room revved up a Cars-themed Hot Wheels track race; and the Raccoon Room transformed into a Mario-themed tower knockdown game.

The SICDC administrative team joined in on the fun with an Inside Out theme emphasizing pedestrian safety. Families received whistles, hand warmers, reflective armbands, flashing ring lights, and important pedestrian safety information.

Retired teacher Vickie Schultz hosted a Hocus Pocus area, Jaimie Cruz offered voter information and Tribal coloring pages, and community partners from the Childcare Action Council - Heidi Devries, Celeste Farmer, and Rose Tiller - delighted with a pet parade theme.

The event welcomed 205 participants, making for an exciting day of costumes, games, and pedestrian safety awareness.





Visit From South Mason Fire and Rescue

South Mason Fire and Rescue recently visited our preschool classrooms to discuss fire safety, offering our young learners an engaging, hands-on experience in staying safe during emergencies.

Firefighters showed the children what they look like in full gear, helping them feel comfortable and safe if they ever encounter a first responder in a real emergency.

Afterward, students were thrilled to tour both a fire engine and an ambulance, learning about the equipment and tools firefighters and paramedics use every day.

This visit was a memorable opportunity for children to connect with local heroes and gain a greater understanding of fire safety in a fun and interactive way.



Pumpkin Decorating Contest

This fall, staff at Squaxin Island Child Development Center took part in a pumpkin decorating contest that highlighted the team's creativity and brought a warm sense of community to the season.

Staff members brought their imaginations to life, transforming pumpkins into art pieces that captured everyone's attention. From whimsical characters to elaborate designs, each entry was a testament to the talent and spirit of the team.

To select the winners, parents, staff, and community members joined in by voting for their favorite pumpkin.

After the votes were tallied, the Blueey pumpkin won first place, charming everyone with its bright, playful character.

Second place went to the beautifully crafted deer pumpkin, and third place was awarded to the clever pirate pumpkin. The first-place winner earned, not only a year of bragging rights, but also a special lunch of their choice - a well-deserved treat!

The contest brought joy and excitement to all involved, celebrating the creativity of the staff and fostering community connections.

This annual event has become a fun tradition, reminding everyone of the power of creativity and connection during this festive season.



**SICDC
WINTER
WONDERLAND
2024**

**DECEMBER 6TH | 10:00 AM-12:00 PM |
SICDC CHILDREN & FAMILIES PLEASE JOIN
US FOR
BREAKFAST, WINTER ACTIVITIES**

3851 SE OLD OLYMPIC HWY
SHELTON, WA 98584
KAITI KRUG, PROGRAM MANAGER
360-426-1390
KKRUG@SQUAXIN.US



Veterans Day at the MLRC and Veterans Memorial

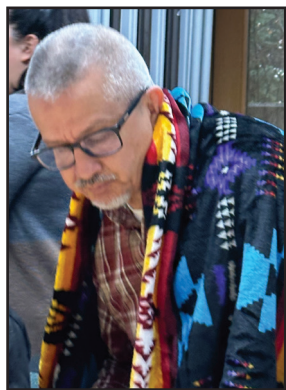
Bev Hawks, her daughter, Deanna Mesplie, and her granddaughters, Milah and Ivy Hawks, wrapped the veterans paddles with love and ribbons and placed bouquets in honor of each branch of service.



Gus, who learned his law enforcement skills in the military



Joe Seymour



Brooks Farrell



Thank you to all our veterans and those who love and support them, with special thanks to Bev, Deanna, Milah, and Ivy!

From Bev –
“Thank you, Deanna, Milah, and Ivy, for helping me decorate our Veteran’s Memorial with ribbons. I APPRECIATE YOUR HELP. Some have a pom poms on them. The pom poms were for my uncles, John Harvey & Delbert Krise, my brothers, John Yum & Lil Harvey Krise, a lot of cousins and special people, our VETERANS. I am thankful to the museum staff who put a good spread out to feed us and for the ones who shared stories of their service. My Hands are up to you Ill!”

Photos by Bev, Charlene and Theresa



Santa Paws

It's no wonder that dogs come running and jump into Gus Nilsson's vehicle when he drives up. According to the dogs who know Gus, he's more of a canine "Santa Paws" or "ice cream man" than he is code enforcer – and that's just the way he likes it. Gus, who is a Tribal Housing Enforcement Officer, wears many hats for his job, but none more important than his role as tribal animal control officer. While it's not his "official" job title, the animals who live within the reservation of the Squaxin Island Tribe would tend to disagree.

Gus, who was a military sentry dog instructor during the Vietnam era, subsequently spent 42 years as a Washington State Patrolman. "The longest in their history," he said. These days, it's his work with animals that's earning the praise of humans and canines alike.

"When I first started as the housing enforcement officer, I saw a 140-pound dog walking down the street," he said. "I was scared to death."

Gus shares his home with a Lab, a retriever, and a poodle, and rather than turn away with fear, he realized that he could do something to help both free-roaming animals and the people within his community. "I went to the store and got several bags of dog biscuits," he recalled. "I'd walk up to the dogs who were tied up on their property, speak to them, and offer biscuits. I was like the popsicle guy for these dogs. Now I go around every day and give them treats. They know me and look forward to these visits."

Gus used to use his own money to buy the dog treats, but he now has a budget specifically for this important item. "Every dog catcher should make friends with the dogs in their area," he advised. "Get to know the dogs and their temperament. I've been here for ten years now and they all know me."

And when dogs do get loose, they don't hesitate to come to him when he arrives. "All I have to do is open the front door to my car and they just jump right in," he said, laughing. "On a typical day, I come into the office, fill out my time sheet, and then get my vehicle filled with doggy treats," Gus said with a laugh. "It's like a little town up here. There are 120 homes. I know where all the dogs are. I drive around, they see me coming, wake up, and jump up. I pet them and play with them and give them treats, then drive over to the next dog."

Gus, who collaborates with Amy Loudermilk and her nonprofit, Rez Animal, has found that this partnership has greatly impacted the community.

"Amy came up for a clinic this summer," he said. "All of the dogs got free shots and Amy gave me a vehicle full of dog food. I went around and gave it to the tribal members. Rez Animal's program allows tribal members to pay a \$5 co-pay for medical services for their animals, and then Rez Animal picks up the rest of the bill," he said. While there were 34 applications for help last year, there have been 65 applications as of this writing.

"People are becoming more aware of the program," Gus said, "and the tribal members really appreciate what I do."

While Gus is humble about his role, he saves lives every day – and his position is as unique as it is important.

"The Squaxin Island Tribe is one of the only Indian reservations in the country that have an animal control officer," explained Amy. "City-operated shelters don't serve Indian reservations, so without animal control, stray animals are left to fend for themselves. It's very common to see stray, skinny, and mangy animals on reservations. They're called 'rez dogs,' and without an animal control officer, they're left to run around without anyone to help."

There are 29 federally recognized tribes in Washington State and 567 tribes in the United States. "I can tell you very few have animal control," Amy said.

"The fact that the Squaxin Island Tribe is doing something about this is a really big deal. You don't see stray dogs everywhere like you do on other reservations. Gus ensures that strays are picked up and taken to animal rescue organiza-

tions. He's talking to tribal members about not keeping their pets without shelter or tied on a short leash. He checks on pets and makes sure they're being fed or getting medical attention."

Gus works closely with Adopt A Pet in Shelton, where he takes animals if they need to be impounded. "Adopt A Pet is the best animal organization I've ever seen," he said. "It's like a farm – the kennel floors are all heated. It's so clean that you could eat off the floors. I'll take the puppies up there and they'll get them spayed and neutered and help get them adopted out. Adopt A Pet is devoted to helping homeless dogs and find responsible homes."

When the tribes heard about Adopt A Pet's efforts to help tribal animals find homes, they were inspired to donate money to the organization and continue this impactful collaboration. Thank you, Gus and Amy, for your dedication to the animals!

Rez Animal helps animals on the Nisqually, Squaxin, Skokomish, Chehalis, and Shoalwater Bay Indian reservations. Learn more about Rez Animal – including how you can support their lifesaving work – at www.rezanimals.com.

- Written by Tracy Champion, Writer/Publisher
Pet Connection Magazine

"Thanks, everyone, for allowing me to work for you."

- Gus



Gus, Lily and Grizz wishes you a Merry Christmas. Grizz was rescued from the Squaxin Island Reservation nine years ago.



Should You Use Mouthwash?

Mouthwashes can be a quick way to freshen your breath and help your mouth feel clean. However, it is important to note that not all mouthwashes are meant for freshening breath and killing germs. There are several types, some of which are therapeutic and others that are cosmetic. Therapeutic mouth rinses include those that control bad breath, reduce plaque, and are anti-gingivitis. There are also some mouthwashes that can help replace and stimulate saliva production for people who suffer from dry mouth, while other rinses are made for anti-sensitivity and anti-cavity (contain fluoride) protection. They can be obtained with or without a prescription, depending on the type and strength of the formulation. Cosmetic mouthwash are those that usually enhance whitening and that is their only purpose.



It is important to know what your top priorities are when selecting the right mouthwash for yourself. Do you have a high decay rate? Picking fluoride mouth rinse would be your best choice. Is your gum tissue red and bleeding when you brush and floss? Try an anti-gingivitis mouthwash. When your teeth and gums are healthy and strong, but you still get those pesky coffee stains, then a whitening mouthwash may be for you!

Your dentist or dental hygienist can help you figure out what mouthwash will be best for your specific oral needs. Be sure to see them regularly for preventative care!

Some important precautions regarding mouthwashes to keep in mind:

- Children under six should not use them. There is too much risk that they will swallow the mouthwash instead of spitting it all out. Ingesting mouth rinse can make children sick to their stomach.
- Choose alcohol-free versions. Alcohol in mouthwash can dry out and damage gum tissues.



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

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

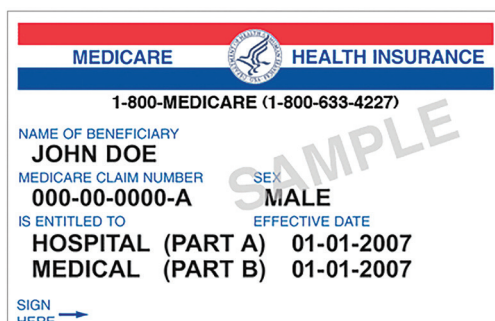


Are you 65 years+ with Medicare insurance? Do you have Medicare Part D?

If not...

Reach out to:

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



Squaxin Island Tribe Hosts Breast Cancer Awareness Bingo Night

October 15 & 29, 2024

The Squaxin Island Health Clinic in partnership with SPIPA Health & Wellness Programs hosted a breast cancer bingo night for Breast Cancer Awareness Month. Patient Navigator, Clara Hernandez did a wonderful job putting together these events.

The events boasted a great turnout from the community with a total of 82 attendees. Participants enjoyed a meal while learning about breast cancer from the Squaxin Island Health Clinic Public Health Nurse, Anne Johnson. Once everyone had full bellies, we began the fun game of Bingo:

Each bingo card consisted of breast cancer awareness words, bringing awareness while playing bingo. Clara had put together a great line up of prizes for the winners. We had premium chocolate baskets, air fryer, Nutri Bullet, stand mixer, and gift cards to offer to bingo winners. Fun was had by all!

Be sure to keep your eye out for an upcoming Cervical Cancer Bingo night in January 2025!



Post-Holiday Blues Survival Tips

By Dr. Fergie - While some people love Christmas, others find it the most dreaded time of year. It can bring back painful memories of those we have lost. It is probably a bittersweet experience for most, a mixture of joy and sorrow.

Many people, at some point, will likely suffer from post-holiday blues, the calm after the storm. Maybe the holiday season did not live up to your expectations. You might feel a sense of rejection from important people in your life, who ignored your calls or ghosted you after you sent a festive heartfelt text message. If you can relate to any of these, here are some proven ways to overcome the post-holiday blues.

(A) EXERCISE Who wants to exercise after binging on a sugary avalanche of candy, cakes, peppermint bark, sugar cookies, and a gingerbread army? Studies have revealed that, for many individuals, engaging in physical activity, particularly those that elevate heartrate, can dramatically improve mood, often to the same degree as medication or talk therapy. Also, most people can tolerate the side effects: More energy, better sleep, increased libido, and a better sense of self-worth! (1) Make sure, however, you are cleared by a doctor to exercise before you start any new routines. Staying safe is always a top priority! (2) Why not bring a friend along? You can socialize and vent about those annoying people who push exercise! (3) Start small and make exercise a habit (repeat the mantra: "Start low, go slow"). (4) Prepare for exercise the night before (e.g., layout exercise clothes, prepare a light snack, place your keys where you are most likely to find them, sleep in your Adidas track suit if need be, park your sneakers in front of the door, etc.). (5) Early birds catch the worms! Morning hours tend to have fewer distractions. You also might want to work out in the morning because it can make you feel better and help your brain work better during the day. Exercise in the morning might also help you sleep better at night. (6) Above all else, have fun! Exercise equipment is often more useful for drying clothes than for inspiring you to workout. Mother Nature is the best workout partner!

(B) GRATITUDE: Practicing daily gratitude can help train your brain to view life through a positive lens. Expressing gratitude can be done through text messages, social media posts, or handwritten letters (that you do not necessarily have to send). A popular exercise is to jot down three things you are thankful for. Doing this in the evening is best, because positive thoughts can inspire beautiful dreams.

(C) REACH OUT TO OTHERS: Connecting with people, even those outside your inner circle, can boost your mood. The Tribe has a lot of fun ways to gather and hang out, such as drumming circles, language classes, and many others. The act of giving back to the community can be a truly enriching experience too, nourishing your soul and bringing a sense of purpose to your life. Volunteering also gives you many opportunities to meet new people and reconnect with old friends and acquaintances.


(D) KEEP SOCIAL MEDIA AND SMART PHONE USE TO A MINIMUM: Smart phones prevent people from truly connecting with others, and many people use social media instead of talking to people in person, which is no healthy substitute. Mother Nature never intended for us to park our tuchus in front of screens indoors! Moreover, social media has a negative dose effect. Increased screen time is linked to decreased happiness. So, set down the electronic devices and check out points A, B, C above (lather, rinse, repeat)!

Happy Holidays, folks!




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






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 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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Suicide & Crisis Lifeline

Dial 988

for mental health emergencies.

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

#WeNeedYouHere







Finding Holiday Joy Amidst Grief

By Jeanie Lerche Davis - It's a disappointing truth: Holiday cheer can be difficult to come by if you're facing emotional pain caused by a loss. But experts urge us to muster our inner strength -- to find bits of holiday joy amid the grief. Loss of a loved one, loss of a job, a divorce, illness -- all these bring grief to our lives, says Lisa Lewis, PhD, Director of Psychology at The Menninger Clinic in Houston. "There's loss when a child leaves home for college, or when a child gets married. These are normal transitions, but they do create a sense of loss."

"Even at the best of times, the holidays are stressful -- but when there's an additional emotional burden, they're especially difficult," says Paula K. Rauch, MD, director of the Parenting at a Challenging Time program at Massachusetts General Hospital in Boston.

"When there's a loss or a change in our lives, our traditions must change -- and that's hard because we will miss our favorite things," notes Rauch, author of *Raising an Emotionally Healthy Child When a Parent Is Sick*. "People do well to anticipate how changes will affect those traditions. It's important to be open to new traditions. Take the best of the old, borrow from new people in your life, and create new traditions."

Open Your Heart

Indeed, the traditions are what tug at our hearts. "Holidays symbolize a time when people come together," explains Susan Apollon, a counselor licensed as a psychologist in Pennsylvania. "The holidays represent a myriad of memories accumulated during your lifetime," she tells WebMD. "If you've had wonderful times, you hope for the same good times, having all your family together. Even if you haven't had that, you hope for it."

Though the holidays can be difficult, they can also be a time of healing, says Apollon, who authored the book, *Touched by the Extraordinary*. "Allow little miracles by opening your heart and experiencing connections with loved ones. You're entitled to find some joy."

Accept the Sadness

"People think they should be happy all the time, but that is an unrealistic expectation for life," Lewis tells WebMD. "Life is much more complex than that. If we can welcome the full range of emotional experience as part of a normal, healthy life, it takes some of the misery out of normal unhappiness and grief."

"If we allow ourselves to have those emotions, they will actually pass more quickly than if we push them away," she says.

The feeling of separation is indeed poignant at the holidays, says Apollon. "It's important to feel safe in facing your sadness, letting yourself cry when you need to. You have to experience the sadness to get past it," she says.

Then call a friend and meet for coffee -- or do something equally comforting, she adds.

Let Go of Perfectionism

This is no time for idealized visions and big pressures, Lewis advises. "Nothing can live up to expectations of a Norman Rockwell holiday. You can put a lot of energy into making your vision come true, and very often it doesn't. Nothing is ever going to be that rosy."

Be open to what spontaneously occurs, Lewis says. "Then you won't feel the pressure to turn every holiday dinner into a picture postcard. Be in the moment and awake to whatever happens in the moment."

So the cranberry sauce doesn't taste quite right -- so what? Focusing on flaws makes for an unhappy experience, she explains. "If you can just be present and taste the food you spent four hours cooking, you will notice that much

of it tastes really good." If your son has a bad haircut, just let it go. Enjoy your conversation with him and everyone else at the table. "If you allow yourself to experience it, the moment will be fresh and happy and joyful," says Lewis.

Transform Old Traditions

Because we love our traditions, change doesn't come easily, notes Rauch. "It's important to take stock of favorite old traditions like sitting around the fireplace in your big old house. Now you're in a small condo, alone after losing your spouse -- and the family is scattered across the country."

Examine the most special aspects of that tradition, she advises. "Maybe that's when the family shared stories. This year, line up a family conference call instead. Think about what makes traditions special -- then come up with creative ways to make a new tradition to fit your new situation."

When a parent is seriously ill, it's important that the whole family brainstorm on how to spend the holidays, notes Rauch. "You may not be able to travel or have all the relatives over for the big dinner. Talk about the traditions and what matters most to everyone -- and the best aspects you can salvage."

You might watch Christmas movies together. Have the big meal earlier in the day if a sick parent is particularly tired. If the kids love their cousins' swimming pool -- but you can't travel this year -- find a pool in your own town. "Be creative," Rauch says. "Find ways to celebrate."

Say 'No' If You Need To

Creating new traditions is part of healing -- but it can be hard, says Apollon. "When a mother, father, spouse, or child dies, your heart's not in it. You don't feel like doing it."

"Do what you can," Apollon advises. "Maybe you want to go somewhere so you won't be at home during the holiday. If you want to leave town, take a vacation. You've got to do what feels right for you."

Scale back on decorating the house if you don't feel like it, she adds. "Find joy in doing things in a smaller way."

Honor Your Loved One

Light a special candle to celebrate someone you love. Create ornaments with a photograph. "It's important to find ways to honor your loved one -- a way that feels comfortable for you," Apollon tells WebMD. "Make cookies that grandmother used to make. Or serve dad's favorite main dish in his honor. Watch their favorite movie together. These are all ways to connect with that person."

A visit to the cemetery is a tradition for many people. Take that moment to talk heart-to-heart with your loved one. Or use a journal to have a conversation. Get out the photo albums.

With a death in the family, it helps to focus on the richness of a life well-lived, says Rauch. "When you share stories about that person, you're filling your heart with that person -- since they can't fill your living room anymore. While there is sadness, there are often a lot of happy, funny, rich memories that can be shared."

For the child who has lost a parent, it helps to talk about school, about things they knew made their parent proud, Rauch adds. "When a parent dies, the child can carry the best of them in their hearts. It's a means of strengthening that relationship, that memory."

Apollon counsels many parents who have lost a child. "It's important to give holidays a different meaning -- since meaning determines how you feel about your life," she tells WebMD. "Do something in honor of your child. If his football team did a charitable event every year, get involved in that. Buy the gifts

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Mushrooms

Living in the Pacific Northwest, we have an abundance of mushrooms and other fungi in our environment. Of the hundreds of varieties of wild mushrooms found in our forests, 18 are edible. These are available year-round, but in Autumn, mushrooms are as much a part of the landscape as the ferns, moss-covered logs, and trees.

Although mushrooms are a fungus and not truly a plant like other vegetables, people commonly treat them as such. Including mushrooms in your diet can help you reach your target of two to three cups of vegetables per day. Like other foods in the same category, mushrooms are rich in water and low in calories and carbohydrates, which can be beneficial if you are trying to lose weight or manage your blood sugar levels. Mushrooms are a good source of vitamin D and B vitamins, as well as fiber. Mushrooms are also one of nature's best sources of selenium. Selenium is an antioxidant that protects cells from damage caused by aging, lifestyle choices, and environmental conditions like pollution.

Adults require 25 to 38 grams of fiber daily for women and men, respectively, to maintain optimal health. Fiber not only promotes normal bowel movements, but it also helps manage your appetite and helps keep blood sugar and blood cholesterol levels under control. A cup of cooked mushrooms can provide 9 to 14 percent of your daily fiber requirements.

After foraging or purchasing your mushrooms, refrigerate them for up to five days in their original packaging or up to 10 days in a paper bag. This will help preserve their flavor and texture while avoiding slime. Do not wash mushrooms before storing them in the refrigerator, doing so will shorten their shelf life. Whole mushrooms should be used within a week of purchase. Sliced mushrooms should be used within three days.

Even when stored properly, mushrooms won't last forever. You can tell when mushrooms have spoiled if they're slimy, wrinkled, soggy, spongy, and darker than their original color. They'll also be smelly and moldy. But if your mushrooms only have a few dark spots, they're still safe to eat - and should be used soon.

Fun Fact, according to The Old Farmer's Almanac, mushrooms are more closely related in DNA to humans than to plants.

Some wild mushrooms are very toxic. Only eat mushrooms identified by an experienced mushroom expert (mycologist).

Finding Holiday Joy Amidst Grief

Continued from Page 24

you would buy for your child, then give them to a needy child. Volunteer at a soup kitchen or hospital for children."

Discover Small Joys

As the holidays unfold, tune into small joyful moments, Apollon advises. "When you hear the laughter of children, focus on how good that feels. When you eat a piece of pie, really taste it. In the moment, it tastes so good -- and in that moment, you're outside your grief." Also, look for opportunities to laugh. "When



Shop and Save

- Fresh mushrooms may be available in bulk or pre-packaged for about the same price per pound. Bulk lets you choose the size and amount you want.
- Choose fresh mushrooms that are dry and firm. Avoid mushrooms that look damp.
- Look for fresh and dried mushrooms and mushroom powders at grocery stores, farmers markets and specialty stores.
- Find canned and frozen mushrooms at most grocery stores.

Store Well Waste Less

- Refrigerate fresh mushrooms in containers with airflow, such as paper bags. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster.
- For best quality, use fresh mushrooms within a week. For longer storage, sauté and freeze in airtight containers for 10 to 12 months.
- Clean mushrooms just before using. Brush the surface with a soft brush or damp paper towel, or rinse under cool running water and pat dry.
- Store dried mushrooms and mushroom powders in airtight containers in a cool, dark and dry place for up to 2 years.

Some wild mushrooms are very toxic. Only eat mushrooms identified by an experienced mushroom expert (mycologist).

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 213. USDA is an equal opportunity provider and employer. ©2023 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, approval or revocation for prior civil rights activity. (See all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

you're laughing, your brain produces endorphins to boost the immune system," she says. "Give yourself permission to find things that make you laugh." A cautionary note: "If it feels impossible to imagine the holiday as anything but unbearable, you might be severely depressed," says Rauch. Symptoms of depression include: sadness, loss of enjoyment, loss of energy, feelings of hopelessness, difficulty concentrating, insomnia, digestive problems, change of appetite, and thoughts of death or suicide. If you or someone you know is experiencing symptoms of depression, get advice from your health provider or a referral to a mental health professional:

Squaxin Island Behavioral Health
100 Whitener Road SE
Shelton, WA 98584
(360) 426-1582



COMMUNITY



12/1
Benito Bear Hernandez
Douglas Matthew Bloomfield
Noah Daniel Lee Howland

12/2
Ava Claire George
Bobby Wayne Keithley
Bonnie Sue Keithley
Gregory Thomas Lehman

12/3
Cathlene Diane Riker
Jess Daniel Brownfield

12/4
Daniel Thomas Sigo
Kaya Rose Johns
Peggy Ann Peters

12/5
Austin Penn-Soto
Lilly Faye Lutolf

12/6
Cora Rosa Krise
Evan Lance Ellerbe
Michael Duane Foster

12/7
Jason William Koenig
Sophia Aminch Cooper
Zoe Gabriela Cooper

12/8
Cedar Reaching Bear Wily
Rhonda M. Whitener

12/9
Dustin Dean Kruger
Elizabeth H Campbell
Garrett William Todd
Misti Dawn Saenz-Garcia

12/10
Brenda Lee Bailey
Davina Marie Braese
Jayden Christine Eagles
Marlena Star Bradley
Sierra Jasmine Blueback
Tayen Renee BlueBack

12/11
Indiana Reign-Lydia Andrews
Kelli Jean Dahman
Kendra L. Lewis
Kestle Mae Coley
Tonya Velma Henry

12/13
Anthony Glenn Forcier Jr.
Karen Annette Farr
Lucy Ann Allen
Madelynn G Henderson

12/14
Cecelia Marie Black
Elianna Kristine Perez
Nicholas J. W. Dorey

12/15
Amber Louise Gomez
Frankie Lee Metcalf
Judith Kay Arola
Lisa Mae Peters
Priscilla C. Dolores-James
Xzandrea King

12/16
Angel Marie Henry
Ackerman Johns
Rodney James Krise Sr.

12/17
Donovan Nicholas Henry
Loaloa Marie Krise-Afo
Vernon L. Sanchez
Wendy J. Bowman

12/18
Ethan Ty Baxter

12/19
Patrick Von Stapleton
Shashoney Elizabeth Fenton
Tyson D. Kruger
Winona Kathleen Crone

12/21
Ronnie Nicole Penn

12/22
Ember Rayne Coley
Kyler Joshua Gall

12/23
David Wayne Combes Jr.
Jaimie Lee Cruz

12/24
Darrius James Rau
Holly Lee Henry
Tahnee Marie Kruger
William B. Penn

12/25
A'Cix Benita Tadios
Astrid Kristen Poste
Jasmine Marie Rose Rivera
Jayanna Diane Gamer

12/26
Karina Helaine Farr
Nation Teo Krise
Nicolas Francis Cooper
12/26 Shira Elaine Powell

12/27
Andrea Lee Rossmeier

12/28
David B. Clark
Jessica Mary Stone
Jocelyn Elizabeth Campbell
Kathy Jo Block
Quinton Benavente Whitener

12/29
Patti A. Puhn
Penni L. Restivo

12/30
Giovani Capoeman
Koreena Ann Capoeman
Matthew Taylor Sayers
Richard John Gouin
Sofia Jay Cattaneo

12/31
Rebecca Black



Family Services Halloween



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 8:30-4PM
2024

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

Need a Tribal ID?

Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us





What's Happening

- Winter Wonderland @ SICDC:** December 6
- Youth Christmas Party:** December 18
- Turkey Baskets Distribution:** December 20
- Holiday Closure:** December 23 - January 2
- Court:**
 - Family and Vulnerable Adult Court: December 5
 - Criminal/Civil Court: December 10
- USDA** December 6
- WIC** December 2

Happy Holidays from Tribal Council, Island Enterprises, Inc.



Culture Night

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

Basket Weavers Conference at Tulalip



Gloria Hill Left and Joanne Decicio

Elders Menu . . . Fruit and salad at every meal

- | | |
|--|---|
| MONDAY 2: Saucy Potato Bake, Spinach | TUESDAY 3: Seafood Soup, Biscuits |
| MONDAY 9: Fish-N-Chips | TUESDAY 10: Navy Bean Soup, Turkey Sandwiches |
| MONDAY 16: Chicken Pot Pie | TUESDAY 17: Italian Sausage Soup/Bread Sticks |

WEDNESDAY 4:
Meatball Subs, Chips

THURSDAY 5:
Pizza

WEDNESDAY 11:
Salmon, Red Potatoes, Broccoli

THURSDAY 12:
Chicken Burgers, Potato Wedges

WEDNESDAY 18:
Sandwich Bar



THURSDAY 19:
Chicken Fried Steak, Mashed Potatoes, Mixed Veggies



Squaxin Island WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:

Debbie Gardipee 360.462.3227
Email: dgardipee@spipa.org

or call 360.462.3224
Email: wicnutrition@spipa.org

SPIPA main number: 360.426.3990

Next WIC date:
Monday, Dec. 2, 2024

We will offer both phone appointments and in person appointments. Date subject to change.



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



South Puget Intertribal Planning Agency

USDA Foods Program December Dates



| | |
|-----------------------------|----------|
| PT. GAMBLE S'KLALLAM | 12/4/24 |
| SQUAXIN ISLAND | 12/06/24 |
| SKOKOMISH | 12/10/24 |
| NISQUALLY | 12/18/24 |
| CHEHALIS | 12/13/24 |

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



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

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.