

## Shellfish Harvesters

Please come - in person - to the Natural Resources Department to pick up your new season shellfish stickers for your harvester I.D. cards. We need to get updated contact information and take new photos for your I.D. cards.

We are open Monday through Friday 7:30 a.m. - 4:00 p.m. and closed from 12:00 p.m. - 1:00 p.m. for lunch.

If you have any questions, please call either Austin or Annie-Beth at the Natural Resources Office at (360) 432-3802/3805 or contact us via Facebook Messenger.



*Museum Library and Research Center by Vince Henry*

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




*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](mailto:mpuhn@squaxin.us)



QUESTIONS? CONTACT KEESHA OR COACH TAE'LOR  
K-360-463-0681  
T-360-688-8452

## MLK ADULTS VS. TEENS

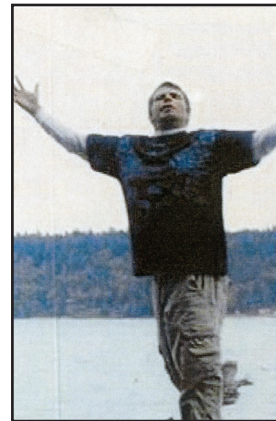
### Basketball game

JANUARY 20TH 1PM - 3PM  
SQUAXIN ISLAND GYM



### Walking On ...

## Ronald Schaefer



## Words of Thanks from Lucy

Thank you for your beautiful ways, Squaxin, on my son's Celebration of Life service.

Many thanks to the Squaxin people, Tribal Council, Lettie and Laila and all the helpers/cooks in the kitchen, as well as the cemetery workers. Thanks to those who made the cedar roses; they are so beautiful! A big thank you to Brooks Farrell for officiating the service.

Thank you to the Squaxin family drummers, pall bearers, my daughter, Shelby, for all the work she did, and those who came and supported the family. You all helped to make it easier. Thanks to those who came to say good-bye. Thank you so much!



**April 16, 1974 - November 22, 2024**

We are here in sorrow over the loss of our loved one, Ronald Schaefer.

Ronald passed away November 22, 2024. He was 50 years old.

Ron was born in Edmonds, Washington on April 16, 1974.

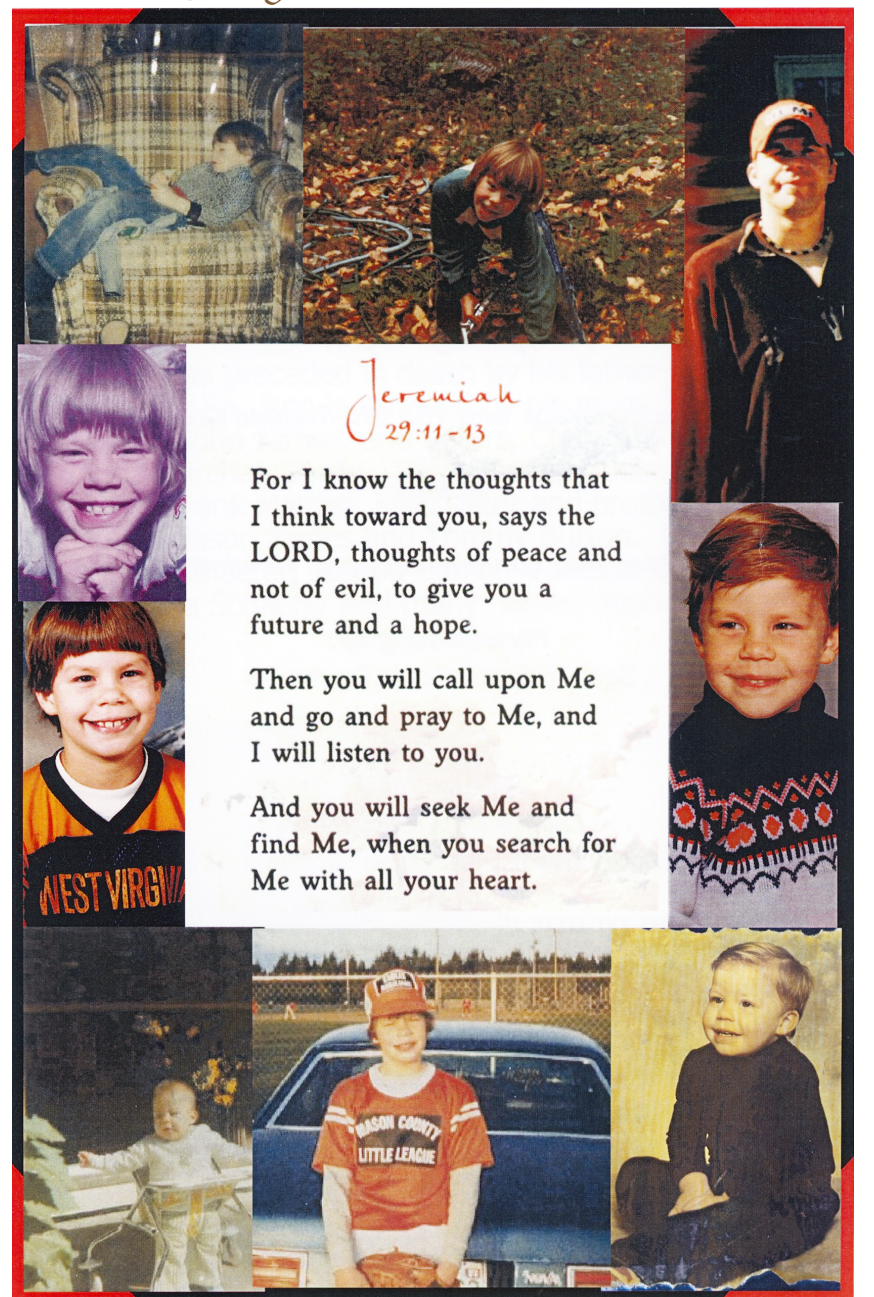
He loved to work on cars and trucks and was a builder of anything he wanted to make. He made many walking sticks, tables, and signs. He also was a wood cutter and clam digger.

Ron was preceded in death by his father, Ronald Schaefer, Sr.

He is survived by his mom, Lucy, and step-dad, John James; sisters, Cherrie Armstrong, Tammi Birchall, Shelby Riley, Kimberly Allen; brother, Frank Metcalf; step-sister, Jonnie Wood; step-brothers, Jason James and Tommy Burton; children, Noah Schaefer, Joseph Comb, Venessa Hincapie, Adrienne Schaefer; and many nieces, nephews and cousins.

A Celebration of Life was held on December 10th at the Squaxin Island Community Kitchen with burial following at Squaxin Island Sacred Grounds.

*I will see you again in Heaven!*



*Jeremiah*  
29:11-13

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

Then you will call upon Me and go and pray to Me, and I will listen to you.

And you will seek Me and find Me, when you search for Me with all your heart.

## 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](http://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](mailto:thenderson@squaxin.us)

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



## Council Corner December 12th Meeting

Council had a busy last meeting of the year. They met and approved the minutes from their last meeting on November 14th. They briefly discussed the upcoming Winter General Body meeting set for January 18th at Little Creek Casino Resort.

**Eighth Generation Blanket Update:** It's been a long time coming, but Council is excited to share that they will be ordering custom blankets from Eighth Generation, designed by Tribal Artists. Previously, Council solicited designs from tribal members, which were then voted on by the community. Council chose the top two finalists to get blanket samples from. They decided to choose both. Congratulations to Kimy Peterson and Taylor Krise for your artwork that will be featured on the Squaxin blankets! The process will take about six months, but Council is really excited to have truly Squaxin blankets, to use for gifts.

**Holidays:** Tribal Council approved adding two additional holidays to the tribal government schedule. Juneteenth and Veterans Day will both be holidays that the offices will be closed. The addition of these two days is important to the Tribe to recognize the sacrifices the two days represent.

**Executive Director Update:** Executive Director Erika Thale presented the 2025 Department and Committee reporting schedule. This schedule outlines the yearly schedule where department directors, committees, commissions and entities report to Council.

**Master Planning:** Sam Olbekson of Full Circle Consulting gave a long presentation to Council showing his renditions of a master plan for development. Over the last several months, he has had four different forums with the community, met with different committees, staff, entities, elders and the youth to determine what exactly the Tribe needs. Using all of the input he has gathered, he will be creating a development plan for additional housing, green space, culture and wellness spaces for the reservation. A draft rendition will be available at the Winter General Body Meeting.

**Planning and Community Development:** PCD Director Chad Bedlington reported that the Utilities Commission will be seeking a third party review for utility rates. He will be prepared to answer questions at the Winter General Body Meeting regarding the rate increases and what that will look like. He reported that the bus barn project will be sent out for an updated bid with the new location. The west wing of the tribal offices will be getting new carpet and interior paint during the Christmas break. The 'Tu Ha' Buts Youth Center entrance ramp has been a challenge, but should be completed by mid-January.

Council looks forward to seeing everyone at the Winter General Body Meeting on January 18th! Merry Christmas and Happy New Year!




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.

**Feedback forms are available on:  
[squaxinland.org](http://squaxinland.org)**



**ECEAP PROVIDES**

-  Preschool
-  Nutritious meals and snacks
-  Health screenings
-  Family support

**Questions?**

Contact Kaiti Krug, Program Manager at Squaxin Island Child Development Center at [kkrug@squaxin.us](mailto:kkrug@squaxin.us)

**Free Quality Preschool for Native American Children**

**Early Childhood Education and Assistance Program (ECEAP)**

ECEAP Helps Children Enter Kindergarten Ready to Succeed.

**Native American Children May Be Eligible**

Who are 3 or 4 years old on Aug. 31, or turning 3 during the school year and leaving ESIT, ECLIPSE, Early Head Start, or Early ECEAP and:

- Are from a family earning up to 100% of state median income (about \$131,054 for a family of 4); or
- Qualify for school district special education services; or
- Have qualifying factors including:
  - Have a family member who attended an Indian Boarding School; or
  - Moved to engage in traditional cultural practices for subsistence or employment; or
  - Involvement in tribal or state child welfare services; or
  - Others factors

**Washington State Department of CHILDREN, YOUTH & FAMILIES**

DCYF does not discriminate and provides equal access to its programs and services for all persons without regard to race, color, gender, religion, creed, marital status, national origin, citizenship or immigration status, age, sexual orientation or gender identity, veteran or military status, status as a breastfeeding mother, and the presence of any physical, sensory, or mental disability or use of a dog guide or service animal. If you would like free copies of this publication in an alternative format or language, please contact DCYF Constituent Relations at 1-800-723-4831 or email [communications@dcyf.wa.gov](mailto:communications@dcyf.wa.gov)

DCYF PUBLICATION EL\_0038A (10-20)



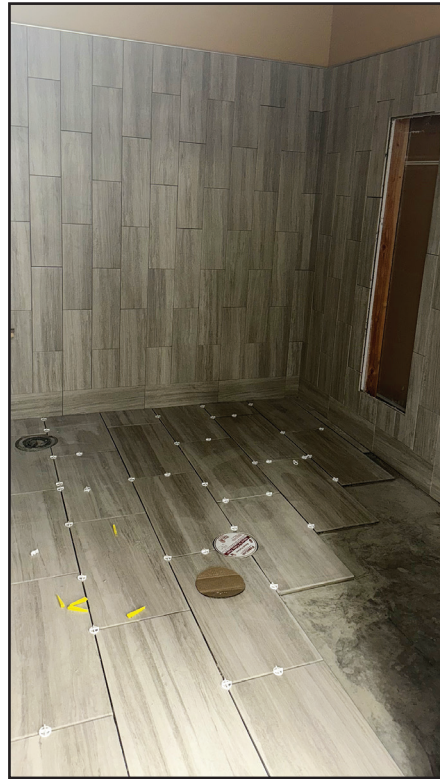
**DO YOU NEED HELP?**

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.



## Tumwater Trading Post

Tumwater Trading Post is getting closer to being finished each week! Over the last month, the contractors have been working on installing the tile in the store. We had the cabinets delivered and have been working behind the scenes with our vendors to get everything lined up and ready. We hope to announce an opening date soon! Be on the lookout for our Grand Opening!



## Welcome Tracie Phillips

Island Enterprises is excited to welcome Tracie Phillips as our new Senior Marketing Coordinator!

Tracie brings over a decade of experience in graphic design, marketing, and project management, with the majority of her career spent working within the Squaxin Island community. A proud member of the Delaware Tribe of Indians, Tracie has a deep appreciation for tribal enterprises and a passion for supporting their growth and success through creative marketing strategies.

In her new role, Tracie will focus on enhancing the visibility and branding of Island Enterprises' subsidiaries. With her extensive experience and commitment to community-driven businesses, she is excited to contribute to the continued success of the Squaxin Island Tribe's enterprises.

We are thrilled to have Tracie on board and look forward to the fresh ideas and expertise she'll bring. Please join us in welcoming her to the community!



## Gift Cards

Gift cards can be purchased at our Resort Gift Shop and are also available for purchase online. There is an easy delivery method to send your E-gift card directly to your recipient. Our gift cards are redeemable for hotel stays, concert and event tickets, and gift shop merchandise.

Gift cards can be used for rounds of golf at Salish Cliffs Golf Club or for a day of pampering and relaxation at our day spa, Seven Inlets Spa, offering a variety of treatments and services for individuals and couples!

To wrap up your perfect gift we have memorable dining experiences at Squaxin Island Seafood Bar. We skillfully prepare the Pacific Northwest's famous seafood sautés and other seafood favorites all while you watch! If you're unsure seafood is what you want to give, we also offer Island Grille, Starlight Lounge, Water's Edge Café, Salish Cliffs Grille at the golf course, and at the Boardwalk Marketplace.



## What's Happening at the Creek

- **Jackpot Drawing:** Start the new year with a bang! Play all January long and qualify daily by winning a \$1,200 Jackpot, and join us on February 9th for thrilling drawings every other hour at 2:00, 4:00, and 6:00 p.m. You could win up to \$12,000 in cash! Don't miss your chance to make this your luckiest year yet.
- **Forever Young January:** Tuesdays are for celebrating our seasoned pros! Join us at 6:00 p.m. for your chance to win \$250 Freeplay, and stick around for the \$1,000 cash prize at 7:00 p.m. It's never been cooler to be Forever Young! Plus, enjoy Crumbl Cookies starting at 10:00 a.m.
- **Rock, Paper, Ninja!** Ninja Appliances have transformed the classic game! Try your luck every Friday from 6:00 p.m. - 10:00 p.m. and Saturday from 11:00 a.m. - 11:00 p.m. Strike fast and claim your own Ninja Appliance plus \$250 cash. Sneak into fun and fortune every hour!
- **Stash of Cash:** Big bucks are waiting for you! Mondays, Wednesdays, and Fridays are your ticket to win up to \$500,000 in cash or Freeplay. Play from 2:00 p.m. - 9:00 p.m. on Mondays and 2:00 p.m.- 5:00 p.m. on Fridays and start 2025 with an epic stash of cash!
- **Cookware Collection:** Cook up some excitement this January! Join us Thursdays and Sundays from 1:00 p.m. - 9:00 p.m. to take home premium Hexware Stainless Steel cookware. Collect all four weekly gifts to win a KitchenAid Mixer! Serve up winnings and style.
- **Winter Fishing Swipe & Win:** Cast your line for a cool catch! Sunday, January 19th & Monday, January 20th from 9:00 a.m. to 11:59 p.m., swipe for your chance to reel in up to \$5,000 in cash. Two frosty days of winning and celebrating await - don't let this opportunity slip through the ice!
- **Table Games: Earn & Get:** Mondays through Thursdays from 12:00 p.m. - 6:00 p.m., turn your play into gifts! Choose from a variety of exciting items, including \$100 promo chips and \$250 in cash. The more you play, the more you earn - and the more fun you'll have!

- **Blackjack Tournaments:** Test your luck on Wednesdays in January at 7:00 p.m. in our Blackjack Tournament. Buy-ins are \$40 and the tournament action begins on January 8th!
- **January Bingo:** End the year on a winning streak! From January 10-12, Bingo players can win their share of \$25,000 in cash. Don't miss Blacklight Bingo at 8:00 p.m. on Friday or regular sessions starting at 1:00 p.m. on Saturday and Sunday.



### Team Member of the Month

Destiny Bosworth is our Team Member recipient for December!

Destiny has earned this recognition through her outstanding dedication and exceptional contributions to the team. Her peers consistently praise her for going above and beyond, always striving to help within her department while maintaining a positive attitude that lifts everyone around her.

Not only does Destiny consistently meet her deadlines, but she also ensures that new team members are well-trained and supported. Her organization, efficiency, and willingness to pitch in, even if it means staying late, make her an invaluable asset to our team.

Destiny's welcoming attitude and strong work ethic make her a shining example of teamwork, and we are so fortunate to have her on our team. Please join us in congratulating Destiny for her hard work and dedication!



NEW YEARS EVE PARTY

# LASSO

in the

# NEW YEAR

DOORS 7PM | SHOW 8PM - TICKETS \$20



TRIBUTE TO TOBY KEITH

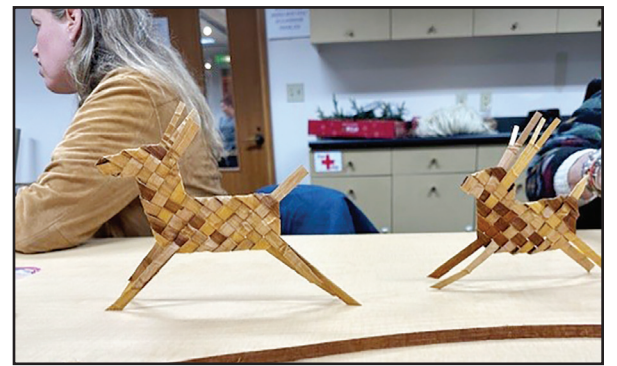


ANTWANE TYLER



# Cedar Salish Weaving at the MLRC

*Photos by Charlene Krise*





## New Employees



**Tracy Parker**  
**Planning Manager**

Hello. My name is Tracy Parker, and I have been hired as the Planning Manager for the Squaxin Planning and Community Development Department.

I have over 26 years of experience working in the planning and community development field, with over 22 of those years spent working as a Planner for the Squaxin Island Tribe.

I am an enrolled member of the Quinault Indian Nation. I have been married to my husband, Justin Parker, a Makah tribal member, for over 27 years. We have five children and ten grandchildren. I enjoy watching my grandchildren play their sports. I also love attending tribal celebrations and potlatches, where I can watch my kids and grandchildren sing, dance, and carry on the traditions of their ancestors.

I am excited for this opportunity to serve the Squaxin tribal community and look forward to working collaboratively with the Squaxin Island Tribe and tribal members to meet the needs of the community.



**Aniya Nunez**  
**Enrollment Clerk**

Hi! Tá'c léheyn (good day), I'm Aniya Nunez, and I'm thrilled to be of service to the Squaxin Island people as the new Enrollment Clerk.

A little bit about me: I'm a Nez Perce tribal member from Lapwai, Idaho. My parents are Wendy Thomas and Ramon Nunez; my maternal grandparents are Harriet "Judy" Allen and Roger Thomas (Diné), and my paternal grandparents are Dolores Rodriguez (Kash Kash) and Ignacio Nunez.

I grew up on the rez in my early youth before moving to Spokane, WA, and then finally landing over here to earn my Bachelor's in social work at Pacific Lutheran University (Class of 2023) in Tacoma. I come from a big family, having six brothers, so I'm incredibly blessed to be kept busy with my siblings' achievements and sports events. In my free time, and thanks to my mom and great gram's teachings, I love to bead, sew, and craft in general. My upbringing has driven my passion to serve Indian country in any way that I can. I look forward to getting to know the community and learning more about the customs and distinct culture.

Qeci'yew'yew  
(thank you)!

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

**Employment Opportunities:**  
[squaxinland.org](http://squaxinland.org)

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

### 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](mailto:mnerney@squaxin.us)**

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



## Bordeaux

The new year is here, and we are ready to tackle the rest of our school year. I hope everyone had happy holidays and a good break. Of course, Bordeaux Elementary was a festive time during December, and I will be trying my best to share those pictures on Facebook.

I really wanted to jump back to November for a little and share some of the awesome things I got to participate in with our kiddos.

Our 3rd graders invited me along on their field trip to Kennedy Creek, and we got to learn about the salmon. It was so cool to see our kiddos be so proud that we are on Squaxin land and getting to talk about teachings that they have been taught since forever. Jaimie Cruz tagged along and shared a bunch of knowledge with the classes. Overall, it was a proud and great experience.

In the last article I shared, I talked about how we were preparing for our Native American Heritage Month assembly that we were able to put on here at Bordeaux. I wanted to talk about how wonderful it turned out. Seeing our students be so proud to share their culture was such a honor to witness. The school was very grateful and wants to continue the assembly as tradition.



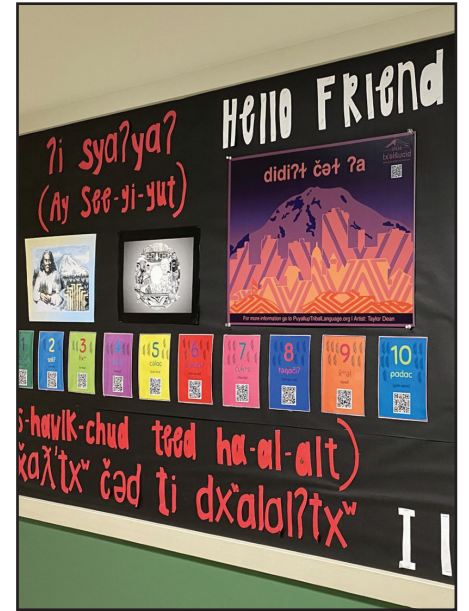
*Finn bundled up on our field trip*



*Joseph at Kennedy Creek!*



*Elias all cedared up, love this!*



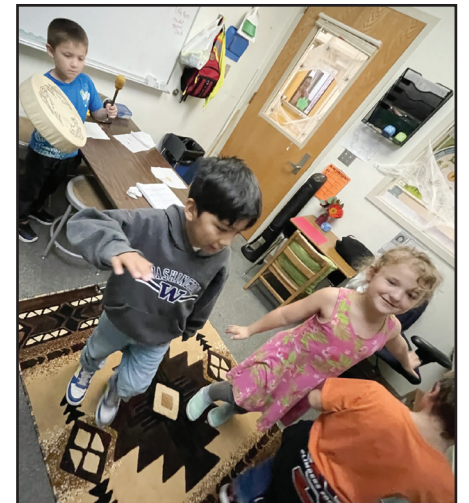
*Native American Heritage Month bulletin board*



*Frog Song!*



*Redwolf representin'*



*Some of our first graders dancing to our drummer singer Blaze!*



*Our awesome Native Ed fourth graders!*



*Roselani and Sydney leading Squaxin Paddle during assembly*



## Oakland Bay Junior High

Hi all! We are in the second trimester now and nearing winter break. The first trimester was an overall success, and I am beyond proud of our students, especially the 7th graders. This was their first trimester at OBJH and there was minimum attendance problems and grades were improved!

Please check with your students to see if they have any syllabus's 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.

There shouldn't be much work, if any, over this winter break for students at OBJH. But I may have some students take home missing work to catch up in their classes. Have a great break. I am excited to see what students can accomplish in the second trimester.

The Student of the Month for December is Wyatt Wentworth. He had a successful first trimester and was engaging in all of his classes. He took an all-around step up from last year in terms of his grades and attendance. I am very proud of him and think that this trend will continue!



*Wyatt working on his project*

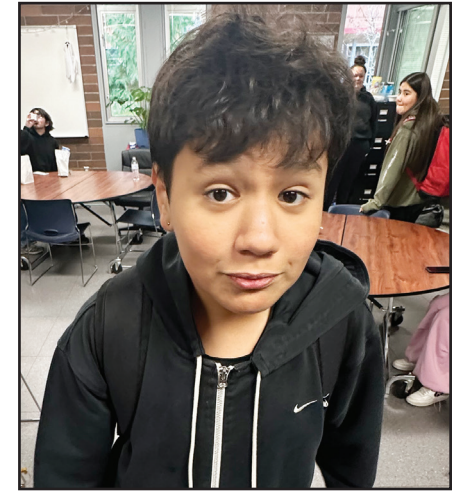
## Shelton High School

Hello from SHS!

We made it through our first trimester! As we head back to school after winter break, I hope you all took time to relax and enjoyed some much-needed time to sleep in and enjoy the company of our loved ones during this season! I look forward to seeing you all after break so we can finish our second trimester strong!

This month we are doing a student spotlight! Our student is..... Zach Johns! Zach is a freshman, and he passed all his classes his first trimester here at SHS! His attendance is amazing, and he is a member of the SHS band! Zach is kind and funny, and I appreciate his presence in Native Ed! So shout out to Zach! Keep up the good work, buddy!

Isabelle LeClair, High School Student Advocate



*Zack Johns*



## Higher Education

Higher Education students, if you haven't done so already, please turn final grades from fall quarter/semester in ASAP. Also, if you have not completed your FAFSA (2025-2026 school year), please do so ASAP. FAFSA launched in December 2024 and is open until June 30th, 2025. I hope everyone has a great winter quarter/spring semester. If you have any questions regarding Higher Education or need assistance, please feel free to contact me.

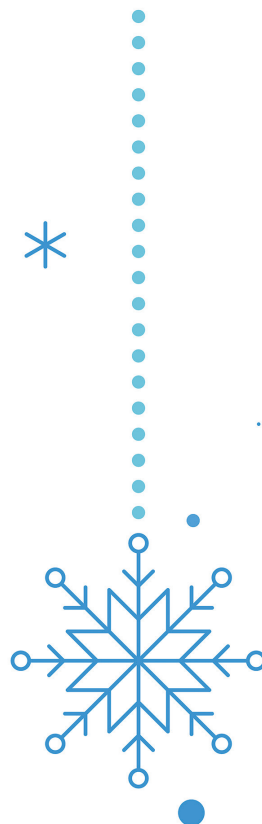
Thank you,  
Mandy  
Phone: (360) 432-3882  
Email: [mvalley@squaxin.us](mailto:mvalley@squaxin.us)



*Jonni G, Olivia, Apisai, and Carmela working hard in the Native Ed room*



*Olivia, Alex and Emilio getting it done!*



**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.



## Olympic Middle School

Kiana Wily - Happy 2025 to everyone! I hope everyone got some much-deserved rest and fun time over break. Now it's time to jump back into our routines!

The expectations at here OMS are still the same: To be Safe, Open, Authentic and Reliable, so we can all SOAR towards success together like the OMS eagles we are.

We had some fun in Native Ed before we left for break, hosting a hot cocoa social with some of the Squaxin pool and Tu Ha' Buts Youth Center work crew. They came over and visited with the kids over their lunch times and shared some treats and good conversation. The kids love having visitors at their lunch-times, and it's such a good opportunity to show the way others in our communities care about their education journeys and that school can be a place fun memories can be made as well.

The kids are also looking forward to the Squaxin community adults vs teens basketball game that's going down on the 20th! They're saying this year is going to be their year and, just like the kids, I can't wait to see another year of our old school and new school players facing off.



*In the stands at the assembly*



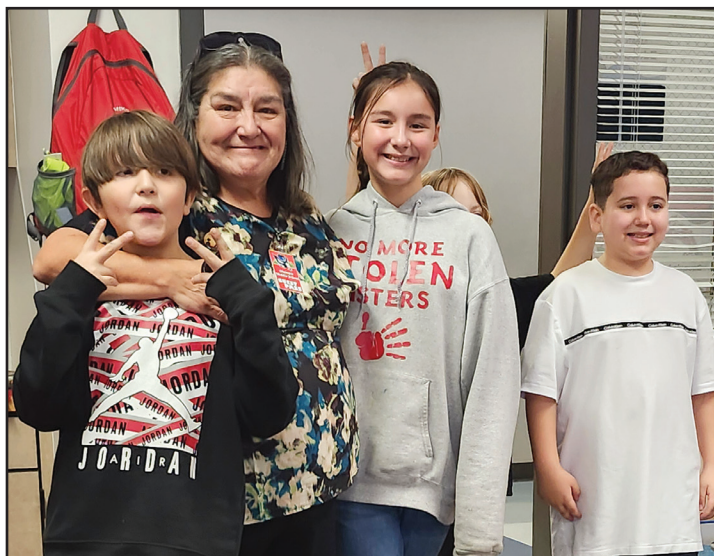
*Bev Hawks and Stephanie Hernandez visiting for our Elders Lunch 11-22*



*Satayla and Milah with Milah's Kaya, Bev*



*Lunch time talking circles*



*Kaya Bev with some Squaxin youth*



*Leilani and her friend helping make decorations for the room*



*11-26 Native Ed Assembly Gorup Pic*

We're just about halfway through the year now, and I am very happy to see where all our students stand as a whole. They are doing so good representing for themselves, for their families, and their tribe. I've been so impressed by the way our Squaxin kiddos look out for each other and hold each other accountable. I've loved the way they have started giving positive reinforcement and encouragement to their peers who they noticed aren't at school as often as they could be. They show concern for each other's learning and success, and it fills my heart. They are really practicing and setting examples of being a good relative!



# YOUTH CENTER



## After School Program in December

Happy holidays from the after school program staff!

December was an exciting month for the youth in the after school program. We held our annual youth Christmas party on Wednesday, December 18th from 5:00 - 7:00 p.m. in the gym. Santa paid the Squaxin Tu Ha' Buts Youth Center a visit for the party. He took pictures with the families and handed out wonderful Christmas gifts to the youth ages five and under. Youth ages six to 18 received a gift card. During the party there were craft activity tables set up around the gym which featured snack crafting for the families and their youth. At each station they could create different types of take-home treats. There was also a Christmas cake walk for youth and their families to participate in with a chance to win an entire cake or cupcakes! It was wonderful to see all the youth and their families having a great time!

During Mondays in December, the youth made cultural holiday crafts to give as gifts to their families or friends. They made beaded necklaces with bone beads and charms. They created beaded earrings and necklaces to match. The youth also got to create a cultural gift of their choice during the third week of cultural crafts. We gave each youth a gift bag that they decorated to give their gifts in.

On Wednesday, December 11th, the youth got to help create their very own peppermint scrub. They either got to choose either a lip scrub or a body scrub to give as a gift during the holidays. The body scrub was red and white and had peppermint essential oil, and the lip scrub had pieces of crushed peppermints as well! This was an exciting activity to do with the youth.

On Thursday, December 12th, the youth created DIY holiday cards to give this holiday season. We created them with Christmas themed stamps, and they colored them, printed designs, and put their own spin on their DIY card.

They came out so cool and it was fun to see them get messy and creative!

On Friday, December 20th, we held a fun family winter dance for the youth in the gym. There was karaoke music and very cool decorations with lights flashing around to make it a blast for them. We had snacks, drinks, and finger foods for the youth and their families to snack on while the dance was going on. All the holiday cheer and music really lit up the Youth Center and it was so awesome to see them being kids and having a fun time.

A special thank you to all who came, helped, and participated in our annual youth Christmas party and winter dance. Thank you to the Squaxin Island Tribal Council, Executive Department, Information Services, Human Resources, Natural Resources, and Skookum Creek Tobacco Factory. Also, thank you to all the other departments and volunteers for coming together and making these magical events for the Squaxin Island community!

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. We do have a limited amount of towels and swim suits to borrow now available in the rec room.

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!



## January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
		No After School Closed for New Years Holiday	After-School 8:30am-3:00pm After School Swimming 4:00-5:30pm DIY crafts, art projects, & outdoor play	After-School 8:30am-3:00pm STEM: Winter Marshmallow stem
After-School 3-6pm Cultural Dream Catcher Earrings 6	7	After-School 1:30-6pm Traditional Medicine Natural Cranberry Drinks GSD Early Release 2:30 8	After-School 3-6pm After School Swimming 4:00-5:30pm DIY Snow Dough 9	After-School 3-6pm STEM: Sled and Slope Challenge 10
After-School 3-6pm Cultural Dream Earrings 13	After-School 3-6pm Cooking Hot cocoa bombs 14	After-School 3-6pm Traditional Medicine Cold and Flu Tea SSD 1.5-hour Early Release 15	After-School 3-6pm After School Swimming 4:00-5:30pm DIY Yarn Wrapping Craft 16	After-School 3-6pm STEM: Sink the Marshmallow 17
After-School 8:30am-3:00pm MLK Jr Day No School Dream Catchers, Playground, Nature Walk and MLK Jr Day Basketball Teens vs Adults 1-3pm 20	After-School 3-6pm Cooking Snickerdoodles 21	After-School 3-6pm Traditional Medicine Echinacea Immunity Gummies GSD Early Release 2:30 22	After-School 3-6pm After School Swimming 4:00-5:30pm DIY I Spy Winter Sensory Bottle 23	After-School 3-6pm STEM: Tallest Marshmallow Tower Challenge 24
After-School 3-6pm Cultural: Dream Catchers 27	After-School 3-6pm Cooking Winter Rice Krispies 28	After-School 3-6pm Traditional Medicine Echinacea Immunity Gummies 29	After-School 3-6pm After School Swimming 4:00-5:30pm DIY Oil Pastel Winter Scenes 30	After-School 12-6pm Movie Night 4:30-6:00pm SSD 12:30 Early Release SSD 3-hour Early Release 31
<b>Key:</b> SSD – Shelton School District GSD – Griffin School District	<b>After-School Mealtimes:</b> Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm	<b>Activity Time:</b> 5:00-5:45pm <b>Swimming: Thursdays:</b> 4:00-5:30pm		



# YOUTH CENTER Basketball



Language classes with Sierra! Sierra comes every Wednesday to teach the basketball kids their Native language, and how to use it during games



Hazel ready with her Coach's whistle



Ms. Hazel joined Coach Tae'Lor at practice to help coach the 12U basketball team. Way to step up and help, Hazel!



14U basketball team collaborated with some Skokomish youth to play in a tournament and represent Squaxin basketball!



# YOUTH CENTER



Youth leading youth! Our older ones, Lj Cooper and Keona Rocero, taking a healthy risk and coaching the 10 and under kids at practice. Way to be!



The team took 2nd place!

## JANUARY POOL CALENDAR 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CLOSED FOR HOLIDAY	2 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	3 LS/OS: 8:30 AM - 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: 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	8 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	9 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	10 LS/OS: 8:30 AM - 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: 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	15 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	16 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	17 LS/OS: 8:30 AM - 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 - 1:30 PM COMMUNITY POOL PARTY! 3:30 PM - 5:30 PM	21 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	22 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	23 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	24 LS/OS: 8:30 AM - 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: 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	29 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	30 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	31 LS/OS: 8:30 AM - 5:30 PM	

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

KEY:  
SYP: SKOK YOUTH PROGRAM  
ASP: AFTER SCHOOL PROGRAM

FRONT DESK:  
360-432-3852  
(CALL FOR RECORDING OF DAILY SCHEDULE)

POOL OFFICE:  
360-432-3873

\*SCHEDULE IS SUBJECT TO CHANGE FOR EMPLOYEE/COMMUNITY EVENTS\*



## South Mason Fire & Rescue Warms Hearts with Generous Coat Donation to Squaxin Island Child Development Center

The Squaxin Island Child Development Center (SICDC) recently received a heartfelt gesture of kindness from South Mason Fire & Rescue, as they donated coats to support our young learners.

This incredible act of generosity provided warmth and comfort to 46 children, including 27 Early Head Start (EHS) students and 19 Early Childhood Education Assistance Program (ECEAP) students.

The donation of coats comes at a perfect time as the colder months set in, ensuring that every child in our program can stay warm and healthy. More than just outerwear, these coats symbolize the deep care and commitment of South Mason Fire & Rescue to the well-being of our community.

"We are so grateful for this partnership and the thoughtful donation," said SICDC Director Janita Raham. "It's acts of kindness like these that show how we can come together to make a difference for our children."

South Mason Fire & Rescue's contribution underscores the spirit of community and connection that SICDC strives to instill in its programs. The warmth of their gift will not only protect the children from the elements, but will also leave a lasting impression on their hearts and ours.

From everyone at SICDC, thank you, South Mason Fire & Rescue, for your compassion and generosity. You have made a meaningful impact on our young learners and their families, reminding us all of the power of giving.



## SICDC Fall Feast Celebrates Community, Gratitude, and Nutrition



The Squaxin Island Child Development Center recently hosted its annual SICDC fall feast, bringing together families, staff, and community members for a heartwarming celebration of gratitude, togetherness, and nutrition.

This cherished event saw 18 of our 48 enrolled families join us, with a total attendance of 85 participants. The fall feast offered an opportunity to connect as a community while highlighting the importance of healthy, nourishing meals.

The centerpiece of the event was a delicious feast featuring perfectly roasted turkey and an array of flavorful side dishes. Families gathered around to share the meal, fostering a sense of unity and appreciation as they enjoyed the carefully prepared spread.

In addition to the meal, the fall feast provided a chance to celebrate the season of harvest and reflect on the role that nutritious food plays in nurturing young minds and bodies. The event underscored our commitment to creating opportunities that support the well-being of our children and families.

We are so grateful to all who attended and contributed to making this event a success. From the delicious food to the lively conversations and warm smiles, the SICDC fall feast was a beautiful reminder of the power of community and the importance of coming together to celebrate life's blessings.

We look forward to many more gatherings that nurture our connections and bring joy to our Squaxin Island Child Development Center family!





## Winter Wonderland Brings Holiday Magic

On December 6th, the Squaxin Island Child Development Center transformed into a festive wonderland for our annual Winter Wonderland event, also fondly known as Breakfast with Santa.

The center buzzed with excitement as families, staff, and community members came together to celebrate the holiday season.

We were thrilled to welcome 12 of our 48 enrolled families, with a total of 62 attendees joining in the festivities. The event featured a delightful blend of activities designed to bring joy and create cherished memories for all ages.

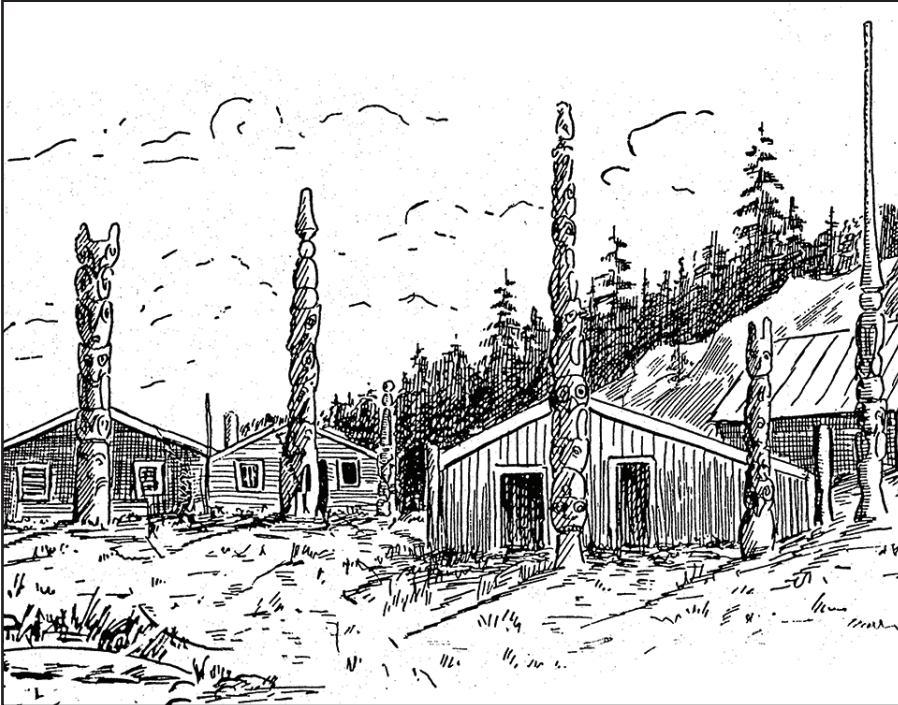
Children dived into the holiday spirit with hands-on activities, like crafting with gingerbread-scented dough, stacking "presents" in a playful challenge, engaging in snowball fights with paper confetti, and aiming for fun in a Frozen-themed toss game. They also enjoyed "ice fishing" for candy canes, exploring a snow sensory bin, and creating reindeer food at our make-and-take station.

Our educational focus for this event was fire safety. Families received information on ways to keep winter holiday fires away, guidance on how to create a home fire escape plan, and a visual template to design their own escape plan. To make the learning experience even more engaging, we held a raffle for families who attended this fun family event. One lucky family received a fire safety basket, which included two smoke alarms and a fire extinguisher.


Families gathered to enjoy a hearty breakfast, featuring a fresh cantaloupe spread and a build-your-own breakfast sandwich bar. Once everyone was fueled up, the magic continued with a special visit from Santa Claus himself. Children had the chance to share their Christmas wishes, snap seasonal photos, and take home a treasured holiday memory.

We are so grateful to everyone who participated in this joyful celebration and to all who helped bring the magic to life. Events like these highlight the importance of connection, community, and creating moments of joy for our families and children. We look forward to many more celebrations to come!





**Kennedy Creek  
in the morning of December 12th  
By Matthew Bell**

 **EMERGENCY**  
CALL **9-1-1** FIRE  
POLICE  
MEDICAL  
RESCUE

**SQUAXIN ISLAND TRIBE**

**Non-Life Threatening Emergencies**

<p><b>Emergency Operations Center (EOC) Hotline</b> <i>(Information only - no voicemail)</i> (360) 432-3947</p> <p><b>Community EOC Hotline</b> <i>(Questions and voice mail message)</i> (360) 443-8411</p> <p><b>Emergency Management Coordinator</b> (360) 443-8410</p> <p><b>Community Emergency Response Team (CERT)</b> (360) 426-5308</p>	<p><b>Squaxin Police Department</b> Office Hours Monday - Friday 8:00-4:00 (360) 432-3831</p> <p><b>PUD No. 3 Outage Hotline</b> (360) 426-8255</p> <p><b>Mason County Police Dispatch Non-Emergency</b> (360) 426-4441</p> <p><b>Mason County Fire Non-Emergency</b> (360) 426-3348</p>
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**ENERGY BILL?**  
Keep the Heat On With LIHEAP!



 South Puget Intertribal Planning Agency  
**Low Income Housing Energy Assistance Program**

Serving Squaxin Island Tribal Members  
**January 13th, 2025**  
**9:00am-5:00pm**  
SPIPA IPC  
3104 SE Old Olympic Hwy  
Shelton, WA 98584

**To Process your Application, you MUST bring:**

 Printed copy of most recent light bill, photos not allowed. Must be in tribal member's name	 Social security cards for all household members	 Verification of income for all household members 18 and over for September, October, and November 2024
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**For more information contact Debbie Gardipee at 360.462.3227**



## SQUAXIN ISLAND TAX SITE

### BASIC RETURNS

February 3, 2025 - April 8, 2025



By appointment only

Contact Lisa Peters to schedule an appointment 360-432-3871

## Weather Cautions - Protect Your Animals

Winter is here. It is important to protect pets from the extreme temperatures.

Dogs and cats who spend time outdoors typically grow a heavier coat during the cold months. Other pets need that protection. A sweater for your cat or dog is a welcome addition to their walk outdoors.

Dog houses outside should be turned so the opening is away from the approaching wind and weather. In addition, it is important to add an extra blanket for additional warmth during the cold days and nights.

## Winter Alert - Antifreeze

Pet owners need to be reminded of this each year but it can never be said often enough: *Keep pets away from antifreeze.*

Even a small amount of antifreeze, as little as one single teaspoon, can be deadly if ingested.

If you suspect that your pet may possibly have consumed even a taste of antifreeze, get him to your veterinarian immediately.

Thank You!  
- Gus



## 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

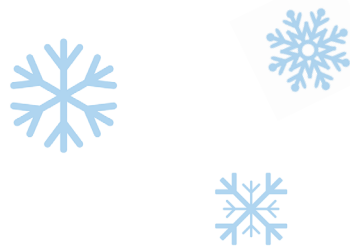


Squaxin Transit can be reached at  
(360) 280-7612 or  
(360) 480-1402 or  
(360) 432-3951



## Please DO NOT email any medical information to the clinic or to your provider.

It violates HIPAA and we will not respond.  
Instead, we will have someone call you from the clinic.  
Thank you for your collaboration!



## January is "Walk Your Dog" Month

Taking your furry friend for a stroll isn't just good for them, it's fantastic for you too! While the idea of walking your dog might seem routine, daily walks offer a whole host of benefits. Being walked every day is crucial for your dog's physical and mental well-being. Regular exercise helps maintain a healthy weight, reduces the risk of obesity-related issues, and promotes cardiovascular health. Additionally, walks provide essential mental stimulation, preventing boredom and destructive behaviors. These benefits are on both sides of the leash!

Walks are more than just a physical activity - they're an opportunity to strengthen the bond between you and your canine companion too. And dogs aren't the only pets that enhance our lives, a growing body of solid research shows that owning a dog or any pet can enhance your life in many ways.

A recent study by the American Heart Association shows that pet ownership reduces all-cause mortality by 24%. When we think of pets, we typically think of dogs and cats, but rabbits, horses, guinea pigs, and even fish have been shown to positively affect our mental and physical health.

Pets provide companionship and create a sense of purpose in the owner's life. They are great for teaching responsibility to our children and even provide calming emotional support when we are anxious or upset. Many pets have been told their owner's troubles only to answer with loving eyes, and we all could use a non-judgmental listener. The calming effect of a pet can be from petting them or watching them play. When you pet your cat, dog or rabbit, oxytocin [the 'love' or 'bonding' hormone] is released by both you and the animal, creating stronger bonds.

Go ahead – Take your dog for a walk, knowing its good medicine for both of you.

## Supporting Someone in a Suicidal Crisis

By Dr. Fergie - A suicide attempt is a dangerous (sometimes fatal) way to cope with crippling emotional pain. Even years later, someone might still feel overwhelming and inescapable guilt about something they did, intentionally or otherwise. The writer to this day still feels the enormous pain of saying really nasty, hurtful things to other children on the playground decades later. He can still see their faces wet with tears and can feel that crushing feeling around his heart with the realization that he caused them so much pain. Perhaps, the people we wronged never forgave us or have passed away, which only intensifies our sense of guilt. Or you might be gripped by feelings of rejection, abandonment, or betrayal so absolutely that it leaves you feeling utterly devastated and hopeless, unloved. Suicide serves to manage those unwanted feelings, ideas, and physical sensations. No doubt it is the most extreme solution to rid oneself of pain and if carried out, closes the doors to every other solution, not least another moment to live.

Opting for suicide as a solution to rid oneself of overwhelming emotional pain may provide a quick fix, but a long-term effective solution is always truly needed. Most people who are experiencing suicidal thoughts and urges do not want to die; they just want the pain to go away. This bears repeating: Suicidal individuals are seeking an end to their pain, not their lives.

No one who is in the throes of a suicidal crisis has not already tried less extreme solutions. They have already gone to their friends and family, healthcare providers, priest or rabi or pastor or imam, yoga instructor, AA sponsor – exhausting every other reasonable option. Perhaps, they have tried alcohol or drugs that, in the long run, only made matters worse.

As a result, the failure of other problem-solving approaches makes suicide seem increasingly attractive to individuals who, at this point, feel totally exhausted. And the further they are along on this arduous journey, the more closed off they become. Why is that?

### Why Do So Many Suicidal People Keep Their Pain to Themselves?



Well-intentioned individuals sometimes tell those experiencing a suicidal crisis, who have shown incredible courage by being so vulnerable, that they are just being selfish or attention-seeking or manipulative, or morally weak or cowardly. In other words, their emotional reaction is that of anger and/or disappointment. Well-meaning people might try to scare the individual by telling them that, were they to follow through with their plan, they are surely going to Hell (remember the Fifth Commandment?). But the "tunnel vision" caused by a suicidal crisis, even in the most religiously or spiritually devout soul, prevents the individual from seeing into tomorrow, let alone eternity. Well-intentioned individuals might also make a veiled (or not so veiled) threat that, "if you keep this up, I'm calling the police" (not to assist the person in crisis but to punish them). Even medical and behavioral health professionals, despite their best intentions and extensive training, may inadvertently react with alarm, which shuts the conversation down (inadvertently communicating that it is not okay for you to talk about this with them). No matter how much the provider is trying to mask their true emotions, "tunnel vision" seems to act as a superpower in recognizing their provider's unease as they corkscrew deeper into their chair. So, it is no wonder (especially for those individuals who have weathered multiple suicidal crises and shared their feelings with countless others) that they keep their thoughts and feelings to themselves. Perhaps, that is the sole reason why so many people who are experiencing suicidal crises feel so utterly alone.



Perhaps, the solution to their problem is the simplest one (Occam's razor). Maybe the solution to their seemingly unsolvable problem is basic human connection with someone who understands what they are going through. This is called validation (“I can hear you telling me you are in pain, and it is okay for you to feel that way; and I am here for you on this strenuous journey no matter what”).

### **Suicidal Behavior is a Learned Method of Problem Solving**

As alluded to earlier, a suicidal crisis results from persistent and escalating attempts to succeed at an unworkable agenda of internal control. A suicidal crisis is the result of a relentless and intensifying struggle to impose an ultimately unworkable agenda of internal control. What do I mean by unworkable agenda? What do I mean by internal control? Let me explain.

We are taught early on in life that if you do not want something, simply get rid of it. You do not like your new shirt you just threw on, change into one you like. If that old shirt is too tight around your midsection, change your diet to rid yourself of excess weight (and self-imposed body shaming). If you are experiencing a headache from caffeine withdrawal, there is a quick fix for that too (Starbucks road trip!). If you are out and about and feel the sudden urge to use the bathroom, you find the nearest bathroom or porta potty and (hopefully) find one in time to rid yourself of the unpleasantness of a full bladder (if you are too late, that sudden unpleasant urge will rapidly be replaced by a sense of embarrassment and humiliation).

Our efforts at ridding our bodies of unpleasant emotions or physical sensations in the above scenarios are workable agendas much of the time. Their operations are based on the same physical principles or laws that govern physical objects in the outside world. Objects can be added or taken away on a whim, without much resistance. You, however, cannot always escape certain unpleasant emotions or bodily sensations. Conditions like diabetic neuropathic pain (a burning, prickly feeling in your extremities) or arthritic pain (dull aching pain) being prime examples. Sure, you might take something to take the edge off, but the physical pain and painful emotions related to the pain never really go away. The excruciating pain of losing someone dear to you is even worse. Medications, alcohol and drugs, distraction, and time (time does not heal all wounds!) take the edge off for a while but the underlying pain is always there. What if you did something truly awful that you always regret, something truly awful to someone for whom you care so deeply?

### **So What Do You Do During A Suicidal Crisis?**

Before fixing anything, you first have to recognize that there is a problem. Individuals who are in suicidal crisis often believe that their problems are (1) inescapable, (2) interminable, and (3) intolerable (a famous suicidologist, Dr. Strosahl, refers to these as the “Three I’s”). “Intolerable” means you cannot stand the pain (on a scale from 1 to 10, it’s a 100). “Interminable” means you cannot see the pain ever ending (and potentially getting worse). “Inescapable” means you cannot find a way to solve the pain (“tunnel vision”). When you find yourself thinking or talking about your emotional pain as something you cannot stand, something that is never-ending, with no way out, treat that as a mental check-engine light. Listen for that kind of language (check-engine light) in those you are concerned about.

Approach the suicidal crisis in a candid, easygoing way. Talking about suicide is not like opening Pandora’s box; you are not filling the person’s head with dark ideas. Asking about suicide does not trigger thoughts about suicide. Suicidal

thoughts, by themselves, are not inherently dangerous, just like your check-engine light is not the underlying problem as to why your car is overheating.

Keeping an open channel of communication is like ensuring proper maintenance on your car’s early warning system. When you feel comfortable, ask for permission to explore and identify those life factors that preceded the suicidal crisis. These interventions help people address existential or life problems through non-lethal means.

Most suicidal crises are relatively brief, self-limiting events, rarely exceeding 48 hours. This is why means restriction is so crucial. Restricting access to firearms and other lethal weapons buys time for a suicidal crisis to pass and allows for intervention with life-saving mental health resources (calling 988 Suicide and Crisis Lifeline, texting the word “NATIVE” to 741741, or taking the individual to an emergency department for observation and to determine whether a higher level of care is warranted).

It is important for you to know that the majority of suicidal crises are not fatal, and no method (even the most restrictive) can guarantee preventing a determined suicide attempt. Even though a higher level of care like involuntary hospitalization is important, it too cannot guarantee that an individual will not eventually take their life. The best any of us can do is to be there for the person, to validate their pain, to be open and honest, to not judge them harshly, to convey to them that no life is not worth living.

### **Recommended Resources:**

(1) “No Matters Now” is an online resource that connects individuals who are in the throes of a suicidal crisis with other individuals, so they do not feel so alone. It also provides a virtual treasure trove of skills like how to nurture yourself with physical comfort and pleasure, how to build relationship skills, and how to “stop, drop, and roll” when you are on “fire” (figuratively speaking) or suicidal, among others. <https://nowmattersnow.org>

(2) The online “Zero Suicide in Indian Country” also provides excellent resources: <https://zerosuicide.edc.org/toolkit/toolkit-adaptations/indian-country>

Also please see: <https://zerosuicide.edc.org/resources/populations/native-american-and-alaska-native> for training videos and curricula designed as skills-based approaches to suicide prevention (e.g., American Indian Life Skills).



**Suicide & Crisis Lifeline**

# Dial 988

**for mental health emergencies.**

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







## 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



MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY <b>JOHN DOE</b>	
MEDICARE CLAIM NUMBER <b>000-00-0000-A</b>	SEX <b>MALE</b>
IS ENTITLED TO <b>HOSPITAL (PART A)</b>	EFFECTIVE DATE <b>01-01-2007</b>
<b>MEDICAL (PART B)</b>	<b>01-01-2007</b>
SIGN HERE →	

## Health insurance is good for you, your family and your community

In Washington state, 27 Tribes administer Indian Health Service (IHS) funds and three receive services directly from the Bureau of Indian Affairs (BIA). However, IHS is not health insurance, as it does not pay for health and dental services at non-affiliated clinics or hospitals.

Health insurance helps you protect yourself and your family. Tribal members can sign up for health and dental insurance through Washington Healthplanfinder™ year-round.

### How to find help getting health and dental insurance through Washington Healthplanfinder

Tribal Assistants are located around the state ready to help you.

- ▶ If you use a Tribal clinic, IHS or Urban Indian clinic, ask about a Tribal Assistant sponsored by that Tribe.
- ▶ [Search Washington Healthplanfinder's Navigator](#) Search for a navigator near you by searching for your Tribe name on the "Organization Name" drop-down menu.
- ▶ E-mail [tribal.liaison@wahbexchange.org](mailto:tribal.liaison@wahbexchange.org) for more information.

You can also visit [wahealthplanfinder.org](http://wahealthplanfinder.org) or call our Customer Support Center at 1-855-923-4633 (TTY/TDD: 1-855-627-9604) to shop, apply and select health and dental insurance plans.



For more information  
[tribal.liaison@wahbexchange.org](mailto:tribal.liaison@wahbexchange.org)

### Tribal sponsorship program

A dozen Tribes or Tribal Organizations sponsor health insurance through Washington Healthplanfinder. Tribes make their own decisions about whether they will pay for premiums on behalf of their community and what criteria they will use to determine whether to sponsor premiums. Ask about whether your Tribe offers sponsorship.

### Washington Apple Health (Medicaid)

Washington Apple Health is the name for Medicaid in Washington state. Eligibility is based on income. Tribal members eligible for Apple Health can choose to be enrolled in and receive services with their Tribal or Urban Indian clinic in addition to their Apple Health coverage or enroll in a managed care plan. To see if you qualify, complete an application on Washington Healthplanfinder, [wahealthplanfinder.org](http://wahealthplanfinder.org).

### Why isn't IHS health insurance?

Although there were provisions for health care for Native people within treaties between the United States government and Tribes, they are insufficient. The Snyder Act of 1921 marked the first federal funding for Native health care, expanded by the Indian Health Care Improvement Act of 1976, which defined the structure of health care delivery for Native Americans. The BIA created the IHS in 1955.

Though this legislation was significant, the language is broad, vague and the acts do not provide resources to Native Americans based on need.

#### Tribes have several options under IHS. Tribes can:

- ▶ Receive services directly from the BIA;
- ▶ Operate services under P.L. 93-638:
  - Title I – Contract/Grant/Cooperative Agreement
  - Title IV – Compact and Funding Agreement
- ▶ Or a combination of the options above.

Having health insurance is very important and is available to you. It does not just help you; it benefits your community.

Support is available for Tribal members as they apply for health and dental insurance.

Visit Washington Healthplanfinder, [wahealthplanfinder.org](http://wahealthplanfinder.org), or call our Customer Support Center at 1-855-923-4633 (TTY/TDD: 1-855-627-9604) for more information.



For more information  
[tribal.liaison@wahbexchange.org](mailto:tribal.liaison@wahbexchange.org)



## Anxiety

Anxiety is an uncomfortable emotion, often fueled by uncertainty. It can create intense, excessive worry and fear, not just about stressful events, but also about everyday situations. There are physical symptoms too, like fast heart rate, tense muscles, rapid breathing, sweating and fatigue. Too much anxiety can be debilitating.

But a normal amount is meant to help keep us safe. A certain degree of anxiety can help people anticipate obstacles, remain cautious and stay organized. Anxiety can help you recognize what isn't working.

A lot of the distress we feel with anxiety comes from resisting it. We double our suffering by feeling like we need to stop feeling anxious. Anxiety is just one aspect of you, like an alarm system letting you know something needs your attention.

1. Take a deep breath – Slow your breathing down, take long deep exhales.
2. Notice where in your body you are feeling anxious.
3. Ask the anxiety to give you some space so you can learn what it is trying to tell you. Offer validation, reassurance, more perspective, and a break.
4. Move the energy - go for a walk, shake, swing your arms. When you let your body respond as if there is physical threat, the message your body/mind receives is that you handled it and now you can come back to a feeling of calm.
5. Shift your attention – Let your anxiety know you hear it and can offer a break. Call a friend, go on a walk, do a puzzle, craft/ do something with your hands.


## Activities to help calm

- Focus on the body sensation in the present moment. Be curious without analyzing or judging.
- Use your senses. Find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- Breathe in one color and breathe out another color. Inhale four counts, hold two counts, exhale four counts, and increase counts as you like.
- Tighten one body part at a time, shoulders, back, legs, etc. Tense and hold for five counts then slowly release with a sound. Repeat two more times.
- Stand up and reach for the ceiling, stay up there reaching as long as you can, then drop your arms and release with a sound. Repeat two more times.
- Set a timer for 1-3 minutes and shake, release your face and jaw, allow sound to emerge as it may. Use a timer to be sure you keep going long enough.
- Sitting, scrunch your toes then release them five times.
- Cross your arms and grab your legs outside of your knees. Push and resist both legs and arms. Count to ten, then release very slowly for ten.
- Sitting, stomp your feet slowly and rhythmically.
- Inhale and exhale through pursed lips, pushing energy down and out your legs.
- Press your hands on the wall and push, push through your feet as well.
- Slowly squeeze or press your thighs, do the same to your upper arms.
- Take a full inhale then exhale as if through a very long thin straw.
- Stretch and or yawn, and invite all of your body to respond including your voice.

## Grounding Meditation


Connect to the Earth through imaginary roots of your body as you release your breath with an exhalation downward into the soil and stones, as you exhale, give away any tension or stress to the Earth, unburdening your body of anything you are holding that is heavy or congested. Next inhale and draw renewed energy up through your roots, revitalizing your nervous system, organs and circulation. Continue to ground and breathe as long as necessary to maintain a continuous flow of loving energy between you and the Earth.






## 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!**

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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Squaxin Island Tribe - Klah-Che-Min Newsletter - January 2025 - Page 21



# COMMUNITY



1/1  
Nancy A. Moore  
Jessica Kay Solano  
Aaron Nathaniel Evans

1/2  
Fernando M. Rodriguez  
Tory Lee Hagmann  
Patrick Allen Braese  
Sydney Marie Tuso

1/3  
Nohea S. K. Robinson-Black

1/4  
Aaron M. Raven Peters  
Elias Dade Coley  
Halia Marie Cooper-Lewis

1/5  
Christopher Wade Stewart  
Two Hawks Krise Young

1/6  
Lincoln L. Villanueva  
Moses Elijah Kruger  
Sherry Lynn Haskett  
Samantha Ackerman  
Kye Richard Gray

1/7  
Zachery G. Clark  
Charlene Holly Blueback  
Kaleb Darrell Krise  
Melissa Rose Dawn Whitener

1/8  
Patti Lee Riley  
Francis Arnold Cooper Jr.  
Melanie Evelyn Sequak  
Shila Mae BlueBack

1/9  
Deanna Mary Hawks  
Emmalee Georgena James  
anita Lee Raham

1/10  
Samantha S. Armas  
Stephanie Michele Peters  
Tiffany Alysia Valderas  
Isaac J. Ackerman

1/11  
Cassidy J. Gott  
Anthony Joe Armas  
Patricia Johnna Green  
Natasha Page Bush  
Emilie Rose Burgain  
Lolyta Jean Johns  
Seilyah Hernandez-Smith

1/13  
Marvin Eugene Campbell Jr.  
Connie Renee Whitener

1/14  
Sheena Marie Lewis Glover

1/15  
Kayla Marie Scelopin Peters  
Jesse Raymond James  
Ashton Ryder Coble

1/16  
Imalee Rose Tom  
Shelby V. Riley

1/17  
Whitney Amber Jones  
Barbara Eileen Cleveland  
Charlotte Sky Bradley  
Tristan Isaiah Coley

1/18  
John A. Ackerman  
David Norman Dorland

1/19  
Emily Ruth Whitener

1/20  
Santana Lee Krise  
Leonard William Hawks III  
David Micheal Bear Lewis  
Jadha Ann James

1/21  
Jacob Wesley Campbell  
Traci Lynn Lopeman

1/22  
Kahsai Tiefel Gamber  
Shawnell Lynn McFarlane  
Percy James Welcome

1/23  
Keona Anahoi Rocero  
Linda Kay Jones

1/24  
Jeremy Turner Sigo  
Mini Maree Ali Gamber  
Miguel Jordan Saenz-Garcia

1/25  
Adonis Micheal Bradley  
Percina Erin Bradley  
Jace L. Merriman  
Margaret Catherine Henry

1/26  
Myeisha Marie Little Sun  
Robert Charles Lacefield  
Dakodah Delaney Vigil  
Jayda Evelyn Leigh Hawks  
Nutella Natt Obi

1/27  
Alohna J. Clark  
Emily Ann Baxter  
Cheryl Rae Melton  
Guy Tatum Cain  
Amanda R. Salgado

1/28  
Eva Alexandra Rodriguez

1/29  
Sharleina E. Henry

1/30  
Buck Gene Clark Jr.

1/31  
Brandon Lee Stewart  
Nikolai Abraham Cooper



## Need a Tribal ID?

**Contact Aleta Poste:**

(360) 432-3923

acposte@squaxin.us



# MISSING

Missing, Murdered Indigenous Women, People & Families

## Natasha Lynn Deardorff

Lummi Tribal Member

Last known Location: Seattle Washington

*Natasha's last known location was the greater Seattle area but may be anywhere from Pierce Co. to Bellingham Wa. Her grandmother & father have not stopped searching for her they request if you have information on Natasha & her whereabouts please contact the numbers provided. Natasha is a mother of four she loved and missed greatly.*

**Last Contact:** August of 2023

**Sex:** Female

**Race:** Native American

**Weight:** 140 lbs

**Height:** 5'7" Tall

**Eyes:** Brown

**Hair:** Dark Brown

**Scar:** Left Eyebrow

**Tattoo:** Rose/Right Leg

**Pierced Nose**

If you have information that will lead to Natasha's whereabouts please call Seattle Police at (206) 625-5011, or their tip line (206) 333-5000 Case# 2024-294004

Squaxin Island Tribe - Klah-Che-Min Newsletter - January 2025 - Page 22



# What's Happening

- Winter Break Pool Party:** December 27
- Winter General Body Meeting:** January 18
- Adults vs Teens Basketball Game:** January 20
- LIHEAP at SPIPA:** January 25
- Criminal/Civil Court:** January 14
- USDA** January 10
- WIC** January 3

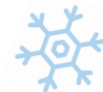



**Culture Night**

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



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



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



**MONDAY 6:**  
Green Bean Tator Tot Casserole

**TUESDAY 7:**  
Clam Chowder, Fry Bread

**WEDNESDAY 8:**  
Sandwich Bar, Chips

**THURSDAY 2:**  
Baked Chicken,  
Rice Pilaf, Green Beans

**MONDAY 13:**  
Tuna Casserole, Peas

**TUESDAY 14:**  
Tomato Basil Soup, Grilled Cheese

**WEDNESDAY 15:**  
Chicken Broccoli Alfredo

**THURSDAY 9:**  
Beef Fajitas, Spanish Rice

**MONDAY 20:**  
Enchilada Casserole, Black Beans

**TUESDAY 21:**  
Baked Potato Soup, Turkey Sandwiches

**WEDNESDAY 22:**  
Chalupas

**THURSDAY 16:**  
Baked Potato Bar, Spinach

**MONDAY 27:**  
Stroganoff, Brussel Sprouts

**TUESDAY 28:**  
Minestrone Soup, Biscuits

**WEDNESDAY 29:**  
Chicken Wings, Veggie Rice

**THURSDAY 23:**  
BBQ Ribs,  
Mac-N-Cheese

**THURSDAY 30:**  
Stuffed Bell Peppers



South Puget Intertribal Planning Agency

## USDA Foods Program January Dates



<b>PT GAMBLE S'KLALLAM</b>	<b>1/7/25</b>
<b>SQUAXIN ISLAND</b>	<b>1/10/25</b>
<b>SKOKOMISH</b>	<b>1/15/25</b>
<b>NISQUALLY</b>	<b>1/17/25</b>
<b>CHEHALIS</b>	<b>1/24/25</b>



**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 Foods, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.

## 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  
Traumatic Brain Injury



TRAUMATIC BRAIN INJURY  
Washington's Partnership for Brain Injury Research  
of Washington State



Next WIC date:  
Friday, Jan. 3, 2025

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.

**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](mailto:dgardipee@spipa.org)

or call 360.462.3224  
Email: [wicnutrition@spipa.org](mailto:wicnutrition@spipa.org)

SPIPA main number: 360.426.3990



## 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](mailto: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.**

## 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](http://SPIPA.ORG/FAMILY-AND-COMMUNITY-RESOURCES)

